

# Holistic Stress Management *Instructor Certification Workshop*

With

**Brian Luke Seaward, Ph.D.**

In association with The Paramount 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**

**April 12, 13, 14 & 15, 2018**

*DoubleTree Inn & Conference Center, Windsor Locks, CT*

- ✓ **54 Contact Hours** through the *Association for Addiction Professionals, NAADAC*.
- ✓ **54 Contact Hours** through the *American Holistic Nurses Association*, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
- ✓ **24 Level I CHES professional contact hours** are available through the *National Commission for Health Education Credentialing, NCHEC*.
- ✓ **11 Core Coaching Competency and 14 Resource Coaching Competency Units** through the *International Coach Federation, ICF*.

**Workshop Summary:** This certification workshop is designed to train all allied health professionals with an interest and background in “Holistic Stress Management” to teach, direct or facilitate quality presentations/workshops at their worksite and recovery centers. The focus of this workshop is holistic—honoring the integration, balance and harmony of mind, body, spirit and emotions for optimal wellbeing. The World Health Organization (WHO) cites stress as “a global epidemic.” In light of recent events including domestic terrorism, the opioid epidemic, climate change, 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, a recovery/addiction treatment program or a 16 week college credit course.

*“The experience I had during Brian’s Holistic Stress Management workshop was both informative and transformational. Each life skill serves as an unique tool to calm the mind, relax the body and nourish the soul. As a professional in the recovery moment, I have been able to present at various workshops and share these dynamic techniques with my clients and colleagues.”*

— Kelvin Young Toivo, Hartford, CT

# 2018 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: April 12**

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.

### **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

## **FRIDAY Session: April 13**

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. — 6:00 p.m.

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

## **SATURDAY Session: April 14**

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.

3:30 p.m. — 4:30 p.m.

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

Free time

### **DINNER (on your own)**

Movie Screening: Earth Songs documentary

4:30 p.m. — 6:00 p.m.

6:00 p.m. — 7:30 p.m.

7:30 p.m. — 9:30 p.m.

## **SUNDAY Session: April 15**

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

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

10:15 a.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.

Part M: Teaching the Basics of Stress and Human Spirituality

### **BREAK & REFRESHMENTS**

Part N: Teaching the Basics of Stress,

Nutrition and Disease

### **LUNCH: (on your own)**

Special Topic With Luke: Optional!

Part O: Teaching the Basics of Guided Imagery

Closing Comments, Workshop Evaluations & Farewell

## Important 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 with a special emphasis on the Recovery Movement. 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, recovery counselors, schoolteachers, wellness directors, therapists, health educators, and physicians, and those wishing to make a career change.

**Conference Fee:** The cost of the four-day workshop is \$1,595 (Early-bird registration ends February 26, 2018). Cost is \$2,295 after February 16, 2018. This workshop is limited to 30 people. Please see registration form on next page.

**Location/Lodging:** This workshop will be held at the DoubleTree by Hilton in Windsor Locks, CT. We have reserved ten (10) rooms for workshop participants at a special conference rate of approximately \$129.00 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/Inspiration Unlimited).

DoubleTree by Hilton - (855) 2130582

16 Ella T. Grasso Turnpike, Windsor Locks, CT 06096

(10 miles north of Hartford and 1.5 miles northwest of Bradley International Airport, just off I-91. If needed, there is a shuttle service from the airport).

**Continuing Education:** This certificate workshop is an “ENDORSED program” through the American Holistic Nursing Association (AHNA). We are approved for **54 professional contact hours (CE’s)**. “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.”

\*\*This year we are excited to offer **54 Contact Hours** through the *Association for Addiction Professionals, NAADAC*. We also offer **11 Core Coaching Competency + 14 Resource Coaching Competency Units** through the International Coaching Federation, ICF and have been approved by the National Commission for Health Education Credentialing for **24 Level I CHES** professional contact hours.\*\*

**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.

### Included with this Workshop:

- Managing Stress Textbook (9th edition) and Workshop Workbook (instructor Handouts and Teacher’s Guide)
- Workshop Workbook PDF on a flashdrive along with three (3) WELCOA 1-hour PowerPoint Presentations, helpful articles and 100 nature jpgs for your own PowerPoint Slides
- Certificate of Attendance/participation and Certificate of Instruction (upon successful completion of outside class assignments & exam, awarding continuing education hrs)
- On-going mentorship with Dr. Brian Luke Seaward



### 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 served on the faculty of the University of Northern Colorado-Greeley over 25 years 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](http://www.brianlukeseaward.net).



## Workshop Alumni Participant Comments



“ 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

“In Huna, the seventh principle is “PONO,” which means “Effectiveness is the measure of Truth.” My truth is that I experienced a thorough review of every holistic skill I ever accrued, and then some!!! The most valuable thing is really difficult to pin point, because I valued every minute, every interaction, every insight shared, every perspective, every teaching gem...I was able to do a self review, see what I am doing well and what I could be doing better, while teaching. I am still overwhelmed (and in gratitude!) about the “El Dorado” of teaching resources that was made available to us in this program. Brian Luke Seaward’s sharing generosity and skills as a teach “par excellence” are unsurpassed. This workshop was by far the most productive and stimulating program I have ever attended.” MT, Hartford, CT

*“This class was immensely helpful. I very much appreciated learning a broad spectrum of relaxation techniques as well as the practical helpful information for organizing and delivering an effective presentation! I was blessed to be able to give my first presentation one month after the class. The experience provided me with a creativity project right away and I was told it exceeded their expectations. I had always envisioned being able to give presentations and help people in a holistic way, but never had the tools to figure out how to go about it. The class provided me with the tools to get me to the next level of being able to make this happen! I have also used the workbook for myself and have appreciated the insight it has brought into my personal life, too. Thank you! Thank you! Thank you!” — M. Hoffman, MN*

*“I totally enjoyed attending the Holistic Stress Management workshop in Boulder in May 2012. The presentations and group experiences were wonderful and worth my time and energy. I appreciated all the content but most of all the way you presented it. I found it helpful and important that we experienced the exercises. It helped “lock in the learning”. I appreciated the overview of stress and how spirituality is a key aspect in today’s world. I learned a language of expressing ideas that I can bring to my own work. Most important it helped to increase my confidence in mastery of the topic and also in ways to present it to others.” —M. Bach, MN*

*“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*

“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

“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!  
—Kathy Zarling, RN, Mayo Clinic

“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 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!”

“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

