

Holistic Stress Management
Instructor Certification Workshop

With
Brian Luke Seaward, Ph.D.

In association with
The Paramount Wellness Institute & The National Wellness Institute



“Dr. Seaward knows the field well, has taught it and lived it—and provides scientific documentation at every step. But perhaps most important, Dr. Seaward goes beyond the usual approach to the subject to speak of soul and human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions to life’s meaning are addressed.”

— Larry Dossey, M.D. Author of *Reinventing Medicine*

**A Special Four-day
Level I Certification Workshop
Sept. 16, 17, 18 & 19 2010**

Radisson Hotel and Conference Center, Longmont, Colorado

- ✓ **54 Contact Hours** through the *American Holistic Nurses Association*, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.”
- ✓ **23.0 CHES professional contact hours** are available through NCHCEC (pending)

Workshop Summary: This certification workshop is designed to train health educators with an interest and background in “Holistic Stress Management” to teach, direct or facilitate quality presentations/workshops at their worksite. The focus of this workshop is holistic—honoring the integration, balance and harmony of mind, body spirit and emotions for optimal well-being. The World Health Organization cites stress as “a global epidemic.” In light of recent events, from international terrorism, Columbine High School, genetic cloning, increases in chronic diseases and everything in between, the words “change” and “stress” are becoming synonymous. It is no secret that people’s coping skills for change are underdeveloped and certainly underutilized. The purpose of this workshop is two-fold: 1) to gain a sound background in holistic approach to stress management, addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques, and 2) to refine excellent teaching skills in which to share this knowledge most effectively, whether it is through a one-hour presentation or a 16 week college credit course.

2010 Fall Holistic Stress Management Certification Workshop Itinerary

(Although content will not change, times of modules may vary due to participant questions and dialogue)

THURSDAY Session: Sept 16

12:30 p.m.—1:00 p.m.

1:00 p.m.—3:00 p.m.

3:00 p.m.—4:00 p.m.

4:00 p.m.—4:15 p.m.

4:15 p.m.—6:30 p.m.

6:30 p.m.—your pleasure

FRIDAY Session: Sept 17

8:00 a.m.—10:30 a.m.

10:30 a.m.—10:45 a.m.

10:45 a.m.—12:15 p.m.

12:15 p.m.—1:30 p.m.

1:30 p.m.—3:30 p.m.

3:30 p.m.—3:45 p.m.

3:45 p.m.—4:45 p.m.

4:45 p.m.—5:45 p.m.

5:45 p.m.— your pleasure

SATURDAY Session: Sept 18

8:00 a.m.—10:30 a.m.

10:30 a.m.—10:45 a.m.

10:45 a.m.—12:00 noon

12 noon—1:30 p.m.

1:30 p.m.—2:30 p.m.

2:30 p.m.—2:45 p.m.

2:45 p.m.—3:30 p.m.

3:30p.m.—4:30 p.m.

4:30 p.m.—7:00 p.m.

7:00 p.m.—10:00 p.m.

SUNDAY Session: Sept 19

8:00 a.m. -10:05 a.m.

10:05 a.m. -10:15 a.m.

10:15a.m. -12:00 noon

12:00 noon - 1:30 p.m.

1:30 p.m. - 2:30 p.m.

2:30 p.m. -3:00 p.m.

Registration and packet pick-up

Introductions: facilitator, participants, & course content

Part A:

Teaching Tips & the Basics of Holistic Stress Management

Break

Part B: Teaching Tips:

Creating a Comfortable Class Setting & More Tips

DINNER (on your own)

Part C: Teaching the Basics of Subtle Anatomy
and Energy Medicine: Stress and Disease

BREAK & REFRESHMENTS

Part D:

Teaching the Basics of Creative Anger
Management

LUNCH (on your own)

Part E: Teaching the Basics of Art Therapy

BREAK & REFRESHMENTS

Part F: Teaching Effective Coping Techniques

Part G: Teaching Effective Relaxation Techniques

Relaxation Through the Five Senses

DINNER (On your own).

