

Touching the Deeper Essence –

The Search and the Journey to the Authentic Self

Special Guest Seminar with Dr. Paul Epstein

Friday-Saturday, December 30-31, 2005

Dr. Paul Epstein, among the pioneers of mind-body medicine in the US, will present the principles of the "Authentic Self" model, aiming at bringing spiritual aspects to the therapeutic process. Dr. Paul Epstein is a senior naturopathic physician, specializing in the last twenty years in the significance of mind-body perspectives and spiritual and meditative perspectives. He is among the pioneers in integrating Buddhist and imagery principles in treating the whole person. In 1998, in a two years stay in Israel, he was a member-co-founder in the Israel Center for Mind-Body Medicine, in Ramat-Hasharon. He currently lecture, practice, teach in USA.

Various therapeutic and spiritual traditions talk about the existence of a quality called "the authentic self", an inner quality rich with wisdom, resources and healing powers. It is a special therapeutic challenge to connect with this quality, to listen to it and to use it in challenging life events, physically or emotionally.

In this guest workshop, Dr. Epstein will present the principles and the tools needed for this work. We'll present the essence of this integrative therapeutic approach, integrating western and eastern psychology, Buddhist principles and "meditative awareness" to inner parts.

Special emphasis will be given to the work with "inner parts", inner mechanisms that protects us but are also blocking us from experiencing the authentic self in all it's potential.

Among the topics we'll explore, experience and learn:

- The principles of the "authentic self" in western and eastern traditions.
- Internal Family System – the models of the "inner parts" of Dr. Richard Schwartz, for connecting and working with the deeper "pieces" in our personality.
- The principles and the practices of Imagery and Emphatic Dialogue, in the dialogue with the deeper self.

- The therapeutic significance in working with physical symptoms, strong emotions, inner struggles and personal development.

Through explanations, live demonstrations, guided group processes and one-on-one practices, we'll learn to appreciate the role of the authentic self and the significance in mind-body healing. We'll learn to know the inner mechanisms and personalities in us, and how they function. We'll inquire how to reach the authentic self and its qualities.