

Reminiscing as a Spiritual Exercise

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When I learned we were meeting again at Kanuga this year, my immediate response was to reminisce about all the ways in which the Kanuga experience over 44 years has nurtured me and been important in my professional and spiritual life. I will use my experience as a case study about the importance of exploring memory as therapeutic tool for growth.

Workshop Objectives

1. Understand an experiential method for exploring and talking about our memories
2. Examine the different way that memories can create or impede growth
3. Understand some of the possibilities for using reminiscing in personal and therapeutic development

Brief Bio

Michael has been the Director of the Pastoral Counseling and Growth Center in Asheville, NC, for 32 years. Prior to that he was on the faculty of The Southern Baptist Theological Seminary. He has a PhD in Pastoral Counseling from Southern with Wayne Oates as his major professor. He is a Diplomate in the American Association of Pastoral Counselors