

*The Orange County Chapter of the*

**American Association for Psychoanalysis  
in Clinical Social Work**

*Presents*

**FINDING THE OPPORTUNITIES WITHIN PROBLEMS**

**Presenter: Marjorie Schuman, Ph.D.**

Finding the opportunities for growth within problems is possible only when we can learn to look at them in a way that reveals what we most need to see. There is intelligence in the ways that problems are constructed in the mind. This idea is expressed in the image of a lotus flower with its roots in the mud and beautiful blossom below. Metaphorically, this evokes the possibility that the mud of our struggles can give rise to growth in the sunlight of awareness.

This presentation describes a psychotherapeutic approach, "Inquiring Deeply," for finding the wisdom embedded in problems. Inquiring Deeply is a mindfulness-informed, relational psychotherapy which blends the wisdom of Buddhism with the understanding of psychoanalytic theory into a framework for working with the difficulties and challenges of everyday life. It incorporates the self-reflective methodology of Buddhism –mindfulness, investigation, and inquiry– to amplify psychological experience, to deepen self-awareness, and to gain a grasp of the mind's potential.



**When:** Saturday February 20,  
2016 / 2:00 PM – 4:30 PM

**Where:** 90 Jasmine Creek  
Dr. Corona del Mar, CA 92625

**Cost:** \$50 (before Feb. 8th); \$60  
after Feb. 8th

2 CEU's for Psychologists,  
CAMFT's, LCSW's

**Register Now**

You can also register by sending a check to:

**Ann Stern, MFT, 90 Jasmine Creek Drive, Corona del Mar, CA 92625.**

Please note that REGISTRATION AFTER February 8th results in a \$60 fee.

**AS SPACES WILL BE LIMITED, WE URGE YOU TO PRE-REGISTER FOR THIS EVENT.**

We welcome students and non licensed clinicians with a 50% discount. Please contact [kredding@mac.com](mailto:kredding@mac.com) to register.

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**About the Instructor:** Marjorie Schuman, Ph.D. is a licensed clinical psychologist (PSY 5593) and certified psychoanalyst who specializes in mindful psychodynamic therapy. A graduate of the University of Michigan, Marjorie did postdoctoral work at UCLA and had several decades of experience teaching, doing psychotherapy, and supervising mental health professionals in Los Angeles before moving to Santa Barbara. She also co-founded The Center For Mindfulness and Psychotherapy in Santa Monica.

Dr. Schuman is currently in private practice in Santa Barbara. She is the author of a book entitled Mindfulness in Relational Psychoanalysis and Psychotherapy: "Inquiring Deeply" which explores the similarities and differences between Buddhist psychological and western psychodynamic approaches to working with emotional pain. (Forthcoming from Routledge Press, 2016) .

**Accreditation:** Marjorie Schuman, Ph.D., dba Center For Mindfulness and Psychotherapy, is approved by the CPA OPD to sponsor Continuing professional education for psychologists in California [CEN 039]. Marjorie Schuman, Ph.D., dba Center For Mindfulness and Psychotherapy, maintains responsibility for this program and its contents. Marjorie Schuman, Ph.D., dba Center For Mindfulness and Psychotherapy, is approved by the BBS to sponsor continuing professional education for MFTs, LCSWs, LEPs, and LPCCs. [PCE5873]

**If you have any questions, please contact: Karen K Redding, LCSW, Ph.D. by e-mail at [kredding@mac.com](mailto:kredding@mac.com) or by phone at [949-715-7007](tel:949-715-7007).**