

# THE PSYCHOLOGY OF RESILIENCE

Please select a date and location:  SIOUX FALLS - July 29  OMAHA - July 30  DES MOINES - July 31  
 DULUTH - August 12  ST. CLOUD - August 13  MINNEAPOLIS - August 14

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2 to 4**	\$149 ea.	\$169 ea.
5 or more**	\$139 ea.	\$159 ea.

\*Registrations received 10 days prior to seminar date.  
 \*\*Price per person when registering at the same time.

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A one-day seminar from Melissa (Missy) Bradley, MS, NCC, BCETS, FAAETS, the instructor who brought you The Three Stages of Healing: Counseling Victims of Sexual Trauma

# The Psychology of Resilience

A Multi-Modal Framework for Thriving  
 Based on the Heroic Journey

- ◆ Utilize a multi-modal approach to promote resilience—including Cognitive-Behavioral, solution-focused, Jungian, expressive, experiential, somatic, internal resource development and narrative therapies
- ◆ Discover practical applications of the timeless and universal template of the Heroic Journey with resources for diverse populations
- ◆ Identify the most common archetypes that occur in transformation and change and learn how to teach them to those you serve
- ◆ Learn how sacred and secular rituals may assist rites of passage and promote healing from emotional pain
- ◆ Identify new skills to help clients struggling with trauma, anxiety, grief, addiction, life transitions and life challenges move beyond surviving into thriving

Continuing education available for Psychologists, Counselors, Nurses, Nurse Practitioners, Case Managers, Alcoholism and Drug Abuse Counselors, Marriage and Family Therapists and Social Workers. Please see inside for details.



www.CrossCountryEducation.com

Sioux Falls, SD - July 29

Omaha, NE - July 30

Des Moines, IA - July 31

Duluth, MN - August 12

St. Cloud, MN - August 13

Minneapolis, MN - August 14

A one-day seminar from Melissa (Missy) Bradley, MS, NCC, BCETS, FAAETS, the instructor who brought you *The Three Stages of Healing: Counseling Victims of Sexual Trauma*

# The Psychology of Resilience

*A Multi-Modal Framework for Thriving  
Based on the Heroic Journey*

## Inspire, Motivate and Empower Your Clients to Thrive in the Most Difficult Events

Human beings have an innate desire to make order and sense out of chaos but are often unable to do this effectively. Therapists need techniques and tools to help empower clients to overcome adversity, embrace change and thrive. For centuries, traditional storytellers, philosophers, theologians, anthropologists and sociologists have helped provide frameworks to understand and conquer life's transitions and challenges. These frameworks are used worldwide in clinical practices, schools, businesses, religious settings, communities and philosophies to promote resilience and drive individuals to thrive. Clinicians and other professionals can use these timeless concepts to help patients, clients and students manage the normal passages of life as well as overcome painful and traumatic experiences, including loss, grief, family and life transitions, crises, recovery from addiction and more.

Participants in this one-day seminar will examine the four steps universally found in great literature, spiritual texts and popular culture—known as the Heroic Journey—and learn how to utilize these concepts in a variety of client situations to help motivate and inspire. You will learn to utilize and adapt a multi-modal approach, including Cognitive-Behavioral, solution-focused, Jungian, expressive, experiential, somatic, internal resource development and narrative therapies, for most types of clients. Attendees will receive an extensive manual with worksheet masters and access to additional resources to use with the populations they serve. Participants will also be given an opportunity to reflect experientially, privately or with others, on some of the applications of this seminar and may wish to bring a journal for reflective writing. You will leave with a new set of tools to put to work immediately to enhance your therapeutic repertoire.

## Course Director

**MELISSA (MISSY) BRADLEY, MS, NCC, BCETS, FAAETS**, is an internationally recognized educator, trainer and clinician. Ms. Bradley is the developer of the well-known seminar, *The Three Stages of Healing: Counseling Victims of Sexual Trauma*, in which more than 40,000 clinical and legal professionals have been trained. She is a long-time EMDR-trained psychotherapist and has instructed school systems, hospitals, clinicians, law enforcement, international corporations and religious communities in empowering those they serve to become the most effective, healthy and resilient individuals they can be.

