

6th International Conference on Spirituality and Psychology [ICSP2021]

Event Schedule

Sat, Mar 13, 2021

11:00am

Opening address: Tomorrow People Organization

🕒 11:00am - 11:10am, Mar 13

Welcome to **6th International Conference on Spirituality and Psychology [ICSP2021]!**

"You are not a drop in the ocean, you are the entire ocean in a drop." - Rumi

International Conference on Spirituality and Psychology explores human mind and spiritual nature of our existence.

Each year, the ICSP gathers scholars, psychologists, practitioners and spiritual workers from across the globe, offering one of a kind learning and networking platform

This conference is organized by the [Tomorrow People Organization](#).

Tomorrow People was created with an intention to serve as a platform for different cultures to be represented, different opinions to be expressed and different perspectives to be shared in a safe, non judgmental environment, that encourages you to express yourself in any way you feel comfortable with. We celebrate our differences because we believe this is what helps us learn, grow and evolve as individuals, as species and as civilization. We see diversity as the most valuable resource our civilization has and our uniqueness as the most powerful weapon we have, both individually and collectively. From the diversity of genes, to diversity of cultures, thoughts and perspectives, this has always been the foundation of our advancement and evolution.

The main theme of this year's conference is **REFRAMING, REBUILDING** and **RECONNECTING**.

The last 12 months have been quite challenging for all of us. We cannot always change circumstances, but what we can change is – our perspectives. And by doing so **we can change our reality**.

Everything in the Universe vibrates and there is no such thing as flat line.

We see the current circumstances as an opportunity for us to learn and grow.

When the entire world got locked down and we're no longer able to go outside and explore it, we got another precious opportunity, to take a journey inside. The ICSP2021 invites each one of us to take that magical journey inside: a journey of self reflection, a journey of discoveries and, maybe the most proper way to put it: journey of reminders of **WHO, WHERE** and **WHY** we are.

This is a path we have to walk ourselves, no one else can do it for us. There is no one universal way, for each one of us is on our own and, to us, unique journey. But, there is one universal destination that we all striving for and are meant to be in.

You will see in the agenda that, as usual, we have diverse topics covered, and unique stories shared. In addition to this, diversity of cultural, educational and professional backgrounds of the ICSP2021 participants guarantee an opportunity for each one of us to learn something new.

We'd like to take this opportunity to also invite you to take an active role in creating the ICSP2021 experience. The biggest takeaways in ICSP have always been friendships, collaborations and meaningful connections established in the conference!

ICSP2021 virtual conference platform offers numerous networking opportunities. We encourage you to:

- Exchange contact information with fellow participants
- Engage in discussions
- Ask questions
- Set up virtual meet-ups (we already have several meet-ups set - do check them out and feel free to join!

and more.

All conference sessions are recorded and will be available to access for an extended period of time, in order to ensure fair and equal opportunities for each member of our global community to follow the presentations, engage in discussions and networking. We do, however, encourage you to follow the sessions in real time, to the best of your ability, to ensure a dynamic learning and networking experience.

We wish you joyful, awakening, inspiring and fun 3-day journey ahead.

ICSP2021 Organizing Committee

 **Speaker**



Vladimir Mladjenovic Founder, Tomorrow People Organization

11:15am

Integration of Positive Psychology and Mindfulness to Boost Happiness in a Southeast Asian Context

🕒 11:15am - 11:35am, Mar 13

Positive psychology has recently been developed to steer away from traditional psychology's deficit model towards one of human strengths. Positive psychology is dedicated to empirically increasing happiness and has been shown to be effective in certain contexts. However, psychology in general and positive psychology in particular have been criticized for their limited perspectives about and applicability to non-WEIRD (Western, Educated, Industrialized, Rich, Democratic) cultures. It is therefore proposed that some modifications to positive psychology practices are warranted to be culturally appropriate for other cultures. Given the strong influence of Eastern religions and spirituality in many parts of Southeast Asia, mindfulness, which has Buddhist origins, has potential for increasing the happiness in these regions. Practicing mindfulness alone has been shown to improve mental health indices (e.g., decreased depression and anxiety and increased self-compassion, resiliency, and empathy) which makes it a nice fit with positive psychology's goal of boosting happiness. Therefore, scientifically designing mindfulness based positive psychology interventions has great potential to make Southeast Asians happier and overall improve society. Future research directions and implications for mental health practitioners and policy makers are explored.

 **Speaker**



Dr. Amoneeta Webster University Thailand

11:40am

Awaken to the Divine - A Personal Journey of Spiritual Transformation

🕒 11:40am - 12:00pm, Mar 13

Over fifteen years ago, I experienced a powerful transformation. In many ways, I was awakened. It occurred over the course of a few weeks when a series of close encounters with nature, caused a budding awareness of my surroundings to surge in a crescendo, sparking a powerful epiphany that forever changed how I would view the world.

