



Whole Person Growth Facility

CATALOGUE OF OFFERINGS
FOR CARING PROFESSIONALS



You are Special!

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

Then you need our

WHOLE PERSON SERVICE-DELIVERY

FAST-TRACK EMPOWERMENT

WORKSHOPS

For

PROFESSIONALS

EMPOWERMENT WORKSHOPS

Learn how to facilitate:

- *Wellness*
- *Emotional Enrichment and*
- *Team Competence for Quality Living*

Dr. E Anthony Allen, MDiv, MRC Psych

Psychiatrist, Whole Person Health Consultant

Lita D. Allen MA (Ed)

Life Management Coach, Counsellor

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Workshops for Caring Professionals in “caring for the Whole Person” in: Practice, Institutions and Community Settings

Do you wish to grow your skills and procedures to:

- **integrate** Whole Person awareness and lifestyles for the wellness of your clients and communities?
- **enrich** your counselling and psychotherapy?
- better initiate or **enhance your institution’s capacity** for promoting Whole Person Wellness or human care?

Our workshops will do just this for you. They are highly interactive and provide for experiential learning, knowledge and skills building, group sharing, reflection, and support. They adopt a solutions-focused approach to various service-growth tasks, issues and challenges.

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

Who are invited to these Workshops?

- For Physicians, Nurses, Psychologists, Counsellors, Social Workers, Clergy, Human Relationship Development Managers and other professionals relating to physical, mental, and spiritual and socio-economic health care.
- All Individuals!
 1. You can **bring together your associates or peers**.
 2. Your **organization** can sponsor persons or invite us in house,
 3. There will be **special advertisements** from time to time. *Don’t wait for these. Take the initiative!*
- Workshops can be located at **our agency**, or at **specified locations**. Institutions can also invite us to conduct these workshops **in - house** on their behalf for their staff and members.

● CONSULT TOGETHER ● CHOOSE ● CALL US

BE THE FACILITATORS!

WORKSHOPS

I. INTEGRATING WHOLE PERSON LIFESTYLES FOR WELLNESS IN CLIENT CARE

- **Integrating Whole Person Lifestyles** for Wellness in Client Care
- **Motivational interviewing** for self directed lifestyle change
- How to aid the **Integration of Spirituality** in Client Care

II. ACHIEVE ENRICHMENT IN COUNSELLING AND PSYCHOTHERAPY

- **Techniques and Skills** in Counselling
- Enriching **Communication Skills** and **Intervention Strategies** in the Clinical Situation
- Strategies in Counselling **the Depressed Patient**
- **Trauma Counselling**
- **How to approach Psychotherapy:** Understanding, Learning, Doing and Being supervised.
- **Working with groups:** Introductory approaches and skills

Based on the specific requests of organizations, we can custom-design workshops related to special needs other than the topics indicated.

(Details in a separate brochure)

INDIVIDUAL SUPERVISION WITH DR. ALLEN IS AVAILABLE ON SPECIAL REQUEST.

III. LEADING INSTITUTIONAL DEVELOPEMENT FOR WHOLE PERSON GROWTH AND WELLNESS

(FOR CHURCHES, NGOS, WORKPLACES & ORGANISATIONS)

- **The Healthy Workplace:** Enabling Wellness and Growth
- **Developing the Model of Whole Person Healthcare** in Physical Health and Mental Health Institutions
- **The Healing Congregation:** Developing Faith-based Whole Person Healthcare
- The Healing **Congregation in Mental Health Care**
- **Empowering the Community** for Whole Person Health care
- How to develop a **Whole Person Support Group**
- Mobilizing **Advocacy** for Whole Person Care
- **Leadership for the Healing Congregation**

- Change - agent Leadership for Whole Person Care and Healing Community
- How to provide Capacity Building (Consulting and Training) for Whole Person Care

EXPERT GROUP SUPERVISION FOR BEST PRACTICES IN COUNSELLING AND PSYCHOTHERAPY

Expert Group Supervision in Counselling and Psychotherapy is provided for psychiatrists, clinical psychologists and counsellors. You will experience individualized **guidance and support** in honing best practices that are safe, ethical and in the best interest of your patients or clients. The focus is **to strengthen excellence in clinical practice** through collaborative case reviews, synergistic sharing and synthesis.

“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 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.

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!

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, families, workplaces, churches, other institutions and communities.*