

# The West Virginia Institute for Spirituality

## What Am I Here For? Discovering the Meaning and Purpose of My OWN Life

Presented by:

Sister Carole Riley, C.D.P., Ph.D., LPC, AAPC-Fellow

Saturday, March 9, 2019

8:15 a.m. to 3:30 p.m.



Using Kalanithi's 'When Breath Becomes Air' and Jon Kabat-Zinn's stress reduction to present principles for discovering the meaning and purpose of my own life, participants will be led to consider end of life issues of meaning and purpose.

### Goals

At the conclusion of this program, participants will be able:

1. To identify the theorists studying achievement of life purpose, namely, Levine, Kabat-Zinn and Segal Participants will develop resources for personal practice.
2. To share personal experiences that relate to 'When Breath Becomes Air'.
3. To network with community resources that foster change and personal enrichment.
4. To develop a personal program for self-care and client care.

CEUs for:

Social Workers and Licensed Professional Counselors



This program will be held at:  
The West Virginia Institute For Spirituality  
1601 Virginia Street, East  
Charleston, WV 25311



### REGISTRATION DEADLINE: March 1, 2019

Offering: \$50.00 (includes lunch, materials, certificate) Cost of each additional certificate \$10.00

Please verify for CEUs    LPC \_\_\_    SW \_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

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