

# Religion, Mental Health, and the Search for Meaning

**Saturday, February 7  
9 a.m. - 4 p.m.**

**Jones Hall, 3910 Yoakum**

Free and open to the public

Parking available in Moran Parking  
Center: Graustark and W. Alabama

For more information, contact  
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Sponsored by:  
The University of St. Thomas  
Houston Psychological Association  
The Jung Center  
The Center for Faith & Culture  
Mental Health America of Greater  
Houston  
Institute for Spirituality & Health



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What can the perspectives of psychotherapy and religious faith teach each other? What roadblocks might one encounter in the attempt to integrate therapeutic technique and religious tradition? In this free, one-day conference, clergy and psychotherapists engage in conversation about the universal search for meaning and the value of religious and psychological approaches.

The morning session will include an interfaith panel discussion among clergy members, an interfaith panel of psychotherapists, and a lecture on Logotherapy, which offers an approach to meaning that transcends theory and religion. The afternoon session will explore in detail the process of integrating psychology within the Christian tradition, including clinical and ethical considerations.

Continuing Education Units are available for mental health professionals through the Jung Center and the Houston Psychological Association (\$35 for Licensed Psychologists, free for other mental health professionals). CEU registration onsite the day of the event.

## **SCHEDULE**

8:30 – 9:00 Registration  
9:00 – 9:15 Welcome and Introduction, **Elizabeth Maynard, Ph.D.**  
9:15 – 10:15 Clergy Panel  
10:15 – 10:30 Break  
10:30 – 11:30 Mental Health Professionals Panel  
11:30 – 12:00 Logotherapy and the Search for Meaning **Michael Winters, Ph.D.**  
12:00 – 1:15 Lunch on your own  
1:15 – 2:00 What is a Healthy Spirituality for the Twenty-First Century?  
**J. Pittman McGehee, D.D.**  
2:00 – 3:00 Catholic/Christian Foundations for Psychology &  
Psychotherapy: A Model of Integration **Paul Vitz, Ph.D.**  
3:15 – 4:15 Faithful Stewardship: Ethical and Practical Considerations  
in Explicit Integration **Elizabeth Maynard, Ph.D. & Colleagues**  
4:15 – 4:30 Concluding Remarks



**J. Pittman McGehee, D.D.**



**Paul Vitz, Ph.D.**