Everything changed. The vividness of colors, the intensity of experience, my conceptions of man and nature. I gained a seeming freedom to explore all things from any angle without restraints from past beliefs or convictions.

Over the years, I sought to better understand what had occurred. I read books on neurology and philosophy, as well as writings on Buddhist enlightenment, but a suitable explanation remained elusive.

Years later, I came to the somewhat surprising realization that nothing much had really changed. I was still fully 'myself' complete with my memories, identity, and a full set of emotions. What had changed was my inner voice—the gentle narrator quietly guiding my day-to-day life—had never changed. The only difference was that a certain 'control' over this voice had been removed.

My presentation will explore my experience and the psychological mechanisms underpinning such awakenings.

🗣️ Speaker



Greg Bahora Centerpath LLC

12:05pm

Humanistic Psychology Contra Neoliberal Ideology: Cultivating Individuation, Solidarity, and Emancipation at Work

🕒 12:05pm - 12:25pm, Mar 13

The presentation analyzes antagonistic ideological undercurrents in psychology, representing neoliberal economic versus humanistic philosophical schools of thought. Work and organizational psychology, specifically, recently has begun to problematize socially, morally, and intellectually corrosive effects of neoliberal injunctions. Infusing political, social, and "fantasmatic" (unconscious) logics, narratives, and imageries, neoliberal ideology would systematically bias workplace practices and their representation in research towards individualism, competition, and instrumentality, feeding systemic biases and inconsistencies, blind spots, counterfactual theorizing, and confusion regarding intended outcomes. Extending the three-dimensional model, this presentation contrasts principles of neoliberal ideology with humanistic ideals of individuation, solidarity, and emancipation. These concepts are examined on multiple levels: 1) as abstract political logics pervading societal ideologies and institutions; 2) as applied social logics shaping workplace practices; 3) as implied fantasmatic logics influencing psychological processes. The resulting matrix comprises antithetical logics on different levels with specified foci, domains, and connotations. Relationships are discussed with concepts of alienation, basic psychological needs, and meaninglessness/-fulness as existential meta-dimensions. Implications concern scholars positioning their professional identities along ideological rifts and antagonisms; uses of the suggested model for personal development and engaged critical scholarship; and deliberating ways of actively counteracting neoliberal ideology by cultivating humanistic ideals of individuation, solidarity, and emancipation.

🗣️ Speaker



Severin Hornung University of Innsbruck, Institute of Psychology

12:35pm

Spiritual Dimension in Health Promotion During COVID19 Pandemic

🕒 12:35pm - 12:55pm, Mar 13

COVID19 is now being called a Syndemic rather than a pandemic. It is because this pandemic affected multiple dimensions of our social life. People could not imagine that the 21st-century world will come to stand still in their wildest imagination with all its scientific and technological knowledge. A virus named the SARS-COV2 has such a great impact on the physical, mental, and social dimensions of health. It shook the fundamental notions of collective human thought processes about humanity and human values.

Spirituality, the highly evolved human thought processes, played a significant role in promoting physical, mental, and social health by the basic quality of this thought as a controller, communicator, and moderator thought in the ecosystem of the human thought processes of religion, science, philosophy, and cultural. We can see it in social, cultural, political, religious, and scientific areas of human life.

The incredible quality of spiritual thought process to create and promote positive thoughts of humanity and human values and modulate negative thoughts into positive thoughts very effectively can work well as a health promotion tool in a pandemic situation. This presentation will review such incidences from the past year on these grounds.

🗣️ Speaker



Mahesh Bhatt (Surgeon, Author, Public Health Consultant) MMB Trust

12:57pm

Spiritual Distress and Palliative Care

🕒 12:57pm - 1:07pm, Mar 13

In Palliative Care the approach is holistic addressing not only the physical ailments but also the psychosocial and spiritual as well. Initially Palliative Care targeted the terminally ill patients, however with passage of time things are changing and its intervention is being advocated during early course of chronic diseases. It is indeed important to note that severe pain whether it is mental or physical, shatters the person as a whole, often leading to unexpected/ violent actions towards self / others, which can easily be addressed through Palliative Care.

COVID19 Pandemic has several stories across the Globe where some have committed suicide due to mere phobia while others have suffered from serious mental distress where Palliative Care comes into picture, in spite of the fact that mortality due to other diseases have decreased sharply still the quality of life has deteriorated globally. As such we can interpret that Spiritual distress may not only be the manifestation of brain or something to do with the religion alone but much more complex where the factors can be physical, social, emotional, psychological etc. If we closely analyze the COVID19 Pandemic, World over people got plenty of time to perform religious obligations on account of lockdown however a majority of them suffered from the Spiritual distress.

