

32nd Annual Psychotherapy & Faith Conference

Cultivating Wisdom to Promote Healing in Divisive Times

Jointly presented by
The Menninger Clinic, Baylor College of Medicine,
Institute for Spirituality and Health, &
McGovern Center for Humanities and Ethics

November 3, 2023

St. Paul's United Methodist Church
Fondren Room | 5501 S. Main Street | Houston, Texas 77004



Target Audience

The Psychotherapy and Faith Conference is ideally suited for physicians, psychologists, social workers, licensed professional counselors, licensed marriage and family therapists, addictions professionals, clergy, chaplains, theologians, spiritual caregivers, and other professionals from religious/spiritual communities from all levels of experience (novice to expert).

Register Today





Learning Purpose Statement

The currently contentious socio-political climate poses challenges for patients and psychotherapists contending with unprecedented religious, spiritual, and cultural tensions. Growing polarization and divisions within families, faith communities, and governing bodies contribute to internal conflicts, loneliness, and spiritual struggles that many persons

bring into the therapy room. A knowledge gap in addressing polarizing social and political tensions can be addressed by venerable wisdom offered by faith traditions, wisdom that can ameliorate suffering and foster growth and flourishing in these tumultuous times. A growing body of research suggests that nurturing wisdom, such as cultivating tolerance for uncertainty along with empathy, compassion, and self-reflective capacities can provide a pathway toward understanding and greater peace—both on an individual and a collective level. The 32nd Annual Psychotherapy and Faith Conference will draw upon the insight of mental health professionals and spiritual leaders alike to offer strategies for promoting wisdom among psychotherapists and patients that will contribute to growth and healing.

Learning Objectives

At the conclusion of this event, participants will be able to:

- Identify contemporary social-political conflicts that contribute to religious, spiritual, and psychological struggles.
- Describe core tenets of wisdom and their relation to human growth and resilience.
- Apply strategies for promoting wisdom in psychotherapeutic and personal practices.
- Compare understandings of wisdom derived from world religious traditions with those from psychological paradigms.

Register Online

Conference Fees

- \$100 In-person Professional Rate (includes continental breakfast and box lunch)
- \$75 Virtual Professional and Student Rate (Students may attend in person or virtually for this fee.)

For assistance with registration, payment, dietary, ADA, or lactation needs, or information on continuing education credits, please contact Michelle A. Jennings, Manager, Continuing Education at Menninger, majennings@menninger.edu.

Refunds

The Menninger Clinic will provide a full refund upon written request at least two weeks before the live event. In the unlikely event the conference is cancelled, prepaid registrants will be given a full refund. To request a refund, please email Michelle A. Jennings at majennings@menninger.edu.

Register at

<https://bit.ly/3E2C20G>
Or hover camera above
QR code to access
registration page.



Conference Schedule

Time	Presentations
8:00 – 8:45 a.m.	Registration and Light Breakfast
8:45 – 9:00 a.m.	Opening Remarks
9:00 – 9:45 a.m.	The Gift of Spirituality Rev. Myokei Caine-Barrett – Nichiren Shu Buddhist Order of North America
9:45 – 10:30 a.m.	What Does Wisdom Require of You? Earl D. Bland, PsyD, MA – Biola University
10:30 – 10:45 a.m.	Morning Break
10:45 – 11:45 a.m.	Positive Psychiatry: Promoting Wisdom as an Antidote for Loneliness Dilip V. Jeste, MD – UC San Diego
11:45 a.m. – 12:30 p.m.	Lunch Break
12:30 – 1:15 p.m.	Cultivating Reparative Intelligence: Caring Beyond Division Jaco J. Hamman, PhD – Vanderbilt University
1:15 – 1:30 p.m.	Afternoon Break
1:30 – 2:15 p.m.	Integration Panel Discussion <i>James W. Lomax, MD – Moderator</i> Rose Yang, PsyD, & Avani Thakkar, BHMS, PMHNP-BC, MHA – The Menninger Clinic
2:15 p.m.	Closing Remarks

Distinguished Faculty

Earl D. Bland, PsyD, MA

Dr. Bland is a clinical psychologist, psychoanalyst, professor of psychology at Rosemead School of Psychology, Biola University, and faculty member of the Institute of Contemporary Psychoanalysis, Los Angeles. He is the co-author/editor of *Christianity and Psychoanalysis: A New Conversation* as well as numerous other publications.



