

SCHOOL OF INTEGRATIVE PSYCHOLOGY

Continuing Professional Education Who benefits and what are the goals?

New paradigms for service and self care - bringing light to life for:

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| *Counselors | *Nurse Practitioners |
| *Social Workers | *Health Educators |
| *AODA Counselors | *Nurses |
| *Psychologists | *Physician Assistants |
| *Mental Health Professionals | *All in the helping professions |

Course seminars are self-contained units of study on topics meaningful to those wanting to incorporate a more holistic orientation and learn the techniques demonstrated to be effective in this regard (see [Course Design and Philosophy](#)). This is a satisfying way to earn CE credits with personally and professionally rewarding content. CE Seminars are audio recordings classes on special topics of professional growth that come with materials and a brief evaluation and satisfaction survey for obtaining credit.

Goals of Holistic Education and Training

Our courses are designed to enhance the growth and self care of care-givers and to teach techniques that can be adapted to healing skills already being employed. This has resulted in therapists, counselors and other caregivers engaging more wholeheartedly in treating, teaching and inspiring others rather than taking on their issues, absorbing pain or mirroring struggle.

The course materials are clear, integrated, in-depth and presented in a manner that is experiential. The heart and body are being engaged as well as the mind in this whole person approach. Our courses range from Spiritual Psychology, Family Systems Therapy to an Introduction to Therapeutic Breathwork.

Our courses train caregivers to:

- Identify signs of imbalance as well as one's inherent self righting mechanisms,
- Translate dis-ease into an understandable call for an increased sense of purpose and a new order of meaning in one's life,
- Coach others to utilize techniques which empower them on a daily basis to engage in their lives with greater joy, creativity, self expression and satisfaction in their relationships.

Holistic Home Education for Professionals

Transformations Incorporated has pioneered in holistic education. Founded by Jim Morningstar, Ph.D. in 1980, TI and its professional staff have offered courses

designed to balance body, mind, emotions and spirit. Care givers have found this approach to revitalize their sense of purpose and teach experiential techniques that increase self care responsibility and vitality of themselves and those they serve.

Increasing numbers of those in the helping professions are learning to enhance their self care as they develop their helping skills. This holistic approach to their profession is evidenced in both what they choose to study and how they elect to engage in the study.

“The Transformations home study program was an essential resource to me as a psychotherapist as it allowed me to learn the knowledge and skills of holistic methods at the convenience of my schedule, and I combined it with further on site training opportunities when I was able to travel. This course energized me to bring holistic techniques into my practice by accelerating and maintaining my learning.”

Ron Rothchild, MSW, LCSW