Whereas in case of physical distress caused to the patients of terminal illness they often request for Euthanasia which is illegal in most parts of the world however in sharp contrast the people with Spiritual distress commit suicide or become violent towards others. While people with physical distress are able to express their problems easily however those suffering from Spiritual distress are often withdrawn and do not communicate easily thus requiring a different set of skillset as in case of Palliative Care Professionals practice empathy and not sympathy along with deep listening skills so as break the ice.

🗣️ Speaker



Dr Piyush Gupta SECRETARY & CEO, CANCER AID SOCIETY

1:10pm

Embodiment Practice TCTSY

🕒 1:10pm - 1:25pm, Mar 13

TCTSY is an empirically validated, clinical intervention for complex trauma or chronic, treatment-resistant post-traumatic stress disorder (PTSD). TCTSY employs physical forms and movements, the emphasis is not on the external expression or appearance (i.e. doing it "right"), or receiving the approval of an external authority. Rather, the focus is on the internal experience of the participant. This shift in orientation, from the external to the internal, is a key attribute of TCTSY as a complementary treatment for complex trauma. In this 15 min. practice we will explore the 5 core elements of TCTSY.

🗣️ Speaker



Krystal Perez Tctsy

1:25pm

Lunch break

🕒 1:25pm - 2:00pm, Mar 13

2:00pm

Distant Socializing: Virtual Networking

🕒 2:00pm - 2:40pm, Mar 13

3:00pm

PANEL DISCUSSION: Using Positive Psychology & Holistic Approach to Mental, Physical and Spiritual Wellbeing

🕒 3:00pm - 4:30pm, Mar 13

6TH INTERNATIONAL CONFERENCE ON SPIRITUALITY AND PSYCHOLOGY
[ICSP2021]
13TH - 15TH OF MARCH 2021
VIRTUAL

ICSP 2021 VIRTUAL
tomorrow people

ICSP2021
PANEL DISCUSSION
USING POSITIVE PSYCHOLOGY & HOLISTIC APPROACH TO MENTAL, PHYSICAL AND SPIRITUAL WELLBEING

Saturday, March 13th '21
3:00 PM - 4:30 PM UTC
FACEBOOK LIVE
f SpiritualityConference

MODERATOR

Sandy Lamb

PANELISTS

Dr. Nicholas Serenati **Viann Nguyen-Feng, PhD, MPH** **Bhavna Khemlani** **Arliss Dudley-Cash**

www.spirituality-conference.org f SpiritualityConference SpiritualityConference

Panel discussion will be streamed via Facebook live on March 13th 2021 from 3pm - 4:30pm UTC (London).

📣 Speakers



Sandy Lamb Chief Executive Officer, Altitude Business Coaching, LLC



Nicholas Serenati Flagler College



Viann Nguyen-Feng, PhD Department of Psychology, University of Minnesota, Duluth



Bhavna Khemlani Bangkok School of Management



Arliss Dudley-Cash Soullutions By Arliss

4:45pm

Evolution of Consciousness: The Science of Neural Traits

🕒 4:45pm - 5:10pm, Mar 13

Let me tell you why we are all intuitively happy & how we use it as a guiding force in our lives!

Ever wonder how to unlock your natural happiness?

Have you ever asked , “When will I be happy?”

Do you ever get flashes of insight followed by bliss?

If you answered “YES” to any of these, you are in the right place. As an author/speaker, I have trained, authored, & lectured on the power of our intuitive happiness. I've worked with hundreds to help them access their intuition & use it as a Major Guiding Force in their life.

As a child, we used our untethered imagination to create entire worlds, whether playing house, building sand castles, or impersonating our unbeatable super hero. Happiness seemed as natural as breathing during these formative years, relatively speaking. Unfortunately, as adults we yield to society's indoctrination that as we age our brains lose their capacity to reconstruct, proliferate, & transform.

Not long ago scientists believed that once we reach adulthood, our brains were “hardwired” & we no longer had the ability to form new neural connections. In the past two decades however, this idea has been refuted. A myriad of scientific studies have documented that the brain has a quality called “plasticity” – the ability to form new neural pathways well into aging years. In the past decade or so there has been a lot of research in in a new science called Neuroplasticity which means how you experience everything from perception of thoughts, images, feelings, sensations. How you interpret that actually rewires the brain.

Ultimately, being aware in the present moment as you experience these perceptions, the brain is rewired for intuitive happiness, creativity, & productivity. In essence, the brain is rewired for conscious human evolution.

