

Whole Person Growth Facility



CURRENT OFFERINGS

*You are Special
Do you want to GROW,
so as to unleash your
POTENTIAL?*

*Then you need our
FAST-TRACK EMPOWERMENT WORKSHOPS
& SMALL GROUP EXPERIENCES*

INVITING:

ALL INDIVIDUALS, PROFESSIONALS, INSTITUTIONS & COMMUNITY ORGANIZATIONS



Learn how to achieve

WELLNESS AND RELATIONSHIP ENRICHMENT FOR QUALITY & SUCCESSFUL LIVING

Dr. E Anthony Allen, MDiv, MRC Psych
Psychiatrist,
Whole Person Health Consultant

Lita D. Allen MA (Ed)
Life Management Coach,
Counsellor

DO YOU WANT WHOLE PERSON GROWTH TO ACHIEVE

RENEWAL OF SELF
OVERCOMING CIRCUMSTANCES; AND
WELLNESS OR "BEST QUALITY OF LIFE"?

Our workshops and small group experiences are highly interactive. They provide for experiential learning, knowledge and skills building through group sharing, reflection and support. They adopt a solutions-focused approach to various life-growth tasks, issues and challenges.

WORKSHOPS

We facilitate half-day (4 hours); one-day (6 hours); or two-day (12 hours) workshops for 12 – 20 persons. Larger numbers can be accommodated by special arrangement.

TOPICS: MAIN CURRENT OFFERINGS

LIVE WELL! FOR THE PUBLIC

- Effective self-help for Whole Person **Health** and **Wellness**: living longer, living better
- **How to De-stress** and **manage your emotions** for Wellness
- Making the Best of **Retirement and Aging**: Healthy, Creative and Fulfilled
- **Building Resiliency** to Overcome Stress, Trauma and Transition

RELATE WELL! FOR THE PUBLIC

- How to **Relate and Communicate** effectively — in life, work, friendship, love and family
- Managing **Male-Female Relationships** Well
- Making your **marriage** work
- How to develop a **harmonious family life**
- "Tough Love" **Parenting**

SERVE WELL! FOR CARING PROFESSIONALS

- Enrich your **Counselling Competencies**: Strategies and Skills
- How to **Integrate Whole Person Lifestyles** in your Client Care through **Motivational Interviewing**
- The **Healthy Workplace**: Enabling Wellness and Growth
- The **Healing Congregation**: Developing Faith-based Whole Person Healthcare

Based on your specific request, we can custom-design whole person empowerment workshops with topics for your other particular needs.

SMALL GROUP EXPERIENCES

We can facilitate small group experiences related to overall personal growth and development based on specific requests or on identified needs. Strict confidentiality is observed. Small groups of 8 – 12 persons would meet for 1½ -2 hours each week for 6 to 8 sessions. You can benefit from one or more of the following group experiences:

- A **growth group** is for **building your personal capacity** and **enhancing your whole health and development** —in your areas of choice. Topics are treated more intensively than at workshops. Even if you have very few challenges, you will benefit!
- **Expert Group Supervision** in Counselling and Psychotherapy is for related professionals. You will experience **guidance and support** in best practices for the best interest of your patients or clients. The methodology involves collaborative case reviews, synergistic sharing and synthesis. Every therapist needs a supervisor.

Individual supervision with Dr. Allen is available on special request.
(Details in a separate brochure)

“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.”

WHO ARE INVITED TO THESE WORKSHOPS & SMALL GROUP EXPERIENCES?

- ALL INDIVIDUALS FROM THE PUBLIC!
- CARING PROFESSIONALS such as: Physicians, Nurses, Psychologists, Counsellors, Social Workers, Clergy, Human Relationship Development Managers and other professionals relating to physical, mental, spiritual and socio-economic health care

1. You can **bring together your friends, associates, peers or the public** and invite us.
2. Your **organization** can sponsor staff members to our locations or invite us in-house,
3. There will be **special advertisements** from time to time.

Don't wait for these. Take the initiative!

- CONSULT TOGETHER • CHOOSE • CALL US

(We also provide **psychoeducational workshops** and **groups** as well as **counselling/therapy groups**. These are to help clients with special emotional or psychiatric challenges, and their relatives build knowledge, coping strategies and resiliency for overcoming the odds and moving forward with their lives. Information is supplied in a special brochure)

WHO WILL BE THE FACILITATORS



Dr. E. Anthony Allen is a Consultant Psychiatrist in private practice & Consultant in Whole Person Health. He was a part-time lecturer in psychotherapy (1974 -1999) in the Department of Community Health and Psychiatry, University of the West Indies (UWI), Mona. Dr. Allen's forty plus years of work has included experience as an educator, trainer, private practitioner and consultant in the field of counselling and psychotherapy. He utilizes a whole person approach in his practice and has authored several articles, book chapters and books including *Caring for the Whole Person* and *Simple Steps to Wellness*. Dr. Allen's work has taken him to 21 countries where he has fulfilled various speaking and other assignments. INDIVIDUAL SUPERVISION WITH DR. ALLEN IS AVAILABLE ON SPECIAL REQUEST



Mrs. Lita Allen is a counsellor and life management coach in private practice. She is qualified and experienced in the areas of education, counselling, social work, human development and management training for over forty years. She holds a Masters Degree in Education, with specialist training in Guidance and Counselling, a Certificate in Social Work, a BA degree, 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. 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.

LOCATION

Whole Person Growth Facility

8 Durham Avenue,
Kingston 6
Jamaica.

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

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Website: www.wholepersongrowthfacility.com
www.faithandhealth.wordpress.com

CONTACT US!

LET US LEARN TOGETHER TO MAKE A DIFFERENCE!

Whole Person Growth Facility

- ***We facilitate emotional overcoming, well living, relationship enrichment and productivity through Whole Person Development!
Through: Client services, Education, Empowerment Workshops and Group Experiences***
- ***We assist Individuals, families, workplaces, churches, other institutions and communities.***