

Bay Area Mandala Project

"Responding to Extreme States with Loving Receptivity:
Honoring the Spirit's Transformative Journey"

Presented by:
The Bay Area Mandala Project

Outline

- ▶ Introduction
- ▶ Spirituality and the Mental Health Connection
- ▶ Our Stories
- ▶ Intro to Being with Extreme States Training (BEST)
- ▶ Sharing & Q/A



MANDALA PROJECT

Cardum S.Harmon©2004

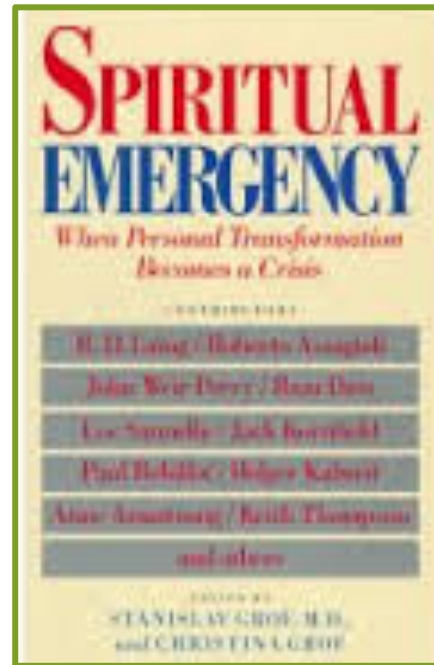
~Mysticism,
Metaphysics &
Divine
Manifestation~

The Importance of Meaning

- ▶ Intense spiritual experience is often misunderstood, leading to stigma, alienation, hospitalization and if unaddressed, can lead to mental health challenges like trauma and depression.

Research

- There has been a wealth of global, national and local research exploring the connection between the importance of an individual's spirituality and their mental wellness.



Dr. Stanislav and Christina Grof, with the esteemed contributions from R. D. Lang, John Weir Perry and Jack Kornfield.

DSM-IV



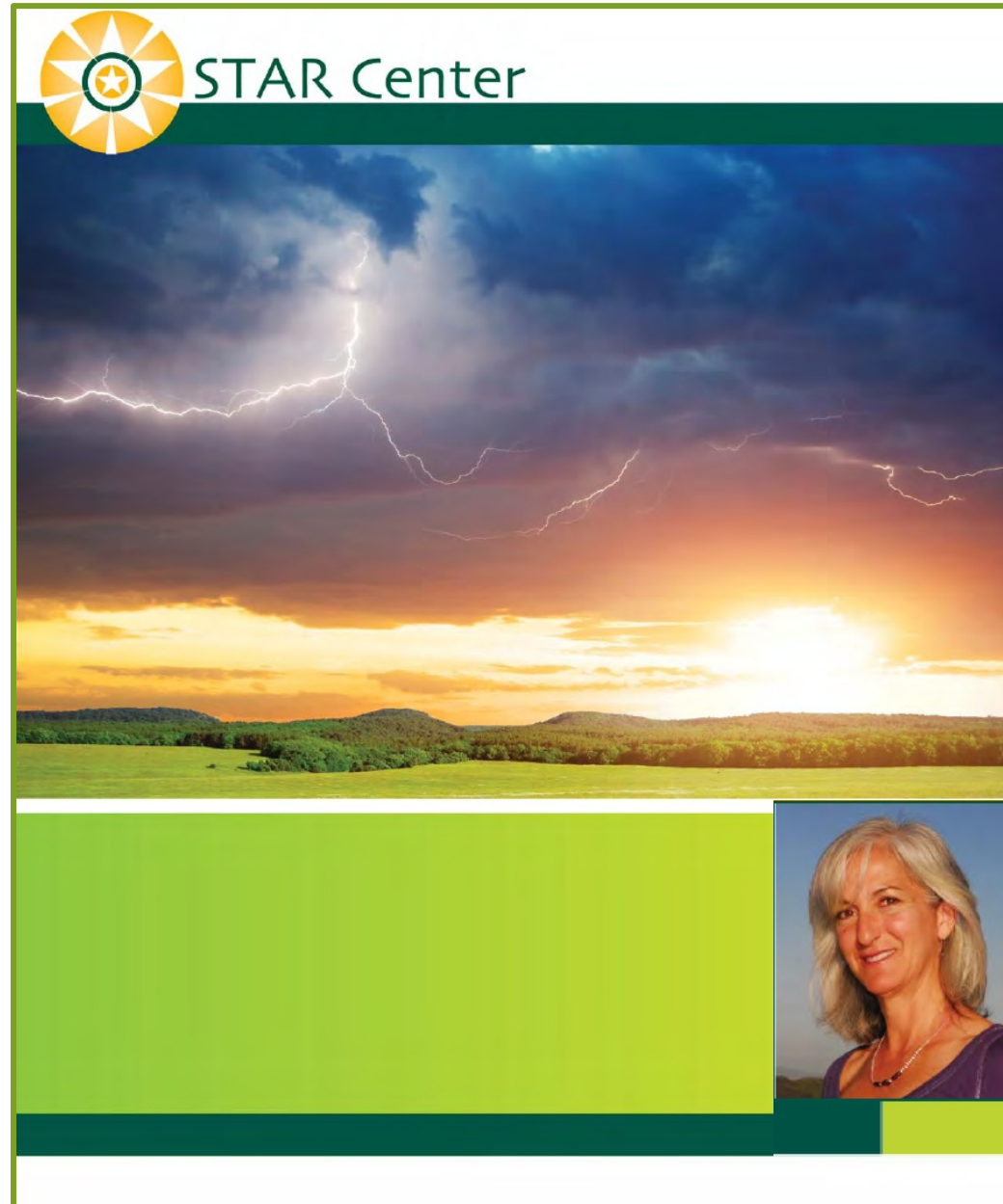
- ▶ David Lukoff, PhD. trains mental health professionals globally on spiritual emergencies.
- ▶ He is the co-author of the DSM-IV category, “Religious or Spiritual Problem,” focusing on Mystical Experiences as a type of spiritual problem that can present as a mental disorder.

