

CENTERPOINT, INC.

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COUNSELING & EVALUATIONS FOR
INDIVIDUALS
COUPLES
FAMILIES
ALCOHOL & DRUG PROBLEMS

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TO WHOM IT MAY CONCERN:

I have been a Mental Health Counselor for 12 years, having earned the Master's Degree in Counseling Psychology from Temple University, Philadelphia, Pa. My years of work experience have been with the chronically and acutely mentally ill, with a specialty in alcoholism and drug addiction treatment.


As a group and individual therapist, I have worked in public and private settings in Pennsylvania and Oregon. My depth of understanding of the dynamics of mental illness and particularly of addiction were enhanced immeasurably when I began to study the work of Bhagwan Shree Rajneesh. I have visited the ashram in Poona, India, listened to His taped lectures, and read many of His religious books. I have personally experienced His meditations and became His disciple on Feb. 9, 1976.

His emphasis, firstly, on the need for emotional catharsis (rather than repression or sublimation of emotions through drugs and alcohol) is of utmost importance in recovery from an addiction. He also eloquently addresses the subtle, but very important element of surrender, which in Alcoholics Anonymous (A.A.) is regarded as the only basis for a successful recovery from addiction. The spiritual aspect to recovery from mental illness and addiction is being increasingly scientifically documented, and Bhagwan's influence on my ability to articulate these concepts with my clients has been incalculable.

As part of His religious teachings He has spoken frequently about mental illness, therapy, addictions and the nature of Man. These words continue to be an influence on my own work and that of my colleagues with whom I have shared the books, tapes and meditations.

Thank you for taking the time to read this letter and for considering the influence Bhagwan Shree Rajneesh has had on my life, work and clients' lives.

Sincerely,


Kaya Burden, M.Ed.