 Speaker



KJ Lavan Creator of GROW Method, Behavioral Change Expert, Executive Coach

5:15pm

Migrant Re-Creation and Well-Being

🕒 5:15pm - 5:35pm, Mar 13

Migration patterns influence on leisure and recreation understandings and activities, are under-explored within child and youth practices. In this presentation, we grapple with recreation as re-creation, explorer re-creation as a spiritual practice, and unravel how children and youth innately attend to their spiritual recreation needs, which at times conflicts with family understandings of recreation, leisure, and a path to positive well-being. Through the use of narrated lived experiences, this presentation specifically offers insight into the migration patterns of young people from East Africa to Canada, their engagement in leisure pursuits in their home country and host country, and how leisure supports mental well-being during migration. The research draws on social sciences, humanities, immigration policies, and is grounded in critical feminist theory. Sitting at the intersects of migration, culture, leisure, and mental health this short presentation, based on currently conducted research, followed by group dialogue, the presentation aspires to provoke deeper reflection on leisure and bring new insight re-creation.

 Speaker



Shemine Gulamhusein Child and Youth Care Counsellor, Engaged Care and Counselling

5:40pm

Let Your Story Set You Free

🕒 5:40pm - 6:00pm, Mar 13

When we withhold our stories, we create a barrier within ourselves. When we release them, we tear that barrier down and experience a spiritual liberation like no other. First, however, you must learn how to find your most authentic story and empower your voice.

This interactive presentation will explore how to breakthrough fears and inner obstacles that may be holding you back from finding and sharing your story. When you discover it, it will set you free. Yet the true beauty, power and liberation comes when you release it, so that others will be inspired to do the same.

 Speaker



Laura Reid Public Speaking, Presentation & Story Coach, Podcast Host, Writer, Trainer, Storyforth, The Backstory Podcast with Cain & Laura

Sun, Mar 14, 2021

11:00am

The Ideology of Transhumanism: A Vision of a Coming Utopia or an Impending Threat to Religion and Spirituality?

🕒 11:00am - 11:20am, Mar 14

Unlike other materialist ideologies, such as Marxism, Transhumanism is not centralized and has no official "dogma". However, like Marxism, it is a utopian ideology which develops a concept of a better, technologically-augmented future. Whether it qualifies as a Utopia is debatable, however, transhumanism does aim to remove human suffering and limitations as much as possible. This is confirmed by multiple prominent transhumanist authors. Our study aims to describe the philosophical basis of transhumanism in order to determine whether transhumanism has any aspirations to become a new, global religion. If so, transhumanism would represent a competing ideology at best, and a direct threat at worst, to most religious and spiritual ideologies on the globe. Transhumanism redefines the very concept of "human", and will inherently change - for better or worse - how we see ourselves and each other. This paper will attempt to reasonably establish whether the idea of human as a "Homo Religiosus" can survive humanity's entry into the transhumanist utopia, or will eventually relent and simply become part of our history of ideas.

🗣️ Speaker



Marko Čajković Faculty of Orthodox Theology, University of Belgrade

11:25am

The Development of Gotong-royong (Mutual Assistance) Group Psychotherapy for Bullying Victim

🕒 11:25am - 11:45am, Mar 14

This type of research was research and development (R&D) which aims to develop a model of psychological assistance to increase the self-esteem of bullying victims on adolescents, namely gotong-royong (mutual assistance) group psychotherapy. Gotong-royong was social political system in Indonesia citizenship culture. Gotong-royong group psychotherapy was developed by seven components modules, namely (1) the value of mutual cooperation consisting of 3 dimensions, namely corporation, deliberation and collectively, (2) the value of social support that creates group empathies, (3) the understanding of social and self-differences background (4) values of helping others, community service and joint work, (5) The principles of psychological therapy namely goal, obstacle, test and insight (6) self-efficacy motivation approach and (7) purposeful social interaction service to increase self-esteem. The seven components of the author operate into eight therapy sessions. Gotong-royong group psychotherapy was integrates group intervention with multisystem based interventions. That was, the process of therapy has not only done in group settings but group members can also be involved in social settings, in this case the social system in the school. Then the researcher conducted affectivity test by using the Mann-Whitney and Wilcoxon non-parametric test methods. The result showed that therapeutic significance is 0.00 which indicates that gotong-royong therapy was effective to improve the self-esteem of subjects who experience bullying. Future research is expected to be able to develop and implement gotong-royong interventions in various psychological problem settings, not only for bullying victims.