What Does Wisdom Require of You?

What prevents us from living into the wisdom we already know? If indeed, as philosopher Charles Taylor tells us, the great challenge of this century for politics and the social sciences is finding a way to understand the other, how might psychotherapy and faith contribute to meeting this call? Using psychoanalysis as a guiding sensibility, this presentation explores how the deep wisdom of our religious traditions is often lost or bypassed in the face of contentious social-political fractures, and how we might thoughtfully do justice, love mercy, and walk humbly.

Rev. Myokei Caine-Barrett

Myokei Caine-Barrett, Shonin, was the first American woman and the first person of African Japanese descent to receive full ordination as a Nichiren priest. Today, she is the bishop of the Nichiren Shu Buddhist Order of North America, the first woman and Westerner to hold this position. Based in Houston, where she is the guiding teacher of Myoken-ji Temple, has been active in Healing Warrior Hearts and The Gathering: Buddhist Teachers of Black African Descent. Myokei Shonin is also involved with the Faith Leaders Coalition of Greater Houston. She is also a mentor in The Garden Initiative for Black Women's Religious Activism, a licensed practitioner of Centers for Spiritual Living and a certified mindfulness teacher.



The Gift of Spirituality

The issue of faith is one that arises in conversations about one's embrace of or one's lack of faith. In many Abrahamaic religions, faith is perceived to be a requirement in order to achieve recognizable and lasting results in one's life. For Buddhists, faith is not a requirement and is often simply defined as an expectation. There is no penalty or judgment for not having faith in the Buddha's teachings; one is simply invited to practice the path by following the Buddha's teachings, or commentaries on the teachings. Fundamentally, it is my hope that a deeper understanding of faith (as an anchor for one's life) can create a gateway through which one can realize their own potential for successful navigation of life and its challenges.

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More Distinguished Faculty

Jaco J. Hamman, PhD

Dr. Hamman is Professor of Religion, Psychology, and Culture at Vanderbilt University (Nashville, TN). He has published 9 books, 5 book chapters, and 29 peer reviewed articles exploring play, leadership, care of men, and technology. Hamman co-founded a housing non-profit for persons with developmental disabilities alongside students and displaced elderly.



Cultivating Reparative Intelligence: Caring Beyond Division

Society is in need of Reparative Intelligence, i.e., discovering personal woundedness, seeking restoration for oneself, and facilitating the restoration of persons, systems, environments, and nature. Mental health professionals and spiritual leaders are reparative agents. Three dynamics impeding Reparative Intelligence are explored: reducing the complex nature of the self, shaming as a pervasive cultural practice, and lacking life-giving narratives.

Dilip V. Jeste, MD

Dr. Jeste is Director of the Global Research Network on Social Determinants of Mental Health and Exposomics, President-Elect of the World Federation for Psychotherapy, and Past President of the American Psychiatric Association. His main areas of research include successful aging, wisdom, and positive psychiatry.



Positive Psychiatry: Promoting Wisdom as an Antidote for Loneliness

Recent decades have seen a behavioral pandemic of loneliness, anxiety, depression, stress, and deaths of despair from suicides and opioid use. Our studies show a strong inverse correlation between wisdom and loneliness. Spirituality is an important component of wisdom. There is growing evidence for usefulness of psychosocial – behavioral interventions to enhance components of wisdom including compassion, emotional regulation, and spirituality. This presentation will discuss clinical assessment of wisdom, spirituality, and loneliness, along with practice of Positive Psychiatry which focuses on promoting positive traits and overall well-being.

