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 16-19, 2019

Millennium Harvest Hotel, Boulder, Colorado

- ✓ **54 Contact Hours** through the *American Holistic Nurses Association*, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation
- ✓ **54 Contact Hours** Through the National Association for Addiction Counselors (NAADAC)
- ✓ **24 CHES (Level I) professional contact hours** are available through the *National Commission for Health Education Credentialing, NCHEC* (Renewal Pending)
- ✓ **10 Core Coaching Competency and 15 Resource Coaching Competency Units** through the *International Coach Federation, ICF. (Renewal Pending)*
- ✓ **24 CE's through the National Social Workers Association**
- ✓ **24 CE's Through ICHWC (pending)**

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 or private practice. 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 Heath Organization cites stress as "a global epidemic." Others now call it the "black plague of the 21st century." In light of recent events, from international terrorism, economic uncertainty, climate change, 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 a 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.

2019 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: May 16th

12:30 p.m.—1:00 p.m.	**Registration and packet pick-up**
1:00 p.m.—3:00 p.m.	Introductions: facilitator, participants, & 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: May 17th

8:00 a.m.—10:30 a.m.	Part C: Teaching the Basics of Subtle Anatomy and Energy Medicine: Stress and 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 and Relaxation Through the Five Senses
5:45 p.m.— your pleasure	**DINNER** (On your own)

SATURDAY Session: May 18th

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.—11:00 p.m.	**DINNER** (on your own)

SUNDAY Session: May 19th

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**
10:15a.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.

Instructor Workshop Information: What You Need to Know

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, school teachers, wellness directors, therapists, health educators, 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 March 11th). $2,395 after March 10th. This workshop is limited to 30 people. See registration form on the next page.

Location/Lodging: This workshop will be held at the Millennium Harvest Hotel, Boulder, Colorado, at the foot of the Rocky Mountains. We have reserved fifteen (15) rooms for workshop participants at a special conference rate of $140.00 per night (single and double). To secure a room at this rate you must make your reservation six weeks prior to the event. All participants are requested to stay at the Millennium Harvest Hotel to help contain workshop costs. Please mention this event is sponsored by Paramount Wellness.
Millennium Harvest Hotel - (303) 443-3850 • 1345 28th Street, Boulder, CO 80302
https://www.millenniumhotels.com/en/boulder/millennium-harvest-house-boulder/
If you can stay longer, we encourage you to visit Rocky Mountain National Park (a picturesque 50-minute drive from Boulder) to further promote a sense of relaxation and inner peace. Click here for online reservations: TBA.

Transportation: GreenRide provides transportation to and from Denver's airport (DIA) for around $76 or $84 roundtrip, respectively. Reservations required. (303) 997.0238.

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.*" **We are awaiting our renewal of **11 Core Coaching Competency + 14 Resource Coaching Competency Units** through the International Coaching Federation, (ICF). Also we are happy to add 24 CHES (Level I) professional contact hours. And new to the professional development list of credentials are 24 hours for Social workers through the NASW.

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 (9th edition) and Workshop Workbook (Instructor Handouts and Teacher's Guide)
- Workshop Workbook PDF on CD-ROM with lots of other instructional goodies
- Three (3) WELCOA 1 hour PowerPoint Presentations
- Certificate of Attendance/participation and Certificate of Achiement (upon successful completion of outside class assignments & exam, awarding continuing education hours)
- On-going mentorship with Dr. Brian Luke Seaward

About Your Workshop Facilitator: Brian Luke Seaward, Ph.D. 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 (9E)*, 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.

—2019 Spring HOLISTIC STRESS MANAGEMENT CERTIFICATION WORKSHOP REGISTRATION FORM—

Name: _____

Address: _____

City, State & Zip _____

Phone Number ( ) _____ * Email address _____

Spring 2019 Workshop: (Thursday May 16th through Sunday, May 19st , 2019)
Pre-registration Fee (postmarked by:)

On or before March 11th 2019	(Early Bird Tuition Fee)	… $1,595.00
After March 11th, 2019	(if available)	… $2,395.00

Cancellation Policy: Prepaid fees are refundable minus a $200.00 processing fee. Sorry, we are unable to provide refunds after April 12, 2019. A cancellation after April 12th 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 if possible, checks are our first preference of payment**

____ **Check** enclosed (payable to Inspiration Unlimited)
____ **Paypal** (please visit paypal.com, make payment to BrianLukeS@cs.com)
____ **Credit Card**: Master Card / Visa / AMEX / Discover (circle one)

Credit Card Number _____._____._____._____ Exp Date_____/_____ CVV Code _____

Signature _____

TOTAL $ _____

Please mail this registration form and check to:

Inspiration Unlimited
809 Allen Drive, Suite 200, Longmont, CO 80503

or scan registration form to: brianlukes@cs.com. For more information, please contact us at *Inspiration Unlimited* (303) 678-9962 (Tu/Th afternoons work best).

AMERICAN Holistic Nurses ASSOCIATION

CCE Continuing Coach Education
International Coach Federation

Workshop Participant Comments

"Thank you, Luke, for a great experience in learning to teach stress management to others. For many, it seems that just when you think life cannot get any more stressful, it does. Stress is part of life—it cannot and will not be eradicated. We must learn to make peace with it and learn to control and manage the stress, before it controls and manages us. It is a constant balancing and rebalancing act, and sometimes it feels as though we are dancing the cha cha—one step forward, two steps back. This workshop provided all the tools and techniques I would/could need to effectively explain, demonstrate, and teach stress management to groups and individuals.

This stress management instructor certification workshop provided me with the missing piece in my professional portfolio/repertoire/credentials. As a Hatha yoga and AcuYoga instructor and Integrative Health Coach, I discuss the impact of stress on our health, and the need for effective stress management, but, until now, did not have a tool kit or bag of tricks to offer my clients to put into place in their own lives. Thank you for providing this, so I can share it with my clients. Until now, I had only had the opportunity to work with you in a single session at The Graduate Institute. I enjoyed these four days, getting to know you better and working with you. I look forward to working together in the future. Thanks again, for everything! — Christel A, RDH, RYT, MA

"The sheer volume of information and resources of exercises will keep me busy for years. Having options to teach exercises related to the different focus areas is incredible. And I am very appreciative of the CD-ROM with even more information and Powerpoint samples. The information on creating great slide show presentations was INVALUABLE. All of this has helped me to integrate the material to make my understanding more solid as to how it all fits together so beautifully into the work." —Denise R. New Haven, CT

"The most important thing that I took away from the course (amongst the hundred other things that I took away) was a lifetime of exploration. The tools and information that you provided thru your lifework, will probably take me the rest of my life explore and utilize. I feel like I have been put on the yellow brick road - learning things both from within and on the outside, meeting new people along with way and having wonderful adventures. And I thank you from the bottom of my heart for that." Ellen 2013 workshop alum.

"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

Luke, I wrote a grant to the Cancer Coalition for funding to opening a Healing Touch studio for breast Cancer patients, I already teach them meditation and now (pending this grant which we are SO gunna get) will be able to do Healing Touch therapies for them. I am SO humbled and grateful for you starting me off on this path that I could NEVER have imagined!! — Nora O., OK

"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