

ANN BELFORD
ULANOV



The Unshuttered
HEART

Opening Aliveness / Deadness in the Self

The Unshuttered Heart Opening Aliveness Or Deadness In The Self

Ann Belford Ulanov



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The Unshuttered Heart Ann Belford Ulanov, 2007 Aliveness and Deadness are processes that cannot be captured only symbolized within the precincts of psychology and religion Opening under the shadow of 9 11 our new century must reassess the preciousness of life and what we are living for what we love and what we find worth dying for In the face of loss and absence we must again ask what makes us feel connected to the source of aliveness Yet we must also understand that feeling fully alive means that we must come to fresh insight about the contrary of aliveness which is deadness Both aliveness and deadness are part of the same fabric of being But how do we talk about them Or do we leave these unnamed For Ann Belford Ulanov aliveness is to make something of what we hear and to hear what we hear makes of us Working on oneself enlarges thus society as psychological work and spiritual practice form a kind of social action Our heart becomes unshuttered making new depths possible for the self and others

Bearing Witness Stephanie N. Arel, 2023 Bearing Witness is a poignant account of the global movement to commemorate the dead at memorial museums Dr Stephanie Arel offers an insightful look into the professional lives of those who remember and an inspiring argument for tenderness when tending the wounds of mass trauma

Dynamis of Healing Pia Sophia Chaudhari, 2019-08-06 This book explores how traces of the energies and dynamics of Orthodox Christian theology and anthropology may be observed in the clinical work of depth psychology Looking to theology to express its own religious truths and to psychology to see whether these truth claims show up in healing modalities the author creatively engages both disciplines in order to highlight the possibilities for healing contained therein Dynamis of Healing elucidates how theology and psychology are by no means fundamentally at odds with each other but rather can work together in a beautiful and powerful synergia to address both the deepest needs and deepest desires of the human person for healing and flourishing

Bearing the Unbearable Deborah van Deusen Hunsinger, 2015-06-18 Bearing the unbearable trauma gospel and pastoral care Rooted and grounded in love compassionate witnessing Christian forgiveness healing the emotional wounds of childhood Keeping an open heart in troubled times self empathy as a Christian spiritual practice Prayers of lament How long O Lord Practicing Koinonia life together Members of one another building a restorative church Appendix 1 Criteria for PTSD Diagnostic and Statistical Manual 5 Appendix 2 Professional Quality of Life Scale Compassion Satisfaction and Fatigue Subscales Revision IV

Cape Town 2007 - Journeys, Encounters: Clinical, Communal, Cultural Pramila Bennett, The 17th Triannual Congress of the International Association for Analytical Psychology I A A P took place in Cape Town South Africa from August 12 17 2007 The theme of Journeys Encounters Clinical Communal Cultural was reflected in events and presentations throughout the week The plenary presentations are printed in this volume and a CD with all of the Congress presentations and numerous illustrations is included inside the back cover From the Contents Preface by Pramila Bennett 13 Opening of Congress by Astrid Berg 17 Welcome Address by Hester Solomon 19 Journeys Encounters Clinical Communal Cultural by Joe Cambray 23 How Does One Speak of Social Psychology in a Nation in

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Women Religion Revolution Gina Messina,Xochitl Alvizo ,2017-10-17 In a world where women s issues are political issues feminism and religion are often scripted as opposing sides But drawing on the messages of love and social justice from within their religious traditions women are leading feminist movements that promote positive social change at both the micro and macro levels Religion is fueling women s efforts to revolutionize the world *Women Religion Revolution* is a provocative collection of essays written by women who understand that being passive is not an option Each story resonates with passion drawn from the well of faith along with a drive to forge a connection with other women The experiences that can shape a woman s soul are often negative and isolating sexual assault domestic violence eating disorders addictions but in seeking healing in seeking to effect revolutionary change women often find that the path leads toward other women toward a connectedness that strengthens us all This is a very stimulating book This volume brings together nineteen interesting articles from women from a variety of religious and social traditions A good book to read and to own as a resource in women s experience of feminism and religion Rosemary Radford Ruether Professor of Theology Claremont Graduate University This is feminist religious thought at its most courageous and creative The narratives by these authors offer inspiring revolutionary spiritual insights about women s lives bodies and violence Traci C West Professor of Ethics and African American Studies Drew University Theological School The women in this volume are bold in uncovering persistent problems and rethinking new

possibilities for thought and action Their essays are personal based on the authors own experiences as Muslims Jews Christians and Mormons but they articulate their insights in ways that reverberate in many different contexts These essays touch on all areas of concern for women reproduction sexuality body image violence and abuse poverty and wealth spiritual power and women s ordination the sacred and the Divine These essays will inspire you Margaret Toscano Associate Professor of Comparative Studies University of Utah

Sacred Playgrounds Jacob Sorenson, 2021-07-01 Sacred Playgrounds explores the wisdom of camping ministry for Christian education and faith formation examining its rich history and fundamental characteristics with compelling stories groundbreaking research and theological grounding Christian summer camp is an integral part of the ecology of faith formation in North America though it has received surprisingly little attention in the scholarly community until now Camping ministry is often dismissed as simple fun and games or a brief spiritual high that does not last However camp experiences often serve as deeply relational and immersive faith experiences that have lasting impacts on participants Five fundamental characteristics combine dynamically in the effective camp experience participatory faith centered safe space relational and unplugged from home Together they open the space for participants to consider new understandings of God to have time for deep self reflection and to build intentional Christian community These camp experiences are essential components in a larger ecology of faith formation including the home and congregation The insight and evidence presented in this book demonstrate that the contributions of camping ministry must be taken seriously among scholars Christian educators and ministry professionals

