

—2016 SPRING HOLISTIC STRESS MANAGEMENT  
CERTIFICATION WORKSHOP REGISTRATION FORM—

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

**May 2016 Workshop (Thursday May 19th — Sunday May 22nd, 2016)**

**Pre-registration Fee** (postmarked by:)

On or before March 11th, 2016 (Early Bird Fee)     ...\$1,595.00  
 After March 11th, 2016     (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 April 10, 2016. A cancellation after April 11 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 \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

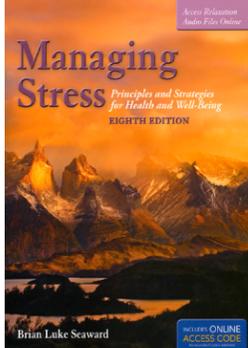
Signature \_\_\_\_\_

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 Inspiration Unlimited (303) 678-9962 Tu/Th afternoons.

**THANKS!**

**Included With This Certification Workshop:**

- *Managing Stress* (8th 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
- 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 and/or 20 CHES credits
- On-going mentorship with Dr. Brian Luke Seaward



**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* (8e), is the top selling college textbook nationally and internationally. Dr. Seaward serves on the faculty of The Graduate Institute 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)



## 2016 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 19th**

12:30 p.m.—1:00 p.m.

#### **REGISTRATION AND PACKET PICK-UP**

1:00 p.m.—2:00 p.m.

Introductions: facilitator, participants, and course content

2:00 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: May 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: May 21st**

8:00 a.m.—10:00 a.m.

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

10:00 a.m.—10:15 a.m.

#### **BREAK & REFRESHMENTS**

10:15 a.m.—11:00 a.m.

Part I: Teaching the Basics of Music Therapy

11:00 a.m.—12:00 noon

Teaching the Art of Calm:

Relaxation Through the 5 Senses

12:00 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: Teaching Guided Mental Imagery (GMI) Part I

3:30 p.m.—4:30 p.m.

Part L: Teaching the Basics of Meditation

- Inclusive Meditation
- Exclusive Meditation
- Mindfulness Meditation

4:30 p.m.—11:00 p.m.

**DINNER** (on your own)

#### **SUNDAY Session: May 22nd**

8:00 a.m.—10:00 a.m.

Part M: Teaching the Basics of Stress and Human Spirituality

10:00 a.m.—10:15 a.m.

#### **BREAK & REFRESHMENTS**

10:15 a.m.—12:00 noon

Part N: Teaching the Basics of Visualization & GMI Part II

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.

## 2011-2015 WORKSHOP PARTICIPANT COMMENTS:

“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

“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

“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

“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

“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 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

“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.”

— Sharon P., Santa Barbara, CA

## 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, coaches therapists, health educators, and physicians, and those wishing to make a career change.

**Location:** This workshop will be held at the Millennium Harvest Hotel, Boulder, Colorado at the foot of the Rocky Mountains.  
<http://www.millenniumhotels.com/usa/destinations/boulder/>

**Workshop Registration 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.

**Continuing Education:** We are happy to announce that this certificate workshop is an “ENDORSED program” through the American Holistic Nursing Association (AHNA). **54** Continuing Nursing Education (CNE’s) are approved.

“This continuing nursing education activity was approved by the American Holistic Nurses Association, and 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 course evaluation, take-home exam, and assignments, graded assignments with comments will be returned with your Certificate of Instruction (including 54 CNE 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 Millennium Hotel has reserved fifteen (15) rooms for workshop participants at a special conference rate of \$135.00 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 \$55 round trip) provides transportation to and from Denver’s airport (DIA). Reservations are suggested 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. Rental cars are available from the Millennium Hotel and are MUCH cheaper than prices from DIA.

**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*

\*Complimentary breakfast buffet each morning at 7:30 a.m.