

Blanton-Peale

Institute & Counseling Center

Free Virtual Clergy Sabbath

Spiritual Burnout

*Tending to Mind-Body-Spirit Health in
The Pastoral Journey*



**February 29th
& March 1st**



Virtual



**10 AM -
12 PM EST**

We live in a time of increasing stress, and the demand for front-line professionals like clergy, chaplains, and other caring persons continues to escalate. During this clergy sabbath, we will explore the nature and sources of Spiritual Burnout, emphasizing holistic care of self. Through didactic and experiential exercises, we will cultivate a time of tending to the mind, body, and spirit together.

**Please join us for our continuing program for clergy and
other spiritual professionals**

February 29 and March 1 | 10 AM –12 PM

[CLICK HERE TO FILL OUT A BRIEF APPLICATION](#)

About the Facilitator

Dr. Reji Mathew, PhD, LCSW is a mental health educator and clinical instructor at New York University specializing in coping skill-focused treatment models such as DBT, CBT, ACT, Mindfulness, Positive-

Psychology, Interpersonal Psychotherapy, BBT (Brain-Based Therapy). Dr. Mathew is also an intermodal artist and an expressive arts advocate. She is passionate about expressive languages—movement, visual arts, drama, writing, and music. Her social advocacy work centers on how artistic skills enable us to reimagine our lives when facing challenges.



Date & Time: February 29 and March 1
from 10 AM –12 PM

If you have any questions, please reach Mickey Correa, LCSW, Blanton-Peale's Chief Program Officer at mcorrea@blantonpeale.org. Since space is limited, after you fill out the brief application, you will be notified of your acceptance along with further instructions. This program is offered as part of Blanton-Peale's ongoing clergy sabbath program that encourages clergy self-care and holistic wellness.

[CLICK HERE TO FILL OUT A BRIEF APPLICATION](#)

Blanton-Peale Institute & Counseling Center provides affordable and accessible, holistic and culturally-responsive mental health care to people representing the full diversity of New York City. It amplifies this impact by training mental health professionals, leaders, and other caring people with the tools of psychology, mental health, and spirituality.

Blanton-Peale Institute & Counseling Center
7 West 30th Street 9th & 10th Floors
New York, NY 10001
212.725.7850



Blanton-Peale Institute and Counseling Center | 7 West 30th Street -9th floor, New York City, NY 10001

[Unsubscribe sgarg@blantonpeale.org](mailto:sgarg@blantonpeale.org)

[Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!