🗣️ Speaker



Muhammad Azka Maulana Universitas Muhammadiyah Cirebon

11:50am

Induced Emotional Empathy and Contextual Factors Like Presence of Others Reduce the Negative Stereotypes Towards Persons with Disabilities through Stronger Prosociality

🕒 11:50am - 12:10pm, Mar 14

Induced emotional empathy and Contextual factors like presence of others reduce the negative stereotypes towards persons with disabilities through stronger prosociality.

🗣️ Speaker



Shailendra Mishra Additional District Magistrate, Bhadohi, govt. of u p (India)

12:15pm

I was Very Frightened at this Moment: What Medical Students Want to Share With Their Donors Following the Gross Anatomy Course

🕒 12:15pm - 12:25pm, Mar 14

POSTER PRESENTATION

Many medical schools practise commemorative or thanksgiving ceremonies following gross anatomy courses. Taking into account a bio-psycho-social model of medical education, the present study investigates medical students' implicit feelings and thoughts during the celebrations, the differentiation of lived body and objectified body, and the spiritual aspects of anatomical education.

🗣️ Speaker



Julia Naumann TUM

12:25pm

Similarities and Differences between Clinical Depression and Dark Night of the Soul: A Systematic Review

🕒 12:25pm - 12:45pm, Mar 14

The Dark Night of the Soul is a description of Catholics about a state in which an individual is in deep spiritual crisis and spiritual dryness. There seems to be an overlap of the said spiritual state with clinical depression, hence, this study aims to systematically review the similarities and differences of the two indicated variables. Google Scholar and Ebsco databases were used in searching. Journal articles and books were included for the systematic review. The review revealed that individuals suffering the dark night of the soul evidently present symptoms similar to clinical depression. However, these symptoms are only within the context of their spirituality and they're able to maintain vitality in other aspects of their lives. While the clinically depressed often present suicidal tendencies and the desire to quickly end their suffering, those who undergo the dark night of the soul have a stronger desire to live and to prolong their suffering for the sake of purification. Both the clinically depressed and those undergoing the dark night of the soul show profound irritation, but the former display irritation that deliberately affects their functioning and social life. The presented similarities and differences are but a few of the notable comparisons between the two. However, there often seems to be a thin line between the two, and professionals are suggested to evaluate whether an individual who reports such difficulties needs spiritual care, psychological intervention, or both. With this being said, further researches about the two variables are warranted.

🗣️ Speaker



Christian Khiel Unto Psychometrician/Research Assistant, Espada Psychological Consultancy

12:45pm

The Promise of Paradise [In memory of Beth Misner]

🕒 12:45pm - 1:00pm, Mar 14

Beth's talk will posit that we are each born with the imprint of paradise in our DNA. Throughout our entire lives, we know paradise when we experience it. There are many ways to think about paradise: sometimes we think about Paradise Lost, or we think about needing to reach paradise as if it is a future reality reserved for only a few. But do we ever consider that we hold paradise within ourselves? Paradise is not something that simply happens and we take note of it—it is something that radiates from within and the awareness of it is transmitted to others, expanding outward from our circles of influence. Paradise is here and now and is within everything that exists—imprinted in all of Creation. Beth's talk will also offer the consideration that Christ consciousness is inherent in this DNA imprint, free of religious dogma, and holds the promise of Paradise—a promise for here and now, not only a future realization.

1:00pm

Lunch break

🕒 1:00pm - 1:40pm, Mar 14

1:40pm

Social Media Addiction Among Indian Young Adults During COVID-19

🕒 1:40pm - 2:00pm, Mar 14

Purpose: The study aimed at understanding the prevalence and the paramount significance of the abuse of social media and its' addiction during the present COVID-19. It also aimed at understanding how accustomed or habituated people were, in terms of social media use.

Methodology: A survey was conducted on 204 young adults in India using the shortened version of the Social media Addiction Survey. Reliability and Validity Tests were conducted along with a One Sample t-test to understand the effect each item had on social media use among the participants.

Findings: Internal consistency coefficient (Cronbach's alpha coefficient) was 0.896, and inter-item validity was significant at 0.01 level, i.e. at a 99% confidence interval. The majority of the participants were eager to use social media and be informed about the content shared by their respective groups. Most participants also tend to spend more time on social media when they are alone.

Study Implications: The paper suggested that the Social Media Addiction Scale's shortened version is applicable for different populations irrespective of their age group and cultural backgrounds.

🗣️ Speaker



Sonia David JAIN University

2:05pm

The Structure of Illness Space: Video and Illness Experience as Spiritual Practice

🕒 2:05pm - 2:25pm, Mar 14

Personal Spiritual Inquiry (PSI) in a post-traumatic existence creates a dialectical complexity between the past and the present—living in the moment while reliving the past. The ability to fully recover past trauma is paradoxically entwined with the inability to gain access to all of the experience. In order to access fragments of trauma memory, a process of PSI creates contact with these memories and is translated

through the means of video production.