www.spiritualcompetency.com

National Investigation

The NAMI STAR Center's
"Competence, Intense Spiritual
Experiences, and Mental
Health: A Self-help, Peer
Support and Service Provider
Technical Assistance Tool,"

written by Rev. Laura Mancuso



Alameda County Behavioral Health Care Services

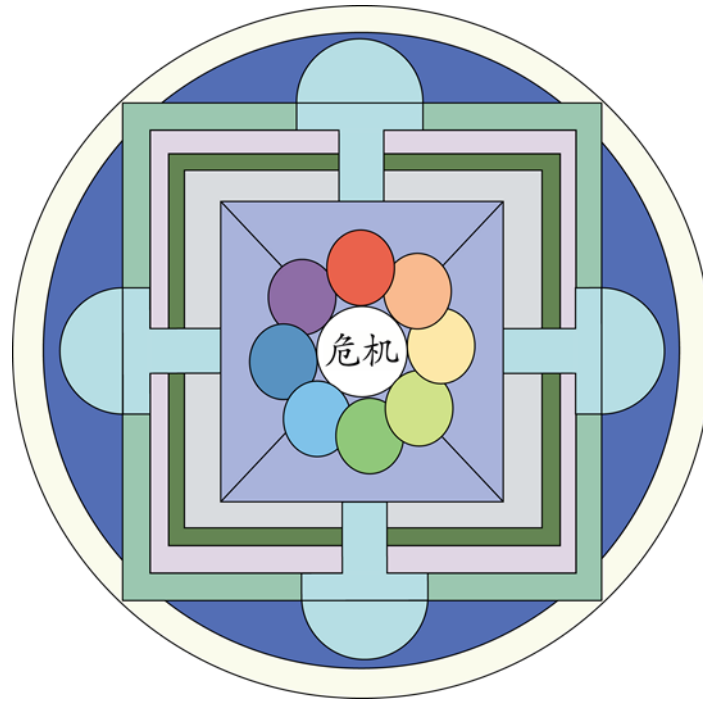
“Psychosis as a Spiritual Crisis: An Opportunity for Growth”

featuring Jay Mahler, Michael Cornwall, Ph.D., David Lukoff, Ph.D,
Rev. Laura L. Mancuso, Ruth Villaseñor and Cardum Harmon



The Bay Area Mandala Project

- This Bay Area Mandala peer-led workshop aims to demonstrate an effective way to be with people in intense spiritual experience by focusing on loving receptivity and the importance of honoring one's spiritual journey.



TOPICS

- **Mental health crisis interpreted as an intense spiritual experience**
- **How ways they were supported during their experience helped or hindered their well being**
- **Various ways to support that can be helpful**
- **How seeing mental health crisis as spiritual can help you to see life differently.**

