

11th Annual Health & Spirituality Workshop

The Great Rx for Health: Caring for Self, Caring for Others

August 23-24, 2013

Community of Christ Temple
201 S. River Blvd.
Independence, MO 64050

Excellent Experience for:

- **Wholeness Seekers**
- **Nurses**
- **Hospice Workers**
- **Health Professionals**
- **Social Workers**
- **Families**
- **Marriage and Family Therapists**
- **Pastoral Ministers**
- **Caregivers**
- **Students**
- **Mental Health Counselors**
- **Volunteers**
- **Seminarians**

Discounts for:

TMC Employees
Seniors
Students
Congregations / Organizations
(Groups of 5)

Nursing Continuing Ed. available

For more information contact:

Health Ministries Association
www.hmaCofChrist.org
816-833-1000 X 1262
Email: HMA@CofChrist.org

A Workshop designed to help individuals and care-givers develop skills for health and well-being and to help everyone learn to care for the whole person: body, mind, and spirit.

Back by popular demand,

Dr. Bowen White, MD

Co-Author of
A Clinician's Guide to Spirituality

Keynote speaker for Friday evening
and Saturday morning

Friday evening open to public at no charge.

*Registration and Fee Required for
Saturday Workshop*



Saturday Workshop Practical Skill-building Sessions

AM Sessions – Caring for Self

- ♥ *Spiritual Practices for Self-Renewal*
- ♥ *Finding Renewed Purpose and Meaning*
- ♥ *Scripture and Well-being*
- ♥ *Discovering A Healthy You*
- ♥ *Caring for Self When "Sandwiched"*

PM Sessions – Caring for Others

- ♥ *From Ashes to Beauty: The Path to Transformation*
- ♥ *Motivational Interviewing...*
- ♥ *The Caring Relationship...*
- ♥ *Healing Vicarious Trauma...*
- ♥ *...Resilience and Coping in Kids...*

Co-Sponsors



11th Annual Health & Spirituality Workshop ~ August 23 & 24, 2013 ~ Independence, MO
Saturday Morning - CARING FOR SELF **Afternoon - CARING FOR OTHERS**

Rx **“Spiritual Practices for Self-Renewal”**
Kris Judd, Ed.S., psychologist and
 Community of Christ minister,

highlights spiritual types and teaches various spiritual practices that can help one stay connected and renewed. Learn how we can be present for ourselves and for each other when most needed.



Rx **“From Ashes to Beauty: The Path to Transformation”**

Mindful awareness, listening, giving, and gratitude blend to create a bridge from the “valley of the shadow of death” to the mountaintop. **Susan Oxley, MAR**, shares her story of the tragic death of her husband and the fight back to joyful life. Research now supports the connection between mindfulness, gratitude and healthy outcomes.



Rx **“Finding Renewed Purpose and Meaning”**

Joseph LaMaster, MD, MPH, from KU Medical Center, shares the way to find meaning and purpose in life. He discusses the connection between service to others and personal joy.



Rx **“Motivational Interviewing to Promote Lifestyle Change ”**

People change because *they* want to change. **Amy Beck, PhD**, Clinical Psychologist from Children’s Mercy Hospital, discusses strategies for helping others decide to change. Skills to learn include knowing what questions to ask to discover what motivates the person.



Rx **“Discovering A Healthy You”**

Learn techniques and physical disciplines that help create a healthy body and promote a positive outlook for handling whatever comes your direction. **Tony Fields, Body Composition Coach**, shares exercises, dietary helps, and teaches skills that develop stamina and endurance for stressful times.



Rx **“The Caring Relationship in Healthcare and the Church”**

The caring relationship is key to both health outcomes and relational/ church ministry. **Kathy Robinson, RN, MSN**, shares the importance of developing a caring, trusting relationship with each person for whom care and ministry is provided.



Rx **“Scripture and Well-being”**

Caring for self is often neglected in the hectic pace of life. Responsible use of scripture is an important resource for well-being. **Danny Belrose, DMin.** explores healthy and unhealthy use of scripture and how scripture can guide development of personal wholeness.



Rx **“Healing Vicarious Trauma: Past, Present, and Future”**

Exposure to trauma shapes professional practice, relationships and spiritual growth. **Jennifer Green, RN, MSN**, from Truman Medical Center explores the impact of vicarious trauma. Discussion focuses on interventions to reduce compassion fatigue.