Speaker



Nicholas Serenati Flagler College

2:25pm

A Comparison of Emotion Regulation Strategies' Effectiveness under Cognitive Fatigue

2:25pm - 2:35pm, Mar 14

POSTER PRESENTATION

An ability to cope with unpleasant emotions is essential for a healthy life. Failure to regulate emotions is implicated in a number of psychological disorders, such as depression and anxiety.

My work aimed to investigate the effectiveness of emotion regulation strategies including cognitive reappraisal, distraction, and affect labeling under cognitive fatigue using self-report negative emotions and skin conductance.

Speaker



Sirinapa Churassamee Chulalongkorn University

3:00pm

PANEL DISCUSSION: Depression & COVID-19

3:00pm - 4:30pm, Mar 14



ICSP2021
PANEL DISCUSSION
DEPRESSION & COVID-19

Sunday, March 14th '21
3:00 PM - 4:30 PM UTC
FACEBOOK LIVE
SpiritualityConference

MODERATOR



Lynn Howard

PANELISTS



Neda Aria



Kim Crosbie



Dr. Pranab Dahal



Dr. Khalid Bazaid, MD, FRCPC



Shemine Gulamhusein, PhD

www.spirituality-conference.org SpiritualityConference SpiritualityConference

Panel discussion will be streamed via Facebook live on March 14th 2021 from 3pm - 4:30pm UTC (London).

FB: <http://www.facebook.com/SpiritualityConference>

Speakers



Lynn Howard Tomorrow People Organization



Neda Aria Ifugao State University



Kim Crosbie Owner, Kim Crosbie



Pranab Dahal Doctor, Neuropsychiatry hospital



Khalid Bazaid University of Ottawa / Royal Ottawa Mental Health Center



Shemine Gulamhusein Child and Youth Care Counsellor, Engaged Care and Counselling

4:50pm

Soul Loss in Survivors of Complex Trauma

🕒 4:50pm - 5:15pm, Mar 14

Over the past two decades, significant advances have been made in our understanding of the biopsychosocial impact of complex trauma. However, the violation, abuse, and betrayal commonly experienced by survivors often leave wounds that are better conceptualized as soul loss. In the mainstream trauma literature, psychospiritual injuries are minimally researched and poorly understood. This paper will discuss soul loss as a viable clinical concept in the treatment of complex trauma survivors. Findings from two original qualitative studies with survivors of abuse and human trafficking will be discussed.

🗣️ Speaker



Jacqueline Linder, PhD City University Canada

5:20pm

WORKSHOP: Connected

🕒 5:20pm - 6:10pm, Mar 14

As human beings we are wired for connection. Both physiologically and spiritually, our priorities (whether conscious or not) involve getting along as well as possible with those around us. The evolutionary design of our brain has epigenetically coded neural networks that thrive and evolve only when the sparks of love, empathy, compassion and co-regulation are in the picture. Though our biological priority is to survive, relationship with each other through acceptance and belonging provides the potential to become our best

selves.

This reflective and inspiring one hour session by Kim Barthel, OTR will highlight the interconnectedness between neurobiological evidence, attachment theory, spirituality and the mind-body connection as these factors collectively contribute to our resilience and mental well-being.

 Speaker



Kim Barthel Relationship Matters Consultancy Inc

Mon, Mar 15, 2021

11:00am

The role of Spirituality in the Causes, Treatment and Prevention of Diseases

🕒 11:00am - 11:20am, Mar 15

Unlike modern medicine, Ayurveda, the world's oldest system of medicine, embraces the spiritual and subtle aspects in the diagnosis and treatment of a patient. What do Spirituality and medicine have in common? Can the diagnosis, treatment and prevention from illnesses be made more effective by finding common ground? Empirical research conducted by the spiritual research team at the Maharshi University of Spirituality and the Spiritual Science Research Foundation, using traditional and non-traditional methods shows a strong relationship between the two.

Firstly, for a successful diagnosis and treatment, it is imperative that one goes to the root of the problem. Research findings show that there are 3 possible root causes for any illness - physical, psychological and spiritual. Any illness is the result of one or a combination of these three root causes. Adverse destiny (karma), the effect of negative energies and spirits of departed ancestors are the most common spiritual root causes.

When treating a patient, a doctor should ideally take into account all the 3 root causes of illnesses to have a curative outcome. This presentation will talk about spiritual practice and spiritual healing remedies to provide long-lasting relief and also increase one's capacity to bear suffering.

