The Society for Pastoral Counselling Research, and School of Counselling, Psychotherapy and Spirituality, of the Faculty of Human Sciences, Saint Paul University, and The Ontario Northeast Region of the Canadian Association for Spiritual Care

Presents

Touch in Counselling and Spiritual Care

May 22-23-24, 2014

Saint Paul University

Pre-Conference Workshop (2 days) with Dr. Stan Tatkin
Introduction to the Psycho-biological Approach to Couple Therapy (PACT)
Author of Love and War in Intimate Relationships and Wired for Love
Thursday May 22, 2014- Friday May 23, 2014: 9-5 PM
Pre-conference fee $150.00 and $80 for students

PACT Introductory workshop gives an overview of the principles of the Psychobiological Approach to Couple Therapy. Clinicians will be introduced to the three domains of PACT: Attachment Theory, Arousal Regulation, and Neurobiological Development through lecture, experiential, and videos. He also focuses on therapeutic enactment, as well as the therapeutic frame and stance necessary to apply PACT in clinical practice. This approach illuminates how and why adult primary relationships succeed and why they fail.

You will learn:
1) The psychobiological principles underlying primary attachment relationships
2) How to diagnose and treat all variants of arousal and affect regulation issues in couples and individual
3) How to diagnose and treat matters pertaining to early attachment and trauma
4) To work effectively with highly avoidant/narcissistic partners and highly angry-resistant/borderline partners
5) To use various technologies for clinical research and intervention such as videotaping
6) Practical tips on how to set up your office to facilitate PACT sessions with your clients

Workshop is intended for marriage and family therapists, students, professional counselors, social workers, chaplains, psychologists, and psychiatrists.
Annual Conference: Society for Pastoral Counselling Research

Touch in Counselling and Spiritual Care

Keynote speaker and Concurrent Workshops

Friday May 23, 2014 – Saturday May 24, 2014

Conference fee $80.00 and $40 for students
Friday or Saturday only: $30.00 and $15 for students

Friday, May 23, 2014
8 – 9 AM Registration and Book Sales

9 – 10:30 Keynote Speaker: Amphitheatre

Stan Tatkin is the keynote speaker. His theme will be the place of touch in the helping relationships: in counselling and spiritual care. This lecture will teach you about the fundamental biological realities of human bonding and the place of touch in attachment. He will also demonstrate ways that touch can be brought into counselling and spiritual care.

10:30-11:00 Coffee and Books Sales 10-1:30

11:00 – 12:15

1) Workshops: Graduate Education and the Cure of Souls with Thomas St. James O’Connor, Waterloo Lutheran Seminary University

2) Contributions de deux approches anthropologiques (sensorielle et durandienne) à l’étude symbolique du toucher et à la compréhension des frontières en thérapie : avec Christian R. Bellehumeur, PhD., Université Saint-Paul.

12:15 – 1:30 Lunch on your own and book sales

1:30 – 2:45 Workshops:

1) Touching Objects of Spiritual Significance: Comfort Sought, Comfort Found with Linda Mayorga Miller, M.A., Chaplain, The Ottawa Hospitals

2) L’attachment, les émotions et la famille recomposé: avec Jacques Legault, Professor, Université Saint-Paul. (N.B. 13h30- 16h30)

2:45 – 3:15 Coffee

3:15 – 4:30 Workshops:

1) Touch in Couple and Family Chaplaincy; with Martin Rovers, PhD, Marriage and Family Therapist and CASC Teaching Supervisor, Saint Paul University

2) The Practice of the Laying on of Hands in Islamic Spiritual Care; with Nazila Isgandarova is Spiritual and Religious Care Coordinator at Ontario Multifaith Council and Spiritual Care Provider at the Centre for Addiction and Mental Health.

3) L’attachment, les émotions et la famille recomposé: avec Jacques Legault, Professor, Université Saint-Paul. (N.B. 13h30- 16h30)
4:30 - 5:45 **Workshops:**

1) **Touch in Spiritual and Palliative Care** with Barbara Zerter, a CASC Spiritual Care Specialist Chaplain at the Queensway Carleton Hospital in Ottawa.

2) **When Touch has been Traumatic: Transforming Trauma into Post-traumatic Growth:** with Alida van Dijk, D.Min (Candidate) at Waterloo Lutheran Seminary and CASC Specialist.

