

Friday, September 10, 2004

Keeping Your Soul Alive: Spiritual, Personal, and Professional Development Part 2

Program Purpose

As a part of the Festival of Hope, Bill O'Hanlon, a lively and engaging speaker, will touch your soul and tickle your funny bone while imparting deep wisdom. This workshop will help you to reclaim a life with passion and aliveness. While this 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, you will learn how to keep your soul alive. You will leave this session with a clearer sense of your life purpose and a toolkit for professional and personal renewal, as well as ways to apply the insights gained here in your clinical practice. Warning: This workshop may cause extreme fun, renewal, self-examination, and aliveness.

Learning Objectives

Upon completion of the program, the participant shall be able to:

1. Identify the two soul signals that tell us what we are meant to do.
2. Discover sources of energy and energy drain.
3. Describe how to use breakdowns and crises for growth.
4. Restate the three components of spirituality.
5. Explain what makes the difference between post-traumatic stress and post-traumatic growth.

Faculty

Bill O'Hanlon is a master therapist who has authored or co-authored 21 books and 45 articles or book chapters. His books have been translated into French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish and Japanese. He has been a top-rated presenter at many national conferences, including the two major Ericksonian conferences, the Family Therapy Networker Symposium, the American Association for Marriage and Family Therapy Conference and the annual Cape Cod Symposium. In all, he has presented more than 1000 seminars around the world. He has been featured on Oprah (with his book *Do One Thing Different*), The Today Show, and a variety of other television and radio programs. His work has been featured in Newsweek, Ladies' Home Journal, New Woman, Self, and Parenting. He is known for his storytelling, humor, clear and accessible style and his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational and he is consistently rated as one of our most popular and highly rated speakers.

Continuing Education Credits

The Oklahoma Department of Mental Health and Substance Abuse Services, Institute for Mental Health and Substance Abuse Education and Training, is accredited by the Oklahoma State Medical Association (OSMA) Council on Medical Education to sponsor continuing medical education for physicians.

The DMHSAS Institute for Mental Health and Substance Abuse Education and Training has applied for six credit hours in Category I of the Physician's Recognition Award of the American Medical Association for this medical education activity.

Continuing education credit hours have been applied for through the Oklahoma State Board of Licensed Social Workers and Licensed Behavioral Practitioners Board. Credit hours have been approved by the Oklahoma Board of Examiners of Psychologists and the Licensed Professional Counselors Committee.

How to Receive Your Certificate of Attendance

Certificates of attendance will be distributed at the end of the seminar. If you have an emergency and are unable to complete the seminar, you may pick up a certificate before you leave which will reflect the actual hours you were in attendance. Participant evaluation forms must be submitted in order to receive continuing education credit and a certificate of attendance.

Seminar Fees

If Pre-Registering by Mail: Current DMHSAS staff members or DMHSAS retirees are admitted for no charge. A \$65 fee applies to all other participants if they register on or before September 1.

A \$90 fee applies to all paying participants who register or pay on-site and to all registrations after September 1.

Payment may be made by check or money order only; cash cannot be accepted. No refunds or transfers on this workshop as seating is limited.

Program Schedule

8:00 - 8:30 Registration

8:30 - 10:00 How we get burned out or lost in our work and our lives and how to get back on track
10:00 - 10:15 Break
10:15 - 11:45 Let Your Soul Be Your Pilot: The two soul signals that tell you what life is all about
11:45 - 12:45 (Box Lunch provided and an opportunity to go to the mental wellness fair)
12:45 - 2:15 Thriving Through Crises: Turning Tragedy and Trauma into Growth
2:15 - 2:30 Break
2:30 - 4:00 Connection, Compassion and Contribution: The Three Cs of Spirituality

Festival of Hope 2004 Activities

CONTACT Crisis Helpline, in partnership with The Department of Mental and Substance Abuse Services, and many other partnering agencies* have collaborated to plan the 2004 Festival of Hope. The Mental Wellness Fair will be held on September 10 at the University Oklahoma Wellness Center. It will include exhibits, short presentations, and interactive demonstrations to promote good mental health and spiritual wellness. The Mental Wellness Fair is free to everyone.

"An Evening of Acclamation and Admiration," Thursday, September 9, 2004, will celebrate progress in mental health and honor outstanding leaders in physical, mental and spiritual wellness. Hosted by Honorary Co-Chairs Lt. Governor Mary Fallin, Steve Owens, and R Murali Krishna, M.D., the event will be held at the Oklahoma City Golf and Country Club. The event will include a reception, dinner, auction, guest speaker, award presentations, and dancing. Bill O'Hanlon's dinner topic will be "A Dent in the Universe: How to Make a Contribution that Matters." Registrants for the seminar will qualify for a discounted price of \$75. Call CONTACT at 405-840-9396 for further information.

