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## Stress and Health: Teaching Relaxation to Clients

Presented by Melinda M. Bailey, PhD

October 7, 2009  
Lowell Center, 610 Langdon Street  
UW-Madison Campus

## Exploring the Energy Dimension

Presented by Beverly Crane, PhD

October 10, 2009  
Pyle Center, 702 Langdon Street  
UW-Madison Campus

## The Language of the Soul: Process

Presented by Beverly Crane, PhD

November 14, 2009  
Pyle Center, 702 Langdon Street  
UW-Madison Campus

Sponsored by:  
Professional Development and Applied Studies  
[www.dcs.wisc.edu/pda/mental-health](http://www.dcs.wisc.edu/pda/mental-health)

## Stress and Health: Teaching Relaxation to Clients

Presented by Melinda M. Bailey, PhD  
Wednesday, October 7, 2009; 9 am–4 pm  
(6 hours of continuing education); Fee: \$125

Workshop goals: understand the causes and harmful effects of stress, practice relaxation techniques, and design stress-reduction plans for a variety of clients in brief and longer-term therapy.

Many people can enhance their lives by making changes that reduce tension and pressure and increase a sense of well-being. Excess stress may manifest in moodiness, irritability, tiredness, dysfunctional behavior, and a poor relationship with oneself or others. It can influence the expression of physical illness, increase the experience of pain, and exacerbate the ordinary hurts of everyday living.

In this hands-on workshop for health and mental health providers, you learn about and practice basic components of relaxation for use with a variety of clients and client-problems, whether in brief interventions or longer-term therapy. The program includes lecture, demonstration, and experiential exercises. Gain an understanding of how the body reacts to stress, the nature of acute and chronic stress, and strategies that promote healthy habits in living (eating, sleeping, working, playing, interacting with family and friends, problem solving, and time management). Also discover and practice easy ways to de-stress, including sensory awareness, breathing, progressive relaxation, meditation, self-hypnosis, visualization, refuting self-defeating beliefs, assertiveness, humor, solitude, touch, voice, music, and play. We identify our clients' ways of de-stressing and discuss how to address obstacles and increase motivation to change; and we discuss designing stress-reduction plans for clients.

### Program Outline:

- I. Introduction
- II. Relaxation exercise
- III. Stress—what it is and is not
- IV. Elements of stress reduction
- V. 1,001 ways to de-stress: coping strategies and behavioral interventions

### Audience:

This one-day program is designed for health, mental health, and human services providers, including social workers, psychologists, therapists, counselors, and others who work with adults challenged by stress; or individuals simply wanting to establish and maintain healthy habits.

## Exploring the Energy Dimension

Presented by Beverly Crane, PhD  
Saturday, October 10, 2009; 9 am–4 pm  
(6 hours of continuing education); Fee: \$125

Workshop goals: explore the incredible realm of energy and learn how we can use this knowledge to make our lives more manageable, interesting, and joyful.

The human energy field is an aspect of each of us that affects everything we do. Although it has long been considered an actual physical fact in Eastern culture, most people in the Western world are just beginning to notice this subtle dimension of reality.

This workshop examines a growing body of scientific studies that shed light on this elusive subject and teaches the practical application of this knowledge through various modalities and exercises. Using many different techniques, learn to see, feel, and manage your own personal energy. Learn the art of centering and grounding, which increases our sensitivity to energy and allows us to enter the energy dimension itself. Also learn how to stay neutral in the presence of negative energy and how to transform hostile energy into something more harmonious. As we learn how to manage our own energy in relation to that around us, we can begin understanding how to make the shifts necessary to bring more love, joy, and creativity into our lives.

### Audience:

This workshop benefits anyone who would like to better understand and use the incredible realm of energy—and share this information with clients—to make our lives more manageable, interesting, and joyful.

