

Heart Based Therapeutics™ Program Transforming the Quality of Whole-Person Care

Heart Based Therapeutics™ Trainings
for Healthcare and
Human Services Professionals

Beginning June 2, 2016 at MAHEC
121 Hendersonville Rd
Asheville, NC



All training hours qualify for continuing education credit. Due to the experiential nature of this training, class size is limited. Register now!

AUDIENCE

Mental health professionals including substance abuse counselors, social workers, psychologists, marriage and family therapists, school counselors, peer support specialists, intellectual/developmental disability providers, pastoral counselors, educators, nurses, care managers/coordinators, administrators, practice managers, and other professionals interested in this subject.

Core Training Courses

Our three core training courses form the foundation of our proven-effective Heart Based Therapeutics™ curriculum. These unique and engaging workshops combine psychological theory with experiential learning to deliver professional training that delivers profound benefits within and beyond the workplace. *Courses may be taken as valuable standalone trainings or as a pre-requisite course for one of our professional certification programs.*

Each course earns **0.6 CEUs** and **6.0 Hours each:**

NCSAPPB GSB (pending approval) Psychologists
NBCC (pending approval)

CT1: Heart Based Care - Preventing Burnout and Compassion Fatigue

Burnout and compassion fatigue among helping professionals is a very serious problem that can result in excessive stress and a variety of unproductive emotions, which puts human services providers at risk and diminishes interpersonal effectiveness and client outcomes. This interactive and uniquely effective workshop directly addresses the causes of burnout and compassion fatigue such as the psychic exhaustion and absorption of client distress that results from the caring for others. These are prevented by guiding participants to deeply experience true heart feelings, such as peace, calmness, joy, beauty and gratitude, which naturally improve health and well-being. Participants will learn how to easily integrate being heart-centered in daily life, greatly supporting and transforming both human services provider and client.

Choose from 5 dates: June 2, 2016 January 5, 2017
August 3, 2016 April 6, 2017
September 7, 2016

Registration: 8:30am - 9:00 am (*light breakfast provided*)
Program: 9:00am - 4:45 pm (*lunch on your own*)

Objectives:

- Apply Heart Based Therapeutics™ to prevent burnout and compassion fatigue demonstrated by self-reports of increased relaxation and decreased muscle guarding, stress and overwhelm
- Utilize Heart Based Therapeutics™ to improve therapeutic effectiveness demonstrated by a client's acceptance and openness to experience positive change
- Improve the ability to effortlessly shift into an enhanced state of peace, calm and gratitude demonstrated by pre and post comparisons of the participant
- Differentiate the states of mind dominance and heart-mind alignment by the subjective report of practitioner and utilize heart-mind alignment to improve interpersonal effectiveness

CT2: The Spiritual Dimension of Whole-Person Care

Incorporating the spiritual aspect of Whole-Person Care, as well as understanding the role that Whole-Person Caring brings has been greatly undervalued, even though accreditation boards such as JCAHO, CARF and CQL have emphasized its importance. This innovative and highly experiential workshop will explore paradigm shifts in healthcare, the model of heart-mind alignment, and the critical role that the spiritual dimension plays in Whole-Person Care. Additionally, the important role of heartfelt gratitude will be understood and enjoyably experienced as it has been shown to uniquely predict life satisfaction and well-being. Participants will directly feel the transformative benefits of Whole-Person Caring and enhanced states of peace, calm, joy, and gratitude that naturally result from heart-mind alignment.

Choose from 6 dates: June 13, 2016 November 15, 2016
July 18, 2016 February 7, 2017
September 13, 2016 May 11, 2017

Registration: 8:30am - 9:00 am (*light breakfast provided*)

Program: 9:00am - 4:45 pm (*lunch on your own*)

Objectives:

- Describe paradigm shifts regarding the spiritual aspect of the Whole-Person Care model and how this applies to the delivery of care
- Demonstrate an understanding of the key research regarding the therapeutic benefits and prevention role that the spiritual dimension plays in people's lives
- Reduce stigma, bridge cultural diversity, and enhance interpersonal effectiveness utilizing Whole-Person Caring
- Utilize Heart Based Therapeutics™ to subjectively experience the qualities of spiritual well-being as identified in the research literature and apply it to personal and work environments

(Elective) CT3: Heart Based Meditation & Relaxation

Chronic stress significantly impacts performance, well-being, and interpersonal effectiveness. Due to the everyday stressors and challenges of life, people's minds become preoccupied with stressful thoughts and unproductive emotions. Research indicates that experiencing positive feelings of the heart has immune enhancing effects and can help to alleviate stress, and prevent decreases in work performance. This engaging, rejuvenating and practical workshop focuses on naturally relaxing and experiencing true heart feelings. Participants will learn a universal, enjoyable, simple, and time effective heart based approach to meditation and relaxation that naturally promotes health and well-being while reducing stress and preventing burnout. No prior meditation experience is needed – just a heart and a smile!

