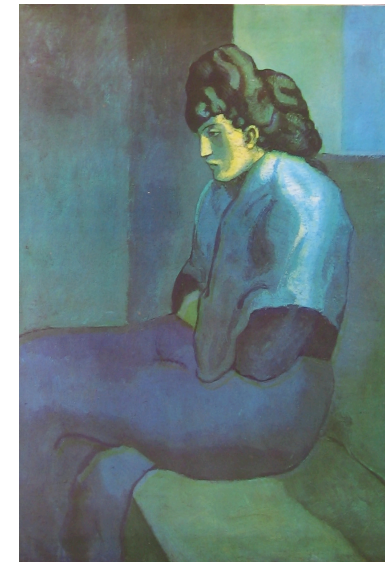


Lifting the Veil

Physiologic and Psycho-Spiritual Aspects of Depression

with

James Dyson M.D. and William Bento Ph.D.



TIME	THURSDAY February 21	FRIDAY February 22	SATURDAY February 23
7:45 - 8:45		Breakfast	Breakfast
9:00 - 10:30		Lecture: James Dyson M.D.	Lecture: James Dyson M.D.
10:30 - 11:00		Break	Break
11:00 - 12:30		Case Study	Case Study
12:45 - 1:45		Lunch	Lunch
2:00 - 3:30		Forum with moderated panel	Artistic exercises: Group A:- Eurythmy Group B:- Art
3:30 - 4:00		Break	Break
4:00 - 5:30	Registration	Artistic exercises: Group A:- Art Group B:- Eurythmy	Open discussion and plenum Closing
6:00 - 7:00	Dinner	Dinner	
7:15 - 9:15	Opening Lecture: William Bento Ph.D	Lecture: William Bento Ph.D	

A conference organized by the
Canadian Anthroposophic Medical Association
for Doctors, Therapists and Educators
Toronto Waldorf School Campus, Thornhill, ON
Canada
February 21, 22, 23
2008



Depression is a prevalent theme in our time; most of us have been touched by it in some way in our own lives or through the lives of our loved ones. The two main and quite divergent approaches to working with depression are either by using psychotherapy to treat the emotional roots of the illness or by using substances to address the chemical imbalance underlying the illness. Our two speakers have worked extensively with both modalities and will be using an anthroposophical perspective to evolve an understanding and synthesis of these two views. The conference program will include case studies, a moderated question and answer panel as well as artistic activities. This conference will be of specific interest to physicians, therapists and Waldorf educators working with issues of depression and their consequences. It should be noted that we will be working mainly from a medical perspective.

James Dyson M.D.

Dr. James Dyson has worked as an anthroposophical physician for nearly 30 years, developing a special interest in the fields of mental health and developmental psychology. He was the co-founder, with Dr Michael Evans, of Park Attwood Clinic in 1979, an anthroposophical residential and out-patient care facility for patients with both physical and psychiatric needs. James has taught and lectured widely in the field of anthroposophical health and social care. He became a main contributor to the Medical Section Mental Health Seminar (UK) in 1988 and was co-founder of the 'Psychosophy Seminar' in USA (2001 - 4). In this context he developed a close collaboration with William Bento. James also has extensive working experience as a physician in 5 Steiner-Waldorf Schools and in several Camphill Communities in the UK. Since leaving Park Attwood, Dr. Dyson has focused on completing a Masters' Degree in Applied Psychosynthesis. Currently his principal professional involvement is as Medical and Educational Advisor to the Hiram Academy, an adult education college sponsored by Ruskin Mill Education Trust and the UK Mental Health Seminar, Eurythmy Therapy Training and Rhythmic Massage Training. In the coming years he plans to intensify his collaboration with William Bento and others in establishing and developing "Psychosophy" as an academic and clinical discipline.

William Bento Ph.D.

