

# *“Exploring Pathways to Spiritual Wellness” Conference*

**Saturday, June 12<sup>th</sup>, 2010, 9:15am – 4:15pm**  
**at the Holiday Inn of East Windsor (right off NJ Turnpike Exit 8)**

sponsored by your **N.J. Self-Help Group Clearinghouse, [www.NJgroups.org](http://www.NJgroups.org)**

This Conference will provide mental health consumers with a variety of learning & experiential workshops that offer participants the opportunity to examine and strengthen their sense of spirituality.

**8:45 - 9:15 am - Registration** (*fruit juices, coffee, tea, and bagels & muffins provided*),

**9:15 - 9:30 am - Welcome & Overview**

**9:30 - 10:15 am - Keynote Presentation:**

## **“From Pain to Hope: The 12 Steps & Spiritual Transformation”**

**- Craig Nakken**

Addiction is a negative transformative process whether the addiction is to gambling, drugs, alcohol or sex. Recovery, on the other hand, is a positive transformational process. **But that transformation is not just for addicts; it is a human issue that any of us can learn and use in our lives.** We can take our problems and our pain, and do the work necessary to transform them into our own personal growth and wellness. You'll learn how the 12 steps are a beautiful set of spiritual principles that can transform pain into hope, despair into laughter, aloneness into fellowship, & fear into grace.

**10:30am – 12:00 noon: Morning Workshops**

### **# 1 - “More Insights into the 12 Steps & Spiritual Transformation” - Craig Nakken**

This workshop will provide more time to discuss in greater detail how spiritual 12-step principles heal wounds and provide a welcome structure, to replace the chaos and despair that many people would continue to live in. The focus of these principles is a return to a value-centered lifestyle, instead of a power or pleasure-centered lifestyle. We will examine how surrender occurs and how we can connect with, operate from, and become skillful in the use of these spiritual principles, to solve life's problems.

### **# 2 - “Purposeful Peace, Loving Intention, Meaningful Life” - Kathryn Bedard**

Be careful what you ask for... that includes a satisfying and rewarding life! To live in purposeful peace, we need self-awareness about who we are, what we value, our purpose in life, and how to make positive life choices. We will trace development of spirit, how negativity influences spirituality and peaceful existence. Positive image, positive thought process, personal power, authenticity are all important elements of spiritual journey, personal growth, and change. Living life from love will change our outlook, attitude, and shape our world. This workshop will focus on meaningful choices and movement toward things we value.

12:00 - 12:50 *Lunch*

**1:00 -2:30 pm - “After Lunch” Workshops**

### **# 3 – “Balancing Mind-Body-Emotion & Spirit through the dedicated practice of Yoga” - Darlene Rich**

The deep opening you will experience through this yoga workshop will help clear physical and mental stress and leave you feeling refreshed, nourished and ready to embrace Life with an open body, mind and heart. This workshop is a gift to yourself: a most relaxing and rejuvenating yoga experience. You will support your body in a series of yoga postures (asanas) and restorative poses. Under Darlene's gentle guidance, spend 20 minutes with chair poses, then 10 minutes of relaxing pose while listening to peaceful music and sacred poetry, ending in a guided Nidra practice. The workshop will also include breathing and meditation to lead you into a space of profound silence, strengthen the immune system, calming the central nervous system, and learning some fundamental spiritual disciplines of Yoga Sutras.

### **# 4 - Meditation: Path to Well-being and Spiritual Awareness - Michele B. Engoran**

Meditation is well-known as a tool to self-soothe and manage emotions. It is a pathway to reach and maintain inner calm and stability. Additionally, many spiritual traditions use meditation to connect with one's spiritual self as well as God or a Divine Presence. In this way, going within is one of the best ways to transcend ordinary day-to-day experiences and realize higher dimensions of existence. This workshop will explore both aspects of meditation. You will experience a guided meditation that focuses on wellness for mind, body and spirit.

(over)

**# 5 - “To Thine Own Self Be True”: A Soul-Searching Journey of Introspection & Self-Revelation - Janet Pfeiffer.**

Denial is not a river in Egypt. It is a black abyss of fear that imprisons us in false truths and obstructs our chances of achieving personal greatness. As unique and valuable as we all are, each has a darker side as well. Hidden truths and personal deceptions remain undetected by many, and can hinder your happiness and fulfillment in life. Through insightful awareness and courageous change, we are able to achieve personal excellence. By addressing, with intense honesty, the "8 Profound Questions of Self Discovery" each individual will gain greater awareness of the life-affirming choices that uplift, unite and heal. By identifying automatic behaviors that undermine our potential for greatness and intercepting them, we can begin living with greater purpose.

