



Whole Person Growth Facility

CATALOGUE OF OFFERINGS *FOR THE PUBLIC*



You are Special!

*Do you want to **GROW**, so as to unleash your wellness promotion potential?*

Then you need our

FAST-TRACK EMPOWERMENT WORKSHOPS & SMALL GROUP EXPERIENCES

INVITING:

CLIENTS RECEIVING PROFESSIONAL HELP AND THEIR RELATIVES

Learn how to achieve

WELLNESS AND "RELATIONSHIP ENRICHMENT" FOR QUALITY LIVING

Dr. E Anthony Allen, MDiv, MRC Psych

Psychiatrist, Whole Person Health Consultant

Lita D. Allen MA (Ed)

Life Management Coach, Counsellor

Email: dreanthonyallen.com

Website: www.dreanthonyallen.com

Tel: 702-2898

INITIAL FEEDBACK FORM

- We are interested in a workshop
- Client Relative Support organization

NAME:
 ADDRESS:
 TELEPHONE#: W.....H.....
 C.....
 EMAIL ADDRESS:

PREFERRED DAY AND TIME:
 Tick which days and time slots are convenient to you

WORKSHOP

- Saturdays 9:00am to 4:00pm
 Saturdays 9:00am to 12 Noon
 Saturdays 2:00pm to 5pm

SMALLGROUP

- Thursdays 5pm to 8pm

I wish to enlist for one of the following workshop or small group areas. (In column **A** place a number beside 3 preferred topic areas, in order of preference. In column **B** indicate if you prefer a workshop (W) or small group (G) for each choice).

BE WELL: PROMOTE YOUR RECOVERY FOR WELLNESS AND QUALITY LIVING

A B

- | — | — | Overcoming Depression |
|---|---|---|
| — | — | Overcoming Stress, Fears and Anxieties |
| — | — | Skills for Life Coping: ∞domestic∞ study
∞ relating ∞healthy living ∞ finances |
| — | — | Surviving Personal Crises and Traumas |
| — | — | Overcoming Grief, Loss and Despair |
| — | — | Handling Workplace Burnout |
| — | — | Making the best of Retirement and Ageing |
| — | — | Overcoming Creatively with ADHD*
∞ inattention
∞ distractibility
∞ Disorganization
∞ impulsiveness
∞ achieving one's potential |
| — | — | Coping Well with one's Chemical imbalance:
Bipolar Disorder, |

A B

- | — | — | Coping Well with one's Chemical imbalance:
Schizophrenia |
|----|----|---|
| -- | -- | Living with Alzheimer's Disease |

“RELATE WELL”: SEEK RELATIONSHIP SKILLS, HEALTH AND HEALING

A B

- | — | — | Living More Effectively with Self and Others: |
|-----|-----|---|
| — | — | How to Overcome Difficulties in Personality
and relating |
| — | — | Managing Male-female Relationships |
| — | — | Managing Marital Problems |
| — | — | Coping with Difficult Family Relationships |
| — | — | “Tough love” Parenting |
| — | --- | Overcoming Codependency and Past Abuse:
From “Victim” to “Victor” |
| --- | --- | Seeking freedom from Domestic Abuse |
| — | — | Controlling Addictive Behaviours such as
∞ sexual addiction ∞ gambling ∞ habitual
overeating ∞ drinking ∞ drug addiction
∞ overworking |
| — | — | Managing Anger Effectively |

Our aim is to provide:

WHOLE PERSON

GROWTH TO ACHIEVE:

RENEWAL OF SELF;

OVERCOMING CIRCUMSTANCES; AND

WELLNESS OR “BEST QUALITY OF LIFE”.

As a client do you want to:

1. **reduce the lack of knowledge, fear, anxiety and isolation** surrounding your psychological condition or relationship difficulties?
2. **prevent unnecessary pain** in your body, mind and spirit ?
3. learn to **avoid the pain of difficult relationships?**
4. be better prepared to *overcome* **any trauma and challenges of the stage of life** that you face?
5. **develop new coping mechanisms, for behaviour change** in challenging areas of your life.

As a relative or other support person, do you need assistance for how to help and for better self-care?

THEN YOU WILL NEED OUR WORKSHOPS OR OUR SMALL GROUPS.

These are highly interactive, providing learning through sharing and structured experiences. The group provides for knowledge, skills building and support. There will be a solution-focused approach to various life growth tasks, learning issues and challenges. We observe strict confidentiality.

PSYCHO-EDUCATIONAL WORKSHOPS

We facilitate half day (3 hours); or one day (6 hours) workshops. These are for introductory purposes relating to the above objectives. **Workshops can be arranged by our agency at our specified location. Also institutions can invite us to conduct workshops in-house for their staff and members.**

SMALL GROUP PSYCHOEDUCATIONAL GROUP EXPERIENCE

Groups will consist of 8-12 persons. They will meet for 1 ½ -2hours each week for 6 sessions.

- a) The purpose of this is to *go further than workshops* in terms of engendering:
- b) more in depth knowledge and awareness.
- c) helping you build and grow skills for coping with various aspects of life and for handling your special challenges.

Who are invited?

