

The Hawaii Counseling and Education Center Presents:

Awakening to the Power of Innate Mental Health

The purpose of the workshop is to explore a paradigm shift in how we look at the treatment of people who are experiencing mental distress. It can help to transform and concurrently decrease the stress of the professional.

This simple, common sense understanding can be used successfully across diagnoses and with individuals, couples, and families. Professionals in prisons, addiction programs, marriage and family therapy programs, etc. around the globe are using it successfully.

Friday, December 2, 2022

5:00 – 8:00 p.m.

Overview of workshop

- New paradigm vs. current approach
- Listening beyond the intellect

Saturday, December 3, 2022

9:30 – 10:45 a.m.

Principle-based Therapy

- Spiritual, formless origin of our psychological reality
- Universal principles that work to create our psychological reality
 - Mind
 - Thought
 - Consciousness

10:45 – 11:00 a.m.

Break

11:00 a.m. – 12:00 p.m.

Innate mental health

- The nature of well being
- The power behind resilience
- Source of wisdom and higher intelligence
- Provides hope, forgiveness, and security

12:00 – 1:00 pm

Lunch break

1:00 – 2:00 pm

Understanding thought

- Content vs. function
- The illusionary experience created by thought
- Intellectual understanding vs. insight
- Quiet mind
- Thought/feeling connection
- Self esteem and ego

2:00 – 2:15 PM

Break

2:30 – 4:00 PM

State of mind

- Stressed, insecure vs. healthy state of mind
- Levels of awareness/consciousness
 - Changes in perception
 - Changes in amount and content of thought
 - Changes in behavior/addictions
 - Changes in external world

4:00 – 4:30 PM

Questions & homework assignments

Sunday, December 4, 2022

9:30 - 10:00 a.m.

Check-in on assignments

10:00 – 11:15 am

How does therapy look from this health paradigm?

- Listening from a quiet mind
- Insight vs. intellect
- Experiential teaching
- Trusting client to know what to do
- Developing rapport and deep connection
- Catching client in their health
- See the health in client/family

11:15 - 11:30 a.m.

Break

11:30 a.m. – 12:30 p.m.

Health-focused systemic change

- Teaching health vs. analytical problem solving, processing, memories, changing behaviors
- Impacting therapeutic relationship with your feeling
- Looking for change between people and within individuals

12:30 - 1:30 p.m.

Lunch

1:30 - 2:30 p.m.

Health of the Helper

- Ability to identify health in others
- Creates safe emotional environment for therapy
- Model and interact with client in healthy, positive manner
- Develop sense of connectedness with client
- Makes helping others fun

2:30 – 2:45 p.m.

Break

2:45 – 4:00 p.m.

Develop healthy relationship without techniques, rituals, or hard work

- Listening for a feeling
- Quieting minds creates connectivity
- Natural changes in lifestyle that arise from wisdom promote continual change

4:00 – 4:30 pm

- Q&A
- Workshop evaluations
- Aloha