

# THE JAMPOLSKY OUTREACH FOUNDATION JOURNEY

December 2009

*"Attitudinal Healing is taking responsibility for healing our own minds and hearts and for having harmony and integrity in all that we think, say, and do."*

## ATTITUDINAL HEALING INT'L

One of the major focuses of the Jampolsky Outreach Foundation (JOF) has been to respond to invitations that come in from all over the world to share diverse, culturally appropriate, practical applications of the Principles of Attitudinal Healing to everyday life challenges, crisis, and change.

JOF was created by the Founder of Attitudinal Healing and the Attitudinal Healing Support Groups, Gerald (Jerry) Jampolsky, MD, in 1979 and two years later, he was joined by Diane Cirincione, PhD. In 2005 Dr. Jampolsky was awarded the American Medical Association's highest honors, the Excellence in Medicine – Pride in the Profession Award for his humanitarian work and innovative contribution of Attitudinal Healing to the field of mental health.

The foundation is now the leading edge of Attitudinal Healing globally. Periodically and when appropriate, JOF invites members of various Centers in the international network of Centers and Groups to do follow-up trainings, workshops, and mentoring. To date, Drs. Jampolsky and Cirincione on behalf of JOF have worked in 54 countries and continue to respond to requests that come in from around the world.

In 2009 it became clear that the growing need for mentoring and training in Attitudinal Healing was expanding and needed additional support beyond current resources to meet the growing demand. Many very well qualified

## JAMPOLSKY OUTREACH FOUNDATION

*Financial support for the Jampolsky Outreach Foundation, a 501 (C) (3) non profit organization, and the Attitudinal Healing International project depend solely on private donations. Please consider a tax deductible donation as part of your giving. You can help so many.*



persons from around the globe have been wanting to participate more fully and more consistently in helping meet the growing inquiries creating and culturally adapting Attitudinal Healing Centers and Groups. As an extension of the outreach the Jampolsky Outreach Foundation was already doing, a project was created by Drs. Jampolsky and Cirincione called Attitudinal Healing International (AHI).

AHI brings together grass roots volunteers where people help each other as a way of healing themselves. AHI is facilitated by a web based global home platform for Attitudinal Healing due to launch in January 2010 under the auspices of JOF. The url is [www.AttitudinalHealingInternational.org](http://www.AttitudinalHealingInternational.org)

AHI is an organization of dedicated, inspired, cross-generational, multi-racial, cross-culturally diverse volunteers of individuals whose lives have been transformed and empowered over the last 35 years through the work of Attitudinal Healing.

Everyone involved is working on their own growth, many through helping their communities to offer support groups to those in need. This includes children and people of all ages with life threatening illness; those who have suffered with trauma, loss, and other serious challenges in their lives; and those who want to use Attitudinal healing to find another way of looking at and of being in the world.

AHI has been created as a support system for the many people who want to use Attitudinal Healing Principles to get out and stay out of the victim role; to be empowered to take responsibility in their lives for all their actions; and, to find inner peace through the letting go of fear.

People who inquire about how to help in their own communities and how to make a difference in their own world need an online place to ask questions; receive volunteer mentorship; find and access educational trainings, materials/curriculums; learn how to start their own groups or center; be inspired by innovative, replicable adaptations of Attitudinal Healing; and share their stories so others can gain from their experiences. A web based home accessible from anywhere in the world has been seriously needed to sustain this work if it is to continue to grow.

We at Jampolsky Outreach Foundation are committed to the ongoing development of Attitudinal Healing as a way of continuing to respond to the calls of help from others and as a way to continue to heal ourselves.

Much of the work of the foundation is confidential in nature and done in private consultation at no charge to the participants. The Attitudinal Healing International project will help immensely to insure a future that continues to engage and train many more to answer the calls for help.

*"Peace of mind is a choice. Forgiveness is the key to happiness"*



## AHC — OAKLAND AWARD

Congratulations! The Jampolsky Outreach Foundation has been nominated and accepted to receive an ArtEsteem Super Hero Award for its philanthropic service supporting the enrichment and education of the lives of children and youth in the San Francisco East Bay. As a donor to AHC and the ArtEsteem program, you support our efforts to keep art available to vulnerable populations which helps to close the achievement gap. Your personal efforts and financial philanthropy is also helping to support the vision articulated by President Barack Obama that, "The future belongs to young people with an education and the imagination to create."