"I liked practicing the actual methods"

—Lori Pulkrabek, CICSW,  
Family Achievement Clinic, Madison, WI

"I liked all of the practicing of the different de-stressing techniques and the introduction to some techniques I've never heard of before."

—Christie Ducklow, Oconomowoc Developmental  
Training Center, Oconomowoc, WI

"The hands-on activities were fun, and helpful in retaining learning"

—Cheryl Saltzman

"I loved it, it was fun and informative. It brings a new focus to my work on self."

—Zelda A. Reighard, CCSC

## The Language of the Soul: Process

Presented by Beverly Crane, PhD  
Saturday November 14, 2009; 9 am-4 pm  
(6 hours continuing education); Fee: \$125

Workshop goals: to benefit anyone who would like to develop a connection with their own soul; and provide the tools to help clients find meaning and spiritual connection while providing guidance that allows them to participate more fully in their own healing.

While the concept of "soul" is one with which we are all familiar, its traditional meaning has undergone some interesting changes in the last few years. These changes identify the soul as a dynamic entity that is real, ever present, and constantly trying to communicate with us. The language of the soul has always existed right in front of our eyes and under our noses, yet we never notice because we have never been taught to notice. Schools teach material facts and linear thinking. Soul communication is energetic and metaphoric.

This workshop will focus on the process of soul communication, that is, the energetic aspects of soul language. We will explore the history of the concept of soul and the many reasons why soul communication is often unnoticed or ignored. Using various techniques such as guided imagery, movement, and storytelling, we will begin to learn the specific skills that will allow us to view our lives from a soul perspective as well as prepare us for successful soul interaction. Discovering the ability to communicate with your soul gives you access to a best friend, a constant source of unconditional love and universal energy as well as infinite wisdom and individual guidance. When we learn how to work with our souls instead of at cross-purposes, our lives can flow with much greater harmony, joy, and purpose.

This workshop is the first of two on this theme. The second, Language of the Soul: Content will be given in the spring. While it is helpful to take Process first, it is not necessary to take them in order.

### Audience:

This workshop will benefit anyone who would like to develop a connection with their own soul. For the professional this workshop will provide tools to help clients find meaning and spiritual connection while providing guidance that allows them to participate more fully in their own healing.

## About the Instructors



Melinda M. Bailey (PhD in clinical psychology, Indiana University) is a licensed psychologist and a highly-regarded presenter and teacher. She is in private practice in Madison and has used hypnosis, the language of trance, and stories in her clinical practice for more than 20 years. Previously she provided and

coordinated the psychological services at Beloit College and Group Health Cooperative.



Beverly Crane (PhD in humanities with subspecialties in psychology and anthropology) has trained in Jungian, cognitive, and social psychology, with postgraduate work in ethnopsychiatry and psychosynthesis. She is also a nondenominational ordained minister with a counseling concentration. A

life-threatening illness redirected her life toward exploring the relationship among psychology, spirituality, and healing, which led eventually to the development of Transformational Expansion, a client-oriented approach to personal and spiritual growth.

### For more information

Contact Kristi Obmascher, phone 608-262-8971, e-mail [kobmascher@dcs.wisc.edu](mailto:kobmascher@dcs.wisc.edu); visit us at [www.dcs.wisc.edu/pda](http://www.dcs.wisc.edu/pda) on the Web; or call our toll-free number, 800-442-4617.

## General Information

Locations: Stress and Health will be held at Lowell Center, 610 Langdon St., Madison. Exploring the Energy Dimension and The Language of the Soul will be held at the Pyle Center, 702 Langdon St, Madison. The building is wheelchair accessible.

Schedule: Registration—8:30-9 am. Workshops: 9 am-4 pm.

Fee: \$125 per workshop, which covers instruction, materials, refreshment breaks, CEU, and a nonrefundable administrative fee of \$20. Lunch is on your own.

Enrollment is limited: Please register as early as possible to ensure your place in the program and to help us accommodate you.

