



The Association for the Advancement of Psychosynthesis is approved by the American Psychological Association to sponsor continuing education for psychologists. AAP maintains responsibility for this program and its content.

8:00 – 9:00 am

Registration for Pre-conference Workshops

9:00 am - 4:00 pm

ROUND ONE WORKSHOPS

**The Deep River Within: Living a Soulful Life in a Speed-Obsessed World**

101

Abby Seixas, M.Ed., LMHC

Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and a place of contact with ourselves and what matters to us. Although "the deep river" is a powerful source of nurturance, the sheer pace of life in 21st century America often buries this inner dimension beneath the perpetual-motion surface of our days.

This workshop is about slowing down. It will introduce the principles and practices of the Deep River process as detailed in Abby's book, *Finding the Deep River Within*. With the help of experiential exercises, discussion, a touch of humor, and each other, we will explore ways to free ourselves from the tyranny of our "to-do's," in order to rest more in our deeper selves and in the gift of life itself. NOTE: This workshop meets the prerequisite for the Deep River Facilitator Training. For more info, contact:

Abby@deeperiverwithin.com

**Learning Objectives:**

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| <ol style="list-style-type: none"><li>1. List the effects of our culture's "disease of-a-thousand-things-to-do" on mental and spiritual health.</li><li>2. Identify the three preliminary practices and six core practices for finding balance and meaning in everyday life.</li><li>3. Utilize the skills, principles and practices covered to slow down, reduce stress, and</li></ol> | <ol style="list-style-type: none"><li>4. reconnect with personal depth and meaning in the midst of the busyness of daily life.</li><li>4. Develop and practice strategies to deal with inner and outer obstacles to slowing down.</li><li>5. Identify a clear plan for applying the skills &amp; strategies learned for future use.</li></ol> |
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**Abby Seixas, M.Ed., LMHC**, is a psychotherapist, author and speaker specializing in issues of life balance. She offers workshops and retreats as well as her popular "Deep River"™ groups. Her work has been featured on national and local television, radio and print media, including NBC's *The Today Show*, *O. The Oprah Magazine*, *Self*, and *Body+Soul*. Abby studied psychosynthesis with Roberto Assagioli in 1973 and has practiced psychosynthesis-oriented psychotherapy for thirty years.

**Transforming Families through Psychosynthesis**

102

Ilene Val Essen, Ph.D.

Helping families keep their cool. Too often, even skillful parents "lose it" under stress. The presenter draws on thirty years of experience to share an innovative three-step process that helps parents remain centered in difficult situations. In this experiential workshop, participants gain confidence in helping families create an environment based on mutual respect.

### Learning Objectives:

1. Experience the principles that embody a transpersonal view of the parent/child relationship.
2. Demonstrate techniques to recognize the lower self, that aspect of ourselves that "loses it" under stress.
3. Practice techniques for reducing stress.
4. Describe five ways of modeling mutual respect.
5. Practice using the skill of assertion to communicate clearly, calmly and authentically.
6. Apply the skill of reflection to maintain an open environment for discussion.
7. Identify ways of helping children solve their own problems.



**Ilene Val Essen, Ph.D.**, has worked in the field of parent education as a psychotherapist, consultant and trainer for more than thirty years. She created the Quality Parenting programs and authored the book, *Bring Out the Best in Your Child and Yourself*. Her material has been translated into Spanish, Dutch and Swedish.

**12:00 – 1:00 pm**

**Lunch (Pre-Conference participants only)**

**12:00 pm**

**Open Conference Registration**

**1:30 – 4:45 pm**

**ROUND TWO WORKSHOPS**

**Tales from Roberto Assagioli's House and Archives**  
**Paola Marinelli, Ph.D. and Phyllis Clay, Ph.D.**

**201**

Experience a virtual exploration of Roberto Assagioli's house in Florence, where the sources of psychosynthesis dwell. In this interactive workshop, find inspiration for your life, work, relationships, and research through the materials in and the spirit of the archives, library, and house where Assagioli's energy still lives.

