



KAUA'I COMMUNITY MENTAL HEALTH CENTER

Adult Mental Health Services

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Anita Swanson *Dept. of Health, Honolulu, Hawaii*

First, this is simply an expression of thanks to you and others within the Department of Health for providing many of us with the wonderful initial opportunity to attend the Attitudinal Healing training on Oahu in 1999. This past week several of the staff from the Kaua'i Community Mental Health Center and myself were able to attend a one day training on the Big Island by Jerry and Diane, et al, from the Center for Attitudinal Healing.

Once again, the experience of spending the day with these wonderful folks was so very gratifying and meaningful. Every single one of my staff who was able to attend expressed gratitude and a determined interest in further training from the Center for Attitudinal Healing. Others who were unable to go to the Big Island have heard nothing but glowing comments from us all and/or have read one or more of Jerry's books. Of course, they wish to hear and experience first hand all of this "good, good stuff", too.

The important message I want to express and hopefully clearly convey is the heartfelt appreciation to Jerry and Diane for the generous sharing of their beautiful selves, their fundamental but profound philosophy and principles, and a hopefulness that everyone can indeed walk this path rich with peace of mind.

The premise that each moment of time can be yet another opportunity to re-examine the way we interact with others in our world and, indeed, view our world and then once again make a new choice is so incredibly powerful! What hope there is in that assumption! The absence of judgement towards others or ourselves regarding our choices and the fact that each of us is ultimately accountable for our choices are further compelling and life enriching factors.

I know I want very much to integrate these principles in my own life, as do many of the staff at KCMHC. Without Jerry, Diane, and their staff it would likely not be possible to even dream this goal, much less actualize the goal. Many, many thanks to all for your caring, support, and humanness!

Jan Overland, KCMHC Chief