6:00 Drinks and **SPCR Banquet and awards ($40.00, separate from the conference fee)**

**Saturday, May 24, 2014**

9 – 12:00: **Workshop:**

1) **When Words are not Enough: Utilizing Somatic Experiencing Principles to Integrate the Body and Touch into Trauma Work:** with Patricia Berendsen, RMFT, RSW, SEP, Psychotherapist, London, Ontario

9:00 – 10:15 **Workshops**

1) **Rekindling Love through Touch and Talk: Theory and Preliminary Research Data:** with Cassandra Petrella, M.A., PhD (Candidate, Saint Paul University) Psychotherapist

2) **Physical Contact, Physical and Emotional Rooting, and Development of Self:** with Augustine Meier, PhD, Professor Emeritus, Saint Paul University.

10:15-10:45 Coffee

10:45 – 12:00 **Workshops**

1) **The Nature of Touch in Counselling: A Focus Group of our Experiences:** with Martin Rovers, PhD, Professor at Saint Paul University

2) **Working with Fear: Using Psychobiological Touch with Couples:** with Marlene Neufeld, MSW, RSW and Bob Neufeld, M.Ed. The presenters are a husband/wife team working as co-therapists with couples.

3) **A Puppy's Touch: De-stressing with Dogs:** Kristine Lund is the Assistant Principal at Waterloo Lutheran Seminary and the happy owner of a puppy named Annie.

12:00 – 12:30 Closing remarks and synthesis

**Conference Program, About Stan Tatkin, Poster, and Registration/Fees, see**

or [www.ustpaul.ca](http://www.ustpaul.ca) and see **Upcoming Events**
or email: mrovers@ustpaul.ca

**NOTE:** The preconference workshop (Thursday and Friday) overlaps with the conference (Friday and Saturday). Participants can take part in the preconference only, or the conference only or the preconference and Saturday workshops.
Society for Pastoral Counselling Research Annual Conference

Touch in Counseling and Spiritual Care

Workshop Details

Stan Tatkin is the keynote speaker. His theme will be the place of touch in the helping relationships: in counselling and spiritual care. This lecture will teach you about the fundamental biological realities of human bonding and the place of touch in attachment. He will also demonstrate ways that touch can be brought into counselling and spiritual care.

Workshops: Graduate Education and the Cure of Souls with Thomas St. James O’Connor, Waterloo Lutheran Seminary University

Cure of the soul is a concept used in Christian pastoral care and counselling through many centuries starting with the Hebrew Scriptures. It involves healing, guiding, sustaining and reconciling. Other world religions such as Islam and Judaism have a similar concept. Graduate education in spiritual care and psychotherapy involves learning, guiding and occasionally healing. These are part of the cure of the soul. The workshop will explore the cure of the soul in a graduate educational setting. The workshop answers the question: How does graduate education facilitate the cure of the soul?

Touching Objects of Spiritual Significance: Comfort Sought, Comfort Found with Linda Mayorga Miller, M.A., Chaplain, The Ottawa Hospitals

The original purpose of this research project was to gain a better understanding of the subjective experience of praying with a sacred object during a time of stress and to examine the influence this process has on coping and spiritual growth. When people are in distress religious objects (e.g. Bible) as well as non-religious items (e.g. family photograph) can provide comfort because they come to symbolize such things as love, family or the Divine to the care seeker. The process of prayer with an object of spiritual significance was shown to be a rich and integral aspect of the research participants’ spiritual lives and ultimately supported a process of positive meaning making and spiritual growth within the context of significant life stress. An unexpected finding was how vitally important physical contact with these objects was for the participants. Those with very small objects reported carrying them in a pocket or purse every day. Others with objects too large to carry in their pockets created places in their homes and time in their schedules to accommodate daily contact and prayer or reflection time with the objects. Participants reported that contact with the objects became a source of comfort, guidance and strength, providing short term relief from negative emotions. This initial research project made me more sensitive to the many ways that patients and their families rely on objects of spiritual significance as part of a hoping and coping strategy during hospital stays. I now encourage patients and family members in this practice whenever I encounter it.

This lecture style workshop will present a picture of the ways people interact with objects of spiritual significance and the emotional and spiritual benefits from this interaction.
The workshop will also explore the ways these objects may have come to be so significant to the care seeker. The presentation will draw on the literature, original research, client vignettes as well as anecdotes from friends and colleagues. Workshop participants will be invited to share stories from their own personal and professional experiences.

