

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
May 19-22, 2016**

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.
- ✓ **20.0 CHES professional contact hours** are available through NCHCEC (Pending Approval)

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 wellbeing. The World Health Organization (WHO) cites stress as “a global epidemic.” Others now call it the “Black Plague of the 21st century.” In light of recent events, from the global fiscal crisis, climate change, repeated school shootings, the health care crisis, 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.

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 19

12:30 p.m.— 1:00 p.m.

1:00 p.m.— 2:00 p.m.

2:00 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

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)

FRIDAY Session: May 20

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

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).

SATURDAY Session: May 21

8:00 a.m. — 10:00 a.m.

10:00 a.m.— 10:15 a.m.

10:15 a.m.— 11:00 a.m.

11:00 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.

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

BREAK & REFRESHMENTS

Part I: Teaching the Basics of Music Therapy

Teaching the Art of Calm: Relaxation Through the 5 Senses

LUNCH (on your own)

Part J: Teaching the Basics of Journal Writing

BREAK

Part K: Teaching Guided Mental Imagery (GMI) Part I

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 22

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

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

10:15a.m. -11:15 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 Basics of Visualization & GMI Part II

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

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 spring workshop tends to fill up fast.

Continuing Education: We are happy to announce that this certificate workshop is currently 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 pre-tax 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.

Included with this Workshop:

- Managing Stress (7th edition)
- Workshop Workbook (instructor Handouts and Teacher’s Guide)
- Workshop Workbook PDF on CD-ROM with other goodies
- Break refreshments
- On-going mentorship with Dr. Brian Luke Seaward
- WELCOA PowerPoint Presentations
- 100 nature jpgs for your own PowerPoint Slides
- 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.

Certification Workshop Participant Comments

“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

“The most valuable thing I got out of this workshop (either professional development or personal growth): The written word is a powerful tool, and I feel that the assignments reinforced, solidified and made me “dig deeper” into the concepts presented in class. I feel I can better verbalize and explain to clients the benefits of relaxation and stress reduction, as well as educate them, giving practical tools to use on a daily basis.”

“ I found I enjoyed the assignment process very much. Every aspect took my learning and incorporating your material to a level far greater than just reading. I applaud your expert teaching methods. The class in May was a valuable experience in many ways. There was the interaction with a fun, happy group of people, doing the exercises for personal growth and exposure to the different modalities, and most of all, the amazing energy that surrounded the class.

“Thank you for the learning and the vast amount of information you taught us and have made available for our teaching tools. You are a special person with special energy that radiates through you and all you do. Thank you for you!

“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, Ashville, 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

“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