

Health Integrity 2016 Advantages

The Health Integrity Program is a series of workshops offered in 2016 — specifically for professionals committed to serving the whole person.

Participants may attend one or all of the workshops. Each workshop stands alone with the information provided. Together the workshops provide a system to refine your health coaching skills with a cohort of fellow health professionals.

In addition to the workshops, each participant may receive follow-up support, via conference calls, in further development of the skills learned.

The three sessions of the Health Integrity Program will be offered at the Knowles Mercy Spirituality Center in Waterloo, NE on:

Tuesday, March 8, 2016

Wednesday, June 6, 2016

November 14, 2016

8:30 am—4:00 pm

For information on enrollment, contact:

**Carolyn Ettinger
Wings of Hope Cancer Support Center
712/325-8970
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Giving You the Tools to Improve Your Practice

The Health Integrity Program founders are Patrick Davis and Carolyn Ettinger. As the creator, Patrick spent the past four years refining these tools, with the support of physicians, nurses, counselors, social workers and others who are engaged with the health and vitality of the community. Carolyn was instrumental in finding ways to offer these tools to caregiving professionals serving a variety of populations, including health care, mental health care, grief support, cancer survivorship, and caregiver support services.



**Patrick Davis, MA, PCC
and
Carolyn Ettinger, MA, LMHP**

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The 2016 Health Integrity Program

**A Caregiver Program
for professionals
committed to serving
the whole person:**

**Body
Mind
Spirit**

Sponsored by



CANCER SUPPORT CENTER

The Health Integrity Program
provides a framework for ongoing professional development for all disciplines working in health management.

The program supports and challenges caregiving professionals as they learn to hold powerful conversations with themselves and others to promote health.

WHO CAN PARTICIPATE?

Nurses, counselors, physicians, social workers, nurse practitioners, educators, trainers, coaches, chaplains, and all professional caregivers.

HOW CAN I PARTICIPATE?

Three workshops will be held in 2016.

- Participants may choose to attend any one of the workshops.
- Participants may also choose to attend all of the workshops.
- Participants have the option to receive follow-up support, via conference calls, in further development of the workshop tools.



PROGRAM OBJECTIVES:

March 8, 2016 Workshop: Measurement Creates Positive Health Changes

- ◆ Master the SAW Method of stress reduction.
- ◆ Define the triune brain and holistic values motivating self-awareness in the brain.
- ◆ Identify tools for building effective health practices.
- ◆ Experience journaling as a healing and tracking tool.
- ◆ Identify skills of effective conversations.

June 6, 2016 Workshop: Emotional & Spiritual Health During Change and Loss

- ◆ Develop a mindfulness practice.
- ◆ Understand the process of healing from loss.
- ◆ Identify key tools for emotional and spiritual well-being.
- ◆ Experience journaling as a tracking and healing tool.
- ◆ Demonstrate two skills of effective coaching conversation.
- ◆ Understand use of the Health Integrity Tool dealing with whole person habits and satisfaction with life.

November 14, 2016 Workshop: Healing Presence Through the Use of Comfort Touch® Techniques

- ◆ Examine the benefits of relaxation and touch for patients and caregivers.
- ◆ Identify the six principles of Comfort Touch®.
- ◆ Practice hands-on Comfort Touch® techniques.
- ◆ Explore good practices of client interactions in individual scopes of practice.

WHAT DOES IT COST?

- \$30 Registration for each workshop if registering before February 29
- \$45 Registration for each workshop if registering after February 29

[REGISTER for this workshop through Knowles Mercy Spirituality Center: \[www.kmscenter.org\]\(http://www.kmscenter.org\) or call 402-359-4288](#)

Continuing Education Contact Hours Available

7.2 hours for each workshop

Continuing Education Contact Hours awarded by
Iowa Western Community College,
Iowa Board of Nursing Provider #6

WHAT DOES THE PROGRAM INVOLVE?

- ◆ Each workshop will begin with a centering/meditation exercise designed to promote clear thinking.
- ◆ The content will include a system to sharpen the ways you care for yourself and others in promoting positive health changes.
- ◆ Participants will learn experientially the health integrity tools.
- ◆ The group discusses application of the information together, and people will work individually by journaling.
- ◆ Each workshop will include skill development through self-application and application of skills for others in different disciplines.