

# WHOLE PERSON GROWTH FACILITY

GROW WHOLE, TO: ● BE WELL, ● RELATE WELL, ● CARE WELL, ● LEAD WELL



*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.*

*Do you want to grow  
as*

- a helping professional and leader,*
- a therapy client,*
- or simply as*
- a “person” – with everyday needs?*

*Then you need our*

## **“GROW THROUGH GROUPS” WORKSHOPS**

**“Grouping”  
for**

**G**rowth through:

**Renewal-** of *Caring Professionals and  
Leaders*

**Overcoming-** for *Clients with  
Personal Challenges, and*

**Wellness-** for *Members of the Public at  
large*

**Thoroughly** geared for your needs.

**A “WHOLE PERSON GROWTH FACILITY” SERVICE**

**Provided by the office of Dr. E Anthony Allen**

**Consultant Psychiatrist and Consultant in Whole Person Health**

**[www.eanthonyallen.yourmd.com](http://www.eanthonyallen.yourmd.com)**

## **GROUPS**

for

**Growth through:**

**A. RENEWAL**

### ***Professional and Leadership Enrichment Workshops***

- *To meet the need for **professional** and **personal** growth among caring professionals for more effective “**Wholeness Promotion Competence**” and related **Leadership Effectiveness***

#### **PROFESSIONAL ENRICHMENT FOR WHOLE PERSON CARING: “CARE WELL”**

##### **1. Enrichment in Counselling Competencies**

- Introduction to Effective Counselling and Psychotherapy
- Techniques for Effective Counselling and Psychotherapy (for Counselling and Psychology graduates and Psychiatrists)
- Group Counselling and Psychotherapy
- Group Supervision (Counselling and Psychotherapy)
- Transactional Analysis 101 (Mrs. Allen)
- Career Counselling (Mrs. Allen)
- Counselling for Male Empowerment
- Counselling for the Physician

##### **2. Integrating Wellness in Client Care**

- Integrating Healthy lifestyle Promotion in Counselling
- Integrating Healthy lifestyle Promotion in Medical Practice

##### **3. Integrating Spirituality in Client Care**

- Integrating Spirituality in Counselling
- Integrating Spirituality in Medical Practice

#### **LEADERSHIP ENRICHMENT FOR WHOLENESS: “LEAD WELL”**

##### **1. Leadership Enrichment for Whole Person Health and Human Development**

- How to Develop a Whole Person Health Programme – in your Institution, Church and Community

- How to Facilitate Community Development and Transformation
- How to be an Effective Whole Person Wellness Leader and Change Agent :working for Whole Person Development in Institutions and Communities
- How to Develop and Use Self in Leadership

## **2. Enriching Consultancy and Training Capacities**

- How to Help other Institutions Develop Whole Person Health Programm

## **B. OVERCOMING**

### ***“Psycho-educational” Workshops***

- *To reduce the fear, anxiety and isolation surrounding particular life situations experienced by clients with personal challenges*
- *To provide educational information to increase one’s understanding of one’s situation as a form of empowerment*
- *To help each individual develop new or enriched coping mechanisms and strategies for stress management, behaviour change and personal welfare*

### **“BE WELL”**

- Overcoming Depression: A Whole Person Approach
- Overcoming Stress, Fears and Anxieties
- Surviving Personal Crises and Traumas
- Overcoming Grief, Loss and Despair
- Living Creatively with Adult ADHD\*
- Coping Well with one’s Chemical Imbalance
- Living With Alzheimer's Disease (for Relatives)

### **“RELATE WELL”**

- Managing Marital Problems
- Coping with Difficult Family Relationships
- Overcoming Abuse and Codependency: From “Victim” to “Victor”
- Controlling Addictive Behaviours

- How to Overcome Difficulties in Relating, and Living More Effectively with Self and Others
- Managing Anger Effectively

\* Special workshops can be arranged for family members or ADHD Coaches

## C. WELLNESS

### *Whole Person Wellness and Relationship-Enrichment Workshops*

- *To meet the need for personal growth and optimal wellness in the total population*

#### **“BE WELL”**

##### **The road to Whole Person Wellness**

- Simple Steps to Wellness
- Spirituality and Health
- The way to Financial Wellness
- Wellness as a “Senior Citizen”
- First Thing’s First: Effective Life Planning and Margin Building for Life’s Priorities

##### **How to Manage Stress to Achieve Wellness**

- Managing Stress for Wellness

#### **“RELATE WELL”**

### **1. Wellness in Relationships: The road to Emotional Intelligence and Effective**

#### **Relating**

- Achieving Emotional Intelligence – for Effective Health, Relationships and Career Management
- Effective Interpersonal Communication
- Growing One’s Career and Meeting Workplace Relationships challenges

## **2. Managing Male-Female Relationships Well**

- Effective Male-Female Relationships

## **3. Enrichment for Marriage and Family**

### **Wellness**

- Preparing for a “Well” Marriage
- “Growing” Your Marriage
- Effective Parenting
- Building and Maintaining Family Wellness-as a Family
- Life After Separation and Divorce
- Single and Well!

## **4. Wellness and Gender**

- Confronting Men’s Health Challenges
- Facing Women’s Health Challenges

## **5. Wellness during Life’s Transitions**

- Coping in the Adolescent Years
- Coping as a College Student
- Wellness in the Middle Years: 35-59
- Life after Retirement
- Wellness as a Senior Citizen

## **6. Wellness in Crisis**

- Moving On .... After Life’s Losses and Disappointments
- “Living Well” with Cancer

## WHO CAN PARTICIPATE?

1. Interested individuals within respective target audiences (professionals, clients, public) who would sponsor themselves,
2. Members of organizations or corporations (e.g. workplaces, educational, non-government organizations, religious) who would sponsor and host the workshops to be run by Dr. Allen and associates.

**To BE WELL is to: •relate well,  
•Care well and •lead well.**

**To GROW WHOLE is to become well**

A chance in a lifetime awaits you!

Take this opportunity to

Turn Your Life Around!

Offered By:

Dr. E. Anthony Allen

M.B., B.S., MDIV, MRC, PSYCH, DM (PSYCH)

Consultant in Whole Person Health and

Consultant Psychiatrist

Lita D. Allen

MA (Ed.) Guidance & Counselling; DIP. MGMT. STUDIES

Counsellor and Group Work Specialist

And Associates

Call (876) 702-2898 or Email [edwardallen1@hotmail.com](mailto:edwardallen1@hotmail.com)

**INITIAL FEEDBACK FORM**

*If you are interested, please fill in the response form and return by email*

*(Copy to your PC as a word document, then fill in and email)*

I am interested in the workshops

NAME: .....

ADDRESS: .....

TELEPHONE#: W..... H..... C.....

EMAIL ADDRESS: .....

PREFERRED DAY AND TIME:

Tick which days and time slots are convenient to you

Saturdays 9:00am to 4:00pm                       Saturdays 2:00pm to 5pm

Saturdays 9:00am to 12 Noon                       Thursdays 5pm to 8pm

I am interested in the following workshop areas (Write down your choices from various areas and place a number beside preferred topic areas in order of preference. Include as many areas as possible that you may have an interest in):

**A. RENEWAL — FOR PROFESSIONALS**

-PROFESSIONAL ENRICHMENT FOR WHOLE PERSON CARING

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**B. OVERCOMING — FOR CLIENTS**

-PSYCHO-EDUCATIONAL WORKSHOPS

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**C. WELLNESS — FOR THE PUBLIC**

-WHOLE PERSON WELLNESS AND RELATIONSHIP-ENRICHMENT WORKSHOPS

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