Conscious self-reflection through the application of the Integrated Spiritual Analytical Tool (ISAT). Become familiar with the ISAT as you gain insight into yourself.

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The ISAT is a tool for ‘analysis’ and/or ‘assessment’, which unlike many structures and tools within the physical, is fluid and evolving and requires one to engage the use of spiritual methods such as intuition, pure reason and sensing. The ISAT as presented here is the result of a comprehensive qualitative research program using the process of meta-triangulation.

This tool allows for the analysis or positioning of individuals, communities, organizations, ideologies or any other phenomenon of interest and can provide a wider range of avenues for possible interventions. In addition the ISAT can be a useful tool for practitioners to engage in conscious self reflection. It allows the practitioner not only to gain insight of self on a personal level but to gain insight of self relevant to practice.

This experiential workshop offers participants the opportunity to gain a basic working understanding of the ISAT and its guiding principles and application approach. To achieve this, the workshop draws upon a variety of methods both physical and spiritual, such as interactive dialogue, meditation, contemplation and artwork. To enable participates of this workshop to gain a working understanding of the ISAT, the workshop will use the process of applying the ISAT to self to develop skills and knowledge about the application of the ISAT that can then be transferred to work with clients or other phenomena.

This workshop is strongly linked to the overarching conference theme as it explores a spiritual approach to practice which aims to be inclusive and accepting of all perspectives and methods. Further to this by building the workshop around applying the ISAT to self addresses the sub theme of spiritual self-care for practitioners.