

Integrating Healing with Growth Through Meaning Therapy: Beyond Psychological Disorders



Speaker

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Event Overview

Integrative meaning therapy (MT) is a recent extension and integration of Viktor Frankl's logotherapy with cognitive behavioural therapy and positive psychotherapy. As a pluralistic and integrative therapy, MT can be tailored to the needs of each individual clients based on their innate capabilities in meaning-seeking and meaning-making. The first part of MT training focuses on the big picture and existential competency (EC). This set of EC skills addresses existential crises, such as the meaning of life, the meaning of suffering, the fear of death.

The second part of this workshop will teach innovative meaning therapy interventions, also known as existential positive interventions, in specific situations. The PURE strategy explores purpose, understanding, responsibility, and enjoyment (PURE). Another major intervention strategy is ABCDE, which stands for acceptance, belief (affirmation), commitment, discovery, and evaluation.

Five reasons for adding MT to your clinical toolbox include:

1. Help clients learn how to manage the dialectic tension in opposites, paradoxes inherent in life;
2. Repair the worst and bring out the best in your clients;
3. Move your clients from self-awareness, self-reflection to self-transcendence;
4. Turn tragedy into triumph through meaning-focused copings; and
5. Develop clients' natural capacities to achieve healing and flourishing.

Date and Time

Friday, April 12, 2019 - 8:15 AM - 4:30 PM

Registration

<https://cvent.me/3naoY>

Target Audience

This event will be of interest to Spiritual Care Providers, Psychiatrists, Physicians, Psychologists, Psychotherapists, Social Workers, Nurses, Counselors, and students of all related disciplines.

Cost

Student: \$95 (*limited availability*)

Regular Rate: \$130 (*\$110 if registered by Jan. 7, 2019*)

Location

The Royal, Associates in Psychiatry Auditorium
1145 Carling Avenue, Ottawa

For more information,
please contact Amy Quinn at
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613.722.6521, ext 6570.

Or visit: theroyal.ca/mental-health-centre/education-and-conferences/