Choose from 2 dates: October 31, 2016 January 10, 2017

Registration: 8:30am - 9:00 am (*light breakfast provided*)

Program: 9:00am - 4:45 pm (*lunch on your own*)

Objectives:

- Apply Heart Based Therapeutics™ to easily/quickly relax as demonstrated by decreased muscle guarding/bracing and self-reports of feeling more grounded inside of the body
- Apply Heart Based Therapeutics™ to reduce the perception of stress, problems, and burdens
- Apply Heart Based Therapeutics™ to enhance feelings of peace, calm, and joy demonstrated by pre and post comparisons of participant
- Apply the Heart Based Therapeutics™ to enhance the experience of gratitude demonstrated by pre and post comparisons of participant

About Heart Based Institute

Heart Based Institute is a 501(c)(3) nonprofit organization committed to transforming the delivery, quality and effectiveness of Whole-Person, Whole-Organization and Whole-Community Care.
For more information: <http://www.heartbased.org/>

SAVE THESE DATES!

Professional Certification Programs
Registration Opening Soon!

Incorporating our proven-effective Heart Based Therapeutics™ methodology and curriculum, our Heart Based Certification Programs are designed to enhance the personal well-being and professional efficacy of healthcare and human services providers, which directly enhances the delivery, quality and effectiveness of Whole-Person Care.

Students will not be able to register for modules in either of our Certification Programs prior to completion of the pre-requisite course.
Registration for modules and the Certification Programs will be opening soon.
Register for one of the pre-requisite Core Training Courses today!

Support Specialist Certification

This unique heart based training program is designed for all human services providers, including Peer Support Specialists, volunteers and caregivers, to becoming more effective therapists, coaches and mentors. Participants will learn to have a deeper experience of heart-mind alignment, directly resulting in enhanced feelings of peace, calm, joy, and gratitude in daily life. Included in this state-of-the-art training are easy to learn skills for de-escalating emotionally reactive situations, heart based listening and speaking, heart based emotional regulation, being in heart baed presence, living in the heart zone, maintaining healthy boundaries, and supporting clients to relax and connect to their hearts. This highly enjoyable and transformative training combines psychological theory with experiential learning, and upon completion of all workshops in this track, participants become Certified Heart Based Therapeutics™ Support Specialists.

Prerequisites: CT1 Heart Based Care - Preventing Burnout and Compassion Fatigue OR CT2 The Spiritual Dimension of Whole-Person Care

Required Modules:

- A - Heart Based Emotional Regulation
 - August 24, 2016
 - February 21, 2017
 - November 3, 2016
 - May 12, 2017
- B - Heart Based Presence and Living in the Heart Zone
 - September 21, 2016
 - March 8, 2017
 - November 30, 2016
- C - Utilizing and Integrating Innate Heart Wisdom
 - December 8, 2016
 - March 15, 2017
- D - Heart Based Applications
 - December 9, 2016
 - April 19, 2017

Therapist/Practitioner Certification

This comprehensive and innovative training program is specially designed for licensed professionals, coaches, mentors and other human services professionals. Participants will learn how to assist others to experience deeper heart-mind alignment and become proficient in the Emotional Clearing Process™ – a unique core component of this program. This proven-effective therapeutic modality diffuses trauma, unresolved issues, burdens, and unproductive emotional patterns. Multiple psychotherapeutic benefits are received by learning to rely on our heart’s connection to unconditional love. Upon completion of all workshops in this track, licensed mental health professionals are granted status as a Certified Heart Based Therapeutics™ Therapist (only applicable to those who are licensed professionals in their state) and non-licensed professionals are granted status as Certified Heart Based Therapeutics™ Practitioner.

