



TRANSPERSONAL PSYCHOLOGY:

Moving Clients from Trauma to Self-Actualization & Joy

SATURDAY, OCTOBER 13, 2018

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

DATE Saturday, October 13, 2018

REGISTRATION PROGRAM 8:30 am–9:00 am (*light breakfast provided*)
9:00 am–4:30 pm (*lunch provided*)

EARLY REGISTRATION FEES THROUGH OCTOBER 6, 2018

PROGRAM FEE \$149.00

GROUPS OF FIVE OR MORE FROM THE SAME AGENCY \$120.00 (*groups must register and pay at the same time*)

STUDENTS \$75.00 (*must show student ID at check-in*)

MAHEC EMPLOYEES FREE (*must register in order to attend*)

[CLICK HERE TO REGISTER](#)

[Click here to browse all of our Mental Health CE programs](#)

PROGRAM AGENDA

- 8:30–9:00** Registration, Check-In, and Light Breakfast (*provided*)
- 9:00–9:30** Opening Remarks, Introduction, and Overview of Core Concepts
- 9:30–10:15** Introduction to Transpersonal Techniques
- 10:15–10:30** Morning Break
- 10:30–12:00** Discerning Differences: Matching specific techniques to particular client needs and goals
 - 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 and assessing effectiveness/outcomes
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:00** Identification and Application of “Practice-Specific” Techniques
- 2:00–2:45** Demonstration of the Inner Counselor™ (IC) Process
- 2:45–3:00** Afternoon Break
- 3:00–3:30** Process Demonstration and Student Check-In
- 3:30–4:15** Supervised Practice Sessions (*teams of two*)
 - Assessment of clients’ true needs
 - Techniques to assist clients with clearing out joy-busters
 - Helping clients find “joy symbols” to anchor positive change
- 4:15–4:30** “Joy Circle” Technique: Closing Visualization and Meditation Technique Application

DESCRIPTION

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. This course targets both the 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

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 activity, 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 relevant 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

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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.

REGISTRATION

Early registration deadline: October 6, 2018

The registration fee for this program is \$149.00, \$120.00 for groups of five or more from the same agency (must register and pay at the same time), \$75.00 for Students (must show student ID at check-in), and free for MAHEC Employees (must register in order to attend). These fees include administrative costs, educational materials, a 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.

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. Approved for **6.0 Hours**.



NBCC: 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 their programs. Full attendance is required to receive credit. Approved for **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. Approved for **6.0 Hours Category A**. Full attendance is required to receive credit.

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.

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

DIRECTIONS

MAHEC Mary C. Nesbitt Biltmore Campus
121 Hendersonville Road, Asheville, NC 28803

From I-40 E: Take Exit 50 and turn left onto Hendersonville Road.
From I-40 W: 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?

Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

barbara.warren@mahec.net or 828-257-4728



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 Road, Asheville, NC 28803

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Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL 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 MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

MEAL PREFERENCE Vegetarian Gluten-free Vegan

PROGRAM FEE \$149.00 \$164.00 (after Oct. 6th)

GROUPS OF FIVE OR MORE (same agency) \$120.00 \$135.00 (after Oct. 6th)
(must register and pay at the same time)

STUDENTS \$75.00 \$90.00 (after Oct. 6th)
(must show student ID at check-in)

MAHEC EMPLOYEES FREE (must register in order to attend)

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

Check is enclosed Credit card information provided

Visa MasterCard Discover Card American Express

ACCOUNT # _____

EXP ____ / ____ **CODE ON BACK OF CARD** _____ (3 digits)

NAME ON CARD _____

SIGNATURE _____

Send completed registration form to: #19MH009/56575
MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803 **Fax:** 828-257-4768