

Michel Sacha Vington, M.D.

Dr. Vington received his bachelor degree from Columbia College, Columbia University in New York City. His medical training was at Robert Wood Johnson Medical School in Piscataway, New Jersey. He completed his residency in psychiatry at New York University/Bellevue Hospital Center in New York City, and did post-graduate fellowship training in public psychiatry at Columbia University Medical Center.

With over 25 years of (community) psychiatric practice, Dr. Vington recognizes the need for a paradigm-shift to a health-based mental health approach. To accomplish this goal for changing the science of mental health to being health-based, Dr. Vington has developed *Human Core\ Community Process (HCP)*.

Community Empowerment

1. Bedstuy-KTG\*  
*Building Community...  
Beyond Diversity*  
1st/3rd Thursdays @ 7pm  
**FREE** Registration Required  
(\*KÒmunity Transformation Group)

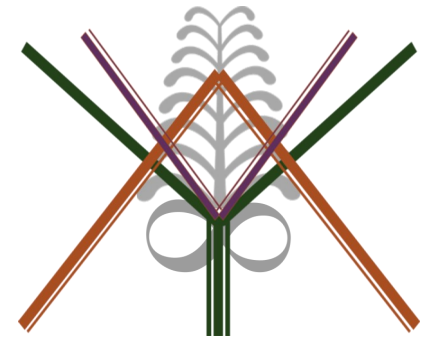
2. BLACK LIVES MATTER  
*New Black Power...  
Moving Beyond Black*  
2nd /4th Thursdays @ 7pm  
**FREE** Registration Required

3. LèAyisyen  
*Building the Haitian Bond*  
3rd Friday @ 6pm  
**FREE** Registration Required

4. KÒèx: LGBTQSLGTSIA\*  
*Sexuality from the Core  
The power to be you.  
The choice to be true.*  
3rd Saturday @ 9pm  
**FREE** Registration Required

5. KÒrangels  
*Artists /Art from the Core*  
Saturday @ 9pm  
**FREE** Registration Required

6. Faiths for Humanity  
*Connecting to God Beyond Religion*  
4th Sunday @ 3pm  
**FREE** Registration Required



V-Aya Institute  
The Human Potential Company

What does being human mean to you?  
A conversation for humanity...  
Starting with you.

Integrative Therapy

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KOfokis/Mindfulness

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Community Empowerment

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Societal Engineers

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## Therapy

### *Integrative Psychiatry*

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V-Aya is unique in providing human **TECHNOLOGY**, Human Core\Community Process (HCP), using evidence-based practices to provide integrated (spirit\*-bio-psycho-social), culturally appropriate, comprehensive mental health care, (\*Spirit/Core/KÒ = the part of us which connects us with each other, and the rest of the universe.)

#### Why HCP Technology?

- ◆ Science/Evidence-Based
- ◆ Integrative (Spirit-bio-psycho-social)
- ◆ Intersectional
- ◆ Root Cause Analysis

- Anger management
- Anxiety/PTSD
- Cultural sensitivity
- Depression
- Domestic violence
- Life Coaching
- Sexuality Communities (LGBTQSGLTSA\*)
- Marital/Partner Accord
- Smoke, drug and Alcohol use disorder
- Personal identity
- Psychosis
- Self-esteem
- Reentry

\*LGBTQGLIA = Lesbian, Gay, Bisexual, Transgender, Queer, Same-Gender-Loving, Two-Spirited, Intersexual, Asexual

[www.VAyaInstitute.net](http://www.VAyaInstitute.net)

## Societal Engineers

### *Making the world a better place.*

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V-Aya invites you to be *partners in passion*. We are defining and formalizing the professional title of *societal engineers: making the world a better place*. We are offering the unique opportunity to learn to meet societal goal and address societal needs from the root-cause- analysis (RCA) level using science and human technology.

- Artists
- Assistants
- CASAC
- Case Managers
- Community Workers
- Life Coaches
- Marketing Professionals
- Media Professionals
- Mental Health Clinicians
- Nurses
- Pastoral Counselors
- Program Directors
- Project Managers
- Psychiatrists
- Psychologist
- Social Workers
- Spiritualists
- Teachers
- Underemployed

We are offering **FREE** training by licensed professionals. 4th Sundays @6pm  
All discipline areas are invited.  
Registration required.

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## KÒfokis/Mindfulness

### *Internal Power Exercise*

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#### **HOW TO DO IT?**

It's totally up to you. Clear your mind for an hour and experience the infinite, be one with infinity.  
Take 7-60 minuets a day being present to (experiencing) Infinity or infinite power, what ever that means to you. One technique is to stay quiet, eyes closed. Slowly breath in infinity DEEPLY, breath out fully, at the same time looking into infinity DEEPLY while counting your breaths. It does not matter if you lose your count just go back to the last count you remember. You will likely find that your mind shifts to thinking or to an emotion. That's ok, slowly bring it back to the experiencing.

See [website for more info](#).

V-Aya Institute Clinic

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By appointment only: Ages 18 and over.: 718-455-3861, or visit us at: [www.VAyaInstitute.net](http://www.VAyaInstitute.net)  
Email: [Info@VAyaInstitute.net](mailto:Info@VAyaInstitute.net)