**Touch in Couple and Family Chaplaincy:** with Martin Rovers, PhD, Marriage and Family Therapist and CASC Teaching Supervisor, Saint Paul University

As a spiritual care practitioner, you are just finishing a pastoral visit with your patient and their partner walks in to visit. How can you shift your practice from individual spiritual care to couple spiritual care? What are some basic family systems guidelines and practices that allow you to bring the partner into the spiritual care conversation and leave both partners better able to talk with and touch each other in their time of illness or dying. This workshop will cover issues like family systems principles, confidentiality, facilitating couple dialogue, inter-partner touch including eye contact, words, touching, embraces, and couple prayer. And then their two adult children walk in, and you are called upon to become a family chaplain.

**The Practice of the Laying on of Hands in Islamic Spiritual Care** with

Nazila Isgandarova is Spiritual and Religious Care Coordinator at Ontario Multifaith Council and Spiritual Care Provider at the Centre for Addiction and Mental Health. She is specializing in spiritual care and counselling.

The practice of the laying on of hands is a prophetic tradition in Islam. Early Muslims strongly believed that not only the words but only ritual of the laying hands carried out the potential for healing and deliverance. Through the centuries Muslim spiritual caregivers, especially healers, claimed countless benefits of resting one or both hands onto the afflicted person. Nevertheless, it should be noted that Muslims belong to different cultures and schools of thought. Therefore, their experience of the laying on of hands, while praying with the sick person is not everywhere the same. In this paper, I intend to give a detailed description of the differences in spiritual care in these schools of thought and how these differences affect the Islamic spiritual care practice. For example, the historical and contemporary practice of spiritual care by Muslims indicates that Shia and Sunni branches of Islam have extremely different views on Islamic spiritual care. The companions of the Prophet Muhammad play an important role in Sunni spiritual care, the Twelve Imams for Twelver Shiities of Shias and the Agha Khan in Ismaili tradition in Shia. Nevertheless, I have also tried to focus on similar beliefs and observances with regard to the relationship between the benefits and cautions of the laying on of hands as a spiritual practice in various situations such as health care, illness, and death and dying among Muslims.
Contributions de deux approches anthropologiques (sensorielle et durandienne) à l’étude symbolique du toucher et à la compréhension des frontières en thérapie : avec Christian R. Bellehumeur, PhD, Université Saint-Paul.

À toutes les époques et dans toutes les cultures, les domaines du sens du toucher (i.e. sensibilité thermique, kinesthésie, sens de la douleur) ont été porteurs de sens; de nombreuses expressions figurées - qui leur sont empruntées - fécondent l’imagination dans différentes disciplines de la pensée humaine (Coulmas, 2012). En contexte thérapeutique, en plus des expressions fréquemment rencontrées dérivées du toucher (ex, « cela me touche… »), on fera appel à divers procédés du langage symbolique (i.e. métaphore, parabole, etc.; Monbourquette, 1984) impliquant le sens du toucher pour expliciter la complexe notion des frontières. Par exemples, en médecine, on comparerait métaphoriquement les frontières à des membranes cellulaires en contact (Whitfield, 1993), ou encore, en philosophie, mentionnons la célèbre parabole des porcs-épics de Schopenhauer, reprise par Freud, qui souligne l’importance de trouver une distance acceptable entre les personnes. En somme, l’efficacité de ces expressions langagières dépendent largement du contexte socio-culturel et des capacités symboliques des personnes impliquées (Ricoeur, 1976 ; Durand, 2005).


L’attachment, les émotions et la famille recomposée: avec Jacques Legault, Professor, Université Saint-Paul. (N.B. 1:30- 4:30)

Le but de cet atelier est de présenter les défis particuliers de la famille recomposée dans une perspective d'attachement, d'émotions et de toucher.
Les thèmes abordés seront:
1. théorie d'attachement en lien avec les besoins d'attachements des parents et des enfants lors des changements dans la structure familiale de la famille nucléaire à la famille mono parentale à la famille recomposée.
2. Concepts du deuil dans les tentatives d'attachement lors des changements dans la structure de la famille.
3. Le rôle centrale des parents comme guide émotionnel dans les changements familiaux.
4. Élaboration des enjeux intra-psychiques et inter-personnels dans les changements de structure familiaux.

La présentation sera présentée via powerpoint avec vidéos et images pour faciliter l'utilisation de métaphores dans l'élaboration des concepts.

When Touch has been Traumatic: Transforming Trauma into Post-traumatic Growth:
with Alida van Dijk, D.Min (candidate) at Waterloo Lutheran Seminary and CASC Specialist.