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More Distinguished Faculty

James W. Lomax, MD, Moderator

Dr. Lomax is the Distinguished Emeritus Professor and former Brown Foundation Chair for Psychoanalysis and Associate Chairman and Director of Educational Programs in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. He was elected to Phi Beta Kappa at Rice University and Alpha Omega Alpha Baylor College of Medicine. He served as chief resident and received the Eugen Kahn Award as the overall most outstanding resident at Baylor. Dr. Lomax completed psychoanalytic training in 1986 at the Houston-Galveston Psychoanalytic Institute. He is an adjunct faculty member and Board of Trustee member of the Institute for Spirituality and Health of the Texas Medical Center. He has chaired their planning committee for the annual Psychotherapy and Faith Conference for 27 years. Dr. Lomax's clinical interests are in psychoanalytic treatment of anxiety, mood, and personality disorders. His scholarly interests include the interface between religion, spirituality, and healing; and sources of meaning in medicine.



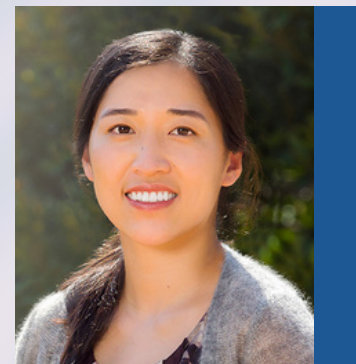
Translating Concepts into Clinical Practice

The conference will conclude with a clinical case to illustrate how concepts presented by other speakers are applicable to clinical work. This will follow a discussion of how these concepts influence clinical practice.

Discussants

Rose Yang, PsyD

As a staff psychologist at The Menninger Clinic, Dr. Yang has expertise in lesbian, gay, bisexual, and transgender issues. In addition, she works with the young adult population, individuals with personality disorders, and on cultural/diversity issues. Her research interests include therapeutic assessment and diversity issues in the workplace. She is an assistant professor in the Menninger Department of Psychiatry & Behavioral Sciences at Baylor College of Medicine (BCM) and serves as the Faculty Leader and Liaison to BCM for Diversity, Equity, and Inclusion.



Avani Thakkar, BHMS, PMHNP-BC, MHA

Thakkar has been a clinician on the Menninger Compass Program for Young Adults team for more than 10 years. She leads meditation groups and brings hope to patients by helping them find purpose in their lives through meditation, spirituality, and motivational stories. She is a past winner of Menninger's Gary Napier Excellence in Nursing Award and the Pillar Award, The Clinic's highest employee honor. She graduated magna cum laude from the Psychiatric Mental Health Nurse Practitioner Program at Midwestern State University in Wichita Falls, TX. She also earned a master's in Health Care Administration from Houston Baptist University and undergraduate degrees in nursing from Texas Woman's University in Houston and in homeopathic medicine and surgery from the University of Mumbai in India.



Continuing Education Credit

Successful completion of this activity requires 100% attendance of the activity. Four (4.0) credit/contact/clock hours have been designated by The Menninger Clinic for the following disciplines:

Physicians

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The Menninger Clinic, Baylor College of Medicine, Institute for Spirituality and Health and McGovern Center for Humanities and Ethics. The Menninger Clinic is accredited by the ACCME to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 4.0 *AMA PRA Category I Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists

The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content.

Social Workers

This activity is offered for 4.0 continuing education credits for social workers. We adhere to the Texas Behavioral Health Executive Council and Texas State Board of Social Worker Examiner guidelines.

Licensed Professional Counselors

The Menninger Clinic has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5139. Programs that do not qualify for NBCC credit are clearly identified. The Menninger Clinic is solely responsible for all aspects of the programs.

Licensed Marriage and Family Therapists

This activity is offered for 4.0 continuing education credits for marriage and family therapists. We adhere to the Texas Behavioral Health Executive Council and Texas State Board of Examiners of Marriage and Family Therapists guidelines.

Addictions Professionals

The Menninger Clinic approved by the TCB Standards Committee, Provider No. 1741-06, four (4.0) hours general. Expires 7/2024. Complaints about provider or workshop content may be directed to the TCB Standards Committee, 401 Ranch Road 620 S., Ste. 310, Austin, TX 78734, Fax No. 888-506-8123.

