

Bringing it All Together: Bringing Your Mind, Body, Spirit, and Heart into the Session

© Dr. Rachel M. Goldberg

Agenda

- ❖ Short intro. to book and research
- ❖ What does this work offer the field? (panel)
- ❖ Audience
- ❖ What kind of ethical or other concerns should we have about this kind of work? (panel)
- ❖ Audience
- ❖ Case stories (panel)
- ❖ Audience – how would you handle/respond to this?

© Dr. Rachel M. Goldberg

Religion is a Source of Hate and Intolerance

- ❖ Religion is often used for war and to foster intolerance of others.
- ❖ If we allow faith into our processes, they can be used to manipulate people.

RELIGION
You can't start a war without it.



But

- ❖ All processes are value-laden
- ❖ Some say mediators should be advocates
- ❖ Claims to neutrality hide oppression and reinforce power imbalances
- ❖ Religion has always been a part of conflict resolution - just not the profession
- ❖ Many important conflicts are value conflicts, and often religious conflicts
- ❖ Religion is a source of transformation and moral authority for peace
- ❖ This is how some parties make decisions and what they want

© Dr. Rachel M. Goldberg

Our Proposal

- ❖ We have proposed a new model: tentatively called 'Multidimensional Conflict Resolution'
- ❖ Premises - in order to protect the self-determination of parties we need to:
- ❖ Know our values and acknowledge them and help the parties know and talk about theirs
- ❖ Learn from psychology how to develop and maintain good boundaries
- ❖ Be honest and develop processes that are whole and grounded in the whole reality of the parties involved, including ourselves

© Dr. Rachel M. Goldberg

Wisdom Conflict Resolution

- How can we incorporate our whole selves into the process and make the process responsive to the whole needs of parties?
- Drawing on Lederach and Davidheiser and engaging
- Mind, Body, Heart, Spirit

© Dr. Rachel M. Goldberg