

Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change

6.0
CE hours



FRIDAY, OCTOBER 13, 2017



George Faller, MS, LMFT, is a retired Lieutenant of the NYC Fire Department, a Licensed Marriage and Family Therapist in New York and Connecticut and an Approved Supervisor for the American Association of Marriage and Family Therapists. He is the founder and President of the New York Center for Emotionally Focused Therapy (EFT). As an EFT Trainer, George teaches several classes at the Ackerman Institute for the Family (the oldest family institute in the United States) in NYC, is a board member of the Porter Cason Institute for the Family at Tulane University in New Orleans and is the director of training at the Center for Hope and Renewal in Greenwich, Ct. Specializing in trauma, Family EFT, and self-of-the-therapist issues, George is committed to bringing EFT to underprivileged populations and pushing the leading edge of effective therapy. George hopes his new book Sacred Stress contributes to the EFT movement of making our world a more secure place.

Overview: Stress takes life and gives life. It is an inescapable part of our existence. The key to successful living is managing stress effectively and efficiently. Rather than letting stress shut us down and insidiously ravage our bodies, we need to embrace it as an opportunity to deepen self-awareness, form richer relationships and find spiritual vitality. Learning to befriend stress changes our relationship to it and empowers us to use stress as a catalyst for positive change in all areas of life.

<p>Objectives:</p> <p>At the conclusion of the workshop, the participant will be able to:</p> <ul style="list-style-type: none"> • Identify the different types of stress and how they impact our physical, emotional, psychological and spiritual wellbeing • Describe distinctive stress responses and ways to develop a healthy challenge response to stress • Practice strategies for changing our mindset about stress and expand our perspective to include the positive benefits of stress • Learn how to use the techniques and theoretical underpinning of Emotionally Focused Therapy to understand emotional responses to stress and how to create new patterns of vulnerability and emotional healing • Demonstrate the use of Strengthening Family Coping Resources intervention strategies • Demystify faulty assumptions about stress and show tangible benefits of utilizing stress to increase energy, focus, performance, meaning, resilience and connectability. 	<p>Who Should Attend:</p> <p>This workshop presentation is intended for all types of therapists as every clinician and client is impacted by stress. The universal nature of stress makes this topic broadly appealing.</p>	<p>Schedule:</p> <table border="0"> <tr> <td>8-8:30 (ET)</td> <td>Registration and Continental Breakfast</td> </tr> <tr> <td>8:30 – 10:00</td> <td>Expanding Our Perspective About Stress</td> </tr> <tr> <td>10 – 10:10</td> <td>Break</td> </tr> <tr> <td>10:10 – noon</td> <td>Lunch</td> </tr> <tr> <td>12 – 1:10</td> <td>Two Ways to Transform Distress into Eustress</td> </tr> <tr> <td>1:10 – 2:15</td> <td>Break</td> </tr> <tr> <td>2:15 – 2:25</td> <td>How Stress Makes or Breaks Relationships</td> </tr> <tr> <td>2:25 – 4:00</td> <td>Taking the Concepts of Sacred Stress Home Both Professionally and Personally</td> </tr> </table>	8-8:30 (ET)	Registration and Continental Breakfast	8:30 – 10:00	Expanding Our Perspective About Stress	10 – 10:10	Break	10:10 – noon	Lunch	12 – 1:10	Two Ways to Transform Distress into Eustress	1:10 – 2:15	Break	2:15 – 2:25	How Stress Makes or Breaks Relationships	2:25 – 4:00	Taking the Concepts of Sacred Stress Home Both Professionally and Personally
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Questions and Auxiliary Aids

To register: contact Fran Howard, Workshop Registrar at (260) 482-9125, ext. 2019
 For workshop questions: contact Emily Liechty at (260) 482-9125, ext. 2148
 Email address: fhoward@parkcenter.org

VISIT OUR WEBSITE AT:
www.parkcenter.org/workshop.htm

PARK CENTER PROFESSIONAL TRAINING SERIES PRESENTS:



Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change

Featuring: George Faller, MS, LMFT

October 13, 2017

REGISTRATION FEE: \$110.00 / \$90.00 per person for four or more registrations submitted together from the same organization for any of the workshops listed in the 2017 Park Center Professional Training Series workshops. Continental breakfast, break refreshments, and training materials are all included. Lunch is on your own.

CANCELLATION: Up to 5 days prior, \$10.00 administrative fee; less than 5 days, non-refundable.

LOCATION: Grand Wayne Center ~ 120 W. Jefferson Blvd. ~ Fort Wayne, Indiana 46802 ~ (260) 426-4100.

LODGING: The Hilton Hotel is located in the Grand Wayne Center complex. Make your reservations by calling (260) 420-1100, ext. 7205. If you need assistance with obtaining room reservations, please call Fran Howard at toll free (866) 481-2700, ext. 2019.


PARKING: Parking is available for a fee within a two-block radius of the workshop location.

FACILITY ACCESSIBILITY: The Grand Wayne Center and Hilton Hotel are handicap accessible facilities. Please contact Fran Howard, Workshop Registrar, toll free (866) 481-2700, ext. 2019 if special accommodations are needed.

QUESTIONS OR CONCERNS: Contact Emily Liechty at (260) 482-9125, ext. 2148 or Fran Howard at ext. 2019

Workshop rooms are typically cool, please dress appropriately.

Continuing Education Credits

- American Psychological Association** ↔ Park Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Park Center maintains responsibility for this program and its content. Credit: 6 Continuing Education Hours.
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- Indiana State Psychology Board** ↔ Approved sponsor of continuing education programs for psychologists. Credit: 6 Continuing Education Hours.
- Indiana Law Enforcement Training Board** ↔ Approved provider for training of Indiana law enforcement officer and support personnel. Credit: 6 Hours.
-  **National Board for Certified Counselors** ↔ Park Center is an NBCC-Approved Continuing Education Provider (ACEPTM) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Credit: 6 Continuing Education Hours
- NAADAC - The Association of Addiction Professionals** ↔ Approved NAADAC education provider. Credit: 6 Continuing Education Hours.

Sacred Stress: A Radically Different Approach to Using Life's Challenge for Positive Change **October 13, 2017**
Registration Deadline: 10/06

Name: _____

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Organization: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Evening Phone: _____

E-mail: _____

Indicate Continuing Education Credit Requested

- APA ASWB LCSW LMFT/LMFTA LMHC/LMHCA LSW
- LAC/LCAC ISPB/HSPB ILETB NBCC NAADAC Ohio CSWMBTB

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