

WESTCHESTER CHAPTER PRESENTS

"THE POWER OF ENGAGEMENT: Our Hunger to Know We Matter"

DATE: Saturday, April 4th

TIME: Practice groups start at 9:00AM, speaker starts at 10:30

PRESENTER: Terry Nathanson, LCSW

How does the question of "do I matter" express itself in our work- both for our clients and as clinicians? How can we best understand in our body and mind the rich dimensionality of "mattering" from early attachment schemas, existential and spiritual perspectives, and mammalian brain circuitry?

No matter what model(s) we have trained in as therapists, at the core of our work is a deepening journey with therapeutic engagement. In this didactic and experiential presentation we will be looking at "how we occupy the space between our self and our client" - a paradoxical space where being engaged is a letting go, and ambiguity is as significant as certainty. From this point of view we will explore the essential theme of "mattering".

Through the lens of mindfulness, applied neurobiology (made easy) and Buddhist psychology we will explore a few of the implicit and explicit manifestations of "mattering" in our treatment room. Simple exercises for engagement in the developmental stages of mattering, along with suggestions for developing a "mattering practice" for ourselves and our clients will be offered.

Bio: Terry Nathanson, LCSW maintains his psychotherapy and supervision practice in Ossining, as well as Port Jefferson NY. His multidisciplinary training includes being a certified Gestalt therapist, licensed bodyworker, nondual integrated Kaballistic healer and over 30 years of meditation practice. Terry has woven together western psychology and neuroscience and with eastern contemplative traditions.

An Adjunct professor at NYU Silver School of Social Work Master's Program he teaches graduate social work students about emotional regulation and therapeutic engagement, mindfulness and neurobiology in clinical practice.

Terry leads a group for therapists at the Westchester Chapter of The New York State Society for Clinical Work in the study and practice of mindfulness, neuroscience, psychotherapy and emotional regulation. He has led workshops and retreats at Omega Institute, the Kripalu Center and at Renfrew's Annual Conferences in Philadelphia, Pa.

No charge with paid membership dues. Non-members: \$10