My research seeks to understand the factors that enable an individual to transform a self-defined traumatic experience into post-traumatic growth. My research is unique in focusing on an individual’s “self-defined” traumatic experience. I wanted to examine what I call, people’s little “t” traumas, not just the big “T” traumas that gain a diagnosis of Post-Traumatic Stress Disorder (PTSD). The traumas experienced by the 12 people interviewed in my research include childhood sexual abuse, an immigration experience, an ex-partner’s suicide, receiving a diagnosis and living with a degenerative illness, and trauma associated with one person’s profession as a paramedic.

Preliminary analysis notes that common themes are emerging of internal factors, such as faith, hope, sense of identity, personality and meaning-making, and external factors, like children, supportive people, music and journaling, that help an individual grow from their traumatic experience. This research offers a practical contribution to therapists and spiritual care clinicians who can use an awareness of these factors to formulate care plans and therapeutic interventions to help their clients heal and grow from trauma. Therapists journey with their clients in search of a deeply profound improvement in meaning-making. They help their clients to incorporate the trauma into their life story…recognizing that the traumatic event forever changes their life, but it does not permanently leave them stranded and stuck at the side of the road. When we collide with a traumatic experience while traveling on the highway of life, it need not kill us. My research helps to find a way, not merely to survive, but to thrive after trauma.

Touch in Spiritual and Palliative Care with Barbara Zerter, a CASC Spiritual Care Specialist Chaplain at the Queensway Carleton Hospital in Ottawa.

We rely more heavily on non-verbal than verbal cues to interpret the messages of others. Hands have the largest concentration of nerve endings for interaction with our environment. How does this sensitivity in our hands help us to relate to each other in deep and meaningful ways in sacred moments? I use touch, in an acute care hospital, to communicate where words are not possible, seem inadequate or are transcended. I encourage families to do so and observe the sacred nature of touch in the daily care and treatment of clients. This workshop seeks to explore, open dialogue and sharing on the use of touch in spiritual and palliative care: how we express meaning
and transcendence through touch; when touch is appropriate, when it may not be; how cultural attitudes and perceptions influence its use.

**When Words are not Enough: Utilizing Somatic Experiencing Principles to Integrate the Body and Touch into Trauma Work:** with Patricia Berendsen, RMFT, RSW, SEP, Psychotherapist, London, Ontario

Trauma work can be an overwhelming experience, depleting emotional and physical resources. Sometimes, words are not enough. Incorporating the body into trauma work becomes necessary, yet we are often at a loss as to how to do this. Somatic Experiencing developed by Peter Levine, PhD, is a physiologically-based trauma resolution model which supports our own and our client’s nervous systems to become more resilient and organized. Its naturalistic orientation works with nervous system conditioning in the wake of traumatic stress. Trauma responses and trauma healing are rooted in the transitions out of and between emergency states of fight, flight and freeze. Recognizing the inherent tendency toward self-reorganization, people can heal from the most arduous traumas once they learn this natural language of the body. The result is a return to aliveness, instinct, and connection to life in the here-and-now. As practitioners, we can actually learn to “do less” while supporting more ease and health for ourselves and for our clients.

**Rekindling Love through Touch and Talk: Theory and Preliminary Research Data:** with Cassandra Petrella, M.A., PhD (Candidate, Saint Paul University) Psychotherapist

The use of inter-partner touch in couple counselling seems virtually absent from the world of psychotherapy. There is limited existing research on the use of inter-partner touch to create emotional bonding and security. This workshop provides an analysis of inter-partner touch by reviewing the existing psychological and biological research and explaining how the research can extend our current understanding of couple relationships. An emerging therapy model is proposed for incorporating touch interventions into existing methods of couple counselling. This workshop reveals a potential for inter-partner touch to facilitate greater attachment security within couple relationships and to help heal childhood wounds that are dancing between partners. Preliminary results of our research will be presented.

**Physical Contact, Physical and Emotional Rooting, and Development of Self:** with Augustine Meier, PhD, Professor Emeritus, Saint Paul University.

