



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

# A Workshop

**INTERNATIONAL INSTITUTE  
FOR SELF DEVELOPMENT**

[IIFSD.org](http://IIFSD.org)

## **Metaphysics for Therapists**

### **Understanding the Big Picture**

Therapists constantly face human conflict, pain, a wide variety of negative emotions, and human suffering in many contexts. If we can make sense of some of these human experiences by understanding 'the big picture' we can be comforted.

This workshop will introduce and explore many questions, ideas, and realities, like:

- What is our purpose as human beings?
- What is life all about?
- Is there a soul and do we have one?
- What role does the soul have in our life?
- Is reincarnation real?
- If it is have I lived other lives?
- What role does God play in our lives?
- How can I know that the answers to these questions are true?

Metaphysics can provide some possible answers to these questions and we as therapists can gain understanding, encouragement, support and a clearer sense of purpose.

