



## ISP EVENING SERIES



### PERSPECTIVES ON DEMENTIA

*with Nader R. Shabahangi, Elizabeth Bugental*

WEDNESDAY MARCH 21, 7 - 9 PM

COMMUNITY MEDITATION HALL

This is a series of dialogues, co-sponsored by the Institute for Spirituality and Psychology (ISP) and Spirit Rock, that will explore the importance and timeliness of addressing the interface of spirituality and psychotherapy. Historically a rift has existed between spiritual and psychological approaches to change. The dominant theories and practices in psychology have pathologized or ignored spiritual practices and experiences, despite strong evidence that spirituality is important to health and well-being. Yet research had made it increasingly clear that effective psychotherapy needs to encompass the spiritual dimensions of human beings.



**Spirit Rock Meditation Center** is dedicated to the teachings of the Buddha as presented in the Theravada vipassana tradition. The practice of mindful awareness, called Insight or Vipassana Meditation, is at the heart of all the activities at Spirit Rock. The Center hosts a full program of ongoing classes, daylong, and residential retreats.

People suffering from dementia can exhibit moments of profound lucidity, insight and depth as well as disorientation and confused states. Nader and Elizabeth will each speak about what they have learned from their own personal and professional experience about communicating empathically and meaningfully with persons experiencing dementia. They will also explore approaches they have developed for positive aging and be open to questions and discussion from the participants.

Cost \$25/evening, code SP6E07. Cost for all three evening talks is \$60 – event code SP4E07. CECs available for these evenings through SCRC. Register for CECs at the door. Register online at [www.spiritrock.org](http://www.spiritrock.org) by finding the calendar listing; or mail a check to SRMC, PO Box 169, Woodacre, CA 94973, or register with a credit card by calling (415) 488-0164 x 321.

**Nader R. Shabahangi, PhD**, has opened three innovative Gerontological Wellness Programs in residential assisted care homes for the elderly in San Francisco, and has consulted on the openings of similar programs internationally. Recently he has been developing the design of a ‘village’ concept for older adults called ‘Elders Academy.’ Combining his passion for the elderly with his love for photography and philosophy. Nader has written *Faces of Aging* as a tribute to and celebration of being an elder.

**Elizabeth Bugental, PhD**, spent her 20s and 30s as a Catholic nun and then became chairperson of the Theatre Arts Department at Immaculate Heart College in LA. Her second career, lasting into her sixties, was as a psychotherapist in private practice jointly with her husband of 38 years, James Bugental. Currently she is the primary caretaker for her husband who suffers from dementia and other disabilities as a result of a stroke 5 years ago. At the age of 78, she recently published her first book, *AgeSong*, about taking charge of our aging and filling our last days with wonder and gratitude, and also conducts ongoing groups for elders at Family Service Agency of Marin based on *AgeSong*.

(see other side for more events in this series)

IN CONSIDERATION OF OTHERS, PLEASE DO NOT WEAR ANY SCENTED PRODUCTS, INCLUDING NATURAL OR ESSENTIAL OILS.