This workshop proposes that healthy well-being and the ability to have rewarding and lasting relationships are based on an infant/childhood’s physical contact, physical rooting, and on its emotional rooting (i.e., bonding) with its mother, and on the development of a bodily and psychological self. The paper defines and illustrates these terms. The research pertinent to the proposal is summarized and a case that illustrates these concepts and their linkages is presented.
Therapeutic interventions that helped the individual to become physically and emotionally rooted and to develop a bodily and psychological self are described. The theoretical concepts of physical contact, physical rooting, emotional rooting, bodily self, and psychological self are defined and illustrated. In brief, physical contact refers to both the fetus being physically connected to its mother and to the newborn re-connecting with its mother, that is to become physically rooted in its mother. Emotional rooting, which is a more primitive concept than attachment, refers to an emotional bond between infant and mother where the infant feels safe, secure, loved, prized, and protected. Emotional rooting can be thought of as an “emotional home” that serves as the foundation for the development of positive bodily self and psychological self. As Krueger and Mahler mentioned, a bodily self is the foundation for the development of a psychological self. It is to the bodily self that a person often turns to gain perspective on things, make decisions, and so on.

The Nature of Touch in Counselling: A Focus Group of our Experiences: with Martin Rovers, PhD, Professor at Saint Paul University

To touch or not to touch in counselling and spiritual care needs to be decided with much consideration and thought, ongoing monitoring and supervision, conversations with clients and especially, a good hard look at one’s theoretical approach, motivation and purpose. Ultimately it has a whole lot to do with the therapist’s own thinking and life experience.

I propose the attachment theory descriptors for touch to help in the creation of a safe and secure bond between client and therapist: that touch is **consistent**, **appropriate**, **comforting**, and **transparent** for the client. **Consistent** would mean that touch, if any at all, would be well voiced and established early in therapy, and maintained throughout; that this touch be **appropriate** for the client – therapist relationship; and that any touch would be **comforting** for the client; **transparent** in that touch is determined by open conversations between therapist and client.

Touch in therapy needs to be explicit, mutual, and healing. Transparency means the touch conversation is up front so all know the rules and expectations of therapy rather than wait until some incident takes place, like the client wanting a hug and the therapist is uncertain what to do with that, or the therapist believes a sympathy touch might be appropriate at a given moment but the touch rules of therapy had not been clarified, and the emotions of comforting uncertain. Transparency enables consistency to work, and appropriateness to be clarified, and comfort to be defined. This is informed consent at its best, and a good example of intentional practice to proceed in an informed, open, and trustworthy manner.

As a focus group, all are invited to share their experience and suggestions on how touch might become a positive and possible addition to counselling. We encourage participants to share about their own personal cultural, upbringing or environmental influences that they believe impact the use of touch in order to help us better understand what contributes to our level of comfort with the use of touch in therapy. We also want to hear about how touch may play a role in your own professional work, either currently or past.
**Working with Fear: Using Psychobiological Touch with Couples:** with Marlene Neufeld, MSW, RSW and Bob Neufeld, M.Ed. The presenters are a husband/wife team working as co-therapists with couples.

The presentation will provide background to the psychobiological approach, with an overview of how the brain, the mind and the body are impacted when a couple is experiencing conflict. The presentation will explore how much of typical talk therapy does not address the underlying somatic experience of fear. Bringing awareness to each person’s fear response and the body sensations associated to this, and how this interacts with the other person’s fear response, brings new information to light and allows new options for each individual.

The presentation will have an experiential component, in which participants are led through an activity where they notice their own fear responses and where they learn to recognize other people’s fear responses and where they notice the impact of their fear responses on others. The experiential component will include the use of breath, movement and visualization to loosen the grip of fear. The presentation will include a case study where the co-therapists will demonstrate how they work with couples in a clinical setting. The case study will demonstrate how the co-therapists assist clients to recognize their own fear response. The case study will also demonstrate the use of body-centered interventions that involve breath, movement and visualization to de-escalate when in a conflict situation. The presentation will link the use of the above methods to the importance of re-establishing connection through touch. When individuals are experiencing fear they are in insecure attachment and not able to reach toward or receive healthy touch from their partners. When individuals learn to loosen the grip of fear they are more able to move into secure attachment and give and receive healthy touch.

**A Puppy's Touch: De-stressing with Dogs:** Kristine Lund is the Assistant Principal at Waterloo Lutheran Seminary and the happy owner of a puppy named Annie.

The prevalence of anxiety, depression and overall stress on university campuses has become well documented. "De-Stressing with Dogs" is a drop-in event offered on a weekly basis and for a more intensive week during exams at Wilfrid Laurier University. This qualitative study looks at the effect of dog assisted therapy in supporting university students in coping with anxiety, depression and stress.