

Title: Poetry, Music, and Practical Wisdom in a Season of Change

Presenter: J. William Harkins, M.Div., PhD, LMFT, LLC

Brief Bio: Bill is the Co-Director for Pastoral Theology and Counseling/Th.D. Program at Columbia Theological Seminary and serves as a Canon Priest Associate Emeritus at The Episcopal Cathedral of St. Philip. In his spare time, he counsels in the Cathedral Counseling Center and serves on the faculty for CREDO Psychological Health. Bill is an AAMFT Approved Supervisor and holds the rank of AAPC Diplomate.

Description: In my clinical work over the past three years of pandemic clinical practice, I've seen an unprecedented number of members of the "helping professions." How might we together find solace, nurture, restorative niches, and in so doing cultivate resilience in a season of profound change? What *sustains us* as we engage in "caring for the caregivers" and others, in a (semi) post-pandemic era, and in light of changes in our field, shifts in mainline Protestantism, a measure of consensus amid an emphasis on spiritual care, etc.? This will not be a didactic plenary in the traditional sense. During this season I have increasingly turned to poetry, music, and relationships to sustain me and provide insight, and hope. Join me for this opportunity to co-create sacred, safe space, with poetry and music, among beloved colleagues, as we seek a way forward with abundance and grace. We will experience and assess the importance of *imagination and creativity* as resources in the pastoral, spiritual, clinical work we share.

In this workshop participants will:

1. Share joys and sorrows, lamentations and gratitude in shared experiences of the past 2-3 years and;
2. Find resources for sustainable clinical practice through music, poetry, shared insights and stories and;
3. Practical, clinical and spiritual tools for resilience and collegiality in a season of isolation, and;
4. Create spiritual/clinical/imaginative Rules of Life for moving ahead in the work we share.