

**Other Workshops**  
 Mindfulness and  
 Psychotherapy  
 with Ron Siegel, PsyD  
**September 21, 2006**  
 Pittsburgh, PA

**September 22, 2006**  
 Newark, NJ

**Is Stress Fattening?**  
 with Karen Wolfe, MBBS, MA  
**October 5, 2006**  
 Baltimore, MD

**October 6, 2006**  
 Virginia Beach, VA

**The Psychology of  
 Health Immunity and  
 Disease Conference**  
 December 4-10, 2006  
 Hilton Head, SC

NICABM  
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**The Strength-Based Approach**

Bill O'Hanlon, MS, LMFT

**Location**  
 Minneapolis, MN  
 Milwaukee, WI

**Date**  
 Tuesday, September 26, 2006  
 Wednesday, September 27, 2006

**Registration Fees:**

Single registrant	<b>Early*</b>	<b>Regular</b>
	\$139	\$149
2 or more registrants**	\$129	\$139

\*Registrations received by September 13, 2006  
 \*\*Per person for 2 or more registering together at the same time.

**Enclosed Fees:**

All fees payable in US funds and drawn from a US bank.

I have enclosed a check or money order payable to NICABM for \$\_\_\_\_\_

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Total Cost: \_\_\_\_\_

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**Register Online and Save \$5**

Give us your P-code when registering online and save \$5 off registration cost.

First name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_ Degree \_\_\_\_\_

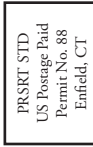
Complete Address \_\_\_\_\_

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

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Profession \_\_\_\_\_ Badge Name \_\_\_\_\_



The National Institute for the Clinical Application of Behavioral Medicine

**Powerful New Interventions for Health and Mental Health Care Practitioners**



**The Strength-Based Approach:**  
*Positive Psychology in Change Work*

with Bill O'Hanlon, MS, LMFT

- Reconnect with forgotten dreams
- Turn unmotivated clients into customers for change
- Apply positive psychology in inner healing

**1-day Workshop:**

**Tuesday, September 26**  
 Minneapolis, MN

**Wednesday, September 27**  
 Milwaukee, WI

**NICABM**  
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**Position Your Practice for the Future**  
 NICABM's programs for health and well-being

**The Psychology of Health, Immunity, and Disease Conference**

On December 4th-10th at Hilton Head, SC, join other professionals like you who thrive on new ideas and innovative solutions. Attend *The Psychology of Health, Immunity and Disease Conference*, one of the most prestigious annual events for practitioners in mind/body medicine.

In a relaxed, ocean front, yet professionally stimulating setting, you'll have within easy reach the most renowned thinkers in mind/body medicine, and you'll discover how such new insights can impact your practice with successful treatment interventions. With Master/Intensive Training Sessions along with 90-minute concurrent workshops, you'll find a Conference designed for you with topics that span advances in psychotherapy, meditation, energy psychology, spirituality and healing, and treatment of trauma, chronic pain, and weight loss.

If you find our 1-day workshop format intriguing, then you'll find our conference sessions with presenters such as Christine Page, MD (Alchemical Healing) and Carl Hammerschlag, MD (Rituals and Ceremonies of Healing) as well as keynotes with Bernie Siegel, MD (Survivor Personality and Age Old Truths) and Caroline Myss, PhD (Mysticism and Healing) just as, if not more, exciting. Valuable, too, will be new implementations for guided imagery with Belleruth Naparstek, LISW and explorations into Imago Relationship Therapy with Harville Hendrix, PhD as well as sessions on adrenal fatigue, a 21<sup>st</sup> century syndrome, and healing techniques to treat PTSD, especially relevant now as more of our nation's war-wounded return home.

Visit us online at [www.nicabm.com/decon06/index/html](http://www.nicabm.com/decon06/index/html) for more details.

**The Certificate Advantage**

This new training program is designed so that participants will receive a complete theoretical foundation in Mind/Body Medicine and gain mastery and confidence in the use of its primary tools. Upon completion, participants will be credentialed as certified in Mind/Body Medicine.

**Online Training**

NICABM is a pioneer in developing fully integrated Online Training that is practical, flexible, and easy to use. All courses, including those in **The Certificate Advantage**, are designed specifically for practitioners who expect a lot from themselves and from their continuing education resources. Join a professional online community from around the world, without leaving home. **New Classes begin in October.**

**About NICABM**

For the past 18 years, NICABM has been at the forefront of providing training in mind/body medicine to health and mental health care professionals. NICABM hosts an international conference, provides three semesters of online training, and holds a variety of 1-day workshops throughout the year.

Visit our website at [www.nicabm.com](http://www.nicabm.com) or contact us directly at (800) 743-2226 for more information regarding these exciting programs.

# Learn from the Best

Add a new dimension to your practice

# Invest in Yourself

Use positive psychology in change work

# Earn CE/CME Credit

Build your skills and confidence

## Workshop Overview

Discover an elegant model to tap into patients' strengths and natural abilities to change, and in so doing, bypass resistance common to traditional therapy models and methods. You will start with basic assumptions and methods in using positive psychology and quickly move on to advanced applications to address special issues.