Bibliographic Index ,2010 Back to Basics Ann Ulanov, Created during the threat of worldwide pandemic this book reaches to new language to express the basics of Analytical Psychology in new forms What results is not a finished conclusion but a never ending process that includes dismay and celebration Bad and good interweave as long as we are growing celebration happens in perceiving the infinite is lived through our ordinary finite life Projection is a first step toward consciousness the missing piece that lures us to destructiveness can be found A defense of dissociation presses for its undoing to support a consciousness that simultaneously can hold in mind the absence along with the presence of our life force Integration is agonizing as well as liberating The new syntax of what the psyche is doing with and to us yields increased permeability of personal and collective living marked by a subjectivity within the objective other than self endorsing full fledged living of self That cannot be done without tender regard for neighbor within and without and forms of service to the transcendent

Spiritual Aspects of Clinical Work Ann Ulanov, How does the spirit come into clinical work Through the analyst In the analysts work in the analysis What happens to human destructiveness if we embrace a vision of non violence Do dreams open us to spiritual life What is the difference between repetition compulsion and ritual How does religion feed terrorism What happens if analysts must wrestle with hate in themselves Do psychotherapy and spirituality compete or contradict or converse with each other What does religion uniquely offer beyond what psychoanalysis can do to our surviving and thriving This book abounds with such

important questions and discussions of their answers The Wizards' Gate Ann Ulanov, This book adapted from the distinguished Hale Lectures presents material from a woman's wrestling with death showing how inextricably mixed are matters theological and psychological At a point when her life was blossoming in every way Nancy was struck down by a terminal brain tumor which soon robbed her of her speech She used paintings many of which are here reproduced to wrestle with this blow and to communicate what she was slowly discerning in the face of death something from the other side The author addresses a variety of related issues including the place of language in analysis and the role of the feminine mode of being especially in transference and countertransference Ann Belford Ulanov is the Christiane Brooks Johnson Professor of Psychiatry and Religion at Union Theological Seminary a psychoanalyst in private practice and a supervising analyst and faculty member of the C G Jung Institute in New York City She is the author of numerous books some of them coauthored by her husband Barry Ulanov and they have four children Receiving Woman - Studies in the Psychology and Theology of the Feminine Ann Belford Ulanov, We live in a time of unparalleled opportunity for women and a time just because of that opportunity of great stress It is a time when every woman can find her own particular style to develop her skills to acknowledge her needs and failures and to claim both her satisfactions and dissatisfactions The old stereotypes are all but dead But another danger threatens of new stereotyped roles for women in the very range of choices and opportunities presented to the RECEIVING WOMAN grew out of a decade of reflections on women's experiences my own my patients and my students writes Professor Ulanov From all of them a common voice emerged speaking about each woman's struggle to receive all of herself Each was trying to find and put together different parts of herself into a whole that was personal alive and real to her and to others I know that women want to be all of themselves and want to be their own selves not examples of types They want to work out their own individual combinations of what have been called the masculine and feminine parts of themselves This book focuses on that possibility on women receiving themselves all of themselves wisely and gladly

Picturing God Ann Ulanov, 2020 Ann Belford Ulanov submits that we have all painted our own pictures of God Most of them were formed in early childhood and now lie buried in our unconscious selves Even though we may be unaware of our images of God they play an active sometimes harmful role in our spiritual development Picturing God demonstrates the importance of confronting our unconscious selves and allowing our images of God both positive and negative to surface Such inner exploration reveals not only relevant insights about ourselves but also pulls us beyond our private pictures of God toward a truer view of the living God Picturing God shows us how to explore our unconscious selves and how this spiritual exercise can change the whole of our lives how we respond to God how we relate to others and how we view ourselves

The Female Ancestors of Christ Ann Belford Ulanov, 2020 The spiritual power of the Feminine shines forth in this psychological study of four Old Testament heroines from Jesus family tree Tamar Rahab Ruth and Bathsheba are the only women mentioned by name in the Gospels genealogies and for Ann Belford Ulanov this indicates that they impart something

essential to the lineage of Christ By exploring their brave and unconventional lives she demonstrates how salvation enters the world in the feminine mode of being human through these women s embodiment of such powerful and deeply feminine qualities as ingenuity audacity determination compassion seduction and devotion Like bolts of lightning the stories of these outcast virgins illuminate what spiritual wholeness can be in the lives of contemporary women and men Ann Ulanov s riveting insights into their daring acts reveal their deep significance in the genealogy of Jesus and expand our understanding of the words courage and love Marion Woodman author of Addiction to Perfection and Leaving my Father s House Getting Real about God, Suffering, Sin, and Evil Jill L. McNish, 2011 A former attorney and seasoned pastor rethinks and redefines the concepts of evil sin and suffering discussing how these ideas enter into our everyday lives and how they impact our communities and nation In her analysis McNish employs the interpenetrating disciplines of theology scripture and modern day depth psychology Page 4 of cover

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