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### **SEPT. 10 WORKSHOP TO OFFER TIPS ON ‘KEEPING YOUR SOUL ALIVE’**

A workshop to be held Friday, Sept. 10, will offer tips on reclaiming a life full of passion and aliveness.

“Keeping Your Soul Alive: Spiritual, Personal and Professional Development,” a workshop co-sponsored by CONTACT Crisis Helpline and the Oklahoma Department of Mental Health and Substance Abuse Services, will be held from 8 a.m. to 4 p.m. at the University of Central Oklahoma Wellness Center, located at 100 N. University Dr. in Edmond.

The workshop is part of this year’s “Festival of Hope” offerings.

Bill O’Hanlon, a master therapist who has authored or co-authored more than 21 books, will instruct the workshop. While the session is designed primarily for psychotherapists, physicians, nurses and other healthcare professionals, its down-to-earth, jargon-free approach makes it a good match for anyone who wants to live with more passion and authenticity. Via storytelling, lecture, poetry, music and a variety of experiential exercises, participants will learn how to keep their souls alive. Participants should leave the session with a clearer sense of their life purpose and a toolkit for professional and personal renewal, as well as ways to apply insights in their clinical practices.

O'Hanlon has presented more than 1,000 seminars worldwide. He has been featured on Oprah with his book, *Do One Thing Different*, The Today Show, and a variety of other

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television and radio programs. His work has been featured in *Newsweek*, *Ladies' Home Journal*, *New Woman*, *Self* and *Parenting*.

Six credit hours of continuing education credits are available.

Cost for the seminar is \$65 if registration is made on or before Sept. 1; a \$90 fee applies to all paying participants who register or pay on-site, and to all registrations after Sept. 1.

CONTACT Crisis Helpline, in partnership with ODMHSAS and several other agencies, are collaborating for this year's "Festival of Hope." Also on Sept. 10, a Mental Wellness Fair will be held at UCO's Wellness Center. The fair will include exhibits, short presentations, and interactive demonstrations to promote good mental health and spiritual wellness.

The fair is free to everyone.

For more information about the Sept. 10 workshop, call (405) 522-8300.

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