

Attitudinal Healing for Everyday Living *with Kathy Harris and Carolyn Smith*

Tuesday, September 16, 2014 9am - 4:30pm
Golden Gate Club in the Presidio, San Francisco

Attitudinal Healing offers a framework that enables us to consciously choose to let go of fearful attitudes and embrace a more open-hearted and peaceful path. The goal is not simply to change behavior, but to re-train our minds and allow our hearts to guide us. This workshop offers practical guidance in applying the principles of Attitudinal Healing in our lives every day.

Attitudinal Healing is an approach to health and well-being based on the innate human potential to experience peace of mind even when facing life's most difficult circumstances. It has been used as a model of mental health worldwide for almost forty years. In this informative, comprehensive and experiential workshop, participants will experience for themselves the power of sensing their own true nature and seeing it in others. Through interactive exercises, they will explore the Attitudinal Healing approach to alleviating stress and regaining a sense of wellbeing through deepened self awareness, conscious choice and authentic communication. (This workshop is a pre-requisite for Facilitator Training.)

Cost: \$75 6 CEU credits are available for this course. ➤ Click here to register.



KATHY HARRIS

Kathy Harris has a private counseling practice in Marin. She currently and for the past ten years has lead a year-long women's group steeped in the Principles of Attitudinal Healing. Kathy works with 50 men at San Quentin weekly where she leads two spiritually focused support groups. She has been using the Work of Byron Katie for 17 years. Kathy has been involved with The Center for Attitudinal Healing for 30 years; including Director of the Children's Program, Program Director of the Russia Project, and as trainer/consultant. She is a lover of the Divine and of waking up.

www.kathyharris.net



CAROLYN SMITH

Carolyn Smith is an English-Russian interpreter who has interpreted at the White House, Kremlin and nuclear arms reduction talks in Geneva. She is on the faculty of the American Management Association, where she teaches communication skills to business people. Carolyn has worked at the Center for Attitudinal Healing in California for the past 25 years. As head of the children's program she led support groups for children dealing with a life-threatening illness or loss of a parent, and she has facilitated peer support groups for people with HIV/AIDS since 1989. She has led Attitudinal Healing training workshops in the United States, Russia, Ukraine, Uzbekistan, Mongolia and India. She is a senior trainer with Attitudinal Healing International.

40th International Conference for Attitudinal Healing - September 19 - 21, 2014



Visit www.ahinternational.org for more information on the conference and to register.