



TRANSPERSONAL PSYCHOLOGY:

Moving Clients from Trauma to Self-Actualization & Joy

SATURDAY, JUNE 24, 2017

Location: MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Rd. Asheville, NC 28803

Date: Saturday, June 24, 2017
Registration: 8:30 am - 9:00 am (*light breakfast provided*)
Program: 9:00 am - 5:00 pm (*lunch provided*)

Early registration fees through June 17th:

Fee:	\$159.00
Groups:	\$99.00 (<i>Five or more from same agency, registering and paying at same time</i>)
Students:	\$75.00 (<i>proof of enrollment required at check-in</i>)
MAHEC Employee:	Fee Waived

This workshop is a transformational approach to helping clients heal beyond their stories to experience a greater sense of joy and wholeness through a unique process of personality integration. It features concepts from the Inner Counselor Technique™ and expands on the work of psychologists such as Abraham Maslow, Carl Gustav Jung, and William James, targeting both spiritual and psychological dimensions to assist clients in changing their automatic response patterns. As a clinician, this workshop will provide you with transpersonal tools to help your clients get to the root of their suffering, become more self-actualized, and enhance their ability to independently access a state of sheer joy in their daily lives.

AUDIENCE

Your target audience will consist of mental health professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors and other professionals interested in this subject.

OBJECTIVES

Upon completion of this workshop, participants will be able to:

- Describe at least three mindfulness-based stress reduction techniques to reduce symptoms associated with trauma
- Identify key components of The Inner Counselor™ Process
- Review historical and empirical information supporting this strategy
- Demonstrate an ability to match specific skills / techniques with individual client needs to increase frequency of joy in client's lives

FACULTY

Shannon D. South, LPC, ThD, is an award winning therapist, an amazon best-selling author, a professional speaker and an expert in the field of spirituality and healing trauma for more than 18 years. She is also a mother, writer and avid meditator, having completed her doctorate studying meditation and its effects on depression, anxiety, dopamine and other neurotransmitters. Dr. South grew up in the mountains of NC. She loves spending time outdoors, being with her family and writing poetry, which she has created since childhood.

Shannon's passions are speaking, writing and helping people "heal the split" associated with trauma so that wholeness and joy may naturally occur. She facilitates transformation by teaching people how to allow themselves to experience unique, priceless life-changing gifts. She is now sharing the same life-giving tools with other clinicians through professional workshops.

When pain exists in our lives, we often develop or experience "unsupportive", or "joy-busting" coping skills and patterns. Shannon explains that, as human beings, our minds and bodies attempt to "handle these events, beliefs or experiences the best way they know how." These less healthy ways of coping hold us together until we can develop new ways of being with ourselves, our pain and others. Dr. South utilizes EMDR (Eye Movement Desensitization and Reprocessing), dream work and a transpersonal psychology process called "the Inner Counselor."

In 1994, during graduate school, Shannon had a spiritual experience during meditation that permanently healed her debilitating anxiety and panic disorder. Since this transformative experience, her focus changed from one of traditional psychotherapy to a holistic, transpersonal nature. She began intense studies in meditation, mind-body-spirit healing and MBSR (mindfulness based stress reduction) with Jon Kabat-Zinn, PhD. Shannon obtained her doctorate in theology studying with Dr. Norman Shealy and Dr. Carolyn Myss.



AGENDA

8:30 – 9:00am	Registration and Check-In (<i>Light breakfast provided</i>)
9:00 – 9:30am	Opening remarks; Introductions; Overview of Core Concepts
9:30 – 10:15am	Introduction to Transpersonal Techniques
10:15 – 10:30am	Break
10:30 - 12:15pm	Discerning Differences: Matching Specific Techniques to Particular Client Needs and Goals <ul style="list-style-type: none">• Mindfulness-based Stress Reduction Techniques• The Inner Counselor™ Process• Guided Visualization to Utilize Symbolic Sight• Dreams and Interpretation in Psychotherapy• Case Studies – Examples of Healing• Small Group Processing – Bridging Worlds Assessing Effectiveness/Outcomes
12:15 – 1:45pm	Lunch (<i>provided</i>)
1:45 – 2:45pm	Identification and Application of “Practice-Specific” Techniques
2:45 – 3:30pm	Demonstration of the Inner Counselor (IC) Process
3:30 – 4:00pm	Process Demonstration and Student “Check-In”
4:00 – 4:15pm	Break
4:15 – 4:45pm	Supervised Practice Session in Teams of Two <ul style="list-style-type: none">• Assessment of Clients’ True Needs• Techniques to Assist Clients with Clearing Out Joy-Busters• Helping Clients Find “Joy Symbols” to Anchor Positive Change
4:45 – 5:00pm	“Joy Circle” Technique: Closing Visualization and Meditation Technique

CREDITS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #96726. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. **6.0 hours**



NBCC: Mountain Area Health Education Center (MAHEC) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of the programs. **6.0 hours**

Psychologists: MAHEC is recognized by the North Carolina Psychology Board as an approved provider of Category A Continuing Education for North Carolina Licensed Psychologists. Full attendance at each part is required to receive credit from the NC Psychology Board. **6.0 hours**

CEUs: MAHEC designates this continuing education activity as meeting the criteria for **0.6 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs. **6.0 Contact Hours**

REGISTRATION

Early Registration Deadline: June 17, 2017

Early registration fee is \$159.00, \$99.00 for groups (five or more from same agency, registering and paying at same time), and \$75.00 for students (proof of enrollment required at check-in). Registration fee includes administrative costs, educational materials, light breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Directions to MAHEC Biltmore Campus

121 Hendersonville Rd., Asheville, NC, 28803

From I-40 Eastbound, take Exit 50 and turn left onto Hendersonville Road.

From I-40 Westbound, take Exit 50B and merge onto Hendersonville Road.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

From 19-23 (I-26) take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

Have a question?

CE Planner:
Barbara Warren, MSW, LCSW, LCAS-A, CFT
barbara.warren@mahec.net



Special Services:
828-257-4778

Registration Information: 828-257-4475
Fax Registration: 828-257-4768
Online Registration: www.mahec.net
Email: registration@mahec.net
Mail: MAHEC Registration
121 Hendersonville Rd., Asheville, NC 28803



Updated contact info

Name _____

Credentials _____

Social Security # **XXX-XX-** _____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

Please provide a:

Vegetarian Option

Gluten-free Option

After June 17th:

Fee: \$159.00 \$174.00

Groups: \$99.00 \$114.00
(Five or more from same agency, registering and paying at same time)

Students: \$75.00 \$90.00
(proof of enrollment required at check-in)

MAHEC Employee: Fee Waived

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (Made payable to MAHEC) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

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Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768