



HEART BASED
INSTITUTE
Jointly provided by

The Spiritual Dimension OF WHOLE-PERSON CARE SERIES

Register now for the online portion

Skills Lab will be held on May 31, 2018 or August 9, 2018

DESCRIPTION

This innovative, engaging and highly effective online training teaches participants to enjoy a natural state of heart-mind alignment. Combining psychological theory and easy-to-learn experiential components, this ground-breaking two-part program introduces participants to a unique heart based and holistic approach to easily experiencing enhanced feelings of peace, calm, joy and gratitude – those qualities the literature refers to as spiritual well-being.

Spirituality is an ingrained aspect of our humanity. Heartfelt sincerity, gratitude, joy, connection, integrity, authenticity, choosing wisely, and our ability to forgive are all linked to the quality of human experience. When human service providers embody these spiritual qualities, not only do clients feel much safer, clearly heard and personally honored, but provider burnout and compassion fatigue are significantly diminished. An analysis of over 1,000 research studies demonstrated that therapeutic alliance is one of the best and strongest predictors of positive outcomes.

Understanding and incorporating the spiritual aspect of Whole-Person Care has been greatly undervalued even though the major National Health Care Accreditation Boards such as the Joint Commission on Accreditation of Health Care Organizations (JCAHO), Commission on Accreditation of Rehabilitation Facilities (CARF), and the Council on Quality and Leadership (CQL), and the World Health Organization (WHO) all emphasize the importance of incorporating the spiritual dimension of life.

UNDERSTANDING THE SPIRITUAL DIMENSION OF WHOLE-PERSON CARE – LEVEL 1

Understanding the Spiritual Dimension of Whole-Person Care provides unique and paradigm challenging content that explores the dynamics of spirituality in Whole-Person Care. Other topics covered include paradigm shifts in the field of behavioral health, research and the spiritual dimension, the role of the heart, psychophysiology of the heart connection, heart-mind alignment, therapeutic alliance and positive outcomes, and creating a safe space for transformational change. Level 1 is designed to provide a theoretical framework to build the foundation for the experiential component of Level 2: Enhancing Heart-Mind Alignment.

Understanding the Spiritual Dimension of Whole-Person Care is divided into the following five modules:

1. Paradigm Shifts in Behavioral Health and Modern Day Practice
2. Research and the Spiritual Dimension of Whole-Person Care
3. The Role of the Heart in the Spiritual Dimension of Whole-Person Care.
4. The Psychophysiology of the Heart Connection
5. Heart Based Care and the Spiritual Dimension

ENHANCING HEART-MIND ALIGNMENT – LEVEL 2

Enhancing Heart-Mind Alignment introduces a sequential experience-based process which teaches participants how to effortlessly enjoy the natural state of heart-mind alignment. Learning to naturally experience true heart feelings, such as peace, calm, joy and gratitude, in daily life can help prevent burnout and compassion fatigue, enhance therapeutic alliance and personal fulfillment, and improve the quality of interpersonal relationships and job satisfaction. Gratitude has been shown to uniquely predict life satisfaction and well-being. Participants will experience the transformative benefits of whole person caring and the enhancement of peace, calm, joy, and gratitude that result from the natural state of heart-mind alignment.

Enhancing Heart-Mind Alignment is divided into the following five modules:

1. Relaxation and Grounding
2. Building the Heart Foundation
3. Enhancing the Experience of True Heart Feelings
4. Cultivating Gratitude
5. Experiencing Heart Based Care

GROUND-BREAKING PROFESSIONAL TRAINING

Whole-person caring is a grounded state of being that the practitioner experiences – it is not a technique. When we experience deeper heart-mind alignment and are able to be guided by innate heart wisdom, whole-person caring becomes a natural expression. This one-of-a-kind workshop creates the foundation for effectively integrating the spiritual dimension into Whole-Person Care.

***NOTE:** In order to take Enhancing Heart-Mind Alignment (Level 2 Online) or the live skills lab, you must first have completed Understanding the Spiritual Dimension of Whole-Person Care. Level 2 can be taken online or through a live training lab class scheduled by MAHEC. Completion of Level 2 is a prerequisite for participating in additional Heart Based Institute programs, including the training to become a Certified Heart Based Support Specialist.

Full instructions on how to register and participate are included on page 5 of this brochure.

The material and copyrighted content for this course is provided by Heart Based Institute.

AUDIENCE

Physicians, nurse practitioners, physician assistants, nurses, 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, care managers/coordinators, administrators, practice managers, and other professionals interested in this subject.

