Press Release

WEBINAR

WEBINAR UNDER MASKS: ALTERNATIVE THERAPIES AND NEW AGEIL DECEMBER 10, THE SECOND WEBINAR OF THE SERIES PROMOTED BY APRA, SACERDOS, AND GRIS

Experts discuss for a critical analysis of practices related to alternative therapies and New Age movements, investigating the spiritual, psychological, and social dynamics behind these contemporary currents. The meeting continues the webinar series linked to the Course on the Ministry of Exorcism and Deliverance Prayer, scheduled in Rome from May 10 to 14, 2027.



Rome, November 12, 2026 – What really lies behind the growing spread of alternative therapies and practices linked to New Age movements? And what are the spiritual, psychological, and social dynamics that characterize these contemporary proposals?

These are some of the questions at the heart of **"Under the Masks: Alternative Therapies and New Age,"** the second event of the webinar series dedicated to the topics addressed by the Course on the Ministry of Exorcism and Deliverance Prayer, organized by the Sacerdos Institute of the Pontifical Athenaeum Regina Apostolorum and by GRIS – Socio-Religious Research and Information Group.

The webinar will be held **on Thursday, December 10, 2026, at 6:00 PM (Italian time),** online and with free participation subject to mandatory registration.

Discussing the topic will be Luis Santamaría, Professor and Founder of the Ibero-American Network for the Study of Sects (RIES), and Catalina Davis, writer and former medium. The meeting will be moderated by Fr. Luis Ramírez, L.C.

Alternative therapies, New Age, and discernment

In recent years, the use of holistic practices, energy techniques, and paths inspired by the New Age galaxy has spread far beyond strictly esoteric circles, often appearing as simple tools for psychophysical well-being or personal growth.

This phenomenon raises significant questions that affect not only the sphere of health and well-being but also the psychological, social, and spiritual dimensions of the person.

"Behind apparently harmless activities of personal growth or energy healing lies an esoteric vision based on self-divinization: the mirage of magical thinking that leads us to believe we are gods, with serious psychological and spiritual consequences," **anticipates Prof. Luis Santamaría.**

"What promised freedom and well-being has turned for me into a prison: I share my experience to invite discernment and remind us that there is always a way back to hope," **adds Catalina Davis**.

The webinar therefore aims to offer tools for discernment and critical analysis to deeply understand a complex and highly topical phenomenon, bringing together academic, psychological, socio-religious perspectives and experiences lived in the field.

ABOUT THE WEBINAR

- **Date: Thursday,** December 10, 2026
- **Time:** 6:00 PM (Italian time)
- **Mode:** online, free participation upon registration
- **Languages**: Italian, English, and Spanish

Webinar registration:
https://form.upra.org/servizionline/form/Sottolemaschereterapiealternativeenewage1/formperma/SZT10aSNNm8U_UymbPIqwFrqRIj4-MF-bOjhaOnOARU?zf_lang=en

The registration link may be freely distributed and published by interested publications and media.

Information about the Course on the Ministry of Exorcism and Deliverance Prayer:
https://www.upra.org/en/corsi/programma/course-on-the-ministry-of-exorcism-and-deliverance/

PRESS CONTACTS

Ateneo Pontificio Regina Apostolorum (APRA)
Maria Selva Silvestri
comunicazione@upra.org
+39 328 987 1119

GRIS – Gruppo di Ricerca e Informazione Socio-religiosa
Francesco Spada
spadatv@gmail.com
+39 347 954 2989

The **Pontifical Athenaeum Regina Apostolorum** (APRA) is an ecclesiastical university institution, canonically established under the Congregation for Catholic Education and directed by the religious Congregation of the Legionaries of Christ. It is part of the Network of Universities of the Legion of Christ and the Regnum Christi Movement (RIU). **An international academic community**, in full harmony with the Holy Father and the Magisterium of the Church, it is committed to developing a Catholic thought and culture capable of pervading the **Christian spirit in today's society**, allowing a unique experience aimed at **evangelizing culture**. **For more than 30 years,** it has trained **apostles**, **Christian leaders – both clergy and laity – at the service of the Church and society.** Through **comprehensive education**, characterized by interdisciplinary and intercultural research lines, innovative programs, development of transversal skills, it promotes shared responsibility and human growth throughout the community, as well as a solid and diversified economy to support innovation. With the various educational paths of the **3 Faculties (Theology, Philosophy, and Bioethics)** and **the 5 Institutes (Higher Institute of Religious Sciences, Science and Faith, Sacerdos, Institute of Bioethics and Human Rights, and Advanced Studies on Women),** it offers deepening and further specialization in some interdisciplinary areas.

GRIS – Socio-Religious Research and Information Group is a private non-profit association of Catholics, dedicated to cultural and religious activities, officially established on February 8, 1987**.**
It works **in service of society and the Church** through **activities of promotion, research, and consultancy on religions, sects, and related phenomenology** , addressing these topics in their cultural, religious, scientific, and social aspects.
Among its main objectives are the training and updating of educators, operators, and interested individuals, as well as the analysis and enhancement of pastoral, cultural, educational, and scientific tools. To pursue these goals, GRIS organizes conferences, courses, and meetings, involves specialists from various disciplines, and produces materials useful for the dissemination of serious and documented knowledge.
The association also promotes dialogue with entities, organizations, and individuals belonging to different religious traditions, when available for respectful and well-founded discussion. It offers listening centers supported by qualified professionals and pays particular attention to those coming from complex religious or spiritualistic experiences who are seeking guidance and clarity.
GRIS fulfills its mission by promoting any initiative that, in a manner consistent with its institutional objectives, contributes to understanding, discernment, and support for people in the contemporary socio-religious context.