



**OPENING MINDS WITH
CLARITY AND RESPECT**

CHANGE HOW YOU VIEW YOUR LIFE

SEE YOUR SITUATION DIFFERENTLY AND CREATE A BETTER,
MORE MEANINGFUL AND WORTHWHILE LIFE

The Healing and Wellness Curriculum Is for Self-Improvement and Career Opportunities

Simple Application Process
With Various Certifications Awarded Based On Competency

Take Recovery, Health, and Wellness to the Next Level

It is now easier than ever to move your life forward, to create a solid foundation for your life that can lead to a meaningful career you will love, where your success builds from your experiences.

- ✓ Now you can start a fresh lifetime of successes.
- ✓ Now the opportunity is available.
- ✓ Now is the time.
- ✓ Contact us to become a sponsor to train mentors or be a host site.
- ✓ Contact us to become a student or receive private mentoring.

Which track is right for you?

➤ **Track 1 – The Usage Series for Self-Improvement**

Change the distress in your life. Experience what students are calling “cutting-edge and fast-track treatment!” Private Mentoring and/or Semester-Based Courses with the addition of between-class follow-up are currently available.

➤ **Track 2 – The Learning Series for Self-Improvement and Career Development**

Become more successful in your life and in the process learn how to help others. The 450-credit Healing and Wellness Curriculum highlights eight core topics and culminates with competency based certification to your new career in Healing and Wellness.

FIRST SEMESTER	SECOND SEMESTER	MENTORING	ADDITIONAL REQUIREMENTS
1. Gateway to Understanding Our Mental Health and Wellbeing	5. Aspiring Towards	9. Private 5-Hour Mentoring	<ul style="list-style-type: none"> • Study and Practice Groups • Private Mentoring (as needed) • Internship with Supervision • Competency Demonstrations • Continuing Education • Ongoing Supervision
2. Psychiatric Recovery, Healing, and Wellness	6. Healing and Wellness	10. Mentoring Modular	
3. Topics for Regaining Our Lives	7. Integrating "Aspire Towards Healing and Wellness" into Our Lives		
4. For When Things Go Wrong	8. Teaching Methods		

For more self-improvement and career information,
or a healing and wellness presentation,
contact us today!

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MOVEMENTTOCHANGE teaches and mentors people in Healing and Wellness!



PROGRAM DETAILS

PROGRAM DESCRIPTIONS - Take Recovery, Health, and Wellness to the next level.

What areas does this program address? After defining trauma and psychiatric recovery, we take healing, health, and wellness to another level. See the following definitions for Healing, Health, and Wellness as we understand them:

Health and Wellness - The science and art of helping people change their lifestyle to move toward a balance of physical, emotional, social, spiritual, occupational and intellectual health where individuals assume responsibility for their ongoing health through a combination of efforts that encourages people to develop healthy habits, while discouraging those habits that may lead to illness, disability or premature death.

Healing and Wellness - Gaining back your hope and belief to be okay while learning how to live a balanced and worthwhile life after having a traumatic experience or any distressing life event. It is an integral part of an effective mental health promotion strategy (*MovementToChange*).

Mental Health Promotion - The efforts we make for ourselves and others to enhance a positive sense of self-esteem, mastery, well-being, and social inclusion while strengthening the abilities to cope with adversity (*based on the 2009 Institute of Medicine Report*).

Mental Health Promotion Strategy - The strategic and sustainable approach to eliminating or minimizing those factors which give rise to distress and loss of well-being, and introducing and maximizing those which create the circumstances in which all can flourish. Mental health promotion is important in the process of recovery from illness or episodes of illness (*Melbourne Charter*).

Which track is right for you?

- **Track 1 – The Usage Series for Self-Improvement**
Change the distress in your life. Experience what students are calling “cutting-edge and fast-track treatment!” Private Mentoring and/or Semester-Based Courses with the addition of between-class follow-up are currently available.
- **Track 2 – The Learning Series for Self-Improvement and Career Development**
Become more successful in your life and in the process learn how to help others. The 450-credit Healing and Wellness Curriculum highlights eight core topics and culminates with competency based certification to your new career in Healing and Wellness.

Simple Application Process

After completing the simple application process, we ensure that the track you have picked is right for you.



DETAILS OF THE OPPORTUNITIES

With new understanding and confidence become better using familiar resources or discover new ones and gain the ability to take your next step.