The Foundation will be honored at AHC's, "Inspiring Imagination" Exhibit Event at Studio One Art Center in North Oakland, on September 26, 2009.



The Attitudinal Healing Connection is proud to bring together its supporters and constituents to celebrate 20 years of service to the Oakland Community and the greater Bay Area by making an impact through art fused with Attitudinal Healing principles in the lives of young people, their families and the community.

Thank you in advance for accepting this Super Hero Award. Your philanthropic service helps to bring alive the vision of AHC that every person should be safe, loved, educated, supported and valued. You make the work of AHC possible and believe and honor the value of "giving and receiving are the same."

Sincerely,

*Kokomon Clotney*

Executive Director, AHC — Oakland



## BERLIN, GERMANY

JOF and AHI have just recently received a request from Berlin, Germany from a person who wants help in starting a Center for Attitudinal Healing there. We are in the planning stages to be able to assist him and his group and also connect him to members of the AHI Community that could mentor and train them.

## INDIA — HOPE PROJECT

The Hope Project builds capacities of the poor and vulnerable families and gives opportunities, so that they can realize their hidden potential and determine their own future. To this end, it focuses on the following areas: education, health, and developing independent livelihoods.

Richard Quadra, former head of Adult Programs at the Center for Attitudinal Healing in Sausalito, and his partner and wife, Madhura, have spearheaded the work of Attitudinal Healing in India. They have been doing Gateway (Basic AH) and Facilitator Training with the staff, teachers,

and related personnel at the Hope Project for the last few years.

JOF helped them accomplish the trainings this year and hopes to assist in their return in 2010 to do extended trainings since the response and feedback have been overwhelmingly positive.

The organization wants to expand the use of Attitudinal Healing to many more teachers and to the hundreds of children at their schools and orphanages to foster resilience in the many challenges and choices they face daily.

Attitudinal Healing International (AHI) plans to give ongoing support to the Quadra's excellent efforts in India. Use of the AHI technology will be available to them for follow up trainings via webinar internet with high effectiveness at very low cost.

Several scholarships were given to the AH training for those in the original class who wanted to learn how to facilitate support groups in Attitudinal Healing at the University and in their community.

## JAPAN CENTER EXPANSION

The Center for Attitudinal Healing – Tokyo, Japan has christened its new building, opened by its founder, Hiroko Mizushima, M.D., Ph.D., and former member of Parliament. She believes that "if each individual changes, the society will change" and is convinced that Attitudinal Healing is the answer to many of Japan's social problems.

Recently, Dr. Mizushima was asked by a national cabinet member, head of Internal Communications for Japan, to join him in exploring how to bring and integrate Attitudinal Healing to the urban and suburban areas of the country.

Along with mentoring Dr. Mizushima, Drs. Jampolsky and Cirincione participate in her Center's monthly Facilitator Training using two way webinar technology. This has proven very successful and is the basic learning experience for future, expanded web trainings for remote areas facilitated by the AttitudinalHealingInternational.org web home platform.

*"The power of love and forgiveness in our lives can produce miracles."*

### NAPA MEDICAL CENTER INCORPORATES AH SUPPORT

The Queen of the Valley Medical Center in Napa, California hosted Jerry and Diane as part of the events celebrating the Grand Opening of their state-of-the-art Wellness Center. It included the incorporation of Attitudinal Healing Support Groups into the available modalities.

This St. Joseph Hospital embraces a health versus a disease orientation. The Wellness Center is designed to provide a direct link between lifestyle changes and better health. They offer several programs including counseling, support groups, education, and exercise with specific goals to reduce risk factors for future health challenges.

Included in the work with QVMC was a public lecture, Grand Rounds, and a presentation to doctors and nurses on "Forgiveness and its Role in Medicine." JOF is proud to say the medical personnel attending gave the presentations, topic, and subject matter the highest evaluation ever received at their hospital.

