

ABOUT SOUTHDOWN

Southdown is dedicated to clinical excellence in providing preventative and restorative care using the integration of psychological, physical and interpersonal practices with the wisdom of the Catholic spiritual tradition.

A trusted provider of psychological services and spiritual guidance to Clergy, Vowed Religious, Lay Pastoral/Ecclesial Ministers and the Laity, our programs and services include Clinical and Candidate Assessments, Residential Treatment with Continuing Care, Outpatient Wellness Services, Consultation and Education.

Our assessment services are offered in English, French and Spanish and are also available online.



Southdown, is an accredited, independent non-profit registered charity in operation since 1966. We are located in Holland Landing, Ontario, about one hour by car north of Toronto, Ontario.

In a setting of natural beauty on 37 private acres, Southdown provides a welcoming and supportive environment conducive to healing and well-being of body, mind and spirit.

CONTACT US

The Southdown Institute
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Continuing Human Formation Seminars

Presents

Navigating Essential Boundaries



PROGRAM OVERVIEW

In our experience, when information is thought through, wrestled with, questioned, applied to real-life examples and discussed with peers, it becomes formative. This is why we designed the **Continuing Human Formation Seminars** at Southdown.

Navigating Essential Boundaries is the first of our Continuing Human Formation Seminars. The sessions will be a combination of presentations and group process, including questions and answers, role playing, and case examples. Designed and presented by members of the Southdown clinical team specifically for priests in parish ministries, the seminar is provided in a small group setting with a maximum of eight participants.

SESSIONS

- #1. The Concept of Boundaries
- #2. Cultural Understanding of Boundaries
- #3. The Concept of Vulnerability
- #4. The Vulnerability of Priests
- #5. Emotional Intelligence
- #6. Exploring Case Examples
- #7. Self-Care Boundaries

PRESENTERS

Rev. Stephan Kappler, Psy.D., C.Psych.
R.Psych.

President and Chief Psychologist

Eran Talitman, Ph.D.
Residential Team Leader

Carol Cavaliere, MA
Therapist

SCHEDULE

Day 1

- 6:00 pm -
- 7:00 pm Arrival and Registration
- 7:30 pm Welcome/Orientation/Social

Day 2

- 7:00 am - 8:30 am Continental Breakfast
- 9:00 am Mass (Concelebrated)
- 10:00 am Session #1
- 12:00 pm Lunch
- 2:00 pm Session #2
- 4:00 pm Break
- 4:30 pm Liturgy of the Hours
- 5:00 pm Dinner
- 7:00 pm Session #3 (1 Hour)

Day 3

- 7:00 am - 8:30 am Continental Breakfast
- 9:00 am Mass (Concelebrated)
- 10:00 am Session #4
- 12:00 pm Lunch
- 2:00 pm Session #5
- 4:00 pm Break
- 4:30 pm Liturgy of the Hours
- 5:00 pm Dinner
- 7:00 pm Session #6 (1 Hour)

Day 4

- 7:00 am - 8:00 am Continental Breakfast
- 8:30 am Mass (Concelebrated)
- 9:00 am Session #7
- 10:00 am Departure

PAYMENT INFORMATION

Fee Per Person: \$1,795.00 CAD

The cost includes private accommodation with ensuite, and meals.

Our award-winning facility provides guest lounges, TV rooms, Internet access, 24-hour snack area, and laundry facility. Within the grounds you will find pastoral walking trails, a labyrinth, as well as other spaces for contemplative reflection.

NEXT STEPS

For more information, to register, and to discuss payment options, please contact:

Michelle Colangelo
Manager of Client Services and Clinical Records

administration@southdown.on.ca
or call: 905 727 4214, ext. 105

