

—2013 FALL HOLISTIC STRESS MANAGEMENT
CERTIFICATION WORKSHOP REGISTRATION FORM—

Name: _____
 Address: _____
 City, State & Zip _____
 Phone Number () _____ * Email address _____

Sept 2013 Workshop (Thursday Sept 19th — Sunday Sept 22nd, 2013) _____

Pre-registration Fee (postmarked by:)
 On or before July 12th, 2013 (Early Bird Fee) ...\$1,595.00
 After July 12th, 2013 (if available) ...\$1,895.00

Cancellation Policy: Prepaid fees are refundable minus a \$150.00 processing fee. Sorry, we are unable to provide refunds after Aug 9th, 2013. A cancellation after Aug 9th results in a forfeit of tuition registration fee, however a non-refundable scholarship may be provided for the next scheduled workshop.

METHOD OF PAYMENT:

* Please note that checks or PayPal are preferable to credit cards
 _____ Check enclosed (payable to Inspiration Unlimited) Registration Fee: \$ _____
 _____ PayPal (email payment via Paypal website to this email address: Brianlukes@cs.com
 _____ Master Card/ Visa (circle one) TOTAL \$ _____

Credit Card Number _____ Expiration Date _____ / _____

Signature _____

Please mail this registration form and check to: Inspiration Unlimited • P.O. Box 18831, Boulder, CO 80308 or fax registration form to: (303) 485-0034. For more information, please contact Candy at Inspiration Unlimited (303) 678-9962 Tu/Th afternoons, Mt Time.

THANKS!

Included With This Certification Workshop:

- *Managing Stress* (7th edition) and text book work book
- Workshop Workbook (instructor handouts and teacher's guide)
- Workshop Workbook PDF on CD-ROM and Music Therapy CD
- Break refreshments
- On-going mentorship with Dr. Brian Luke Seaward
- 3 WELCOA PowerPoint Presentations
- 100 nature photo JPGs for PowerPoint presentations
- Certificate of attendance/participation
- CE Certificate of Instruction (upon successful completion of outside class assignments & take-home exam) awarding 54-CE's: AHNA or 20 CHES Credits



ABOUT YOUR WORKSHOP FACILITATOR, 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* (7e), 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



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 The Paramount Wellness
 Institute
 P.O. Box 18831
 Boulder, CO 80308



2013 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 19th

12:30 p.m.— 1:00 p.m.	REGISTRATION AND PACKET PICK-UP
1:00 p.m.— 3:00 p.m.	Introductions: facilitator, participants, and course content
3:00 p.m.— 4:00 p.m.	Part A: Teaching Tips & the Basics of Holistic Stress Management
4:00 p.m.— 4:15 p.m.	BREAK
4:15 p.m.— 6:30 p.m.	Part B: Teaching Tips: Creating a Comfortable Class Setting & More Tips
6:30 p.m.— your pleasure	DINNER (on your own)

FRIDAY Session: Sept 20th

8:00 a.m.— 10:30 a.m.	Part C: Teaching the Basics of Subtle Anatomy and Energy Medicine: Stress & Disease
10:30 a.m.— 10:45 a.m.	BREAK & REFRESHMENTS
10:45 a.m.— 12:15 p.m.	Part D: Teaching the Basics of Creative Anger Management
12:15 p.m.— 1:30 p.m.	LUNCH (on your own)
1:30 p.m.— 3:30 p.m.	Part E: Teaching the Basics of Art Therapy
3:30 p.m.— 3:45 p.m.	BREAK & REFRESHMENTS
3:45 p.m.— 4:45 p.m.	Part F: Teaching Effective Coping Techniques
4:45 p.m.— 5:45 p.m.	Part G: Teaching Effective Relaxation Techniques: Relaxation Through the Five Senses
5:45 p.m.— your pleasure	DINNER (On your own).

