



# TRANSPERSONAL PSYCHOLOGY:

## Advanced Techniques to Move Clients from Trauma to Self-Actualization & Joy

SATURDAY-SUNDAY,  
DECEMBER 9-10, 2017

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

**DATE:** Saturday, December 9, 2017  
**REGISTRATION:** 8:30 am - 9:00 am (breakfast provided)  
**PROGRAM:** 9:00 am - 5:00 pm (lunch provided)

**AND**

**DATE:** Sunday, December 10, 2017  
**REGISTRATION:** 8:30 am - 9:00 am (breakfast provided)  
**PROGRAM:** 9:00 am - 3:00 pm (lunch provided)

### Early registration fees through December 2nd:

Fee:	\$199.00
Groups:	\$149.00
<i>(Five or more from same agency, registering and paying at same time)</i>	
Students:	\$99.00
<i>(proof of enrollment required at check-in)</i>	
MAHEC Employee:	\$15

**This workshop is an advanced training in Transpersonal Psychology. It was inspired by an introductory course, which is recommended but not required, to attend this unique two-day event.**

This two-day workshop features advanced clinical skills, based on concepts from the Inner Counselor Technique™ to help clients heal from traumatic experiences. It is a transformational approach, designed to move clients beyond their stories to experience a greater sense of joy and wholeness through a unique process of personality integration. Inner Counselor Techniques™ expand on the work of psychologists such as Abraham Maslow, Carl Gustav Jung, and William James. The techniques target both 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 optimize their sense of joy in everyday life.

The Inner Counselor System has evolved over the last 30 years to become a highly effective approach for self-directed, on-going personal and spiritual healing and growth.

The Inner Counselor has three essential components:

- 1) A clear conceptual framework,
- 2) A guided Self-Awareness Process, and
- 3) A method that integrates these two components to create powerful and lasting transformations in body, mind, emotions, and spirit.

Inner Counselor is a progressive, whole systems approach to self-healing and integration that includes a clearly outlined Integration Chart and a 15-step guided Self-awareness Process (ICP™). The brief, dynamic ICP™ may be used by professionals as a symptoms-oriented clinical intervention or by individuals seeking ongoing personal and spiritual growth. The ICP™ quickly and effectively resolves trauma as well as resolving more common, less traumatic dysfunctional coping patterns.

The core of this system is a connection with one's "Inner Wisdom." This connection supports the perennial spiritual philosophy that the true "healer" lies within each of us.

## 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 workshop, participants will be able to:

- Describe the main tenets of transpersonal (and spiritual) psychology
- Explain how a clinician may address personal trauma, family patterns and multidimensional patterns with their clients using the Inner Counselor Process™
- Get to the root of clients' problems by working with them to answer three pivotal questions:  
What do I really want and need?  
Why do I feel and respond as I do?  
How can I change the direction of my life?
- Outline a specific strategy for assisting clients with integration and transformation of shadow aspects and coping (survival) patterns
- Interface with spiritual clinicians who may assist clients with psychological work and healing at a deeper level



## 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 over 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.

Her passions are speaking, writing and helping people “heal the split” associated with trauma so that wholeness and joy can occur naturally. Dr. South knows how to assist people in giving themselves these valuable life-changing gifts and she is now sharing life-giving tools with other clinicians through professional workshops.

When there is pain in our lives, we often develop or experience “unsupportive”, or “joy-busting” coping skills and patterns. Our system attempts to “handle these events, beliefs or experiences the best way it knows 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 healed her debilitating anxiety and panic disorder. Since this transformative experience, Shannon’s 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.

## 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 **11.0 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. **11.0 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 **11.0 hours** Category A. Full attendance is required.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **1.1 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 **11.0 Contact Hours**. Full attendance is required.

## AGENDA

### SATURDAY 12/9/17

- 8:30am-9:00am** Check-In / Registration
- 9:00am-10:00am** Introduction of Key Concepts  
Review of Transpersonal Psychology  
Mind-Body-Spirit “Journey to Wholeness/Healing”
- 10:00am-10:30am** History of the Inner Counselor Process™
- 10:30am-10:45am** Break (*Light Refreshments*)
- 10:45am-12:15pm** Review of Core concepts of the Inner Counselor Process™  
Overview of Integration Chart (*Qualities of Self-Actualization, Personality Needs and Deficits, Self-Realization Qualities and Enlightenment Qualities*)
- 12:15pm-1:15pm** Lunch (*Catered*)
- 1:15pm-3:00pm** Inner Counselor Demonstration  
Experiential Application of Techniques  
Processing/Feedback in Group Setting
- 3:00pm-3:15pm** Afternoon Break
- 3:15pm-4:00pm** Integration - Chart Question and Answer  
Demonstration/Clinical Skill Application:  
Guided Group Meditation
- 4:00pm-5:00pm** Supervised Practicum Session in Teams of 2

### SUNDAY 12/10/17

- 8:30am-9:00am** Check-In
- 9:00am-10:30am** Psycho-Spiritual Question and Answer  
Completion of Team Work/Practicum & Supervision
- 10:30am-10:45am** Break (*Light Refreshments*)
- 10:45am-12:15pm** Practicum/Supervision
- 12:15pm-2:45pm** Group Discussion/Question and Answer  
Final Review  
Integration of Key Principles/Charts/Materials

# REGISTRATION

Early Registration Deadline: December 2, 2017

Early registration fee is \$199.00, \$149.00 for groups (five or more from same agency, registering and paying at same time), \$99.00 for students (proof of enrollment required at check-in), and \$15 for MAHEC employees. Registration fee includes administrative costs, educational materials, and breakfast and lunch both days. 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.

## Directions to MAHEC 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.

MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

Have a question?

CE Planner:  
Barbara Warren, MSW, LCSW, LCAS-A, CFT  
barbara.warren@mahec.net

Registration Information: 828-257-4475  
Fax Registration: 828-257-4768  
Online Registration: www.mahec.net  
Email: registration@mahec.net  
Mail: MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803



Special Services:  
828-257-4778

828-257-4728



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.

Please provide a:

Vegetarian Option

Gluten-free Option

*After Dec 2nd:*

Fee:  \$199.00  \$214.00

Groups:  \$149.00  \$164.00

*(Five or more from same agency, registering and paying at same time)*

Students:  \$99.00  \$114.00

*(proof of enrollment required at check-in)*

MAHEC Employee:  \$15.00  \$30.00

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

Check is enclosed *(Made payable to MAHEC)*  Credit card info provided

Visa  Mastercard  Discover Card  American Express

Account # \_\_\_\_\_

Exp \_\_\_\_\_ / \_\_\_\_\_ Code on back of card \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

# 18MH017/53748

Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768