



CONSULTATION CENTER

“Respecting the Unity of Mind, Body and Spirit”

November - December 2007

FALL CALENDAR

<i>November 7</i>	Organize & De-Stress the Christmas Season
<i>November 13</i>	Healing Emotional Eating
<i>November 14</i>	Exploring the Poetic Imagination in Us All
<i>December 3</i>	Depression

Organize and De-Stress the Christmas Season

Rather be Santa than Scrooge? If you dread the holidays, rather than celebrate them, learn to better manage your time, money and energy this holiday season with less stress. Learn to set priorities, manage your time and money, and organize your shopping. Gift giving and receiving strategies will be discussed, too.

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.

Wednesday, November 7 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 10/31: \$12.00)
Additional materials fee payable to instructor: \$3.00

Exploring the Poetic Imagination in Us All

Drawing upon the writings of the poets, famous tales and real life stories, this workshop will explore the “present moment” and the times when life challenges our very existence. We will consider how to sustain the driving force that springs up within us.

Jyoti Swaminathan, PsyD

Psychologist and Archetypal Pattern Analyst. Her interests include the study of the relationship between personal stories and archetypal patterns, the consistency and tenacity with which creative forces are expressed in the individual during life’s most challenging moments and the influence of the poetic imagination.

Wednesday, November 14 from 6:30 to 8:30 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 11/7: \$12.00)

Healing Emotional Eating: *Making the Connections*

Do you frequently eat to cope with anxiety, uncertainty, frustration, or anger? Do you find yourself attempting to nourish yourself spiritually and emotionally with food? Would you like to begin to unravel the emotional connections that food holds for you? Awareness and insight are first steps toward cultivating the compassion required to break free from emotional eating. This workshop will help you to:

- **Understand reasons behind your emotional eating,**
- **Explore how overeating speaks to you,**
- **Develop alternatives to meet your emotional needs in ways that will satisfy your “hunger.”**

Donna Lochner, MS Ed, NCC

Nationally certified counselor in private practice . . . presenter on coping with stress, change, and anxiety, emotional and spiritual wellness, self esteem, grief and loss, dealing with difficult people, and food and body image issues . . . offers individual counseling/psychotherapy sessions, Thought Field Therapy, several forms of energetic bodywork . . . training includes Master’s degree in counseling and two years of psychospiritual counseling training (Psychosynthesis).

Tuesday, November 13 from 6:30 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 11/6: \$12.00)

Depression

It is estimated that 19 million American adults suffer from some type of depressive illness. Depression affects the individual in every aspect of life. This workshop will explore some of the causes, symptoms and ways to obtain help. Practical issues as to how to deal with depression and the correlation with suicide, anxiety disorders, and depression will also be explored.

Rev. Thomas Konopka, MDiv, LMSW

Clinician at the Consultation Center and at Catholic Charities, Schenectady . . . sacramental minister at St. Clare’s Church, Colonie . . . a priest of the Albany Diocese.

Monday, December 3 from 7:00 to 9:00 p.m.
Pastoral Center, 40 North Main Avenue, Albany
\$10.00 (Payment after 11/26: \$12.00)

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

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 Sites: www.timesunion.com/communities/ccenter
www.rcda.org

Video Tapes Available

The Consultation Center has available for loan video tapes of its lectures for use by parishes and other interested groups and individuals. For further information contact the Consultation Center at 489-4431.

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 again this year. 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.

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