

## **Agenda**

Sacred Moments in Therapy: Using Ritual and Symbolic Practices for Healing

Friday, May 7<sup>th</sup>

9:30am – 4:30pm EST

**9:30 – 9:45 AM Welcome, Introductions, Course Overview, and Learning Objectives**

**9:45 – 10:45 AM Module 1: Foundations of Ritual and Symbolic Healing**

- Defining ritual and symbolic practice within psychotherapy
- The psychology of ritual, symbolism, and meaning-making
- Theoretical foundations from expressive arts therapy, narrative therapy, Jungian psychology, mindfulness, and multicultural healing traditions
- The therapeutic role of intention, transition, and transformation

**10:45 – 11:00 AM Break (15 minutes)**

**11:00 AM – 12:30 PM Module 2: Rituals and Symbolic Interventions in Clinical Practice**

- Letter-writing and unsent letter interventions
- Symbolic object work and transitional objects
- Memory practices, altars, and remembrance rituals
- Ceremonies for grief, identity shifts, relationship transitions, and life milestones
- Experiential demonstrations and case examples

**12:30 – 1:00 PM Lunch (30 minutes)**

**1:00 – 2:30 PM Module 3: Designing Client-Centered Rituals**

- Matching rituals to treatment goals and client readiness
- Adapting rituals for trauma, grief, anxiety, and life transitions
- Developing culturally responsive and spiritually inclusive interventions
- Supporting emotional processing, integration, and meaning-making through symbolic experiences

**2:30 – 2:45 PM Break (15 minutes)**

**2:45 – 4:15 PM Module 4: Ethics and Clinical Integration**

- Informed consent and client autonomy
- Trauma-informed pacing and emotional safety
- Cultural humility and avoiding cultural appropriation
- Documentation, scope of practice, and ethical decision-making
- Planning ritual interventions for clinical practice

**4:15 – 4:30 PM Questions, Discussion, Reflective Exercise, Course Evaluation, and Closing Remarks**

**Instructional Time: 6 CE Hours**