



THE INSTITUTE FOR SPIRITUALITY AND HEALING IN MEDICINE

Join us for the SHIM Monthly Meeting

“MINDFULNESS”

*~Achieving Awareness and Acceptance of
Difficult Mind States ~*

Kristin Urry, LCSW

“This being human is a guest house. Every morning a new arrival.
A joy, a depression, a meanness, some momentary awareness comes as an
unexpected visitor. We welcome and entertain them all.” ~Rumi ~

WHEN: Thursday, May 1, 2008 ~ 7:00 – 8:30 P.M.

**WHERE: St. Mark’s Hospital – North Medical Office Building
Classroom 1 & 2 - 3900 South 1250 East, Salt Lake City**

Park near the front of the hospital. Just to the right of the hospital's main entrance are the doors to the North Medical Office Building. Enter those doors and take the elevator down to the Ground Level (G on the buttons). Turn left off of the elevators and an immediate right down the hall to the classroom. It will be straight ahead.

****Note:** All of the meetings this year will be held in Classrooms 1 & 2 to avoid confusion.

Kristin's desire is to use moment to moment experience to help her patients achieve awareness and acceptance of difficult mind states. Using a spirit of non-judgement and friendliness, she helps them explore each new “arrival.” Her therapy practice is informed by her spiritual practice of Soto Zen Buddhism over the last 8 years. She utilizes eastern thought and western psychology along with meditation, mindfulness and voice dialog to help her patients achieve peace and clarity in their life.

Kristin is licensed and trained in the fields of substance abuse, domestic violence and has extensive experience with court involved and mandated treatment. She is certified in Dialectical Behavior Training and Grief Therapy. She has worked extensively with trauma issues, anxiety and depression. She has many years of experience working with families and adolescents. She has worked in the human service field for 30 years, with the last 8 years as a licensed Clinical Social Worker.

THE SHIM INSTITUTE: “Who We Are and What We Do”

Our Mission Statement: The SHIM Institute promotes the connection of mind, body and spirit for the purpose of creating a supportive healing environment, tailored to the individual needs of the patient. We define **SPIRITUALITY** as the dimension of a person that seeks to find internal meaning and purpose in their life through their relationships with themselves, with others and with a higher power.

The *SHIM 7 Principles of Healing* are Faith, Hope, Social Connectedness, Purpose, Control, Forgiveness, and Gratitude.

The SHIM Institute
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