As a Fellow, Diplomat and Board Certified Expert in Traumatic Stress by the prestigious Academy of Experts in Traumatic Stress, Ms. Bradley has been a frequent guest on regional and national radio and television news programs speaking on many mental health issues. Several of the news series addressing mental health, wellness and human resources topics in which she has been significantly involved have won prestigious national and international media awards, including the Scripps Howard Award for Broadcast Excellence and the Edward R. Murrow Award.

Ms. Bradley received both a Bachelor of Music Education and Master of Counseling Psychology in Community Agency Counseling from the University of Tennessee-Knoxville. Her extensive training and years of teaching in the arts have been a powerful adjunct to her professional counseling. Among Ms. Bradley's many professional affiliations are the American Counseling Association (ACA), National Board of Certified Counselors (NBCC), Eye Movement Desensitization and Reprocessing International Association (EMDRIA) and Association for Transpersonal Psychology. For more information about Ms. Bradley, you may visit her website or contact her through [www.theomnibuscenter.com](http://www.theomnibuscenter.com).

## What You Will Learn

- ➔ Recognize the four primary stages of the timeless and universal framework for resilience known as the Heroic Journey
- ➔ Utilize the Heroic Journey within common clinical approaches, including Cognitive-Behavioral, solution-focused and expressive therapies, for diverse populations
- ➔ Identify new methods to help clients work through trauma, grief, loss, life and career transitions, addiction and other difficult issues
- ➔ Discover a multitude of resources to teach the Heroic framework to clients, including literature, stories, movies, games and spiritual and religious teachings



[www.CrossCountryEducation.com](http://www.CrossCountryEducation.com)

# Who Should Attend

- Psychologists
- Counselors
- Social Workers
- Marriage and Family Therapists
- Psychotherapists
- Pastoral Counselors
- Hospice Professionals
- Clergy
- Case Managers
- Drug and Alcohol Counselors
- Crisis Intervention Counselors
- Nurses
- Educators
- Guidance Counselors
- School Psychologists
- Psychiatric Nurse Practitioners
- Business Owners and Managers
- Executive and Life Coaches

# Audio Products

Audio products include a comprehensive CD recording (audiotape available on request) and companion course manual. If you are registered to attend this seminar, you may order a set of tapes/CDs at a reduced fee. Pricing can be found on the registration form, along with shipping and handling. All pricing given in US currency; please call for international rates. You can order online at our website, by faxing or mailing the registration form on this brochure or by calling 800-397-0180 or 615-331-4422. All material is under copyright; any duplication is unauthorized without written consent from Cross Country Education. Supply may be limited; call for availability. Please allow 4 to 6 weeks for delivery.

# Confirmations & Cancellations

Confirmations of registration are sent via email or fax within three days of receipt in our office. If an email or fax confirmation cannot be sent, a post card is mailed. **If you have not received a confirmation within five days of the program, please call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the seminar are refundable less a \$20 administrative charge per registrant. There is no refund for cancellations received later; however, a credit will be issued toward a future seminar or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made any time. The expense of continuing education, when taken to maintain and improve professional skills, may be tax deductible. Please contact your accountant for complete details.

**Disclaimer:** Any opinions, findings, recommendations or conclusions expressed by the author(s) or speaker(s) do not necessarily reflect the views of Cross Country Education. Cross Country Education reserves the right to substitute a qualified instructor due to unforeseen circumstances.

Registrants will not receive a certificate until payment has been received and course has been successfully completed. If payment is not received ten (10) days prior to the seminar, the certificate may not be present at the seminar. If your payment is returned marked NSF it will be re-presented electronically and a processing fee will be charged as allowed by law.