OBJECTIVES

LEVEL 1

Objectives for Understanding the Spiritual Dimension of Whole-Person Care:

- Identify paradigm shifts in the behavioral health and modern day practice
- Explain research related to spirituality, spiritual characteristics and positive outcomes
- Define the role of the heart in the spiritual dimension of Whole-Person Care
- Explain the psychophysiology of the heart-mind connection
- Identify characteristics of heart based care
- Express the relationship between therapeutic alliance, the spiritual dimension of Whole-Person Care and positive outcomes

LEVEL 2

Objectives for Enhancing Heart-Mind Alignment:

- Enhance the experience of relaxation through subjective self-reports of participants
- Utilize Heart Based Therapeutics™ to subjectively experience the qualities of spiritual well-being as identified in the research literature
- Learn to easily and naturally shift into positive heartfelt feeling in order to enhance the experience of peace, calm and joy
- Learn to enhance the experience of gratitude as demonstrated by self-reports of participants
- Utilize Heart Based Therapeutics™ to improve therapeutic effectiveness demonstrated by the natural state of heart based care

LIVE SKILLS LAB

Objectives

- Understand the role of the heart in the spiritual dimension of Whole-Person Care
- Learn Defusing and Integration Movement Strategies
- Enhance the experience of relaxation and grounding through subjective self-reports of participants
- Utilize Heart Based Therapeutics™ to subjectively experience the qualities of spiritual well-being as identified in the research literature
- Learn to easily and naturally shift into positive heartfelt feeling in order to enhance the experience of peace, calm and joy
- Learn to enhance the experience of gratitude as demonstrated by self-reports of participants.
- Utilize Heart Based Therapeutics™ to improve therapeutic effectiveness as demonstrated by the natural state of heart based care

BLENDED COURSE FORMAT AND AGENDA (online and live)

Participants must complete Level 1 online before taking Level 2 online or the live skills lab.

COURSE AGENDA

LEVEL 1 - 2.25 HOURS

1. Paradigm Shifts in Behavioral Health and Modern Day Practice
2. Research and the Spiritual Dimension of Whole-Person Care
3. The Role of the Heart in the Spiritual Dimension of Whole-Person Care.
4. The Psychophysiology of the Heart Connection
5. Heart Based Care and the Spiritual Dimension

LEVEL 2 - 4.0 HOURS

1. Relaxation and Grounding
2. Building the Heart Foundation
3. Enhancing the Experience of True Heart Feelings
4. Cultivating Gratitude
5. Experiencing Heart Based Care

LIVE SKILLS LAB - 6.0 HOURS

8:30am Registration (*light breakfast provided*)

9:00am Session 1: Understanding the Role of the Heart in the Spiritual Dimension of Whole-Person Care/Defusing and Integration Movement Strategies

10:30am Break

10:45am Session 2: Relaxation and Grounding/Building the Heart Foundation

12:15pm Lunch (*on your own*)

1:30pm Session 3: Enhancing Our Experience of Heart-Mind Alignment and True Heart Feelings/Cultivating Gratitude

3:00pm Break

3:15pm Session 4: The Natural State of Heart Based Care

4:45pm Adjourn

FACULTY

Ed Rubenstein, Ph.D., is a licensed psychologist and the Director of Education and Training for Heart Based Institute, a non-profit organization dedicated to bringing heart to Whole-Person Care. For over 35 years, Ed has been at the forefront of the human potential field, working with a multiplicity of client populations and conducting professional workshops and trainings in the U.S. and abroad. He has successfully presented workshops at the National Institutes of Health (NIH), Pan American World Health Organization (PAHO), and other federal, city, county, and community agencies, NPOs, and corporations. Ed's focus within psychology is on developing and introducing Heart Based Therapeutics™ – a transformative psychological approach that provides a natural way to grow resiliency, manage emotions, and build positive relationships. Ed received his Doctorate in Counseling Psychology from Florida State University, and holds a master's degree in Rehabilitation Counseling from Florida State University, a master's in Psychology from Radford University, and a master's in Spiritual Studies from Goddard College.

Sexton, MSW, LCSW, is an instructor at Heart Based Institute. She received her master's degree in Social Work from East Carolina University and is licensed in the state of North Carolina as a Licensed Clinical Social Worker. Sexton also holds a master's degree in Leisure Studies from Florida State University where she completed extensive post-graduate work in Educational Leadership and conducted broad research regarding burnout and compassion fatigue among government employees. Sexton brings over 40 years of experience in the Health and Human Services Field which includes assisting individuals and families living with the challenges of a variety of disabilities. She has also delivered international social work services in third world countries and has taught workshops both nationally and internationally. Sexton's philosophy of heart centered living and heart centered leadership has been reflected both personally and professionally throughout her life. Her engaging style encourages all individuals to use their natural, innate tools to increase personal gratification and joy.

COURSE CREDITS

LEVEL 1

CEU: MAHEC designates this continuing education activity as meeting the criteria for **0.2 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **2.25 Contact Hours**. Full attendance is required to receive credit.

