

RESILIENCE

Please select a date and location:

RALEIGH - March 27

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Single Registrant	\$169	\$189
2 to 4**	\$159 ea.	\$179 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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Resilience

Helping Clients Navigate the Heroic Journey to Personal Transformation

From Melissa (Missy) Bradley, MS, NCC, BCETS, FAETIS, the instructor who brought you *The Three Stages of Healing: Trauma Conversion and Resilience*

- ◆ Learn the heroic framework for thriving through life's challenges, rites of passage, trauma, and grief which has been utilized by cultures and spiritual traditions around the globe
- ◆ 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
- ◆ Learn how sacred and healthy secular rituals and common archetypes 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

Raleigh, NC - March 27

Richmond, VA - March 28

Norfolk, VA - March 29



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

From Melissa (Missy) Bradley, MS, NCC, BCETS, FAAETS, the instructor who brought you
The Three Stages of Healing: Trauma Conversion and Resilience

Resilience

Helping Clients Navigate the Heroic Journey to Personal Transformation

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

Human beings have an innate desire to make order and sense out of chaos but are often unable to do this effectively. The Heroic Journey is a template for describing the process of moving through challenging life events and coming through those events stronger, wiser, healthier and more resilient. This framework is often portrayed in movies and literature where the primary character, the “initiate,” is being tested with challenges beyond what he/she thinks can be overcome. The information in this seminar can be utilized with widely diverse populations since all 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. The Heroic Journey is utilized worldwide 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, financial devastation, 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. Attendees will identify the eight micro-stages and focus on the developmental needs and the treatment modalities to effectively move through the stages. In addition, attendees will learn how 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. 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 seminars *The Three Stages of Healing: Counseling Victims of Sexual Trauma*, *Counseling Those Who Serve: Working with Veterans, First-Responders and Their Families* and the new program *Three Stages of Healing: Trauma Conversion and Resilience* in which more than 80,000 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 on mental health issues and significant involvement with several news series that 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 a Bachelor of Music Education and Master of Counseling Psychology in Community Agency Counseling from the University of Tennessee-Knoxville. 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.

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



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

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Dates & Locations

RALEIGH - March 27, 2012

Hilton Garden Inn Raleigh Triangle Town Center
6412 Capital Blvd, Raleigh, NC 27616 919-876-5650

RICHMOND - March 28, 2012

Crowne Plaza Hotel
555 E Canal St, Richmond, VA 23219 804-788-0900

NORFOLK - March 29, 2012

Norfolk Plaza
700 Monticello Ave, Norfolk, VA 23510 757-627-5555

Course Hours

Registration begins at 7:30 a.m. The seminar **begins at 8:00 a.m.** and **concludes at 3:30 p.m.** Coffee/hot tea provided in a.m. One-hour break for lunch on your own. For late arrivals or early departures, please see amended certificate information under Continuing Education Credit.

Register online at
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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”
- ◆ Dealing with resistance and refusal to change and the cognitive beliefs which sabotage resilience in individuals and family or business systems
- ◆ Cognitive therapy—looking at the beliefs that keep us stuck
- ◆ Identifying the mentor voices within
- ◆ 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 from the transformation
- ◆ 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 through “the dark night of the soul”
- ◆ 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
- ◆ What “Finding Nemo” has to teach us about initiation and transformation

STAGE 4: THE RETURN—TRANSFORMATION AND CONTINUED LEARNING

- ◆ The new integrated “normal”
- ◆ 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

Confirmations & Cancellations

Confirmations of registration are sent via email within three days of receipt in our office. Add customerservice@crosscountryeducation.com to your email address book to ensure delivery. **If you have not received a confirmation, you may call our office at 800-397-0180 or 615-331-4422 to verify registration.** Cancellations received at least five working days before the event 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 event or product order. Please note that if you register and do not attend, you are still liable for full payment. Substitutions may be made at 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.

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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 represented electronically and a processing fee will be charged as allowed by law.

Self Study/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. Products in stock will typically ship within 5-7 business days. Call for availability.

Self study packages with CE credit approval allow for the opportunity to earn CE credits at your convenience. Self study packages include the audio/course manual, self study test and complete instructions. Please call or visit our website for more information.

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 accredited by the American Academy of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 060313. This program was planned in accordance with AANP CE Standards and Policies and AANP Commercial Support Standards. 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 for more information.



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: This educational offering 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.

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 6.0 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: This program has been submitted to the Commission for Case Manager Certification for 6 clock hours of continuing education.

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

Other professions: This educational offering 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 or prior to purchasing any online or distance learning products so that arrangements can be made.

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