### Learning Objectives:

1. Participants will be able to describe the dwelling (home, studio) of Roberto Assagioli, its history, as well as its use today, and its resources and inspiration.
2. Participants will practice "presence" as they imagine themselves in various historical contexts in Assagioli's house.
3. Participants will utilize the actual floor plans of Assagioli's house to discover treasures that apply to their own lives.
4. Participants will explore the experiences of two psychosynthesis practitioners and the ways in which the dwelling and its contents have been resources for their lives.
5. Participants will apply inspiration drawn from aspects of Assagioli's home to their own current life experiences.



**Paola Marinelli**, psychosynthesis trainer, is the architect engaged by the Istituto di Psicointesi to renovate the home and studio of Roberto Assagioli. She has her doctorate in architecture from the University of Venice and is the

former director of the Psychosynthesis Center in Bolzano, Italy. She lives in Rome.



**Phyllis L. Clay, Ph.D.**, is a psychosynthesis trainer. She has applied psychosynthesis to her life and work for over 25 years. For several years she has dedicated a month's time to the study of the handwritten notes in Assagioli's

archives from his home in Florence, Italy.

**3:00 – 4:30 pm**

**ROUND THREE WORKSHOPS (1.5 HOURS)**

**Introduction to Psychosynthesis**

**301**

**Brad Roth, M.A.**

This presentation will cover fundamental aspects of psychosynthesis through didactic, experiential, and discussion methods. Roberto Assagioli described seven basic concepts of psychosynthesis theory and practice: dis-identification; the personal self; the will: good, strong, skillful; the ideal model; synthesis; the superconscious; and the transpersonal self. These concepts will be introduced, and psychological interventions utilizing the concepts will be shared.

**Learning Objectives:**

1. Describe the seven core concepts of psychosynthesis theory.
2. Use several key concepts to create psychological interventions.
3. Create a plan to apply psychosynthesis to a challenge in one's own daily life.



**Brad Roth, M.A.**, (Dance), Wesleyan University, B.A. (Economics), Cornell University, is a Certified Laban Movement Analyst (CMA), a trainer with the Connecticut Institute for Psychosynthesis, a member of the Professional Development Committee of AAP, and Editor of AAP's *Conversations*, Vol. 6: *Psychosynthesis and the Body*. He is currently a candidate in the Marriage and Family Therapy program at Southern Connecticut State University.

**4:00 – 4:30 pm**

**Presenters' Reception**

**4:30 – 6:00 pm**

**Welcome / Dinner**

**6:15 – 7:45 pm**

**Keynote Address – Tom Yeomans**

**The Soul of Psychosynthesis: One Hundred Years on Planet Earth**

**Tom Yeomans, Ph.D.**

In his keynote address, Tom Yeomans offers us a reflection on the past, present, and future of psychosynthesis and the challenges we face today in the midst of a planetary crisis.

Tom will frame our psychosynthetic work within the context of the present global crisis and the breakdown of the various systems by which we have been living on the earth, and from there examine its usefulness as a response to this situation.

He will review the first one-hundred years of psychosynthesis from a developmental perspective and highlight where we are now in its life-cycle. He will raise some of the issues that might impede the further development of psychosynthesis and its greater usefulness to us and to the world in the future. Lastly, Tom will explore some of the possibilities for psychosynthesis' maturation over the next one hundred years as well as this community's response, using its principles and practices, to the crises and conditions we face as a species on planet earth today.



**Thomas Yeomans, Ph.D.**, studied psychosynthesis with Roberto Assagioli in the early 70's, and completed psychosynthesis training at the Psychosynthesis Institute in Palo Alto in 1974. He has trained professionals in psychosynthesis and spiritual psychology throughout North America, Europe, and in Russia for forty years. He has published writings on psychosynthesis and spiritual psychology as well as three volumes of poetry and a children's book.

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**8:15 – 9:15 pm**

**Awards Ceremony**

**- Emcee Jean Guenther, Chair, Awards Committee**