

Transitions: Danger or Opportunity

“Transitions are almost always signs of growth, but they can bring feelings of loss. To get somewhere new, we may have to leave somewhere else behind.”

~ Fred Rogers

Change is often uncomfortable, something most of us resist. But is change the same as transition? Not according to the experts. Change is typically something that happens to you, even if you don't agree with it, don't want it, and aren't planning for it.

Transition, on the other hand, is internal: it's what happens in people's minds as they go through change. The early stages of transition may feel like change, but with the right tools, it is possible to move into a state of renewed energy as new possibilities emerge.





During life transitions, we often find ourselves in what is known as “liminal space.” The word liminality comes from the Latin word “limen” which means threshold. New thresholds or being in some form of transition (geographical, emotional, physical, or situational) describes the life experience for all of us.

Research shows that most, if not all significant life transitions have a distinct structure. However, this structure isn't always obvious to the person entering a transition. Understanding how to experience the transition process healthily, can make the difference to seeing the transition as an opportunity or a threat/crisis.

During this Zoom conference, we will explore the work of several noted theorists whose work on healthy transition can serve as a guide. We will explore:

1. Stages of transition
2. Strategies to embrace liminal space (the threshold)
3. Ways to identify life transitions and impasses

There will be time for quiet reflection on the “neutral time” (liminal space) and the time of new beginning and the opportunity to meet in small groups to discuss and talk about the material of the day.

This program will be held via **Zoom on Saturday, March 9th from 8:15 a.m. to 3:15 p.m.** Materials and a Zoom link will be sent out to all who register the week before the program starts.

A donation of \$50 is requested. WVIS wants to make its programs available to all who want to attend. Partial scholarships are available by emailing Executive Director Sr. Carole Riley, CDP, Ph.D. at wviscr@aol.com. If you have any questions, please get in touch with Sr. Carole.



Sr. Carole Riley, C.D.P., PhD, LPC, AAPC-Fellow

Associate Spiritual Director

Trained in spiritual direction by the Cenacle Sisters and Adrian van Kaam, C.S.S.SP at Duquesne University in Pittsburgh, PA, Sister Carole Anne Riley is also a professional musician and associate music therapist. She began piano at the age of five and later entered the international community of the Sisters of Divine Providence. She has served in a variety of leadership roles including Chair of the Piano Department, Head of Graduate School, and Assistant Dean at Duquesne University where she is a distinguished alumna and recipient of the President's Service Award. Her audiobooks are available from Audio Books. She teaches currently with the Graduate Theological Foundation. She holds a counseling-supervising license in West Virginia. Dr. Riley is a therapist with Better Help.

Sr. Carole offers individual and group spiritual direction (in person and via Zoom or FaceTime), Ignatian silent-directed retreats, Couples retreats, the 19th Annotation Spiritual Exercises in Everyday Life, and the 30-day Spiritual Exercises.

Dr. Riley is a certified supervisor for counselors and for individuals offering spiritual direction, group spiritual direction programs, and the 19th Annotation in Daily Life.