

# Self-Care for Healing Professionals

## A Day of Holiday 'Gifts' for Yourself

*(That You Can Use with Your Clients, Too!)*

**December 3, 2010**  
**Winston-Salem, NC**  
8:45 am - 4:30 pm

**December 10, 2010**  
**Boone, NC**  
8:45 am - 4:30 pm

**Sponsored by Northwest Area Health Education Center (AHEC)  
of Wake Forest University School of Medicine and a part of the NC AHEC Program**



**Two Dates/Locations to Choose from:  
December 3, 2010 - Winston-Salem, NC  
December 10, 2010 - Boone, NC**

### **Program Overview and Objectives**

Enjoy a day of play and discovery as we unwrap a variety of personal and professional “gifts” you can use to transform your own life and facilitate transformation in the lives of those with whom you work. Whether you use “talk,” “touch,” medical, energetic, or other modalities, this training will have something for you!

Using The PRISM Model\* as a guide, we will examine how physical, mental, emotional, energetic, and spiritual “blocks” can be transformed into more useful and healthy patterns in our lives. The structure of the day is intended to be somewhat relaxed and playful, allowing participants to experience practical, therapeutic techniques from an “out of the box” perspective. Participants are encouraged to dress casually and comfortably and to bring business cards and information about their services to share with others. Expected “gifts” we will unwrap include:

- creating transformative space for ourselves and our clients/patients
- being “SELF-centered” in healthy ways
- growing the Seven Seeds of Spirit in your own garden
- integrating Body, Mind, Soul, and Spirit into your life and work
- using existing “traditional” techniques in creative new ways
- learning to live in the “playground”

*\*Personal Reality Integration and Sensory Modulation (The PRISM Model) was developed by Andy Moretz, the presenter, and forms the foundation of his integrative private practice, Prizms Center for MindBody Integration LLC. Additional information can be found at his website: [www.prizms-ahealingplace.com](http://www.prizms-ahealingplace.com)***Upon completion of the program, participants should be able to:**

- Define the four levels of The PRISM Model;
- Describe the importance of living and working from an integrative and holistic perspective, regardless of therapeutic modality used;
- Use existing “traditional” techniques in creative new ways
- Discuss how to create transformation in their own lives and facilitate transformation in the lives of those with whom they work.

### **Faculty**

**Andy Moretz, MEd, LPC, LMFT** is owner and director of Prizms Center for MindBody Integration LLC, in Winston-Salem, NC. He received his masters in counseling at the University of North Carolina in Greensboro in 1994. He holds dual licenses in North Carolina as a Licensed Professional Counselor and as a Licensed Massage and Bodywork Therapist. He also is a certified Reiki Master Practitioner and Teacher. Andy has worked with a wide variety of clients in both outpatient and inpatient settings. In his private practice work, he guides clients through the transformative process of looking at their overall wellness needs and assists them in becoming more integrated, “whole” beings. He is the author of *Zero Degrees of Separation: Finding Your Closer Connection to Spirit* and also enjoys leading a variety of presentations and trainings.

**Register online at [northwestahec.org](http://northwestahec.org)**

## Who Should Participate

This training is intended for a varied audience of healing practitioners and others interested in transformation and integrative healing, including massage and bodywork therapists, psychologists, counselors, social workers, marriage & family therapists, nurses and interested individuals from the general public.

## Credits

**Each workshop will provide the following credits:**

- 6.0 Contact Hours from Northwest AHEC
- 0.6 CEUs from Wake Forest University School of Medicine
- This program will provide 6.0 contact hours (Category A) continuing education for psychologists.
- 6.0 NBCC Contact Hours (provider #5465) Northwest AHEC is recognized by the National Board of Certified Counselors and abides by the NBCC Continuing Education Guidelines.
- Application has been submitted for 6.0 contact hours of Substance Abuse Specific credit from the NC Substance Abuse Professional Practice Board.
- For Massage Therapists/Bodyworkers (LMBT), this workshop offers 6.0 Continuing Education Hours provided by Prizms. Prizms Center for MindBody Integration LLC is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. (#451255-10)

## Directions

**December 3, 2010**

**Northwest AHEC | Reynolda Business Center  
2400 Reynolda Road | Winston-Salem, NC 27104**

From Business 40 (East or West) take the Silas Creek Parkway North exit (following the signs to Wake Forest University). Continue on Silas Creek Parkway for approximately 3 miles. As the road forks, bear to the right toward Wake Forest University and get in the far left turning lane. Turn left at the intersection onto Reynolda Road. Take the first left into the Reynolda Business Center and park on the right side of the building. Enter through the side doors and check in at the security desk. The Northwest AHEC Offices are located on the second floor of the building.

**December 10, 2010**

**Watauga Medical Center  
336 Deerfield Road, Boone, NC 28607**

Entering Boone on Hwy. 421 - Turn left at stoplight - (Dollar Mart convenience store on left.) You will be on 105 extension. Go to the next stoplight and turn left onto State Farm Road, continue to end of road. Turn right - go about 1 block turn left into Watauga Medical Center Main Entrance - park in lot. AHEC Building facing lot. Auditorium on main level.

Entering Boone on Hwy. 321 - Turn right at 1st stoplight after Boone Golf Club sign. This will be Deerfield Road. The Medical Center will be on your right less than 1/2 mile from stoplight. Turn right into Main Entrance - park in lot. AHEC Building facing lot. Auditorium on main level.

**Register online at [northwestahec.org](http://northwestahec.org)**

## Cost and Registration

### December 3, 2010 class in Winston-Salem, NC

**\$75.00** – Early registration - postmarked by November 19, 2010

**\$85.00**– After November 19, 2010

### December 10, 2010 class in Boone, NC

**\$75.00** – Early registration - postmarked by November 26, 2010.

**\$85.00**– after November 26, 2010.

Register and pay online at **northwestahec.org** or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, American Express), cash, money order, personal check or corporate check is accepted.

*Payment and Refund Policies - A refund of 70% of the paid registration fee will be available if a written cancellation request is received within 48 hours prior to the program date. You may send a substitute in your place.*

*Note - If you have not received confirmation of your registration 24 hours before the program date, please call Carmella Griffin, 336-713-7761 to verify the status of your registration.*

## For More Information or Assistance

If you have questions about registering or need auxiliary aids or special services to attend this program, please contact Carmella Griffin, 336-713-7761 or [cagriffi@wfubmc.edu](mailto:cagriffi@wfubmc.edu) at least five working days prior to the program.

## Registration Form - Self-Care for Healing Professionals

Check Preferred Date:  December 3  December 10, 2010

Name \_\_\_\_\_

Profession \_\_\_\_\_ Degree \_\_\_\_\_

Job Title \_\_\_\_\_

Last Four Digits of Social Security Number (required) \_\_\_\_\_

Employer Name \_\_\_\_\_

Mailing Address:  Home  Work

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ County \_\_\_\_\_

Email Address \_\_\_\_\_

### Payment Method:

Cash Amount Enclosed \$ \_\_\_\_\_

Check Enclosed Check No. \_\_\_\_\_

(Make check payable to "Wake Forest University School of Medicine")

Credit Card (select one):  Visa  MasterCard  American Express

Name As It Appears On Card \_\_\_\_\_

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

### Mail completed form to:

Northwest AHEC | Wake Forest University School of Medicine

Medical Center Boulevard | Winston-Salem, NC 27157-1060

Attention: Carmella Griffin

or fax to: 336-713-7701

### Credit Hours Needed:

- CEUs
- Contact Hours
- NBCC
- Psych. Cat. A
- Sub. Abuse

Register online at [northwestahec.org](http://northwestahec.org)