William is an Associate Professor at the College of Education & Psychology at Touro University teaching in the Master's Degree Waldorf program directed by Bonnie River, M.Ed. He is also the supervisor of Touro University's Counseling Center and responsible for developing a Psychology department for Touro University-California in the near future. William is working as a registered psychologist and clinical supervisor at Lomi Psychotherapy Clinic in Santa Rosa. Dr. Bento's training at the Institute of Transpersonal Psychology and the Lomi Psychotherapy Clinic, as well as his 33 years of counseling adolescents, adults, couples, and families, has prepared him to address a wide array of issues. He has also spent over three decades as an adult educator of spiritual science, and as a consultant to organizations in the social services and educational fields. Dr. Bento has integrated essential aspects of transpersonal psychology with an anthroposophical orientation to psychology that he has been pioneering for the last decade under the title "Psychosophy". Rudiments of this spiritual perspective to psychological care can be found in his book, Lifting the Veil of Mental Illness, Steiner Books 2004 (recommended reading).

For further information contact:

Melanie Nason for CAMA
Tel: 905-709-3136

E-mail: melanienason@rogers.com

Core reading:

Course for Young Doctors, Lecture VIII pp 102 - 119; Rudolf Steiner - Mercury Press 1997

Introducing Anthroposophical Medicine, Lecture 13 pp181 - 193; R. Steiner - Anthroposophic Press 1999

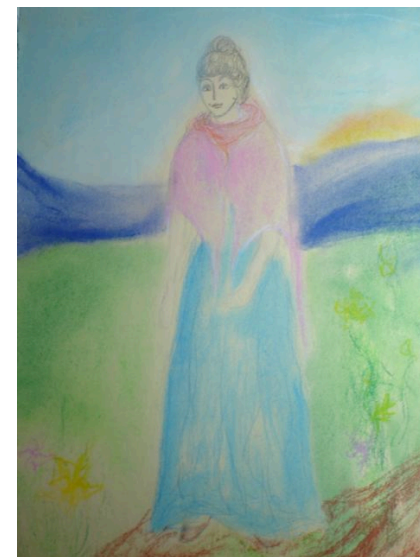
Further reading:

Anthroposophic Medicine - Healing of Body, Soul and Spirit, Michael Evans - Floris Books 2000

The Four Organs, Walter Holtzapfel - Landsdown Press 1996

Soulways: Rudolph Treichler - Hawthorn Press 1996

Man on the Threshold, Bernard Lievegoed - Hawthorn Press 1985



REGISTRATION FORM

Must be received by February 8

Name: _____

Home Address: _____

Home Phone Number: _____

Business Phone: _____ Cell: _____

E-mail _____ Fax No: _____

Meals: Organic/Biodynamic (where possible) and healthy

To keep costs down we are asking participants to support the full meal package. This includes six meals. Snacks and beverages will be available throughout the conference.

Meals \$90 (Cdn/US) _____

Registration Fee: \$210 (Cdn/US) _____

Housing: Billeting with a family

\$25 (Cdn/US) per night

\$ _____ x _____ #nights = \$ _____

Total amount enclosed \$ _____

• Allergies to pets? _____

• Own transportation? _____

• We will do our best to place you within

walking distance if you are without a car.

Please make cheques payable to : **CAMA**

Mail to: **CAMA, 7 - 9100, Suite 2, Bathurst Street,
Thornhill, ON, L4J 8C7, Canada**

LOCAL HOTELS

The Knights Inn

10711 Yonge Street, Richmond Hill

☎ 905-884-1007

knightsinninfo@gmail.com

www.knightsinnnorth.com

\$64.99 (plus 11% tax) per couple/night – this rate is for Thurs., Fri., and Sat. \$10/extra person in room

- These rates include complimentary breakfast and are in Canadian Dollars.

Please mention CAMA conference when booking.

Best Western Hotel

Call Reservations Department directly at 1-800-668-0101

Special rate of \$99.00 for the room (single or double occupancy).

When making your reservation, please indicate that you are part of CAMA group booking. However, you are responsible for payment direct to Best Western.

There are two properties under one roof - **The Sheraton Parkway and Best Western Parkway Hotels**. Both have access to the same services, facilities, conference centre and large fitness centre. They are conveniently located just off of Highway 404 and Express Highway 407 (30 minutes for the airport and a short easily accessible drive for GTA travelers (with complimentary parking).

Both hotels are within 15 minutes driving time to the Toronto Waldorf School campus.