



February is Psychology Month

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CANADIAN MENTAL
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Psychological and Spiritual Development: Are They Actually Different Processes?

Dr. Douglas Tataryn (C.Psych.)

The last 30 years have seen an astonishing integration of spiritual constructs and practises into Western culture, including yoga, meditation and retreat centres, and the use of Mindfulness for stress reduction. Many spiritual teachers are augmenting their traditional teachings with psycho-therapeutic processes and many therapists are teaching meditation to clients. So how are psychological and spiritual processes related to each other, if at all? Dr. Tataryn proposes "The Four Pillars of Spiritual Development" as a new Integral perspective for understanding the parallels and differences between spiritual and psychological growth.

Hollow Reed Holistic Centre, 761 Westminster Avenue
Friday, February 24th, 7.30pm-9pm



Bring your friends & family!

Free Admission!



Manitoba Psychological Society