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New York Center for Jungian Studies  *Seminars and Study Tours in Extraordinary Settings*

information & registration  845-256-0191







RESILIENCE, HOPE, & THE GIFT OF ADVERSITY

County Kerry
April 19-26, 2015

Join us in County Kerry, affectionately known in Ireland as “God’s Kingdom.” Located in southwest Ireland and facing the Atlantic Ocean, it features the famed Dingle and Iveragh Peninsulas. Our 2015 Seminar will be based in the town of Killarney, County Kerry’s most vibrant town. In this seminar, we will explore the themes of resilience and hope and how the experience of adversity, although unwelcome, nevertheless has the potential to enrich our lives and turn our so-called lead into gold.

Our week includes the option to join in two unique excursions: a journey to the Iveragh Peninsula guided by renowned Irish archaeologist Michael Gibbons, and an outing to the remote and rarely visited Beara Peninsula – led by Celtic expert Rob Vance.

THE SETTING

County Kerry is famous for its spectacular scenery, lakes, mountains, and renowned Killarney National Park — with 25,000 acres of forest and trails. We will be based in the lively and picturesque town of Killarney with its famed Muckross House and Ross Castle. Our schedule will allow ample time to explore its many shops, restaurants, and pubs where one can enjoy traditional Irish music.

Accommodations

The Killarney Park Hotel is a family-owned, 5-star, deluxe hotel. With each spacious room overlooking either the hotel gardens, the historic town of Killarney, or the mountains beyond, it is superbly located at the edge of town and within easy walking distance of the town center as well as Killarney National Park’s 25,000 acres of National Parkland. Amenities at the Killarney Park include outstanding cuisine, complimentary Internet access, indoor swimming pool, and a luxurious spa. It is considered one of the finest hotels in County Kerry.

Meals are wonderful times to get to know each other and interact with presenters. Every day will begin with a full, hearty, Irish breakfast, complemented by a wide selection of fresh fruit, local Irish cheeses, and fresh breads. Our breaks will feature freshly brewed coffee, traditional Irish and herbal teas, and freshly baked scones. Those who have been with us before at the Killarney Park Hotel know what a treat is in store with gourmet meals and outstanding Irish service.

All breakfasts, two lunches, and two dinners are included in the Seminar. For meals on our own, Killarney has a multitude of charming restaurants, pubs, and cafes — all within easy walking distance of our hotel.

RESILIENCE, HOPE, & THE GIFT OF ADVERSITY

What is resilience? Is it something we are born with or can it be developed? Why is it that some of us are able to bounce back after a major setback, often becoming stronger, while others cannot seem to survive life’s disappointments. Some of us are able to overcome adversity, lack of success in life, and rejection in relationships yet not allow it to forever define our lives. Notwithstanding catastrophe, a devastating trauma, or the kind of personal tragedy that may scar us forever, some of us may utilize adversity to grow, find spiritual meaning, and enhance our lives.

Does resilience mean forgiving God, our parents, or others for our personal tragedies and pain? In the face of adversity, can acceptance help us move on, change, create new visions, goals, and create a more meaningful outlook on life?

Examples abound of famous individuals overcoming adversity and setbacks in life – including artists, influential world figures, performers, athletes and authors. Well-known people like Victor Frankl, Elie Wiesel, and Nelson Mandela not only survived war, trauma, and personal tragedy, but were able to find joy in life and be inspirations for others. And of course, Carl Jung confronted his personal demons to create the Red Book and pioneer a creative approach to the psyche.

Through a combination of presentations and experiential workshops, our faculty will help us understand more about our own psyches, the plasticity of our brains, and the potential we all have for change and finding hope and creativity in the face of despair. Drawing on the spiritual and the psychological, the physiological and the philosophical, it is possible to look inward for direction and move from life’s setbacks to personal transformation.

DAILY SCHEDULE

Sunday, April 19

**Arrival**Killarney Park Hotel. Check in. With time to relax, enjoy the hotel’s amenities or stroll about Killarney. **5:30 p.m.**  Orientation and an opportunity to get to know one another **7:30 p.m.**Festive opening dinner (included)

Monday, April 20

**7:00-9:00 a.m.** Full Irish Breakfast (served daily) **9:00  a.m.** **Diana Rubin** and **Aryeh Maidenbaum,**Introduction and Overview of our week **9:30 a.m.** **David Whyte,** Special Presentation **11:00 a.m.** Break for coffee, tea, and scones **11:30 a.m.  Workshops I**
**• Michael Conforti,**Forgiveness and Acceptance: Path to Healing and Growth
**• Christina Mulvey,**Resilience in our Inner and Outer Relationships
**• Sylvia Perera,** Walking in Two Worlds
**1:00 p.m.** Break for lunch (included)
**2:30 p.m. An Afternoon with David Whyte,** Dialogue and Discussion

Tuesday, April 21

**9:30 a.m.** **Sylvia Perera,**Dissociation as Resilience: Meeting in the Field on the Other Side
**11:00 a.m.** Break for coffee, tea and scones
**11:30 a.m. WORKSHOPS II
• Ashok Bedi,** Engaging the Neuroplastic Healing Zone of Resilience
**• Sanford Drob,** The Creative Life: Art as Path to Healing, Integration, and Wholeness
**• Nóirín Ní Riain,**Facing Stress and Adversity: Song as Pathway to Resilience
**1:00 p.m.**Break for lunch (on our own)
**3:00 p.m.**Nóirín Ní Riain, The Poetics of Resilience and Adversity through Songs and Stories of Celtic Ireland
**8:00 p.m.** Michael Gibbons, Life on the Spiritual Edge, a special presentation in word and image