Rx **“Caring for Self when Sandwiched”**

Caught between the needs of aging parents and the needs of children and grandchildren, when is there time for ME? **Trisha Highland, RN, MSN** from UCM discusses how to juggle life’s demands, including caregiving, while staying physically and emotionally healthy yourself.



Rx **“Promoting Resilience and Coping in Children and Teens”**

From sports, school, illness, and family issues, kids are increasingly stressed and it shows! **Dustin Wallace, PhD**, Children’s Mercy Hospital psychologist, recommends practical ways to help children and teens in stressful situations gain control and effectively cope.



SATURDAY SESSION OPTIONS

(Upon arrival, may choose any 2 from each section)

Morning Sessions 1 & 2 – Caring for Self

- *Spiritual Practices for Self-Renewal*
- *Finding Renewed Purpose & Meaning*
- *Discovering A Healthy You*
- *Scripture and Well-being*
- *Caring for Self when “Sandwiched”*

Afternoon Sessions 3 & 4 – Caring for Others

- *From Ashes to Beauty: The Path to Transformation*
- *Motivational Interviewing to Promote Lifestyle Change*
- *The Caring Relationship in Healthcare and the Church*
- *Healing Vicarious Trauma: Past, Present, & Future*
- *Promoting Resilience and Coping in Children & Teens*

Workshop Schedule

Friday, August 23, 2013

5:00 pm Registration opens
 7:00 pm Welcome, “Make a Joyful Noise”
 Keynote “Caring for Self, Caring for Others” – Dr. Bowen White
 8:30 pm Reception and Networking

Saturday, August 24, 2013

7:30 am Registration opens
 8:00 am Welcome, Experiential Devotion
 8:15 – 9:30 am “The Multi-dimensional Human”
 -- Dr. Bowen White
 9:50 – 11:05 am Skill-building Session 1
 11:25 – 12:40pm Skill-building Session 2
 12:45 – 1:30pm Lunch break
 Prayer for Peace at 1:00 pm
 1:30 – 2:45 pm Skill-building Session 3
 3:05 – 4:20 pm Skill-building Session 4
 4:35 – 5:00 pm Reflections / Evaluation

Continuing Education

Truman Medical Center is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver of the American Nurses Credentialing Center’s Commission.

6.6 contact hours may be awarded for attending this entire program. Other disciplines may receive a certificate of attendance. Workshop planning committee members and speakers have no conflicts of interest to disclose.

Mail-in Individual Registration

(Group Rates and Online Registration also available • www.hmaCofChrist.org • 816-833-1000 ext. 1262 or 1418)

Name: _____ Email: _____

Address: _____

City, State, Zip: _____ Phone: _____

Special Dietary / Physical Needs: _____

Occupation: _____ Congregation/Organization: _____

Workshop Registration Fees:

Friday Keynote Address..... Free
 Saturday Sessions (includes Lunch) \$60 _____
 Seniors over 65 years of age\$50 _____
 Young Adults 18 - 30 years & TMC Employees..... \$30 _____
 Nursing CE Additional Fee (waived for TMC nurses).....\$20 _____
 RN Lic. # _____ State _____
 Late fee after Aug. 12thPlease add \$10 _____

Total amount due \$ _____



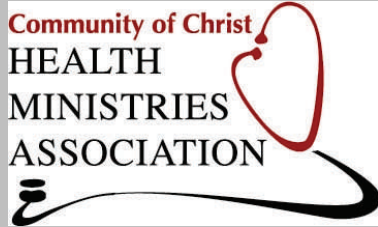
Make check payable to HMA or charge MasterCard or VISA _____ - _____ - _____

Mail Form and Check to: HMA, 1001 W. Walnut, Independence, MO 64050 Exp. Date ___/___/___ Code _____

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Register for Workshop

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Dr. Bowen White, MD *combines the talents and expertise of a medical doctor, teacher, executive coach, speaker, consultant, and author to share his insights. Dr. White founded the Departments of Preventive & Stress Medicine and Wellness and Health Promotion at Baptist Medical Center in Kansas City, Missouri . His book, A Clinician's Guide to Spirituality, presents a simple, universal model of spirituality independent of religion, and shows how the clinician can apply the model to help in the management of chronic illness and stress. He is also the author of Why Normal Isn't Healthy and works with Dr. Patch Adams at the Gesundheit! Institute.*