Our Stories

Michael
Cornwall

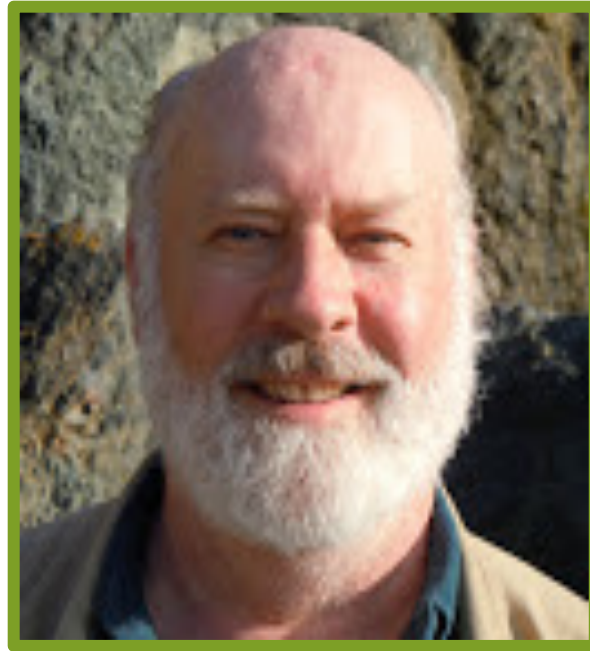


Dina
Tyler

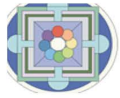


Michael Cornwall, PhD

► Being with
Extreme
States
Training

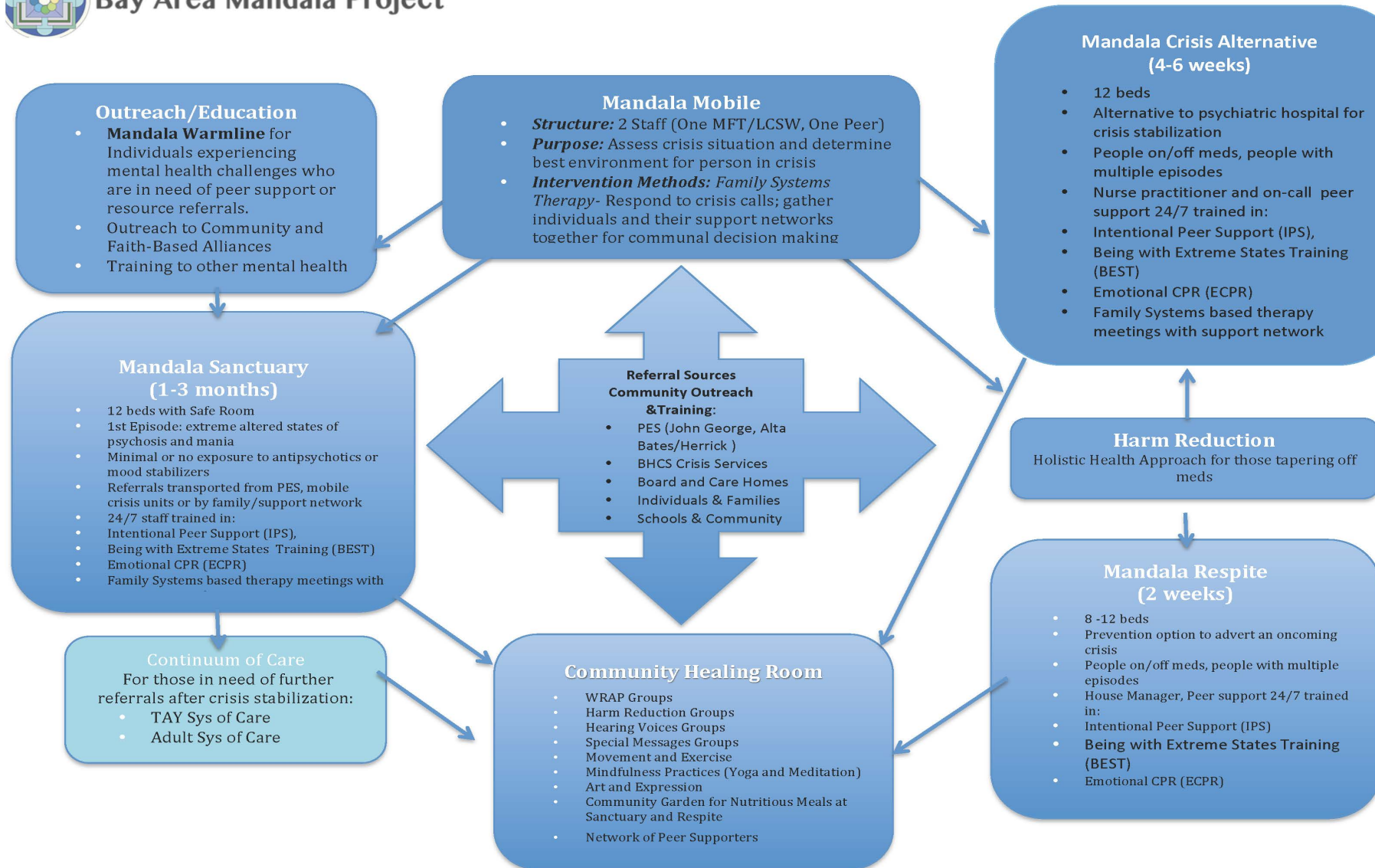


WWW.MICHAELCORNWALL.COM



Bay Area Mandala Project

TM



Sharing Q & A



Bay Area Mandala Project

FOR WORKSHOP DETAILS & RESOURCES

Visit our website:

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www.Thetotalhealthinstitute.org

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