Prerequisites: CT1 Heart Based Care - Preventing Burnout and Compassion Fatigue OR CT2 The Spiritual Dimension of Whole-Person Care

Required Modules:

- A - Heart Based Emotional Regulation
 - August 24, 2016
 - February 21, 2017
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 - March 8, 2017
 - November 30, 2016
- C - Utilizing and Integrating Innate Heart Wisdom
 - December 8, 2016
 - March 15, 2017
- D - Heart Based Applications
 - December 9, 2016
 - April 19, 2017
- E - Advanced Heart Based Presence & Self-Healing
 - March 29, 2017

* Plus 3 more Advanced Therapeutics Modules coming in 2017, including a clinical consultation

Credits

CEU: The Mountain Area Health Education Center designates this continuing education activity as meeting the criteria for CEUs as established by the National Task force on the Continuing Education Unit. You must attend the entire activity or activities to receive CEUs.

NBCC: Application has been made for National Board for Certified Counselors (NBCC) Credit.

MH NCSAPPB (GSB): Application has been made for “General Skill Building” credit from the North Carolina Substance Abuse Professional Practice Board.

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 is required.

Heart Based Therapeutics™ Program
Transforming the Quality of Whole-Person Care

☐ 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.

Registration also available online!
www.mahec.net

Core Training Courses

☐ **CT1** Heart Based Care: Preventing Burnout and Compassion Fatigue
#16MH050/49273

☐ Fee: **\$125** ☐ Student (proof of enrollment required at check-in): **\$62.50**

Please choose date you will attend:

☐ June 2, 2016 ☐ January 5, 2017

☐ August 3, 2016 ☐ April 6, 2017

☐ September 7, 2016

☐ **CT2** The Spiritual Dimension of Whole-Person Care
#16MH051/49299

☐ Fee: **\$125** ☐ Student (proof of enrollment required at check-in): **\$62.50**

Please choose date you will attend:

☐ June 13, 2016 ☐ November 15, 2016

☐ July 18, 2016 ☐ February 7, 2017

☐ September 13, 2016 ☐ May 11, 2017

☐ **(Elective) CT3** Heart Based Meditation & Relaxation
#17MH001/49302

☐ Fee: **\$125** ☐ Student (proof of enrollment required at check-in): **\$62.50**

Please choose date you will attend:

☐ October 31, 2016

☐ January 10, 2017

Payment Total: \$ _____

☐ Check is enclosed ☐ Credit card info provided

☐ Visa ☐ Mastercard ☐ Discover Card ☐ American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

Send completed registration form to:
MAHEC Registration 121 Hendersonville Rd., Asheville, NC 28803
Fax to 828-257-4768
Questions: 828-257-4475

REGISTRATION

Registration fee includes administrative costs, educational materials, a light breakfast, and light snacks. Lunch is on your own.

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.

FACULTY

Ed Rubenstein, PhD, is the Director of Education and Professional Training Programs for Heart Based Institute and is a licensed psychologist. He received his Doctorate in Counseling Psychology from Florida State University, and holds a Masters in Rehabilitation Counseling from Florida State University, a Masters in Psychology from Radford University, and a Masters in Spiritual Studies from Goddard College. Ed shares his insights and in-depth knowledge about living a heart-centered life to diverse audiences worldwide. He has successfully presented workshops at the National Institute of Health (NIH), Pan American World Health Organization (PAHO), and other prominent agencies.

Sexton, MSW, LCSW, received her Master’s degree in Social Work from East Carolina University, and is a Licensed Clinical Social Worker in North Carolina. Sexton also holds a Master’s degree in Leisure Studies from Florida State University where she completed extensive post graduate work and research in Educational Leadership and burnout/compassion fatigue among governmental employees. Sexton has provided mental health clinical services in schools and communities and has also worked as a consultant for the state of North Carolina in the Department of Health and Human Services. She is a frequent presenter at various North Carolina Social Work conferences.

DIRECTIONS TO MAHEC MARY C. NESBITT 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.

Save the Dates for our Professional Certification
Programs - Registration Opening Soon!

Support Specialist AND Therapist/Practitioner Certification

You will not be able to register for our certification programs until you complete the pre-requisite course.

Pre-requisite for both certifications: CT1 OR CT2

Schedule of Required Modules:

- A - Heart Based Emotional Regulation
 - August 24, 2016
 - February 21, 2017
 - November 3, 2016
 - May 12, 2017
- B - Heart Based Presence and Living in the Heart Zone
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*Plus 3 more Advanced Therapeutic Modules coming in 2017