

## REGISTER TODAY!

[www.uwlax.edu/building-resilience](http://www.uwlax.edu/building-resilience)

Fee: \$269 early registration on/before Friday, Sept. 15 (\$279 thereafter)

Registration includes break items on Friday, and lunch on Saturday, plus helpful handouts.

### Options for Continuing Education Hours:

- 1.4 CEUs or
- 12 (Category 1) CECHs for CHES or
- 12 (Category 1) CECHs for MCHES

### Credit Options

- Non-credit program for 1.4 CEUs
- 12 Category 1 CECH units for Certified Health Education Specialists
- One academic undergraduate credit
- One academic graduate credit

### Registration information:

608.785.6500 or [conted@uwlax.edu](mailto:conted@uwlax.edu)

### Program information:

Gary D. Gilmore, MPH., Ph.D., MCHES,  
[ggilmore@uwlax.edu](mailto:ggilmore@uwlax.edu)

Cancellation policy: Full refund less \$25 processing fee when notified in writing at least two weeks prior to the start of the event. No refunds after that point. Substitutions will be accepted.

Registration implies permission for photos, publicity and inclusion in a participant list unless Continuing Education/Extension is notified in writing prior to the program.

### WHO SHOULD ATTEND:

- Nurse practitioners
- Nurses
- Physicians
- Physical and occupational therapists
- Chiropractors
- Mental health practitioners
- Public health educators
- School teachers and nurses
- AODA counselors
- Massage therapists
- Wellness coaches
- Students
- Interested public
- Psychologists
- Social workers
- Counselors
- Personal trainers
- Exercise specialists

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UNIVERSITY of WISCONSIN  
**LA CROSSE**

*Sponsored by*

**Community Health Programming Unit,  
Continuing Education and Extension**

# 2017

## *Permission to Pause:*

# Creating Space to Honor and Integrate Resilience and Compassion

Friday, October 6 | 4–10 p.m.

Saturday, October 7 | 8 a.m.–5 p.m.

University of Wisconsin-La Crosse

3110 Student Union



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Research evolving from the fields of psychoneuroimmunology and psychobiology are deepening our understanding of how the body and mind work together to generate the healing response. This workshop presents the latest scientific findings and evidence-based treatment methods in the field of integrative approaches to health and healing.

Participants will:

- Expand their understanding of how symptoms develop and eventually heal
- Understand our bodies function as a communication system; symptoms are the body's attempt at communicating what is in distress and out of balance, and requirements for effective healing
- Learn the theory and technique of integrative approaches to healing and how to work with the symptom
- Explore evidence-based integrative treatment theory and methods that will be presented, defined, and demonstrated
- Acquire tools to tap into the potential that integrative approaches offer and gain resources to further personal and professional growth

## WORKSHOP OBJECTIVES

- Experience a retreat-like atmosphere for professionals in the helping fields
- Create a toolbox of resources to utilize when experiencing signs of burnout and compassion fatigue
- Develop skills to creatively solve personal and professional challenges

### DAY ONE: 4–10 p.m.

This workshop is an introductory exploration of the integration and practice of mindfulness for the general public and interested professionals.

Participants will:

- **Discuss** the history and application of mindfulness through the ages
- **Explore** applications for a variety of day-to-day life situations and gain insight on how to begin your own mindfulness practice
- **Learn** how creating a mindfulness practice will benefit your overall health, well-being and relationships in your life

### DAY TWO: 8 a.m.–5 p.m.

This day will be geared more for the practitioner.

Topics include:

- **Deepening** our intent of practice and professional training while we care for others?
- **Attending** to our own self and the experiences we encounter as we attend to others?
- **Centering** ourselves in our ethic of care?

The entire workshop will explore these topics and more, using integrative practices in both the personal and clinical setting.

## Presenters:

**Keely Rees, Ph.D., MCHES**, is starting her 19th year as professor of health education and is a Professor in the Department of Health Education and Health Promotion at the University of Wisconsin-La Crosse. Her research has focused on prenatal care; exercise prescription and behaviors during and after pregnancy; social support for pre-conception and prenatal nutrition; tobacco use during pregnancy; and sexuality education and advocacy for young children, teens, and parents; and schools as community outreach for nutrition/exercise. Rees has been working with collaborative projects with Pine Ridge Indian Reservation and Global Partners of Gundersen Health System to provide education and advocacy with Native American youth and leaders. She has taught community and public health foundations courses; grantseeking; women's health courses, trainings, and workshops in university, hospital, schools, locally and internationally identifying ways to better prepare health educators in the field. Rees' education began with an undergraduate health education degree at the University of Minnesota- Morris (1994); graduate degree (M.S.) in exercise physiology and health behavior at South Dakota State University (1996), and Ph.D. in community health education at the University of New Mexico (1999).



**Thomas Roberts, LCSW, LMFT**, is a licensed psychotherapist and clinical hypnotherapist with more than 31 years experience, Roberts has worked in a variety of settings from inpatient addiction treatment programs to his present private practice, where he specializes in hypnotherapy and mindfulness therapy with particular emphasis on his unique approach to mind-body healing. He holds licenses as an Independent Clinical Social Worker and Marriage and Family Therapist, and is certified as a Fellow with the National Board of Clinical Hypnotherapists, a Diplomate with the American Psychotherapy Association and as an Addictions Counselor in the state of Wisconsin. The author of *The Mindfulness Workbook: A Beginner's Guide to Overcoming Fear and Embracing Compassion* (New Harbinger Press, 2009), Roberts regularly presents at training sessions, workshops and retreats at local, regional and national levels. He is adjunct professor at Viterbo University in La Crosse, WI and St. Cloud State University in St. Cloud, MN, where he teaches students mind-body healing, integrative medicine, mindfulness, and a variety of other related topics. He also has an online course, *Mindfulness: The Healing power of Compassionate Presence*, that is ranked as a "best seller."