Date and Location

The seminar will be held on September 10, 2004 at the University of Central Oklahoma, Wellness Center, 100 N. University Drive, Edmond, OK. Note this is a different seminar location than usual. From Interstate 35, take the 2nd Street exit in Edmond (Exit 141) and travel west to the University campus. Turn north on University Drive and go 3 blocks north and the Wellness Center is on your right. Free parking is available north, south and east of the Wellness Center.

Lodging

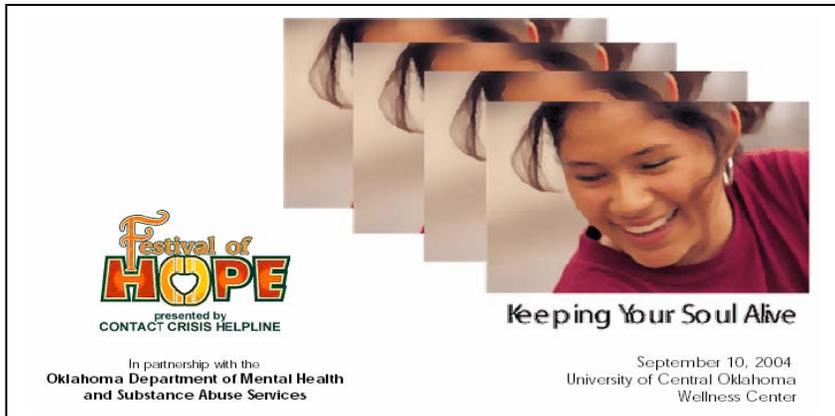
The Ramada Plaza at 930 East 2nd Street in Edmond is conveniently located for conference participants who need overnight accommodations. A rate of \$65 for single or double occupancy and \$75 for triple or quadruple occupancy has been offered for participants who make reservations by September 1, 2004. Please call 800-322-4686 or 405-341-3577 and state that you want the group rate for the Department of Mental Health and Substance Abuse Services.

Complete the form below and mail it (with payment, if applicable) to:

Seminar Coordinator
Human Resource Development Division
Institute for Mental Health and Substance Abuse Education and Training
2401 NW 23rd St., Suite 82
Oklahoma City, OK 73107

HAYDEN H. DONAHUE SEMINAR SERIES

Keeping Your Soul Alive: Spiritual, Personal, and Professional Development Part 2 with Bill O'Hanlon



*Sponsors of The Festival of Hope

- Cox Communications
- Cox Business Services
- KMGL (Magic 104.1)
- KOMA
- The Wellness Center of the University of Central Oklahoma
- James R. Brown Private Foundation
- T.E.A.M., Inc.
- Integrus Health
- GlaxoSmithKline
- C.D. and Neva Brice
- Steve Owens Foundation
- Marianne B. Rooney
- The Oklahoman
- Chesapeake
- American Fidelity Assurance Company
- Deaconess Hospital
- IBC Bank
- OG&E
- Loves Travel Stops and Country Stores
- Mama Lucia's
- Oklahoma Senior
- St. Anthony's Behavioral Medicine Center
- Stillwater National Bank and Trust
- Saints Family Dentistry
- Mary Casey Kelly, DDS
- Ad Astra Foundation
- Ann Simmons Alspaugh
- Classic Printing
- Myrtle Masonic Lodge #145
- Oklahoma Department of Mental Health and Substance Abuse Services
- Elizabeth J. Struby
- Phyllis and Russal Brawley
- Tony Foss Designs

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Registration for September 10, 2004

Keeping Your Soul Alive: Spiritual, Personal, and Professional Development Part 2

Name _____

Unique Number _____

Occupation or Job Title _____

Place of Employment _____

Address _____

City, State, Zip _____

Daytime Phone _____

E-Mail Address _____

Check All That Apply:

- DMHSAS current employee or retiree, no charge
- Early bird discount by September 1, \$65 enclosed, payable to ODMHSAS
- Paying with purchase order
- Check or money order for \$90 enclosed, payable to ODMHSAS (September 6 and after)
- Require special accommodations as follows:

Sign interpreters and/or other special accommodations required by disabled participants will be available upon advance request (please allow one week's notice). Please indicate on the registration form the type of special accommodations you require. To discuss requests, call 405-522-8300.

Continuing Education Credit Requested:

- Physician LPC/LMFT
- CDSVRP Physician's Asst.
- Psychologist Pharmacist
- RN or LPN LBP
- LSW Student
- CADC Other _____

Please check in at the registration desk upon your arrival to verify your attendance. You will need to complete an on-site registration form if you have not pre-registered. On-site registration is \$90. No refunds. Continuing education credit is not provided without verification. At the completion of the seminar, all participants will receive a certificate of attendance from the DMHSAS Institute for Mental Health and Substance Abuse Education and Training.

For information, call 405-522-8300.
The HRD fax number is 405-522-8320.