

Title: Utilizing Ignatian Spiritual Practices with Your Clients

Jon McKinnon, MA

Jon is a Doctoral Student in Counselor Education and Supervision (anticipated graduation Spring 2023) and under supervision for Clinical Pastoral Therapist License (anticipated completion August 2022)

Brief Description: Drawing from Ignatian spiritual exercises, this session will explore how clinicians can incorporate aspects of the exercises into their counseling practice. Particular attention will be given to Ignatian meditative practices and its potential use with clients who disfavor mindfulness meditation. Attendees will be encouraged to participate in a meditative exercise. Additionally, ethical considerations will be examined as attendees ascertain how the exercises can be modified to accommodate non-Christian clients.