



CONSULTATION CENTER

“Respecting the Unity of Mind, Body and Spirit”

April - May 2010

SPRING CALENDAR

- April 9* **Creative Arts Therapies Conference**
- April 12* **Filing 101**
- April 13* **Anger Management Group**
- April 13* **In God’s Care: Exploring 12 Step
Spirituality for Everyday
Life**
- April 21* **Healing Emotional Eating**



Annual Creative Arts Therapies Conference

Promoting a Healthy Spirit

Developing a Strong Sense of Self

Creating a Functional Identity

USING THE CREATIVE ARTS THERAPIES

This conference provides a showcase for demonstrating the power of the arts

- To touch the spirit of the individual,
- To promote health and healing,
- And to combine the emotional, psychological and physical aspects of life in an integrative and effective manner.



Friday, April 9, 2010

8:30 a.m. to 4:30 p.m.

Academy of the Holy Names

1075 New Scotland Avenue, Albany

Fee: \$80.00 (includes lunch)

Visit our web site at www.consultationcenteralbany.org.

Consultation Center

Published four times a year by the Consultation Center of the Roman Catholic Diocese of Albany, 790 Lancaster St., Albany, NY 12203; Volume X, No. 2

For a brochure and further information contact the Consultation Center at 518-489-4431 or consultation.center@rcda.org.

The brochure is also on the Center’s web site at www.consultationcenteralbany.org.

**790 Lancaster Street at North Main Avenue, Albany, NY 12203
(518) 489-4431**

Anger Management Group



This is a five-week group (two hours per session) to enable individuals to recognize the difference between irritation, anger and rage. The sessions will look at the physical, emotional, behavioral and cognitive reactions a person has and how to manage their anger in a productive manner. The person will learn new approaches to situations that elicit anger and rage. They will also learn how to deal with irritations before they grow into more intense experiences. Finally, these sessions will help the individual learn new coping and relaxation skills to deal with this part of their life.

Rev. Thomas Konopka, MDiv, LMSW

Clinician at the Consultation Center . . . sacramental minister at St. Clare's Church, Colonie . . . a priest of the Albany Diocese.

Tuesdays, April 13, 20 and 27; May 4 and 11, from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Ave., Albany
\$35.00 for the course

Filing 101

Overwhelmed by paper? Afraid to put papers away because you won't find them again? Need to organize the paper details of your life? Come learn the basics of filing so you can stop piling. Begin the project of identifying and organizing important information so you can find documents when you need them.



Helen Volk, BS, JD

A lawyer and former pack rat who now lives clutter free . . . president of Beyond Clutter, a company that helps clients de-clutter their lives.

Monday, April 12 from 6:30 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 4/5: \$12.00)
Additional materials fee payable to instructor: \$10.00

The Spiritual Exercises for People in Everyday Life

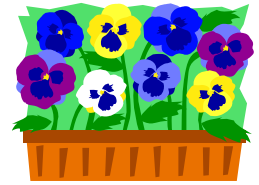
Have you been wondering about your unique purpose as a Christian? Are you feeling restless in your ministry or personal life, wondering if it is the right choice for you? Would you like to deepen your prayer life and your relationship with Jesus? Following the centuries' old process for spiritual growth developed by St. Ignatius of Loyola, the Consultation Center offers this ministry beginning anew this Fall. Over the course of approximately seven to eight months, participants meet once weekly with a spiritual director for about an hour. Together they explore the participant's unique imaginative prayer.

For further information about the Spiritual Exercises and a list of available directors, contact the Consultation Center.

In God's Care:

Exploring 12 Step Spirituality for Everyday Life

One day at a time, people the world over are experiencing a fresh start in living life on life's terms. Participants in this interactive workshop will have the opportunity to share their stories of strength and hope resulting from coming to know and love this spirituality. We will work artistically with the Serenity Prayer (we are all artists!) and all materials will be supplied.



Ellen E. Howie, RN

Spiritual director at the Consultation Center, a registered nurse with experience in addictions, nursing. As a folk artist, she often weaves working artistically into retreats she has led for many years in many settings.