# COURSE CONTENT

## **BUILDING THE FOUNDATION OF CHANGE—RESILIENCE, TRANSFORMATION AND THE HEROIC JOURNEY**

- ◆ Theories of transformation—Jung, Campbell, Pearson, Seligman, Pearsall, Brock and more
- ◆ Archetypes of transformation, assessments and change—identify, educate and support
- ◆ Four primary stages of the Heroic Journey—recurring themes in traditional stories, literature, spiritual texts and myths which demonstrate resilience
  - separation from the known—the call to change, grow or heal
  - into the unknown—beginning the journey toward change
  - the “initiation”—the road of trials and lessons of life challenges
  - the “return”—transformation and continued learning
- ◆ How the framework of the Heroic Journey has been used in different cultures throughout history to promote courage and facilitate change
- ◆ The innate desire for heroes—identifying and developing healthy role models
- ◆ How to utilize the natural attraction to elements of popular culture which model resilience—stories, movies, video games, music, art, etc.
- ◆ How sacred and secular rituals in a community can promote resilience during change

## **STAGE 1: SEPARATION FROM THE KNOWN—THE CALL TO CHANGE OR HEAL**

- ◆ The transformative crisis—identifying, understanding and answering the “call to adventure”
- ◆ Dealing with resistance and refusal to change and the cognitive beliefs which sabotage resilience
- ◆ Cognitive therapy—looking at the beliefs that keep us stuck
- ◆ The emotional stages of all change—voluntary vs. involuntary change
- ◆ Dealing with the discomfort of change—somatic and emotional processing
- ◆ What’s in the backpack—identifying “tools” for the journey

## **STAGE 2: INTO THE UNKNOWN—BEGINNING THE JOURNEY TOWARD CHANGE**

- ◆ The “sonic boom”—breaking through the barriers that keep us stuck
- ◆ Appropriate resources to use during the second stage—for clinicians and educators
  - movies and inspirational stories
  - journaling and narrative work
  - identifying life successes and the lessons that come from them
  - mindfulness, meditation, prayer, centering and other grounding practices
  - music and the arts
- ◆ The success of “failure”
- ◆ The honeymoon period of change
- ◆ Identifying and building support—mentors, teachers, clinicians and more

## **STAGE 3: THE INITIATION—THE ROAD OF TRIALS AND LESSONS OF LIFE CHALLENGES**

- ◆ Moving beyond “the abyss” (belly of the whale time)
- ◆ Identifying and using the gifts and lessons of initiation
- ◆ Making transpersonal meaning out of life’s pain
- ◆ Keeping the courage and momentum
- ◆ Performance enhancement techniques that empower individuals to thrive
- ◆ Identifying who you are becoming

## **STAGE 4: THE RETURN—TRANSFORMATION AND CONTINUED LEARNING**

- ◆ Returning transformed
- ◆ Sharing the gift with others
- ◆ Honoring the return—recovery of communities and individuals
- ◆ Building the future templates of strength, courage and resilience
- ◆ The continuation of the journey
- ◆ Ancora imparo— “still I am learning”

## **INCORPORATING THE HEROIC JOURNEY WITH DIVERSE POPULATIONS, CULTURES AND CIRCUMSTANCES**

- ◆ Trauma—survivors, veterans and catastrophic events
- ◆ Addiction and recovery
- ◆ Relationship and career transitions and losses
- ◆ Loss of autonomy, aging, illness and end of life issues
- ◆ Financial crises
- ◆ Communities and businesses in crisis

## Dates & Locations

### SIOUX FALLS - July 29, 2009

Holiday Inn City Centre  
100 W. 8th St., Sioux Falls, SD 57102 605-339-2000

### OMAHA - July 30, 2009

The Magnolia Hotel  
1615 Howard St., Omaha, NE 68102 402-342-2222

### DES MOINES - July 31, 2009

Holiday Inn Des Moines Northwest  
4800 Merle Hay Rd., Des Moines, IA 50322 515-278-4755

### DULUTH - August 12, 2009

Holiday Inn Hotel and Suites  
200 W. 1st St., Duluth, MN 55802 218-722-1202

### ST. CLOUD - August 13, 2009

Holiday Inn Hotel and Suites  
75 S. 37th Ave., St. Cloud, MN 56301 320-253-9000

### MINNEAPOLIS - August 14, 2009

Holiday Inn I-35 Airport  
1201 W. 94th St., Bloomington, MN 55431 952-884-8211

## Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Lunch is on your own from 11:30 a.m. to 12:30 p.m. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

## Our Guarantee

Cross Country Education is a national leader in high-quality educational products and services for the health care industry. We have trained over one million health care providers, managers, nurses, professionals and key personnel through our seminars, conferences and study programs. Our programs are guaranteed to improve the effectiveness and efficiency of participants. If you attend one of our one-day seminars or purchase an audio product and do not receive the professional or business benefits described in our literature, or have some other professional complaint, please let us know in writing within seven days and we will issue a credit voucher that you or anyone in your facility may use toward another one-day seminar or audio program. All returned audio products and materials must be received in original condition before a replacement is issued. You may contact us at Cross Country Education, P.O. Box 200, Brentwood, TN, 37024.

