

Hello Friends,

I hope January has been good to you and that you're feeling a lift as the light grows longer. Read on if you're interested in

- a training I'm leading in March
- a podcast interview
- a documentary recommendation (featuring my friend Bernard Kynes)
- a benediction from Wendell Berry

Level 1 ACPE Spiritually Integrated Psychotherapy (SIP) Training

I'll be leading a workshop in spiritually integrated psychotherapy (Level 1 of ACPE's SIP Training) **March 16-18** – Thursday evening through Saturday afternoon – by Zoom. ACPE has a 60-year history of offering quality training in spiritual care, and I'm grateful to be offering this training through their platform. The SIP Training supports licensed and pre-licensed mental health professionals, graduate students, and others in developing knowledge, skills, and ways of being for effectively and ethically addressing **spirituality, religion, and meaning-making in mental health care**. ACPE's SIP Training includes two levels:

- Level 1 offers foundational material for Spiritually Integrated Psychotherapy, including spiritual assessment and basic skills for working with spiritual resources and spiritual struggles.
- Level 2 offers additional training in working with spiritual resources, addressing religious harm, drawing upon one's own spiritual perspectives, and case conceptualization.

If you're a therapist and need continuing ed, the training comes with **15 hours of NBCC-approved continuing education credit**. I've attached a flyer with more information. **Please pass it along** to friends or colleagues that might have some interest, and reach back yourself if you'd like to be part of the experience.

Clearly Clinical Podcast Interview

I was interviewed recently by Beth Irias on the Clearly Clinical Podcast. Clearly Clinical is a great continuing ed resource for therapists, but there's content that'll be of interest to people who aren't therapists, too. Here's a link to the episode I'm on, a conversation about psychotherapy and spirituality: <https://clearlyclinical.com/podcast/ceu-therapy-spirituality> But check out some of the many other good ones while you're there.

Master of Light Documentary on HBO

My friend and therapist-colleague of 30+ years, Bernard Kynes, has a role in a documentary now streaming on HBO. The film is called "Master of Light," and it features the life and work of painter George Anthony Morton. Morton spent 11 years in prison, which he describes as his monastery, and shortly after release he was selected to study at the prestigious Florence Academy of Art in New York. He became the first African-American to graduate from FAA, and his work is now on display in galleries around the world.

The producers of the film called Bernard several years ago and asked if he'd be willing to take on George as a client and allow their sessions to be filmed. Bernard was game, and he features in

several scenes. I'm proud of my friend and of the supporting role he's had in Morton's life—and in this remarkable film. Here's a link to the trailer if you're interested.

<https://www.youtube.com/watch?v=9dHJGCNQBik>

Wendell Berry

And if I'm recommending a film, how about a book, too? Early this morning I finished Wendell Berry's latest collection of short stories, *How It Went: Thirteen More Stories of the Port William Membership* (Counterpoint Press, 2022). If you know Berry's work, you know that all his fiction is set in the rural community of Port William, Kentucky, and that his fiction, non-fiction, and poetry all convey strong values about what makes for a good life: connection to place, soil, and neighbor; work done well and beautifully; farming in a way that heals rather than ravages the land; resistance to technologies and economic arrangements that widen the space between us and our neighbors and us and the earth. Much of his writing has the feel of a prophet trying to awaken an entire culture before it's too late, but Berry is now 88, and this latest collection reads like a eulogy—for a world lost to the machinery of industrialized farming and commodified relationships of every kind. As with most of the beautiful eulogies I've heard, in this one there is grief, gratitude, truth, and a glimmer of inspiration for those who remain. Here are the words of narrator Andy Catlett, in the final story of this volume, titled, symbolically, "Rainbow":

We arrive here in this world having forgotten where we came from, though something of a memory seems to remain: a whisper, a distant shine like that of a house window at night on the far side of the valley, perhaps what some have called "the inner light," to guide us when finally we have been jolted awake. And so we don't come from nothing. But once here we don't know where we are I have been here long enough to watch the whole turn of the wheel. I see that we are passing through this world like a river of water flowing through a river of earth To give thanks seems truly to be the right response, for as we come and go we learn something of love, the gift and the giving of it, and this appears to lay a worth upon us, if we want it, if we accept it, to give us standing hereafter (215-216).

Be in touch

I'll be happy to hear from you—news of your life, questions or suggestions for future blogs on the Psychology Today site, and whatever else might be on your mind. I'm also happy to remove your name if you no longer want to receive these emails. Just let me know.

Thanks for reading. I hope you're seeing light on the far side of the valley.

Russell