

**—2012 SPRING HOLISTIC STRESS MANAGEMENT
CERTIFICATION WORKSHOP REGISTRATION FORM—**

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

May 2012 Workshop (Thursday May 17th — Sunday May 20th, 2012)

Pre-registration Fee (postmarked by):
 On or before March 16th, 2012 (Early Bird Fee) ...\$1,495.00
 After March 16th, 2012 (if available) ...\$1,795.00

Cancellation Policy: Prepaid fees are refundable minus a \$150.00 processing fee. Sorry, we are unable to provide refunds after April 13th, 2012. A cancellation after April 15th 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 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.

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

**Holistic Stress Management
 Certification Workshop**
 With
Brian Luke Seaward, Ph.D.
In association with
The Paramount Wellness Institute

**A Special Four-day
 Level I Certification Workshop**
May 17, 18, 19, 20, 2012
 Millennium Harvest Hotel and Conference Center
 Boulder, Colorado

54 Contact Hours through the
 American Holistic Nurses Association,
 an accredited approver by the
 American Nurses Credentialing Center's
 Commission on Accreditation.
20 CHES professional contact hours
 are available through NCHCEC

Emotions

Body

Spirit

Mind

2012 Spring Holistic Stress Management

Certification Workshop Itinerary

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

THURSDAY Session: May 17th

12:30 p.m.—1:00 p.m.

REGISTRATION AND PACKET PICK-UP

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

Class

DINNER (on your own)

6:30 p.m.—your pleasure

FRIDAY Session: May 18th

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: May 19th

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

- Inclusive Meditation
- Exclusive Meditation
- Mindfulness Meditation
- Insight Meditation

4:30 p.m.—your pleasure

DINNER (on your own)

SUNDAY Session: May 20th

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 undervalued. 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.

2010-2011 WORKSHOP PARTICIPANT COMMENTS:

"The most valuable thing that I take back with me is the organization tools and presentation enhancement suggestions. Additionally, Luke has taught me the importance of visual aids in my presentations. My vision has changed forever as a result of this workshop --metaphorically and literally. I know now that I can really effect positive health change with the inclusion of Luke's insights and wisdom --bound in Managing Stress."

—Kathleen, G. NJ

"Thanks Luke. I learned A LOT about stress and giving presentations. You are an incredible teacher. Not only did you provide way more information than expected or even advertised in the brochure, but you made it fun. Your ability to share and get the group to interact made the experience life-changing. You made me believe that I CAN DO this. I can give presentations. Thanks for this opportunity...and the fun." — Sharon T. Ohio

"Luke, I can truly say that it was the most useful workshop that I have ever attended. The information and skills that you provided have already had a profound impact on me and I'm just getting started."

—Kim G. Texas

Dear Luke, There are SO many blessings that have come out of attending your workshop in May that there are far too many to count, but one of the best is the connection and relationship to others in this wonderful family of ours!! I'm absolutely humbled and honored to be part of it. I don't know how to describe it other than "magic."

—Sue, North Dakota

"I wanted to share some wonderful news with you. In June I was invited to present a 1-hour introduction to Holistic Stress Management to the Wyoming Department of Work Services (a completely different state agency). Good news travels fast. Apparently, it went really well as they have invited me back again! I have also been invited to present at the Wyoming Criminal Justice Association next month! Can you believe it! I know that I can't. Thank you so much for introducing me to this whole new world. I love it!"

—Tracy, Wyoming

"I appreciate all you have done to bring the spiritual component to our lives in your meditations, your articles and books, inspiring photography and Earth Songs. Attending your Holistic Stress Management Instructor Workshop in 2005 was definitely a catalyst to moving this work into the world—thank you! We have made the spiritual component an integral part of the Diet Free Now program."

—Patricia Ronzio, Texas

"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."

"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!"

"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!"

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 Millennium Harvest Hotel in Downtown Boulder, Colorado at the foot of the Rocky Mountains.

Conference Fee: The cost of the four-day workshop is \$1,495.00 (Early-bird registration.) This workshop is limited to 30 people. Please see registration form on following pages. As an FYI, please know that this Spring 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). "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 year in October.

Lodging: The Millennium Hotel has reserved fifteen (15) rooms for workshop participants at a special conference rate of \$118.00 per night (single and double). To secure a room at this rate you must make your reservation six weeks prior to the event. (Please mention this event is sponsored by Paramount Wellness). For information/reservations please call (800.545.6285 or 303.443.3850). SuperShuttle Express (around \$50 round trip) provides transportation to and from Denver's airport (DIA). Reservations are requested for this service as well. (303.227.0000). Please—all participants are requested to stay at the Millennium Harvest Hotel to help contain workshop costs.

Directions: From all points south (including Denver International Airport), take Interstate 25 north to the Boulder Turnpike, also known as highway 36. Highway 36 becomes 28th Street as you enter the Boulder city limits. Look for the Millennium on your left-hand side after Colorado Ave. The hotel is tucked in on the corner of 28th and Arapahoe Ave. The address of the Millennium Harvest Hotel is 1345 28th Street. Parking is free.

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*