*"Engrossing and inspiring, Melissa Bradley's presentation speaks to her dedicated work in the field of trauma. Her seminars are important for therapists and trauma survivors alike."*

Steven Levenkron  
Psychotherapist, Lecturer and Best-selling Author

**\$10 OFF**

Receive a \$10 discount for this seminar if you are a student or non-profit organization. A valid student ID or 501(c)(3) is required. To use this discount, you must register by phone at (800) 397-0180 or (615) 331-4422.

## Continuing Education Credit

**Psychologists:** Cross Country Education is approved by the American Psychological Association to sponsor continuing education for psychologists. Cross Country Education maintains responsibility for this program and its content. This program offers 6 CE credits for psychologists. Full attendance is required to receive credit for psychologist, variable credit for partial attendance may not be awarded based on the APA guidelines.

**Nurse Practitioners:** Cross Country Education is approved as a provider of nurse practitioner continuing education by the American Academy of Nurse Practitioners. Provider number: 060313. This course is offered for 6.0 contact hours.



**Social Workers:** Cross Country Education provider #1005, is approved as a provider for social work continuing education by the Association of Social Work Licensure Boards (ASWB), through the Approved Continuing Education (ACE) program (approved through 1-27-12). Cross Country Education maintains responsibility for the program. Social workers will receive 6 continuing education clock hours for participating in this course. Licensed social workers should contact their individual state jurisdiction to review the current continuing education requirements for licensure renewal. Visit ASWB's website at [www.aswb.org](http://www.aswb.org) for more information. Cross Country Education is an approved provider of social work continuing education with the State of Minnesota Board of Social Work, Provider #CEP-29. This course is offered for 6.5 clock hours.



**Counselors:** Cross Country Education is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. (NBCC Provider #5904) The ACEP solely is responsible for all aspects of the program. Six (6) contact (clock) hours are being awarded for completion of this program.



**Marriage and Family Therapists:** Application has been submitted to the Minnesota Board of Marriage and Family Therapy for pre-approval of six continuing education hours.

### Nurses:

Cross Country Education, LLC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This course is offered for 6 contact hours.

Cross Country Education is an approved provider with the Iowa Board Of Nursing, approved provider #328. This course is offered for 7.2 contact hours. Cross Country Education is approved by the California Board of Registered Nursing, Provider #CEP 13345, for 7.2 contact hours. Cross Country Education is an approved provider by the Florida Board of Nursing, provider #50-466. This course is offered for 7.2 contact hours.

**Alcoholism and Drug Abuse Counselors:** Cross Country Education is an approved provider by NAADAC Approved Education Provider Program (Provider #369). This course is offered for 6 contact hours.



### Case Managers: CCMC Approved Activity

The course listed above was completed on July 29, 30, 31, August 12, 13 or 14, 2009 and is approved for 6 CEUs. Sponsor code: 00059481 Approval number: CM821-A200. To claim these CEUs, log into your CE Center account at [www.ccmcertification.org](http://www.ccmcertification.org).

**Educators:** This course may qualify toward your professional development requirement. The program consists of 6 clock hours. Use this information and your board rules and regulations to calculate professional development/ continuing education credit.

**Other professions:** This seminar qualifies for 6 continuing education hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific filing requirements.

**All professionals:** In order to process continuing education, please bring the appropriate license/certification number to the seminar.

**Amended certificates:** Please note that the credit hours listed above are offered by Cross Country Education and/or boards/associations for a full day's attendance. In the event of late arrival and/or early departure, amended certificates indicating the actual number of credit hours earned will be provided upon calling Cross Country Education.

**ADA:** If you require ADA accommodations, please contact Cross Country Education at least two weeks before the seminar date so that arrangements can be made.