**# 6 - “Enhancing Personal Wellness through Mindfulness Meditation” - John Garafano Jr.**

This workshop will introduce participants to the practice of Mindfulness. Participants will have the opportunity to learn about and discuss how Mindfulness can positively impact personal wellness. The presenter will share how Mindfulness has been a personal wellness tool. This session will uncover the role of Mindfulness in improving one’s sense of self and the role in improving overall well-being. After this session participants will be able to: Define and experience different types of mindfulness meditations; Explain and describe the quantity, frequency and potential impact of personal judgments; Develop and explain the relationship between Mindfulness and Meditation to Personal Wellness

**About the Conference Presenters...**

**Kathryn Bedard, MA, LCADC, CMS, NCADC** has been a professional trainer on mental health, addictions, stress management, wellness, spirituality, eastern arts and philosophy since 1987. She is on the faculty at Rutgers School of Alcohol and Drug Studies. She has extensive clinical and administrative experience in mental health and addictions with private practice, inpatient psychiatric and forensic populations. She’s author of the book, [Stones in My Heart Forever, 9/11: A Journey Through Courage, Strength, and Hope](#). She is owner/instructor, Sojourner Eastern Arts, providing wellness retreats, training, meditation, Reiki, Yoga, Pilates, Kung Fu, Tai Chi.

**Michele B. Engoran, MA**, has been practicing meditation for 20 years. She completed a professional level Mindfulness Meditation Training with Dr. Jon Kabat-Zinn, and has been teaching meditation for over 12 years. She has a Masters in Counseling and is Director of Center for Relaxation & Healing in Plainsboro, NJ. For more information, visit her websites: [www.MicheleBEngoran.com](http://www.MicheleBEngoran.com) and [www.RelaxationandHealing.com](http://www.RelaxationandHealing.com).

**John Garafano Jr., BS, CPRP, CFT** is a Wellness Coordinator and Trainer and QI Assistant for Collaborative Support Programs of New Jersey (CSPNJ). John earned a Bachelors of Psychiatric Rehabilitation and Psychology from the University of Medicine and Dentistry and NJ and Kean University. He provides training, technical assistance, and workshops for consumer operated services, families and providers. John is also a Certified Fitness Trainer from the International Sports Sciences Association. John is an active user of Mindfulness and has led several workshops sharing how he utilizes Mindfulness as part of his personal wellness plan.

**Craig Nakken, LICSW, LMFT** has over thirty-five years experience in the field of addiction. He has a private practice in St. Paul, Minnesota, and lectures nationally and internationally. Teaching engagements have taken him to Russia, Sweden, Norway, Panama, Australia, Iceland, China, Singapore, and Denmark. He is author of [The Addictive Personality](#) with over 450,000 in print, and authored [Reclaim Your Family From Addiction: How Couples and Families Recover Love and Meaning](#). He has taught at the Rutgers School of Alcohol & Drug Studies in New Brunswick, NJ since 1986.

**Janet Pfeiffer** is an internationally known inspirational and motivational speaker. As President & CEO of Pfeiffer Power Seminars, she presents on a wide variety of issues from anger management to conflict resolution and forgiveness. She is author of the book, [The Secret Side of Anger](#) which was endorsed by Dr. Bernie Siegel. She founded and for several years ran "Reunion of Hearts," NJ's very first support group for those seeking to reconcile and reconnect with estranged family members. She currently facilitates an "Antidote to Anger" support group that meets in Morris County. Janet mentions how the value of spirituality is woven into all her presentations. [www.PfeifferPowerSeminars.com](http://www.PfeifferPowerSeminars.com)

**Darlene Rich** began studying yoga as a part of her training at the American Academy of Dramatic Arts in NYC in 1975. In the late 1980's into the 90's she studied with Alan Cohen, both Hatha Yoga and Meditation for Higher Consciousness. In 2003 Darlene discovered the Soma Center and began training with Bobbie Ellis. Other teachers that Darlene has studied with in the last five years are Shiva Rea and Angela Farmer. Teaching is a way of life for Darlene - a calling she is grateful to have discovered. She also teaches High School Theatre and Speech Arts in Edison. Yoga is taught in all levels of her Theatre and Speech Arts classes as well as at the Soma Center in Highland Park, NJ. [www.somactr.com](http://www.somactr.com)

**From the NJ Turnpike – North or South:**

Take **Exit 8**, bear right after the toll toward “Freehold / Twin Rivers (Rt. 33 East).” Immediately get into left lane and make the first left turn at the 1st traffic light on to Woodside Avenue (this left turn is less than ¼ mile from the exit ramp). The hotel will be directly in front of you.

**From Princeton & Rt. 1 (via Rt. 571 East):**

Take Rt. 571 East (Princeton-Hightstown Road) to Rt. 133 East toward Freehold. Get into the right hand lane at the sign for Milford Rd., NJ TPK and Hightstown. At the 1<sup>st</sup> traffic light turn right onto Rt. 33 West. At the next traffic light turn right onto Woodside Avenue. The hotel will be directly in front of you.

