

Month Four | Syllabus

Soul of Wellness: Who Am I And What Do I Want

Dates: January 8-February 12 (Reflection paper due February 5)

Title:

Relationship: The Hardest Spiritual Work

Intention of Session:

1. Learn some models for common pitfalls and their avoidance in relationship
2. Continue to use and develop the awareness wheel in relationship
3. Learn and work with our early models for relationship
4. Continue to grow in our awareness that we are all inter-related
5. Become aware that our deepest spiritual work is done within relationship

Post Zoom Reflections:

1. What happens when you begin to notice that your mind (maybe how you have always identified yourself) is so interdependent and absolutely dependent on that interdependence.

Pre-work:

Reading:

1. "How to be an Adult in Relationships: The Five Keys to Mindful Loving" by David Richo pgs 9-51.
2. "Being a Brain-wise Therapist: A Practical Guide to Interpersonal Neurobiology" by Bonnie Badenoch pgs 52-75.
3. "What is Your Attachment Style" from Dan Siegle
4. "Hold Me Tight: Seven Conversations for a Lifetime of Love" by Sue Johnson, pgs 13-27 (Love—A Revolutionary New View) and 252-266 (Ultimate Connection—Love as the Final Frontier)
5. "The Verdict Is In: The Case For Attachment Theory" by Sroufe and Siegel
6. Frank Ostaseski's next invitation "Bring Your Whole Self" in The Five Invitations.

Video:

1. Watch “The Interpersonal Gap”. It is about 15 minutes long with a 10 min process at the end, so be sure to allow enough time.
2. Watch “The Pinch Model”.
3. Watch “Triangulation”

Mindfulness Practice: To be done both before and after Webinar

1. Listen each day to Miranda Macpherson’s grounding meditation. If you would like you may increase the time by 5 minutes simply sensing your breath and noticing your thoughts as they arise and then coming back to the breath or use any of the awareness practices. Again, practice non-judgment, have compassion for yourself.

Third Thing:

1. “The Lanyard” by Billy Collins
2. “The Bridge” from Friedman’s Fables by Edwin H. Friedman

Zoom Session Agenda

1. Poem: “The Lanyard” by Billy Collins
2. Lecture
3. Inquiry
4. Story: “The Bridge”