



CONSULTATION CENTER

“Respecting the Unity of Mind, Body and Spirit”

February – March 2010

WINTER-SPRING CALENDAR

<i>February 9</i>	Dreams Seen As God’s Forgotten Language
<i>March 8</i>	De-Clutter, De-Stress Your Life
<i>March 9</i>	Anger: The Misunderstood Emotion
<i>March 10</i>	Celtic Spirituality
<i>March 16</i>	Looking to the Spring
<i>March 24</i>	Telling Tales, Making Peace
<i>April 9</i>	Creative Arts Therapies Conference
<i>April 12</i>	Filing 101
<i>April 13</i>	Anger Management Group
<i>April 13</i>	In God’s Care: Exploring 12 Step Spirituality for Everyday Life
<i>April 21</i>	Healing Emotional Eating

Dreams Seen As God’s Forgotten Language

This spiritual insight into dreams was articulated by John Sanford in the following words: “The presence of God is a disturbing presence especially when His voice is as close to us as our nightly dreams . . . But we must look at dreams not only from the point of view of inspired intuition . . . but also from the objective viewpoint of modern science, and our studies demonstrate that the study and interpretation of dreams is the road to new energy and health of mind, body and spirit.”



This is a personal growth group that helps people work with their dreams in a warm, non-judgmental atmosphere. Participants take turns in presenting dream material. Meaning and interpretations are not imposed but, in keeping with the teachings of Jungian psychology, it is the dreamer who best verifies the meaning of one’s dream.

Rev. John J. Malecki, PhD, CSAC, Cert. Jungian Analyst

Member of IAAP . . . Credentialed Substance Abuse Counselor . . . psychologist at the Consultation Center . . . therapist, lecturer, communications consultant . . . a priest of the Albany Diocese.

**Tuesdays from 6:30 to 8:00 p.m., beginning February 9
Consultation Center, 790 Lancaster Street, Albany
\$20 per session**

De-Clutter, De-Stress Your Life

Is your house more like a museum than a home? Want to de-clutter it, but don’t know where to start or what to do? Come, learn what keeps you stuck in clutter and how to let go! You also learn a process to de-clutter your possessions and reclaim your space and your life.

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, March 8 from 6:30 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 3/1: \$12.00)
Additional materials fee payable to instructor: \$16.20**



Descriptions of April and May programs will be included in the next brochure.

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. 1

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

Celtic Spirituality

There is a wisdom to be gleaned from Celtic people. Learn some forgotten legends, inspirational music, and strands of Celtic Spirituality that speaks of a God deeply involved in creation and that can apply to any age, culture, or social situation.



Constance Messitt, CSJ, MA

Director of the Priory Retreat House in Chestertown . . . a spiritual director since 1982.

Wednesday, March 10 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10 (Payment after 3/3: \$12.00)

Anger: The Misunderstood Emotion *Understanding and Managing It*

Few of us are comfortable with feelings of anger. We don't understand them, are annoyed or ashamed about them, and downright don't know what to do with them. Should we just let it rip when our anger buttons are triggered? Should we walk away? What is our anger trying to tell us? What's the best way to handle these situations? We'll explore this and more. Feel free to bring your scenarios along for discussion.



Donna Lochner, NCC, LMHC

National certified and NYS licensed mental health counselor in private practice . . . uses traditional, complimentary, and strength-based approaches to help individuals and couples make peace with a wide range of issues concerning growth, emotional healing, and life satisfaction . . . presenter on coping with the stress of change, grief and loss, dealing with difficult people, food and body image, anger, and emotional and spiritual wellness.

Tuesday, March 9 from 6:30 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 3/2: \$12.00)

The Spiritual Exercises for People in Everyday Life

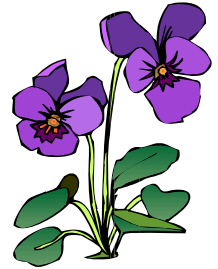
Have you been wondering about your unique purpose as a Christian? Are you feeling restless in your ministry or personal life, wondering if it is the right choice for you? Would you like to deepen your prayer life and your relationship with Jesus? Following the centuries' old process for spiritual growth 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.

Looking to the Spring

As winter stretches on, as March moves in, do you ever find yourself wondering what is stirring beneath the cold, white snow? When will it poke its head up and look around? And do you ever wonder what is stirring within yourself? Beneath the ground of your own everyday awareness. . . what new stirrings toward movement or growth?

In order to welcome something new into our lives we must often say goodbye to the old. When we let go of regrets and negative emotional baggage, we open up a space within ourselves for fresh opportunities, refreshed attitudes, a fresh start.



At this workshop we will go through Sedona Method exercises that help us to release old patterns of limitation and anxiety. The hard winter shell that keeps our lives from budding, blossoming. We will work with a simple process that encourages us to look forward with a sense of expectation, possibility. Feelings of resourcefulness, good things on the way.

Bring with you your goals, aspirations, projects for 2010. Anything you might be feeling uncertain about, stuck, anxious, confused over. Our workshop will give you some tools to use to get things moving, release the sense of "problem" or difficulty.

Ryu Yoshida

A longtime student of meditation and a practitioner of energetic healing . . . currently a candidate in the Sedona Method Certified Coaching program . . . also a computer networking professional.

Tuesday, March 16 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
No fee, but registration is required

Telling Tales, Making Peace

Deep in the sacred tales we've read and in the simple yet complex moments we've experienced, we encounter the possibility for Peace. In this four-week program, we'll explore sacred stories, folk and mythic tales, and our own life stories looking for moments when peace becomes possible. The presenter will model storytelling and we'll share with partners the tales from texts and from our lives that have taught us how to make peace in our families, our workplaces, and in the world. Storytelling helps us remember the promise of peace.

Marni Gillard

Marni is the author of Storyteller, Storyteacher: Discovering the Power of Storytelling for Teaching and Living. She works with seniors, children, families and businesses to help people discover the tales locked or simply lingering within. Her own recording Without a Splash: Diving into Childhood Memories includes five tales from girlhood about the triumphs and traumas that have made her the woman she is today. Find out more about her at www.marnigillard.com.

Wednesdays, March 24 & 31, April 7 & 14 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$40.00 (Payment after 3/17: \$45.00)

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**