 Speaker



Sean Clarke Maharshi University of Spirituality

11:25am

Comparing and Contrasting Visionary Spiritual Experiences and Psychosis

🕒 11:25am - 11:45am, Mar 15

This presentation will discuss the vast insights of Carl Jung to attempt to decipher the medical experience of Psychosis from mystic experiences termed as Visionary Spiritual Experiences while considering multivariate diagnostic habits in relation to language complications.

 Speaker



11:50am

A Critical Review on Therapist's Use of Self in Building a Therapeutic Relationship

🕒 11:50am - 12:10pm, Mar 15

The collaborative relationship between the therapist and the client plays a critical role in determining the outcome of therapy. The quality of this relationship is influenced by the various therapist and client characteristics, thus making it vital to understand the role of common factors that impact the effectiveness of therapy.

This paper reviews the various findings of literature related to how a therapist's use of self plays a role in bringing therapeutic changes in clients. It critically analyses various papers that have attempted to understand the role of the therapist's lived experiences, transformative, traumatic experiences, other environmental and interpersonal factors affecting the therapist's interactions with their clients and has also attempted to examine the interplay between the therapist's professional and personal life. This paper also elaborates on the importance of the therapist's self-reflection and awareness in facilitating an effective therapeutic relationship.

It concludes by highlighting the importance of having an integrative model for a better understanding of the role of a therapist's life experiences in determining the quality of the therapeutic relationship.

🗣️ Speaker



Shreyaa Murthy CHRIST (Deemed to be University), Bangalore Central Campus

12:15pm

Social Cognition and Major Depressive Disorder in Nepal

🕒 12:15pm - 12:35pm, Mar 15

Social cognition plays an integral part in daily functioning by enabling humans to interpret social cues and behave appropriately in different social settings. Individuals suffering from depression tend to report markedly more negative social experiences in comparison to those who do not suffer from depression. This paper aims to explore this link between social cognition and depression and critically examines the existing evidence. While there does appear to be an association between depression and impairment in social cognition, research has yet to conclusively establish the causality and directionality between these two variables. This paper further aims to extrapolate the current findings to Nepali society by examining the limited extant research in this rarely studied population and proposing hypotheses for this context.

🗣️ Speaker



Annusuya Ghimire Webster University Thailand

12:40pm

The Relationship between Procrastination and the Big Five Model of Personality for Southeast Asian College Students

🕒 12:40pm - 1:00pm, Mar 15

Procrastination is a problem that affects most students, and, with the rise of technology and other distractions, it is likely more relevant for college students than ever before. Since procrastination is a serious problem for today's college students more research is needed in order to avoid potential consequences to society. We conducted a literature review which revealed a scarcity of research about procrastination in Southeast Asia (SEA). Most psychology research is conducted on WEIRD populations, and it appears that the studies on procrastination are no exception. To date, very little research has been conducted on this topic with Asians in general, and no study has examined it in SEA in particular. With increased college enrollment across Asia, this study appears to be both timely and pertinent. Therefore, my presentation talks about a study we designed to explore whether a relationship exists between procrastination and personality traits among SEA college students. We encourage other researchers to use our study design to see whether the results would be similar or different from previous populations studied. Implications for universities and counseling psychologists, limitations, and future research directions are touched on.

 Speaker




Deki Yezer Webster University

1:05pm

Exploring The Link Between Self-Compassion And Cognitive Reserve

🕒 1:05pm - 1:15pm, Mar 15

Cognitive reserve is typically associated with psychopathologies. However, little is known about the relationship between positive psychological constructs and cognitive reserve. This study is on the frontier of cognitive psychology and positive psychology which seeks to establish a link between these two fields.

 Speakers



Divya Ahire Fergusson College



Praharshini Kumar Sir Parashurambhau College

1:15pm

Lunch break

🕒 1:15pm - 2:00pm, Mar 15

2:00pm

From Grieving to Grounding: Using earth as medicine to heal grief in the wake of COVID-19

🕒 2:00pm - 2:20pm, Mar 15

From Grieving to Grounding is an interactive film that invites participants to honor their grief before engaging in three healing modalities: composting emotions emanating from loss, conjuring the texture of earth as our nurturing ancestor, and examining how tender hearts can be rooted in the fertile soil of earthly love for renewal.

 Speaker



Krista Nelson Just Get It Done Now!

