



Sydney Professional Development

North Sydney Community Centre

220 Miller Street North Sydney

Friday 9th of October 2015

7pm-9pm

”Spirituality & Psychotherapy

- a Conversation”

Julian Zanelli and Subhanan Barzaghi

Julian Zanelli and Subhanan Barzaghi are interested in exploring how their respective traditions of Sufism and Buddhism have influenced them professionally.

They hope to open up a conversation of the ways their spiritual practice has shaped their views of the psychotherapeutic space and how it has influenced implicitly the development of themselves as therapists.

They will examine the differences and common ground of their Psycho-spiritual-practice and draw from personal case studies of working with clients.

The dialogue will cover specific spiritual practices and techniques that deepen the crucible of inner work that enhance personal development work, inquiry, revelation, love, embodied presence and healing.

Non-members are more than welcome for a fee of \$20.

About Julian Zanelli

Julian is an initiate into the path of Sufism and facilitates introductory courses on Sufism and the spiritual psychology of the path. He is an experienced Somatic Psychotherapist with a long standing interest in the psychology of religion and religious/spiritual experience as well as in psychosis and somatic conditions.

About Subhanan Barzaghi

Subhana is a Zen Buddhist Roshi & senior Insight Meditation teacher and teaches regular retreats and workshops throughout Australia & New Zealand. Subhana is a qualified and experienced psychotherapist with 25 years experience in the field of individual and relational therapy and group dynamics. She has a Masters Degree in Psychotherapy, is a graduate of Hakomi – Mindful Embodied Psychotherapy and is a trainer for AABCAP - Buddhism & Psychotherapy Course and clinical supervisor.

There is a field beyond right and wrong,
I will meet you there.
Maulana Jelaludin Rumi.

Wisdom teaches me I am nothing,
Love teaches me I am everything,
Between these two poles my life flows.
Nisagadatta Baba Maharaj

The unexamined life is a life not worth living.
Socrates and (much later) Irvin Yalom

“We must look at ourselves over and over again in order to learn to love,
to discover what has kept our hearts closed,
and what it means to allow our hearts to open.”
Jack Kornfield

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