**From Freehold / Points East (via Rt. 33 West):**

From Rt. 9, the Garden State Parkway or Rt. 537, pick up Rt. 33 West and follow into East Windsor / Twin Rivers. Turn right onto Woodside Avenue. The hotel will be directly in front of you.

**From North Brunswick Area (via Rt. 130 South):**

Take Rt. 130 South to Rt. 133 East toward Freehold. Get into the right hand lane at the sign for Milford Rd., NJ TPK and Hightstown. At the 1st traffic light turn right onto Rt. 33 West. At the next traffic light turn right onto Woodside Avenue. The hotel will be directly in front of you.

**From Bordentown Area (via Rt. 130 North):**

Take Rt. 130 North to Rt. 133 East toward Freehold. Get into right hand lane at the sign for Milford Rd., NJ TPK and Hightstown. At the 1st traffic light turn right onto Rt. 33 West. At the next traffic light turn right onto Woodside Avenue. The hotel will be directly in front of you.



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## [Conference Registration Form](#)

**Registration Fee: \$15.00** (includes morning refreshments & lunch.) **Pre-registration and pre-payment is required.**

But please note that the **seating for this conference & for the workshop rooms is limited**. So be sure to **register early to get the training workshop you most want to attend** - Because if you register late and your first workshop preference is already filled, you will be assigned the other remaining workshop.

**TO REGISTER:** Either phone the Clearinghouse to **register with a credit card** at 1-800-367-6274, or **mail in this registration form along with your check** made payable to “Saint Clare’s Health Services” **by Tuesday, June 1<sup>st</sup>** to:

NJ Self-Help Group Clearinghouse, Attn: Spirituality Conf., 375 E. McFarlan St., Dover, NJ 07801-3628

**Your Workshop Preferences:**

**10:30-12 noon** (Check Only One Workshop)

# 1. **The 12 Steps & Spiritual Transformation** \_\_\_\_\_ # 2. **Purposeful Peace, Loving Intention, Meaningful Life** \_\_\_\_\_

**1:00 – 2:30pm** (Check Only One Workshop)

# 3. **Balancing Mind-Body-Emotion & Spirit** through the dedicated practice of Yoga \_\_\_\_\_

# 4. **Meditation: Path to Well-being and Spiritual Awareness** \_\_\_\_\_

**2:45 - 4:15** (Check Only One Workshop)

# 5. **“To Thine Own Self Be True”: A Soul-Searching Journey of Introspection & Self-Revelation** \_\_\_\_\_

# 6. **“Enhancing Personal Wellness through Mindfulness Meditation”** \_\_\_\_\_

Name: \_\_\_\_\_ Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Are you with any Center or self-help group? (optional) \_\_\_\_\_

Do you want your full last name on your Conference badge? **Yes**\_\_\_ or **No**\_\_\_, just give the first initial of my last name.

After we receive any mailed-in registration, we’ll phone you to confirm that you are registered and for which workshops. If you do not receive a confirming phone call within 5 days of your mailing us your registration & check, phone us at: **1-800-367-6274, ext. 15.**

**"The experience (distinct from the intellectual realization) of learning that we need not suffer life burdens alone, that we have a place in the human community, and that we have something to both to offer and to receive from other human beings is too profound to be captured by such terms as 'improved mental health' or 'better coping.' Rather it is part of a spiritual and existential process that brings joy and meaning to our lives. By creating supportive settings, all MASH groups have the potential to enrich members' spiritual lives."**

- Dr. Keith Humphreys of Stanford University, in his article, "Individual & Social Benefits of Mutual Aid/Self-Help Groups," published in the journal, Social Policy, 27 (3), 1997, p. 15.

**"Spirituality is often confused with religion. They are very different things. Religion refers to a specific set of beliefs, a tradition, a prescribed set of practices. Spirituality refers to a broad set of principles that transcend all religions. Spirituality is about the relationship between ourselves and something larger. That something can be the good of the community or the people who are served by your agency or school or with energies greater than ourselves. Spirituality means being in the right relationship with all that is. It is a stance of harmlessness toward all living beings and an understanding of their mutual interdependence"**

- Dr. Leland R. Kaiser, founder and president of Kaiser Consulting (a healthcare consulting firm), a co-founder of the Kaiser Institute (an advanced fellowship program for health professionals), and a respected health policy analyst at the forefront of the "healthier communities movement" in the United States.

N.J. Self-Help Group Clearinghouse  
Saint Clare's Behavioral Health Services  
375 E. McFarlan St.  
Dover, NJ 07801-3628  
1-800-367-6274 or 1-800-FOR-M.A.S.H. (Mutual Aid Self-Help).