2:25pm

An Investigative Study on the Effects of Reciting the Nine True Words from Falun Gong against COVID-19

🕒 2:25pm - 2:45pm, Mar 15

The Wuhan coronavirus continues to spread rampantly. There have been reports of people with COVID-19 symptoms who improved or fully recovered after reciting the Nine True Words (NTW) or mantra from Falun Gong. We conducted a retrospective study to explore the effectiveness of reciting the NTW against COVID-19. Thirty-six cases from six ethnic groups and six countries were identified. Patients reported respiratory symptoms, fever, coughing, dyspnea or breathing difficulties, and/or neurological and gastrointestinal symptoms, with symptoms ranging from mild, moderate to severe. Nearly 50% received hospital treatment and medications that were either ineffective or initially effective and followed by relapse or worsening of symptoms. All 36 cases experienced symptom improvement, while 72% fully recovered after reciting the NTW. Median improvement time was one day and three days for recovery. Three critically ill patients recovered completely or improved significantly after reciting the NTW, two of them had given up hospital treatment before they recited the NTW. Reciting the Falun Gong mantra is easy to learn and not conflicting with conventional treatment. This study offers hope and a unique way to reframe, rebuild, and reconnect with our spiritual self by exploring an alternative to health and wellbeing during a pandemic crisis.

🗣️ Speakers



Margaret Trey, PhD CEO, Author & Research, Sibubooks & Center for Psychology and Mind Studies



Yuhong Dong Sun Regen Healthcare AG

3:00pm

PANEL DISCUSSION: Reconnecting with Spiritual Self

🕒 3:00pm - 4:30pm, Mar 15

ICSP2021
PANEL DISCUSSION
RECONNECTING WITH SPIRITUAL SELF

Monday, March 15th '21
3:00 PM - 4:30 PM UTC
FACEBOOK LIVE
f SpiritualityConference

MODERATOR

Dr. Nicholas Serenati

PANELISTS

Greg Bahora

Dr. Jacqueline Linder

Rev Libby Kelson-Fulcher, D.D.

Amy Roth Sandrolini

🌐 www.spirituality-conference.org f SpiritualityConference 📺 SpiritualityConference

Panel discussion will be streamed via Facebook live on March 15th 2021 from 3pm - 4:30pm UTC (London).

FB: <http://www.facebook.com/SpiritualityConference>

📣 Speakers



Nicholas Serenati Flagler College



Greg Bahora Centerpath LLC



Jacqueline Linder, PhD City University Canada



Libby Tao Kelson-Fulcher, D.D. An Act Of Love LLC



Amy Roth Sandrolini Principal, Rights of Passage

4:45pm

Mindfulness and Self-Awareness- A Journey to Higher EQ

🕒 4:45pm - 5:05pm, Mar 15

I believe in a world where all leaders model emotionally intelligent behavior to transform the way they collaborate and grow both personally and professionally. Part of demonstrating high EQ includes building resilience in a world that is ever-changing. Are any of you dealing with high levels of challenge and disruption right now? For some of you, the disruption may be motivating you, while for others, it may be draining you of energy.

Come join me for this informative and interactive session. I will give you tips on how mindfulness and self-awareness lead to greater self-regulation. And how flexing your resilience muscles at the same time, can bring about high levels of effectiveness and well being. Higher EQ and resilience WILL lead to better decision making and superior performance in all areas of your life!

📣 Speaker



Sandy Lamb Chief Executive Officer, Altitude Business Coaching, LLC

5:10pm

Reflection and Intention

🕒 5:10pm - 5:30pm, Mar 15

As I am more of an experiential learner and speaker, this talk will be no different. We must look within before we expect change. This presentation will take the audience on a journey through their own actions, beliefs and mindset clearing the space for new to grow, tilling their soil to make the next season of their lives more fruitful and creating an optimum environment for them to step into more of who they are destined to be, as leaders, as human beings.

A rough outline of the presentation:

Reflections: Learning how to connect the dots moving backwards
Explicit & Implicit beliefs

Excuses vs Reasons: Where are we not taking responsibility in our own lives, where do we cast fault? Learning how to truly start guiding you own path

Importance of letting go: Why carry around old baggage that does serve you or anyone?

Intentions: What are they, how to be more aware, how to use these moving forward.

Closing: tying it all together in everyday life, no matter how grounded, motivated, driven, position or cause

 Speaker



Lynn Howard Tomorrow People Organization

5:35pm

The Payoff to Suffering

🕒 5:35pm - 5:55pm, Mar 15

“It does not matter what other people say or do. What matters is how I choose to react and what I choose to believe about myself.” Louise Hay

We all experience health every day that we are alive, and we are the ones that get to choose how we interpret that experience of health. Suffering is one interpretation of the experience of health that can be chosen. Get ready to dive into why we choose to suffer, what the payoffs are, and what other interpretations are available to us if we decide to let suffering go.

 Speaker



Arliss Dudley-Cash Soullutions By Arliss

6:00pm

ICSP2021 Farewell

🕒 6:00pm - 6:10pm, Mar 15