## You will Learn

- Skillful implementations of Strength-Based approaches for therapeutic success
- How to use metaphoric interventions to create an alliance with the unconscious mind
- A step-by-step approach to masterfully address, depression, fear, interpersonal conflicts, mid-life crises, and life transitions with even your most perplexing and resistant cases

## About the Presenter

**Bill O'Hanlon, MS, LMFT** has authored or co-authored 27 books, the latest being *Thriving Through Crisis* and *A Guide to Inclusive Therapy*. His books have been translated into French, Spanish, Portuguese, Swedish, Finnish, German, Chinese, Bulgarian, Turkish, Korean, Indonesian, Italian, Croatian, Arabic and Japanese. Since 1977, Bill has taught over 1,500 seminars around the world. He has been top-rated presenter at many national conferences and was awarded the "Outstanding Mental Health Educator of the Year" in 2001 by the New England Educational Institute. Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. He is also a clinical member of AAMFT and winner of the 2003 New Mexico AMFT Distinguished Service Award, certified by the National Board of Certified Clinical Hypnotherapists, and a Fellow and Board Member of the American Psychotherapy Association



### Workshop Schedule

8:00.....Registration  
 8:30.....Morning Program  
 11:45.....Lunch (on your own)  
 1:00.....Afternoon Program  
 3:45.....Program Ends

## Dates and Location

**Tuesday, September 26, 2006**  
 The Park at MOA  
 Mall of America  
 Great Lakes Ballroom  
 5000 Center Court  
 Bloomington, MN 55425-5000

(952) 883-8800

**Wednesday, September 27, 2006**  
 Clarion Hotel &  
 Conference Center  
 5311 South Howell Avenue  
 Milwaukee, WI 53207

(414) 481-2400

## Agenda

### A New Way of Thinking

- From Maslow to Seligman: The rise of positive psychology
- Discovering dynamic solution-oriented and strength-based approaches
- How to transform an assessment into successful therapeutic intervention

### The Solution Oriented Approach to Evoke Competence and Hope

- An archaeological dig: uncovering strengths amidst the rubble of problems and pain
- Identifying contexts of competence: five places to search for strengths and solutions
- Why transition rituals can help patients resolve unfinished business
- The remarkable power of hope to maintain balance and connection

### The Possibilities Approach

- The pitfalls of being too positive – acknowledgement/validation tempered with respectful invitations for possibility and change
- Specific steps to introduce future possibilities without minimizing pain or feelings of hopelessness
- Four ways the soul speaks to us with guiding signals
- Follow your Wound: How to channel patient wounds/sufferings into growth, energy, and contribution

### Inclusion: Dissolving Resistance to Change

- How to recognize and resolve the injunctions dominating a patient
- Powerful, resistance-busting antidotes: permission and valuing

### How to Turn Unmotivated Clients into Customers for Change

- How to tap into the six types of motivation for change
- Getting back on track when your wheels seem to be spinning

### Applications of Strength-Based Approaches to Specific Issues

- Trauma, depression, fear, anxiety, and panic
- Non-compliance
- Couples in conflict:
  - How to use video-talk to bypass blame and discouragement
  - Three incisive strategies to challenge invalid, yet strongly believed assumptions
  - Creating compassionate understandings to repair integrity and trust
  - How to instill a context for enduring relationships
- Mid-life crises and life transitions:
  - Parts of self left behind: realization/reflection
  - Reconnecting with forgotten dreams to re-energize life
  - A purpose greater than yourself – Mitzvah Therapy
  - Renewing and renegotiating relationships – balancing responsibilities and freedom

### To Be and Not to Be, That is the Answer

- The inclusive self
- Positive psychology and inner healing
- Seven strength-based steps to dynamic leadership

## Credit Information

### Counselors

NICABM is recognized by the National Board of Certified Counselors to offer continuing education for national certified counselors. We adhere to NBCC Continuing Education Guidelines. This one day workshop qualifies for 6 credit hours. (Provider #5381).

### Marriage & Family Therapists and Social Workers

NICABM courses meet the qualifications for continuing education credit for MFT's and LCSW's as required by the California Board of Behavioral Sciences. (Provider #PCE 237) and the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling. This one day workshop qualifies for 6 credit hours. (Provider # BAP- 391-Exp3/07).

### Nurses

NICABM is approved by the California Board of Registered Nurses. This one day workshop qualifies for 6.6 credit hours. (Provider # CEP 11900).

### Psychologists

NICABM is approved by the American Psychological Association to sponsor continuing education for psychologists. NICABM is responsible for the program and its content. This one day workshop qualifies for 6 hours of continuing education credits for psychologists.

### Physicians

NICABM is accredited by the Accreditation Council for continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. NICABM designates this one day workshop for a maximum of 6 credit hours in category 1 toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

## No-Hassle Cancellation Policy:

Cancellations received at least 48 hours before the start of the workshop are refundable less a \$20.00 administrative charge per registrant. For cancellations received later, a credit certificate will be issued toward a future NICABM program.

### Register Online and Save

Give us your P-code (located above your address label) when registering online and save \$5 off registration cost.

You will receive confirmation of your registration via e-mail

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	Regular	Early	
Single registrant	\$149	\$139	<i>Registrations received by September 13, 2006 Per person for 2 or more registering together at the same time</i>
2 or more registrants	\$139	\$129	

## National Institute for the Clinical Application of Behavioral Medicine

*It's Easy to Register by mail, phone, fax, or online.*

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