➤ **TRACK 1 – The Usage Series for Self-Improvement**

Change the distress in your life. Experience what students are calling “cutting-edge and fast-track treatment!” Private Mentoring and/or Semester-Based Courses with the addition of between-class follow-up are currently available.

What are these opportunities?

MovementToChange Healing and Wellness Curriculum takes recovery, health, and wellness to another level by providing the opportunity for people who have experienced distress in their lives (which is all of us) to explore the multiple dimensions contained within “Aspire Towards Healing and Wellness”, integrate it, and become better able to have a balanced and more worthwhile life. Be part of this transformative experience that also provides opportunity to practice what you want to achieve. Experience the reframing of life situations and discovering the essence. Develop new skills and confidence as you discover your resources.

• **TRANSFORMATIVE INSTRUCTION**

Semester-Based Courses with between class follow-up opportunities engage students in new ways to create incredible transformative experiences uniquely designed for each class of students.

✓ Available course are: Gateway to Understanding Our Mental Health and Wellbeing; Psychiatric Recovery, Healing, and Wellness; Topics for Regaining Our Lives; For When Things Go Wrong; Aspiring Towards (‘Wanting to Want’ and Are You Motivated); Healing and Wellness; Integrating “Aspire towards Healing and Wellness” into Our Lives.

• **MENTORING**

✓ **Private 5-Hour Mentoring Session**

Reframe your situation, issue or concern by discovering its essence and discover a better approach. After the initial get-together, the 3-hour session and follow-up is scheduled.

✓ **Private Mentoring Modular**

Identify your unique objectives and have the opportunity to learn about it and practice what you really want to achieve.



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DETAILS OF THE CURRICULUM

Your success is guaranteed! All you have to do is complete the requirements and you are guaranteed a healing and wellness certification.

➤ **TRACK 2 – The Learning Series for Self-Improvement and Career Development**

Become more successful in your life and in the process learn how to help others. This is where you get your competency based certification to your new career in Healing and Wellness. The Healing and Wellness Curriculum includes eight core topics, private mentoring session and a mentoring modular (totally 450 classroom credits) with additional requirements. Based on personal need and course availability the program can be completed in one year or longer. Individual courses can also be available as a one-week intensive or other format.

What does this program provide?

MovementToChange Healing and Wellness Curriculum takes recovery, health, and wellness to another level by providing the opportunity for people who have experienced distress in their lives (which is all of us) to explore the multiple dimensions contained within “Aspire Towards Healing and Wellness”, integrate it, and become better able to have a balanced and more worthwhile life. Be part of this transformative experience that provides opportunity to practice what you want to achieve and help others do the same. Experience the reframing of life situations and discovering the essence. Become better able to use resources that you are already familiar with, discover new resources as you develop new skills, and help others do the same. After requirements are met, various certifications are awarded according to demonstrated competency.

• **FIRST SEMESTER**

Four courses cover the basic transformative instruction.

They are: Gateway to Understanding Our Mental Health and Wellbeing; Psychiatric Recovery, Healing, and Wellness; Topics for Regaining Our Lives; and For When Things Go Wrong.

• **SECOND SEMESTER**

Four courses delve deeper into the transformative instruction.

They are: Aspiring Towards (‘Wanting to Want’ and Are You Motivated); Healing and Wellness; Integrating “Aspire towards Healing and Wellness” into Our Lives; and Teaching Methods.

• **MENTORING**

Two different types of mentoring sessions help you gain a new perspective to your personal life situation and experience what you want to achieve. These requirements are fulfilled either in the first or second semester according to availability and dependent upon a student’s needs.

They are: Private 5-Hour Mentoring Session and Mentoring Modular.

• **ADDITIONAL REQUIREMENTS**

They are: Study and Practice Groups; Private Mentoring (as needed); Internship with Supervision; Competency Demonstrations. Continuing Education and Ongoing Supervision is needed in order to maintain your certification.

