

# The Center for Integrative Psychology

At Alliant International University presents

## INTEGRATIVE PSYCHOTHERAPY:

*A Research-based, Integral Approach to Psychotherapy and Self-Care*



### **Workshop Presentation and Discussion:**

This one-day seminar engages participants in a brief review of recent research on the effectiveness of psychotherapy and wellness strategies that support an integrative and holistic approach to counseling and to personal well being. Ken Wilber's Integral AQAL ("All Quadrants, All Lines") model is presented as a framework for integrating psychological and health care theories, research, and practice. Participants are guided to explore their own development and holistic self-care using the AQAL map, as well as to practice using an Integral, holistic approach to clinical assessment and treatment planning. The workshop is designed for psychotherapists, counselors, and graduate students and includes a mindfulness experience, didactic inquiry and discussion, and exercises for dyads and small groups.

**Colette Fleuridas, Ph.D.**, is a full professor at Saint Mary's College of California and a licensed MFT. She has taught full-time in graduate counseling and psychology programs for 20 years. Her clinical experience includes working with individuals and families in county mental health (public), community mental health (private), college counseling centers (public), and a homeless shelter, as well as directing an inpatient treatment center designed primarily for Native Americans. Her clinical focus is systemic, integrative, transpersonal, and holistic. Currently, she serves on the executive board of the Association for Transpersonal Psychology and she has been a "student" of Ken Wilber since the early 1980s. Currently, her research focuses on spiritual beliefs, values, experiences, and psychotherapy ([www.spiritresearch.org](http://www.spiritresearch.org)). She has raised three children with her husband and now lives in a small "country" town in the San Francisco Bay Area.

**Community Enrollment \$140**  
**Professional 7 Hrs/ CE Certificate \$35**  
**Students \$70 ~ Scholarships Available**

This workshop meets the qualifications for 7 hours of continuing education credit. \* Alliant International University is approved by the American Psychological Association to sponsor continuing education for psychologists. Alliant International University maintains responsibility for this program and its content. Alliant International University is also approved by the California Board of Behavioral Sciences (provider #PCE234) and the California Board of Registered Nursing (provider #CEP11235) to sponsor credit for marriage and family therapists, social workers, and registered nurses.

*\*pending approval*

*Click on the links to learn more about the Content and Continuing Education*

*[Learning Objectives](#) or to [register](#)*

*For More General Information and Directions visit [www.integrativepsychology.net](http://www.integrativepsychology.net)*



Saturday, **April 4**, 2009  
8:30am - 5:30pm (Green Hall)  
~ Registration begins at 8:00am ~

**CSPP at Alliant Intl University**  
Scripps Ranch Campus  
10455 Pomerado Road  
Scripps Ranch, 92131

*Discovery, Conversation, Learning, Friendship and Community*