

2010-2011 Soul Care for Compassionate Listeners

Professional and personal growth through supervision and the expressive arts for Spiritual Directors, Chaplains, Counselors, & Pastors committed to compassionate listening and care of souls.

with Kayce Stevens Hughlett, MA, LMHC & Christine Valters Paintner, PhD, REACE



Friday Morning Group
9:30 a.m.—12:30 p.m.
Meets in Capitol Hill, Seattle
at St. Joseph Parish Center

***Please note:**

This is a new group which has been added as the first two groups filled.

Session Dates:

October 22, 2010
December 3, 2010
January 21, 2011
February 18, 2011
March 25, 2011
April 8, 2011
May 6, 2011
June 10, 2011

8 Monthly 3-Hour Sessions 6 Participants per group

Each Session Includes:

- time for **individual** focus and **group** support.
- an opportunity to reflect on **specific ministry encounters through contemplative reflection** to become aware of what was stirred in you and spark inner growth and deepened self-awareness.
- a gentle and accessible **expressive arts** experience to help you access the **wisdom of your emotions, intuition, and body knowledge**.
- Space for **self-care** with others who share similar struggles and longings.

Supervision . . .

. . . is a process to help you grow in awareness of what gets in the way of your ability to be fully present to those with whom you minister.

. . . assists your growth in interior freedom and self-awareness.

. . . provides you with space to open yourself to the movement of the Spirit in your life and work.

. . . offers you a place where you can explore the fullness of your identity as distinct from your work.

. . . supports you through gathering regularly with peers in a safe, confidential, and nurturing environment.

. . . is facilitated by two skilled and experienced leaders who support you in deepening your capacity for presence and ministry to others.



2010-2011 Soul Care REGISTRATION



Program Fee:

- **\$100 Nonrefundable Program Deposit** to hold your place
- Total Program Cost is **\$600 for all 8 sessions** (includes \$100 deposit)
- **Balance of \$500 is due October 1, 2010** and is nonrefundable after that date
- **Option of two payments**—\$275 by October 1, 2010 and \$275 by January 15, 2010 with commitment to make both payments and attend all sessions.
- Payment can be made by **credit card online** or by **check**

To apply for a space email Christine (Christine@AbbeyoftheArts.com) with the following information:

1. Please include your **name, phone number, and email address.**
2. Please provide a **brief background of your experience in ministry.**
3. What are your **hopes and expectations** for this process?
4. What **other forms of support** do you have in your life right now, including emotional, psychological, spiritual, and physical? Do you currently see a spiritual director or therapist regularly?
5. What **concerns or questions** do you have about this supervision process?
6. Describe any **previous experience with the arts** (not necessary for participation).
7. This process requires your **commitment to attend all eight monthly sessions.**
Are you able to make this commitment to yourself and to the group?

Once Christine and Kayce approve your application you can pay your deposit either by credit card online or by check to: Abbey of the Arts, PO BOX 23160, Seattle, WA 98102

Facilitators:

Kayce Stevens Hughlett, MA, LMHC is a psychotherapist, spiritual director, and writer who takes great joy in working with small groups. Kayce maintains a private practice in Seattle where she assists individuals navigating mental health concerns, seeking spiritual discernment, and exploring the creative process as a tool for authentic living. Kayce considers herself a late bloomer in the area of art creation and delights in experiencing new discoveries alongside others. Learn more about her work at www.diamondsinthesoul.com.

Christine Valters Paintner, PhD, REACE is a writer, teacher, artist, spiritual director, and supervisor who earned her doctorate in Christian Spirituality from the Graduate Theological Union and professional certification as a Registered Expressive Arts Consultant and Educator. She is an Adjunct Faculty member at the School of Theology and Ministry and has been serving in retreat work and spiritual direction for sixteen years. Christine has a passion for helping those in pastoral ministry learn ways to nurture themselves more deeply so that they can more effectively and compassionately minister to others. Learn more about her work at www.AbbeyoftheArts.com.

Registrations accepted until the group is full!

Visit www.AbbeyoftheArts.com and click on “Classes” for more information

Contact Christine at Christine@AbbeyoftheArts.com or (206) 329-3110 with any questions or to apply.