Wednesday, April 22

**Free day** to rest, enjoy the hotel’s spa, and/or explore Killarney and environs on your own … or …  take an optional daylong outing to the Iveragh Peninsula

Thursday, April 23

**9:30 a.m.  Michael Conforti,** Trauma and Memory: From Adversity to Healing
**11:00 a.m.** Break for coffee, tea, and scones
**11:30 a.m.  WORKSHOPS III
• Ashok Bedi,** Engaging the Neuroplastic Healing Zone of Resilience
**• Sanford Drob,**The Creative Life: Art as Path to Healing, Integration, and Wholeness
**• Nóirín Ní Riain,** The Music of What Happens, an improvisatory workshop
**1:00 p.m.** Break for lunch (included)
**2:30 p.m.  WORKSHOPS IV
• Ashok Bedi,** Resilience and the Gift of Healing
**• Michael Conforti,** Forgiveness and Acceptance: Path to Healing and Growth
**• Christina Mulvey,** The Enchanted Way: Discovering the Power of Our Inner Muse

Friday, April 24

**9:00 a.m.  Ashok Bedi,**Contemplative Practices that Foster Healing
**10:30 a.m.**Break for coffee, tea, and scones
**11:00 a.m.  WORKSHOPS V
• Michael Conforti,**Jung and Elie Wiesel: Trauma, Memory, and Healing
**• Sanford Drob,**The Meaning of Life: Traditional and Personal Responses
**• Sylvia Perera,**Dreams as Resilience
**Afternoon free** … or … **Bringing Celtic Mythology to Life,**an excursion to the Beara Peninsula, led by Rob Vance (optional)

Saturday, April 25

**9:00  a.m. Christina Mulvey,** Art and Literature from an Irish Perspective
**10:30 a.m.**Break for coffee, tea, and scones
**11:00 a.m.  Sanford Drob,** Resilience East and West: Responses to Loss, Crisis, and Suffering
Followed by faculty and participant discussion and seminar closure
**Afternoon free** to rest, relax, walk, and enjoy wandering about Killarney town. Or take the opportunity to visit nearby Muckross House and Gardens (Victorian mansion set amidst the breathtaking scenery of Killarney’s lakes) for lunch and a tour of the house and gardens.
**Evening:**Festive closing dinner (included)

Sunday, April 26

**Departures**for Dublin and Shannon Airports

***Please Note:****Daily schedule subject to change.  \*Included in cost of program: full Irish breakfast daily;
all breaks for coffee, tea and scones; lunches on April 20 and April  23; opening and closing dinners (April 19 and April 25).*

FACULTY



**Ashok Bedi, MD,** Jungian analyst and Psychiatrist and Distinguished Life Fellow of the American Psychiatric Association. Training analyst and faculty member of the Jung Institute in Chicago, and in private practice in Milwaukee, he is the author of many publications, including *Awaken the Slumbering Goddess; Retire Your Family Karma: Decode Your Family Pattern and Find Your Soul Path;* and *Path to the Soul.*



**Michael Conforti, PhD,**Jungian analyst, is Founder and Director of the Assisi Institute. His research has resulted in a training institute and new discipline based on his work: Archetypal Pattern Analysis. Lecturing and presenting workshops internationally, his publications include *Field, Form and Fate: Patterns in Mind; Nature & Psyche; Threshold Experiences: The Archetype of Beginnings;* and
the forthcoming *Hidden Presence: Complexes, Possessions and Redemption.*



**Sanford Drob, PhD,** core faculty of the doctoral program in clinical psychology at Fielding Graduate University, holds doctorates in philosophy and clinical psychology. For many years Director of Psychological Assessment and Senior Forensic Psychologist at Bellevue Hospital in New York,  his many publications include*Kabbalah and Postmodernism: A Dialogue;*and his most recent book, *Reading the Red Book: An Interpretive Guide to C. G. Jung’s Liber Novus.*



**Michael Gibbons,** one of Ireland’s most respected archaeologists, has lectured worldwide, including at Oxford, the National Geographic Society, and the Smithsonian Institution. Author of *Connemara: Visions of Iar Chonnacht,* he is a member of the Institute of Archaeologists of Ireland, the Croagh Patrick archaeological research team, and the Heritage Council of Ireland.



**Christina Mulvey,** Jungian analyst in County Wicklow, Ireland, has lectured internationally on Jungian topics. Her analytic practice includes individual and group work as well as supervision and the training of psychotherapists. She is especially interested in the application of art, literature, and music to the analytic process. Christina’s publications include *The Wool Gatherer: The Poetry of Analysis.*



**Nóirín Ní Riain, PhD,** has shared the stage with internationally known musicians and lecturers and introduced addresses of the Dalai Lama. A theologian, musicologist, and recording artist, in addition to her many CD’s, her publications include an autobiography, *Listen with the Ear of the Heart,* and *Theosony: Towards a Theology of Listening.* The subject of a major documentary by Irish national television, Nóirín currently lives at the Benedictine Monastery of Glenstal Abbey.



**Sylvia Brinton Perera, MA,**Jungian analyst, lives, practices, writes, and teaches in New York City and Vermont. Faculty member of the New York Jung Institute, she lectures and leads workshops internationally. Her publications include *Descent to the Goddess: A Way of Initiation for Women; The Scapegoat Complex: Toward a Mythology of Shadow and Guilt; Dreams, A Portal to the Source; Celtic Queen Maeve and Addiction: An Archetypal Perspective;* and*The Irish Bull God: Image of Multiform and Integral Masculinity.*



**Rob Vance, MA,**was born in Dublin and holds a master’s degree in psychoanalytic studies from the University of Sheffield. An associate member of the Irish Psychoanalytical Association, he has written historical series for Irish national television and leads tours focusing on Celtic mythology and medieval Ireland.

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