Part H: Teaching the Basics of Humor Therapy
and Creativity (Creative Problem Solving)

BREAK & REFRESHMENTS

Part I: Teaching the Basics of Music Therapy

LUNCH (on your own)

Part J: Teaching the Basics of Journal Writing

BREAK

Part K: Effective Lesson Planning

Part L: Teaching the Basics of Meditation

- Inclusive meditation

- Exclusive meditation

- Mindfulness meditation

- Insight meditation

DINNER (on your own)

Music Concert (TBA)

Part M: Teaching the Basics of Stress and Human Spirituality

BREAK & REFRESHMENTS

Part N: Teaching the Basics of Stress,

Nutrition and Disease

LUNCH: Special Topic With Luke: Optional!

Part O: Teaching the Basics of Guided Imagery

Closing Comments, Workshop Evaluations &

Farewell.

WORKSHOP INFORMATION

Who Should Attend? Anyone who is interested in learning, relearning, refining, and cultivating these essential life skills is invited and encouraged to attend. This workshop is designed for both personal growth and professional development. Our philosophy suggests that for people to be really effective at teaching others the basics of holistic stress management they must first be effective at knowing and practicing these skills themselves. Professionals who have greatly benefited from this workshop include: nurses, social workers, counselors, schoolteachers, wellness directors, therapists, health educators, and physicians, and those wishing to make a career change.

Location: This workshop will be held at the Radisson Hotel in Longmont, Colorado near the foot of the Rocky Mountains.

Conference Fee: The cost of the four-day workshop is \$1,295.00 (Early-bird registration.) This workshop is limited to 30 people. Please see registration form on following pages. As an FYI, please know that this fall workshop tends to fill up early.

Continuing Education: We are happy to announce that this certificate workshop is an “ENDORSED program” through the American Holistic Nursing Association (AHNA). We are approved for **54** professional contact hours (CE’s). “Application for approval of continuing nursing education contact hours has been submitted to the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.”

Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients

Certificate of Instruction: Upon successful completion of the take-home exam and assignments, graded assignments with comments will be returned with your Certificate of Instruction (including 54 CE professional contact hours). Take home assignments include the following: Bio-sketch, three presentation titles and summaries, course outlines, lesson plans, learning objectives, guided visualization scripts, tickler notebook or creativity project, and teaching resources. Six weeks are given for completion. Extensions are available upon request. A Level II refresher course is offered every other year in October.

Lodging: The Radisson Hotel has reserved fifteen (15) rooms for workshop participants at a special conference rate of \$99.00 per night (single and double). To secure a room at this rate you must make your reservation three weeks prior to the event. (Please mention this event is sponsored by Paramount Wellness). For information/reservations please call (800) 843.8240. Boulder Super Shuttle (around \$25 each way) provides transportation to and from Denver’s airport (DIA). Reservations are required for this service as well. (303) 227-0000.

Directions: From all points south (including Denver International Airport), take Interstate 25 north to Hwy 52 (exit #235). Head west (left) 6.7 miles to Hwy 287. Drive north (right) 4.5 miles to Ken Pratt Blvd. Turn left (west) for 2.5 miles. The Radisson Hotel will be on your right hand side, next to the Old Chicago Pizza restaurant. (If you are coming from the DIA airport, take Pena Blvd to 470 toll road (18.5 miles) to Interstate 25 north... etc.)

Itinerary: The workshop program combines theory and abundant skills training. Please see panel opposite this page for a complete workshop itinerary. Certificate awarded through the Paramount Wellness Institute. If you can stay longer, we encourage you to visit Rocky Mountain National Park (a picturesque 40-minute drive from Boulder) to further promote a sense of relaxation and inner peace.

Included with this Workshop:

- Managing Stress (6th edition)
- Workshop Workbook (instructor Handouts and Teacher’s Guide)
- Workshop Workbook PDF
- Break refreshments
- On-going mentorship with Dr. Brian Luke Seaward
- WELCOA PowerPoint Presentations
- Certificate of attendance/participation
- Certificate of Instruction (upon successful completion of outside class assignments & exam awarding 54 CE’s)

ABOUT BRIAN LUKE SEAWARD, PH. D.

