



FOR IMMEDIATE RELEASE – March 18, 2015

Media Contact:
Annemarie Schumacher at Schumacher Creative
annemarie@schumachercreative.com or 314-968-8285

DR. KEN PARGAMENT, INTERNATIONAL THOUGHT LEADER ON THE
CONNECTION BETWEEN SPIRITUALITY AND HEALTH,
SPEAKING IN ST. LOUIS, MARCH 26 AND 27, 2015

WHAT:

Serving the St. Louis region for more than 45 years, Care and Counseling is the region's only accredited, interfaith, nonprofit counseling organization. Its mission is to address the spiritual, emotional, and psychological needs of families and individuals in greater St. Louis.

As part of its commitment to further this mission in the St. Louis community, Care and Counseling is proud to announce it will host Dr. Pargament, a leading national figure in the dramatic resurgence of attention to the vital connection between spirituality and health, for two sessions on March 26 and 27, 2015.

Pargament is the author of two best-selling books, *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred* and *The Psychology of Religion and Coping: Theory, Research, Practice*.

WHO:

Dr. Kenneth I. Pargament, professor of clinical psychology at Bowling Green State University, is a nationally and internationally known researcher on the connection between religious beliefs and health.

Through his studies of groups dealing with trauma, including survivors of the Oklahoma City bombing, victims of natural disasters, and the medically ill, he has identified

many of the specific ways religion can help (or even hurt) people in crisis.

A practicing clinical psychologist, Dr. Pargament has long been interested in fostering greater sensitivity to spirituality in health care. He has designed and tested a number of spiritually integrated treatments for victims of child sexual abuse, women infected with HIV, people with serious mental illness, and patients with heart disease and cancer.

Annually, Care and Counseling serves more than 1,200 adults, children, couples and families throughout the metropolitan area, provides support to area clergy and congregations and delivers more than 12,000 hours of affordable counseling, professional training and community education. Care and Counseling, a 501(c)(3) organization, was incorporated as an interfaith agency to combine the work of several faith-based counseling centers.

Through the generous financial support of individuals, foundations, corporations and faith communities, Care and Counseling is also able to provide services to those who would otherwise be unable to afford the full cost of psychotherapy. The organization is affiliated with the American Association of Pastoral Counselors, The Samaritan Institute, The Children's Services Coalition and St. Louis Country Children Service Fund.

WHEN:

Care and Counseling will host Dr. Pargament for two informative sessions, the first aimed at individuals. The second is targeted toward clinicians and members of the clergy:

Public Lecture

Suffering, Despair and Resiliency: Spirituality in Troubled Times

7:00 p.m.

Thursday, March 26, 2015

Lecture is free, but advance registration is required

On-line registration available at

www.careandcounseling.org or

<https://www.eventbrite.com/e/the-integration-of-spirituality-and-psychotherapy-tickets-15877785885>

Training for Mental Health and Religious Professionals

The Integration of Spirituality and Psychotherapy

9:00 a.m. – Noon

Friday, March 27, 2015

Cost: \$50 per person

Three Continuing Education Units

On-line registration available at

www.careandcounseling.org or

<https://www.eventbrite.com/e/suffering-despair-and-resiliency-spirituality-in-troubled-times-tickets-15877694612>

WHERE:

Both the public lecture and the professional training session will be held at The Lodge Des Peres, 1050 Des Peres Road in Des Peres, Mo., 63131. Advance registration is required. Registration information is available by contacting Ruthanne Hoffman at 314-878-4340 or rhoffman@careandcounseling.org and on the organization's website at www.careandcounseling.org.

ATTENTION MEDIA – interview opportunities available, please contact Annemarie Schumacher at Schumacher Creative, 314-475-5616 or annemarie@schumachercreative.com.

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