Program Information: Kristi Obmascher, phone 608-262-8971, e-mail [kobmascher@dcs.wisc.edu](mailto:kobmascher@dcs.wisc.edu); [www.dcs.wisc.edu/pda](http://www.dcs.wisc.edu/pda) on the Web; toll-free phone 800-442-4617.

Accommodations: Please make your own travel/lodging arrangements. We'll send accommodations and parking information with your registration confirmation. You can also check [www.dcs.wisc.edu/pda/geninfo.htm](http://www.dcs.wisc.edu/pda/geninfo.htm) on the Web.

Cancellation policy: If you are not able to attend the program, you are welcome to send a substitute. If you must cancel and do so at least three business days before the program, you'll receive a full refund minus the \$20 administrative fee. If you cancel later than that or do not attend, you are responsible for the entire fee. Program cancellations: In the event of bad weather or other emergencies, call 608-263-4432 or visit [www.dcs.wisc.edu](http://www.dcs.wisc.edu) to learn whether a Continuing Studies program or class has been cancelled.

Approved Credits: Credits awarded upon completion of each workshop. Each workshop includes six hours of continuing education (0.6 CEU).

Social Workers: UW-Madison, Professional Development and Applied Studies (provider #1042), is approved as a provider of social work continuing education by the Association of Social Work Boards (ASWB) through the Approved Continuing Education (ACE) program. PDAS maintains responsibility for the program. Wisconsin, Iowa and Minnesota Boards of Social Work recognize ACE programs. MN Board of Social Work CE Approval Number: 06-138. IL Registered Social Worker Continuing Education Sponsor #159.000243.

Counselors: PDAS is recognized by the National Board for Certified Counselors to offer continuing education for National Certified Counselors. PDAS adheres to NBCC continuing education guidelines. (provider # 5990).

Wisconsin Psychologists, and marriage and family therapists: qualifies as an accredited university continuing education course relevant to professional practice.

Wisconsin Substance Abuse Counselors: qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

Educators: this program may qualify towards your Professional Development Plans (PDPs).

Other professions: completion of each program qualifies for 6 continuing education hours. Contact your own board or organization for specific continuing education requirements.

## Registration Form

Please register me for:

Stress and Health Wednesday, October 7, \$125	Prog. #8702
Exploring the Energy Dimension Saturday, October 10, \$125	Prog. #8703
The Language of the Soul Saturday, November 14, \$125	Prog. #8704

Enter 3-digit code from mail panel: UW# W55

Name \_\_\_\_\_

Organization \_\_\_\_\_

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Phone ( \_\_\_\_\_ ) \_\_\_\_\_

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Information used to contact you about your registration and for future marketing

Enclosed is my check/money order, payable to UW-Madison.

Please charge to the following account:

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Clip and mail to: UW-Extension Registrations, Pyle Center  
Dept. 102, 702 Langdon Street  
Madison, WI 53706-1487

Call: 608-262-7942 (TDD 608-265-2370)

Or fax: 608-265-3163 or toll-free 800-741-7416  
Phone or fax registrations must include payments by credit card or purchase order.

Online: [www.dcs.wisc.edu/pda/registration](http://www.dcs.wisc.edu/pda/registration)

Voluntary information collected to enhance UW programming. Check all that apply.

	Female	Male	Birthdate: Month	Day	Year		
Heritage:		African American		1		Hispanic/Latino	4
		Asian/Pacific Islander		2		White/Other	5
		American Indian/Alaskan Native		3			
Occupational Area:		Educational Services		2		Public Administration. (govt.)	8
		Engineer, Architect, Surveying		3		Retail Trade	9
		Finance, Insurance, Real Estate		4		Social, Recreat., Religious	10
		Health Services (phy/mental)		5		Transport., Comm., Utilities	11
		Manufacturing		6		Wholesale Trade	12
		Protect. Svcs. (police, guards, corr.)		7		Other	13

Are you enrolled in this program primarily for career purposes? Yes No

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