Brian Luke Seaward is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress: Principles and Strategies for Health and Well-being*, is the top selling college textbook nationally and internationally. Dr. Seaward serves on the faculty of the University of Northern Colorado-Greeley sharing his wisdom of holistic wellness to undergraduates and graduates alike. As teacher, mentor, and healer, Luke is regarded by his students and peers as a rare gem in the crown of health promotion. He is the author of several books including *Stressed Is Desserts Spelled Backward*, *Health of the Human Spirit*, *The Art of Calm*, *Quiet Mind*, *Fearless Heart* and the popular best seller, *Stand Like Mountain, Flow Like Water*. More information is available through his website: www.brianlukeseaward.net.

2009-2010 Workshop Participant Comments

"This class was phenomenal – it has changed my life! The skills learned here will be put to good use for myself, my family and my clientele. I feel blessed to have been a participant. Thank you so much. I hope to see you again in the near future.

" Thanks to you, my workshops and presentation have more pizzazz. "

— Peggy J., Chicago

" Best conference/teaching session I have ever been to – I am an advanced holistic nurse-certified.

" In forty years of practice and learning, this experience has been one of the most profound for me (and my students, clients and all I come in contact with). THANK YOU so much.

—Pam P. Amber, PA

" Once again, thank you for a wonderful workshop! It was, by far, the most inspirational and relevant I have ever participated in. I enjoyed the assignment and really appreciated your time and the gift of your knowledge/experience to all of us."

—Cyndie Koopsen, Flagstaff, AZ

"I am so impressed with the 'ways and means' of this workshop. Both nurturing and didactic in nature, the way you go about providing that – small class size and a variety of hands-on experiences – is really an art, Luke. I appreciate this talent of yours. I also am appreciative to know I can stay in touch as needed. Being able to 'take back' things to use specifically is a real blessing in approaching this huge topic. Be well!"

—Becky B., (RN), Bangor, ME

"I have attended workshops by Jon Kabot-Zinn and other leaders in the field, but this workshop (beyond comprehensive) was exactly what I have been searching for in all these years."

"The "best" seminar I have ever attended. I feel very inspired and even more certain I am following the right path in my life. Luke, you are a gem! Thank you!

"Many thanks for the truly inspirational workshop. I've already used the creative problem solving exercise for our employee wellness program. Many Thanks again.

— Lou D., Texas

" Thank you so much for a personally rewarding course. I thoroughly enjoyed the workshop and your leadership was truly inspiring. I appreciate your passion for this work as it is what the world needs now."

— Cindy M. YMCA of Providence, RI.

"Thank you for the wonderful September Workshop. Thank you for sharing your amazing energy, experience, and knowledge. I learned so much about stress and stress relief that will benefit both me and my patients. I was blown away by the information and experience of healing, energy work, meditation and spirituality."

— Jennifer H. (RN) Sitka, AK

"What I received from your workshop was a gift that was hard to measure. I found another piece of myself and found I was able to help people in other ways than through my physical nursing skills. You have helped me start growing and I feel energized to continue. THANK YOU!

— Laura, H. (RN) Duke Medical Center

"A wonderful four days. A return to what I felt as a child and have spent the last five years trying (however unsupported) to reincarnate. Thank you! Also very happy to never have been bored, as I get bored easily."

"This whole workshop was first rate. It more than met my expectations. It was fun, inspiring, entertaining, informative, broadening, expansive, connecting – excellent! Thank you so much – I go home even more inspired and creative than when I left. Bravo!"

" The amount of tools and resources provided to enhance and teach holistic wellness, stress management and spirituality is amazing. Thank you. You are an inspiration. Words cannot convey how much. I have an infinite number of ideas about how to promote the concepts presented in people's lives to journey towards well being."

"This was my first conference of this type and it was great. Luke taught to us as though we were instructors. This will be a wonderful tool to expand and invigorate my new business. New insight as to where massage fits the whole wellness picture. Thank you."

" This workshop was another "life changing" experience for me, as I learn to acknowledge and honor my spirit voice. Thank you for being so giving and willing to share so much of yourself!"

The most well organized workshop I have ever attended. Worthwhile for all nurses as patient advocates/people advocates.

"I got two very valuable things out of this workshop. First, a totally comprehensive text/reference resource that leaves no stone unturned regarding the role of stress in our lives and health. I really appreciate its approach of bringing together the theories and research of so many of the prominent thinkers of our time along with non-Western modalities, integrating them holistically with a focus on humans as spiritual as well as physical, mental, and emotional beings."

—Linda, S. Williamsport, PA