SATURDAY Session: Sept 21st

8:00 a.m.— 10:30 a.m.	Part H: Teaching the Basics of Humor Therapy and Creativity (Creative Problem Solving)
10:30 a.m.— 10:45 a.m.	BREAK & REFRESHMENTS
10:45 a.m.— 12:00 noon	Part I: Teaching the Basics of Music Therapy
12 noon— 1:30 p.m.	LUNCH (on your own)
1:30 p.m.— 2:30 p.m.	Part J: Teaching the Basics of Journal Writing
2:30 p.m.— 2:45 p.m.	BREAK
2:45 p.m.— 3:30 p.m.	Part K: Effective Lesson Planning
3:30p.m.— 4:30 p.m.	Part L: Teaching the Basics of Meditation <ul style="list-style-type: none">• Inclusive Meditation• Exclusive Meditation• Mindfulness Meditation• Insight Meditation
4:30 p.m.— 11:p.m.	DINNER (on your own)

SUNDAY Session: Sept 22nd

8:00 a.m.— 10:05 a.m.	Part M: Teaching the Basics of Stress and Human Spirituality
10:05 a.m.— 10:15 a.m.	BREAK & REFRESHMENTS
10:15 a.m.— 12:00 noon	Part N: Teaching the Basics of Stress, Nutrition and Disease
12:00 noon — 1:30 p.m.	LUNCH Special Topic With Luke: Optional!
1:30 p.m.— 2:30 p.m.	Part O: Teaching the Basics of Guided Imagery
2:30 p.m.— 3:00 p.m.	Closing Comments, Workshop Evaluations & Farewell

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.

2012-2013 WORKSHOP PARTICIPANT COMMENTS:

“Thank you so much for all of your wisdom and love and sharing in delivering a fabulous workshop on Holistic Stress Management. I thought your talk on Stress and Spirituality was absolutely phenomenal and very moving. Thank you so much for your kindness, intellect, and willingness to share so much with us. Thanks from the bottom of my heart. With great blessings. — Karen, Asheville, NC

“I was hoping that your workshop would help me crystallize the swirling in my head and help me understand the dread I felt about pursuing a speaking career in this field. It came to me on the plane ride home - the understanding I was looking for. Your workshop was invaluable in helping me to move through this block and I am truly, truly grateful. I will keep you posted as I go! Thanks again and best wishes to you for continued success in helping people change their lives!” — Ellen, Baltimore, MD

“ I am sure that you hear this often.... but you are truly a gift and you show what can happen when you live your passion. Thank you for bringing me into the ‘family’ and sharing your energy, these past days were beautiful. I know that I am following my purpose because of the opportunities that are being dropped into my life, your class being one of them. With love and kindness, Vicki, Tampa, FL

“As a nurse practitioner and manager for Integrative Medicine and Wellness Services in a community hospital setting, I gleaned far more from this course than I ever could have imagined.... it was packed full of “little gems” of research data, tips for teaching and coaching, information about starting up a business, lesson plans and creative handout ideas, stunning photographs and beautiful music, both experiential and didactic, right-brained and left-brained, conscious and unconscious.... nothing was left out. Not only did I learn “to capacity”, but I re-discovered my enthusiasm and passion for my work and am eager to “dig in” and re-craft programs and courses based on what I now know I didn’t know. Thanks, Luke, to you and all those in our spring 2011 class who shared and grew together. —Derreth, ME

“ 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

“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 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

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 Plaza Hotel and Conference Center, Longmont, Colorado at the foot of the Rocky Mountains. <http://www.bestwestern.com/plusplazahotel>

Conference Fee: The cost of the four-day workshop is \$1,595.00 (Early-bird registration.) This workshop is limited to 30 people. Please see registration form on following pages. As an FYI, please know that the fall workshop tends to fill up fast.

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). “This continuing nursing education activity was approved by 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, teaching resources and final exam. Eight weeks are given for completion. Extensions are available upon request. A Level II refresher course is offered every year in October.

Lodging: The Plaza Hotel in Longmont, CO 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. Currently the Boulder Super Shuttle (around \$35 each way) provides transportation to and from Denver’s airport (DIA). Reservations are required for this service as well. (303) 227-0000. Website for hotel & Conference center: <http://www.plazahotellongmont.com/>

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 Plaza 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.

“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*