Tuesday, April 13 from 6:30 to 8:30 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 4/6: \$12.00)

Healing Emotional Eating – Making the Connections

Do you frequently eat to cope with anxiety, uncertainty, frustration, or anger? Do you find yourself attempting to nourish yourself spiritually and emotionally with food? Would you like to begin to unravel the emotional connections that food holds for you? Awareness and insight are first steps toward cultivating the compassion required to break free from emotional eating. This workshop will help you to:



- **Understand reasons behind your emotional eating,**
- **Explore how overeating speaks to you,**
- **Develop alternatives to meet your emotional needs in ways that will satisfy your "hunger."**

Donna Lochner, MS Ed, NCC

Nationally certified counselor in private practice . . . presenter on coping with stress, change, and anxiety, emotional and spiritual wellness, self esteem, grief and loss, dealing with difficult people, and food and body image issues . . . offers individual counseling/psychotherapy sessions, Thought Field Therapy, several forms of energetic bodywork . . . training includes Master's degree in counseling and two years of psychospiritual counseling training (Psychosynthesis).

Wednesday, April 21 from 6:30 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 4/14: \$12.00)

ABOUT THE CENTER

The **CONSULTATION CENTER** of the Roman Catholic Diocese of Albany is a non-profit mental health center which provides therapeutic services within a Christian environment, respecting the unity of body, mind and spirit.

The Consultation Center is located in the Malecki House at 790 Lancaster Street, Albany, at the corner of North Main Avenue, across the street from the Diocesan Pastoral Center. It is open Monday through Thursday from 8:30 a.m. to 7:00 p.m. and on Friday from 8:30 a.m. to 4:30 p.m.

PSYCHOLOGICAL COUNSELING

The Consultation Center provides individual therapy, marriage and couples counseling, and psychological testing. It provides consultative services to individuals and groups in matters calling for psychological expertise. Individual counseling appointments may be arranged by calling 489-4431.

GROUP THERAPY

The Consultation Center provides a variety of different kinds of therapy groups. Current offerings are described in this brochure.

EDUCATIONAL PROGRAMS

The Consultation Center offers lectures and workshops in the area of mental health and personal growth. Current offerings are described in this brochure. The Center also offers specialized workshops and training programs to meet the needs of various groups.

SPIRITUAL DIRECTION

The Consultation Center provides a Spiritual Direction Program for persons who wish to avail themselves of this opportunity. A flyer describing the program and information about meeting with a spiritual director may be obtained by calling the Center at 489-4431.

PROGRAM REGISTRATION

Enrollment is limited. Applications will be processed as they are received until the programs are full. Advance registration for workshops is necessary and full payment of fees is required for confirmed registration. No confirmation notices are sent.

CANCELLATIONS

Due to insufficient enrollment, programs may be canceled. Participants will be notified only in case of a cancellation. Refunds will not be made after a class has begun.

SPECIAL RATES

Senior citizens may request a 30% reduction on educational programs. Reductions for others can be arranged when needed.

Phone: (518) 489-4431 **Fax:** (518) 489-5189
E-Mail: consultation.center@rcda.org
Web Site: www.consultationcenteralbany.org

Everyday Holiness

*Everyday holiness is a life-long challenge;
Everyday Holiness is a retreat.*

Presented in a time frame adjusted to the individual parish or group needs (day, part of a day, day and an evening), this retreat presents multiple ways God is with us, and will help participants identify and honor the unique and personal ways that we experience the holy in ordinary life. The presenters are teams of two, selected with parish input. The presenters will consult with the parish in order to organize the retreat based on specific needs and time frame.



Cost: \$300 for full day, \$250 for half day, \$400 for day and a half, plus mileage for presenters.

Co-sponsored by the Office of Prayer and Worship and the Consultation Center

For more information and to schedule a retreat for your parish, call the Consultation Center at 518-489-4431.

Letters of attendance at workshops will be provided upon request.

REGISTRATION FORM

Enclosed is my check for \$_____ to cover the fee(s) for the program(s) I have listed below. I understand that the registration fees are nonrefundable unless the program is canceled.

Name of Program(s):

Name _____ **Phone** _____

Address _____

_____ **Zip** _____

**Please make check payable and mail to:
Consultation Center, 790 Lancaster Street, Albany, NY
12203**