

*FREE public talks on the ideas of Freud and his follower's by Toronto psychoanalysts with open discussion about their impact on our lives today.*



**Wednesday, November 23, 2016**

**8:00 to 9:30pm**

@ the Arbor Room, Hart House, University of Toronto  
7 Hart House Circle, Toronto, ON M5S 3H3 (lower level)

## **PSYCHOANALYSIS AND MYSTICISM: FRIENDS OR FOES?**

We live in a time when interest in/idealization of meditation, yoga, mindfulness and many other forms of spirituality are growing exponentially in our culture. What does psychoanalysis have to say about mysticism, meditation and the pursuit of enlightenment? This talk will briefly survey the history of the psychoanalytic study of mystical states of consciousness beginning with Freud and continuing to the present, with a particular emphasis on distinguishing between the salutary and harmful effects of mystical experiences and their pursuit.

### **Speaker: Tony Toneatto, PhD.**

Clinical Psychologist | Psychoanalyst | Director of the Buddhism, Psychology and Mental Health undergraduate program at the University of Toronto | Adjunct Faculty to the Buddhist Mindfulness and Mental Health diploma program and the Masters of Pastoral Studies (Buddhism) at Emmanuel College.



### **Between Hours/ *Interdisciplinary Dialogues***

Toronto Psychoanalytic Society

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