Psychologist: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **2.25 hours Category A**. Full attendance is required.



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. Approved for **2.25 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. Full attendance is required to receive credit. **2.25 hours**

NASW-NC: NC AHEC is a 2018 NASW-NC approved provider of distance continuing education. This program has been approved for **2.25 contact hours**.

2.25 CNE Contact Hours

This continuing education activity was approved by the Mountain Area Health Education Center (MAHEC), an approved provider by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit. No partial credit is given for this activity.

Continuing Medical Education (CME)

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the Mountain Area Health Education Center (MAHEC). MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this online activity for a maximum of **2.25 AMA PRA Category 1 Credit(s)™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

NCSAPPB (GSB): NC Substance Abuse Professional Practice Board Event Approval #18-187-H-S G (General Skill Building) for up to **2.25 Hours**. Full attendance is required to receive credit.

LEVEL 2 COURSE CREDITS

CEU: MAHEC designates this continuing education activity as meeting the criteria for **0.4 CEUs** as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **4.0 Contact Hours**. Full attendance is required to receive credit.

Psychologist: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **4.0 hours Category A**. Full attendance is required.



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.

Approved for **4.0 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. Full attendance is required to receive credit. **4.0 hours**

NASW-NC: NC AHEC is a 2018 NASW-NC approved provider of distance continuing education. This program has been approved for **4.0 contact hours**.

4.0 CNE Contact Hours

This continuing education activity was approved by the Mountain Area Health Education Center (MAHEC), an approved provider by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit. No partial credit is given for this activity.

Continuing Medical Education (CME)

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the Mountain Area Health Education Center (MAHEC). MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this online activity for a maximum of **4.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

NCSAPPB (GSB): NC Substance Abuse Professional Practice Board Event Approval #18-187-H-S G (General Skill Building) for up to **4.00 Hours**. Full attendance is required to receive credit.

LIVE SKILLS LAB COURSE CREDITS

CEU: 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.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0 Contact Hours**. Full attendance is required to receive credit.

Psychologist: MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **6.0 hours Category A**. Full attendance is required.



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.

Approved for **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. Full attendance is required to receive credit. **6.0 hours**

6.0 CNE Contact Hours

This continuing education activity was approved by the Mountain Area Health Education Center (MAHEC), an approved provider by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit. No partial credit is given for this activity.

Continuing Medical Education (CME)

Accreditation: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the Mountain Area Health Education Center (MAHEC). MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

NCSAPPB (GSB): NC Substance Abuse Professional Practice Board Event Approval #18-187-H-S G (General Skill Building) for up to **6.00 Hours**. Full attendance is required to receive credit.

HOW TO REGISTER AND PARTICIPATE

- Step 1:** Create an account at <http://www.aheconnect.com/mahec>. If you already have an account, click on “Login” to access your account. If you are new to the website, click “Signup” and setup your new account.
- Step 2:** Register for a course. Click on the “Courses” tab, select “The Spiritual Dimension of Whole-Person Care,” and click “Register” to proceed.
- Step 3:** Complete the course. After registering for the course, click on the “My CE” tab and locate your “Courses in Progress”. There you will find a link to the course. By clicking that course link, another window will open with all course information. Review the presentation, take the final examination, and complete the evaluation to activate your certificate link for that course.
- Step 4:** Register for the live skills lab. After successfully completing the presentation and the exam, the live skills lab registration link will activate. Follow that link to the MAHEC registration page and complete your live skills lab registration.

Program Costs

- Level 1 (Online):** \$30.00 Registration Fee
Level 2 (Online): \$45.00 Registration Fee
Level 2 (Live Skills Lab): \$125.00 Registration Fee

*Please note that your contact information will be shared with our content provider, Heart Based Institute.

Skills Lab dates for 2018: May 31, 2018 and August 9, 2018

PLANNING COMMITTEE

Katherine Cronin Grant, MBA | Heart Based Institute, Rochester, NY
Ed Rubenstein, PhD | Heart Based Institute, Marshall NC
Stephanie Bloom Berman, JD | Heart Based Institute, Los Angeles, CA
Ronnie Metcalf, RN | CNE Planner, MAHEC Asheville NC
Melody Hays | CME Planner, MAHEC, Asheville NC
Scott Melton, MDiv | CE Planner, MAHEC Asheville NC
Elizabeth Flemming, MA, LPC | MH Director, MAHEC, Asheville NC
Tessa Frank, MRes | Specialist, MAHEC, Asheville NC
Amanda Adams, MS | Program Coordinator, MAHEC Asheville NC

MEDICAL COURSE DIRECTOR

Blake Fagan, MD

HAVE A QUESTION ABOUT CONTENT?

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