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COURSE DESCRIPTIONS

It is because of the adversities and suffering we've been through, not despite them, that we have learned to experience them as something positive and beneficial. We have the desire for positive interactions; relationships where we share our lives and grow our love through giving to others. (Scholle, Eva F., *Aspire towards Healing and Wellness I*, MovementToChange, 2013, p.11)

1. Gateway to Understanding Our Mental Health and Wellbeing

This introductory series provides a unique educational process to grow and integrate new concepts. We take two weeks each to explore eight questions that will facilitate the use of new perceptions embodying hope and the pursuit of good. This is a journey that uses language as a key to insight and clarity with an approach that includes demystifying words. Each topic takes you through guided questions and discussions which stimulate change and ends with moving results. We invite you to join us to open your mind. Topics: Empowerment, Psychiatric Recovery, Self-Reflection, Motivation, Healing and Wellness, Struggling With Traumatic Experiences, Finding Your Questions, and Wellness for the Extreme Moments of Living.

2. Psychiatric Recovery, Healing, and Wellness

Sometimes we are more fortunate, not always thinking in terms of pain and life's challenges. Different times we battle for our lives. We desire healing from the pains we experience and resolution from our struggles. We desire to be able to live our lives better. Those of us who struggle the most and are overwhelmed with the extremes of what life offers often become outsiders. We feel alone and misunderstood without hope and direction. We seek help but are confounded by the complications imposed upon us with the prospect of help. How do we unravel this dilemma? In order to fully engage in the discovery of healing and wellness, we start by demystifying the term "recovery" in order to rediscover our power to become whole. This course is designed to change our perspective on psychiatric recovery so we can really begin to understand more about healing and wellness.

3. Topics for Regaining Our Lives

Each week we address a different pertinent topic from the "Dialogue Your Way to Understanding" Series. As we explore topics we start reframing the questions and use empowering definitions which guide us for a proactive approach. See how quickly our lives can change with new and refreshing perspectives on old problems. Topics: 'Mental Health', 'Mental Illness', 'Symptoms', Hurting, Reframing, Healing, Wellness, 'Recovery', Well-Being, Safe to Trust, Kindness, Needs, Suffering, Wanting, and Learning.

4. For When Things Go Wrong

"When I started the course I felt stuck. But as I learned the components and aspects of a situation, how they are applicable to helping me in my life and what I want to accomplish, I learned more than saying 'I can' and 'I want to do it' because I learned what to do to get unstuck and how to get passed being stuck. Now I feel I can accomplish what I need to accomplish and know what to do when it gets difficult for me. I discovered different strategies in coping with my life's foibles and the results have been that my confidence has improved."

"In this course, I learned about pre-advance directives, its value and how to do it. We started by seeing that things go wrong and how to connect them. We learned six steps for when things go wrong, how they work both together and separately, and the pivotal concepts 'how I see myself and others'. Delving

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into the metaphor of ‘the car in the ditch’ really helped me change my approach and shift my perspective. Throughout, we learned the charts, the steps, and how they apply. Personally, I surprised myself on how much I could concentrate and learn new stuff. I learned steps that really work for me, ways for me to get unstuck, and how to get out of bed in the morning.”

5. Aspiring Towards – ‘Wanting to Want’ or Are You Motivated

Without an understanding of aspiring towards something and how to help yourself when you are challenged, it becomes quite difficult to proceed with whatever it is you want to obtain, whether it is healing, wellness or something else. One needs to be able to get to that place where one is ready, or almost ready. We believe you can get to that certain place, where it becomes okay for you to proceed in a new or different way, and break your status quo, to become better. This course will move you along the road past the many stumbling blocks of motivation to gain the ability of ‘wanting to want’ or ‘aspiring towards’. Then one can proceed with other resources which are part of this series. The textbook for this course uses a structured-learning approach and was developed from first-person experiences coupled with the knowledge that helps us gain the courage and practice the skills we need so we are better able to move forward in our lives.

6. Healing and Wellness

This course explores the multiple dimensions contained within and derived from the ‘Aspire towards Healing and Wellness’ model.

7. Integrating “Aspire Towards Healing and Wellness” into Our Lives

This course delves deeper into and helps us apply the concepts we have learned.

8. Teaching Methods

In this course we learn the skills of a Healing and Wellness Mentor and bettering our ability to share our lives through giving to others.

9. Private 5-Hour Mentoring Session

This transformative experience reframes your life situation by helping you to discover its essence. After the initial get-together, the 3-hour session and follow-up is scheduled.

10. Mentoring Modular

This transformative experience together identifies the objectives then provides the opportunity to learn about and practice what you want to achieve.