- a) Clients of **Dr. Allen** and their relatives/ caregivers
- b) Clients are caregivers referred by **other psychiatrist or psychological therapists**
- c) Clients from **support organizations**

WHAT ISSUES CAN BE DEALT WITH?

For respective groups these include:

I. BE WELL:

PROMOTE YOUR RECOVERY FOR WELLNESS AND QUALITY LIVING

- Overcoming **Depression**
- Overcoming **Stress, Fears and Anxieties**
- **Skills for Life Coping:** ∞domestic∞ study ∞ relating ∞healthy living ∞ finances
- Surviving Personal **Crises and Traumas**
- Overcoming **Grief, Loss and Despair**
- Handling **Workplace Burnout**
- Making the best of **Retirement and Ageing**
- Overcoming Creatively with **ADHD*** ∞inattention ∞ distractibility ∞ disorganization ∞ impulsiveness ∞ achieving one's potential
- Coping Well with one's **Chemical Imbalance: Bipolar Disorder**
- Coping Well with one's **Chemical Imbalance: Schizophrenia.**
- Living with **Alzheimer's Disease**

II. "RELATE WELL":

SEEK RELATIONSHIP SKILLS, HEALTH AND HEALING

- Living More Effectively with Self and Others: How to Overcome Difficulties in **Personality and Relating** ∞ self esteem challenges ∞ negative thinking ∞ difficult relationships ∞ loneliness ∞ emotional over-dependency ∞ conflict management ∞ perfectionism ∞ managing emotions etc.
- Managing **Male-female Relationships**
- Managing **Marital Problems**
- Coping with Difficult **Family Relationships**
- "Tough love" **Parenting**
- Overcoming **Codependency and Past Abuse:** From "Victim" to "Victor" surviving ∞verbal ∞ emotional ∞ physical ∞ sexual abuse etc. Avoiding codependent behaviour.
- Seeking freedom from **Domestic Abuse**
- Controlling **Addictive Behaviours** such as ∞ sexual addiction ∞ gambling ∞ habitual overeating ∞ drinking ∞ drug addiction ∞ overworking
- Managing **Anger** Effectively

* Clients and relatives can attend mixed workshops *Relatives will need their loved one's consent*.

*Groups will be *arranged separately* for clients and relatives.

WHAT ELSE DO I NEED TO KNOW?

SIZE -

WORKSHOPS: Twenty persons (ideal), Twelve persons (minimum)

Groups: Eight-twelve persons (groups)

COST: includes Presentation

Room and equipment

Refreshments

All persons wishing to participate will need to contribute an arranged fee.

LOCATION: **Whole Person Growth Facility**

8 Durham Avenue, Kingston 6

We have a comfortable air-conditioned meeting area with WIFI provided

Institutional, in-house or other locations can be specially arranged

TIME: arranged according to preferences or enlistment form

WHO WILL FACILITATE THE WORKSHOPS?

Dr. E. Anthony Allen is a Consultant Psychiatrist in private practice & Consultant in Whole Person Health. He was a part-time lecturer in the Department of Community Health and Psychiatry, University of the West Indies (UWI), Mona. There he pioneered the teaching of psychotherapy.

He utilizes a whole person approach for patient care. *As a consultant in Church-based Wholistic Health Ministries*, Dr. Allen has pioneered community-based Whole Person Healing Ministries in local congregations at home and abroad. He has authored several articles, book chapters and the books *Caring for the Whole Person* and *Simple Steps to Wellness*.

Mrs. Lita Allen is qualified and experienced in the areas of counselling, social work, human development and management training. She holds a Masters Degree in Education, with specialist training in Guidance and Counselling, a Certificate in Social Work, as well as postgraduate diplomas in Education and Management Studies. Mrs. Allen taught for 14 years at the University of the West Indies, first, in the School of Education and then in the Social Work Unit of the Department of Sociology, Psychology and Social Work. Currently she is a counsellor and life management coach in private practice. She is a consultant, trainer and manual writer associated with *UWI Consulting Ltd.*, UWI, Mona and was the primary host for the radio programme *Finding Your Real Power* on Newstalk 93FM.

Other expert associates will be involved as necessary.

The group is one of the most powerful means of change.

It is the basis of almost every sustainable productive human activity.

Persons identifying and helping one another with common concerns provide a synergy of power for learning and growth experienced nowhere else”.

IF YOU ARE INTERESTED:

Tear off and return the return the INITIAL FEEDBACK FORM.

Call:

Mrs. P. V Urquhart

Phone: 702-2898 (Office)

Email: dreanthonyalien@gmail.com

FOR FURTHER INFORMATION;

Whole Person growth Facility

- **Through whole person Development, we facilitate emotional overcoming, well living, relationship enrichment and productivity.**
- **We provide: Client services, Education, Empowerment Workshops and Group Experiences.**
- **We assist Individuals, family, workplaces, churches, other institutions and communities.**

LOCATION

Whole Person Growth Facility

8 Durham Avenue, Kingston 6

In-house or other locations can be specially arranged

FEES

All interested persons who wish to participate will need to contribute an arranged fee.

FURTHER INFORMATION

Please indicate your interest or seek further information as necessary.

Contact:

Mrs. P. V Urquhart

Phone: 702-2898 (Office)

CONTACT US!

LET US LEARN TOGETHER TO MAKE A DIFFERENCE!