### MONGOLIA MENTORING

Undarlaa from Ulanda Bat in Mongolia contacted us earlier this year. She is an MBA working in world finances. She shared that her brother committed suicide three years ago. She became distressed and depressed following this event. She learned about Attitudinal Healing and the power we can have in our own minds to change how we are living and experiencing our lives. Reading *Love is Letting Go of Fear* and other books proved life changing moments for her and she is committed to bringing Attitudinal Healing to the children and adults of her country.



Undarlaa has already started an AH Support Group there working with the Principles and Guidelines and *The Mini Course for Life*. Trish Ellis from the CAH - Hawaii along with Diane and Jerry continue to help mentor and train her and her group. All are looking at possible in-person trainings in Mongolia funded by JOF in the next year.



*The Jampolsky Outreach Foundation continues its support for and participation in Hawai'i International Forgiveness Day. This year's event was held at the University of Hawai'i main campus at Manoa. In 2010 JOF will be expanding its outreach to other countries around this annual event.*



jade vine blossoms from Waimea Valley, O'ahu

## Hawai'i International Forgiveness Day

a free family festival, open to all

August 1, 2009, 12:00 noon - 3:00 pm

Halau o Haumea, Kamakakuokalani Center for Hawaiian Studies,  
UH Manoa, 2645 Dole St., Honolulu HI 96822

exhibits open at 11 am; free refreshments; directions on reverse side

## The Practice of Forgiveness

experience three paths, with three wonderful teachers:

**Kupuna Kawohiokalani:** experience pule 'ohana

**Rev. Sky St. John:** the struggle and the choice

**Gregory Pai:** awakening to the moment



*"Health is inner peace and Healing is the letting go of fear."*



### NEW NIGERIAN CENTER

Mid year the former Ambassador from Nigeria to Mexico contacted us by email. Since our first contact we have had many phone conversations and conference calls. At 78 years young, Ebum Adenike Oyagbola is an amazing, energized force known as the premier anti-corruption, political activist.

While in Mexico earlier this year she visited Cectura, the Center for Attitudinal Healing. She read some of our books and they have been life changing to her. Ambassador Ebum is clear that her people and country need an 'attitudinal shift' for taking personal responsibility for cleaning up the corruption not only in the country, but in their own minds. She is convinced that the Principles of Attitudinal Healing are just the answer necessary to make this happen.

Ambassador Ebum has since officially opened the Center for Attitudinal Healing — Nigeria and gathered a number of colleagues together to start the first AH Support Group there. Four areas of the country now have groups in process. We have been mentoring Ambassador Ebum, but it is Aeshah and Kokomon Clottey from AHC — Oakland, who are doing ongoing training, mentoring, and support groups.

Recently Ambassador Ebum has been on nation-wide television telling people about Attitudinal Healing and the power of the Principles in their ability to change the mind, and therefore, change one's life. Shortly thereafter the president of Nigeria proclaimed that the entire nation needed an 'attitudinal shift.'

At one of the weekly meetings, one of the representatives of the owner of the largest media company in Africa attended with the intention of seeing how Attitudinal Healing could be broadcast to the wider audience throughout the African continent.

### ROMANIA AH GROUP BEGINS

This past year we heard from a woman in Romania, Alina Ionita, who had just read one of our books, *Forgiveness: The Greatest Healer of All*. It was just published in Romanian a few months ago and she said it had a profound effect on her. She is 27 years of age, a tri-lingual business woman who works in a foreign embassy.

Alina was having challenges with her parents, her boy friend, and people at work. She found the Principles of Attitudinal Healing and the concepts of forgiveness powerful tools that allowed her the personal choice to, literally, change the way she related to others as well as the way she saw the world in general.

Alina stated that it was extremely helpful in changing her formerly fixed perceptions. She went on to read our other books and said she is convinced that her friends and

others in her country could benefit from creating and utilizing Attitudinal Healing Support Groups.

*"I started to talk to friends and people I know about my findings and my new way of life. We talk every time a more difficult situation comes along or even in "small" things of life that happen. I like to develop*

*the new way of life with the new attitude that I have. It is not an easy process. On the other hand, I am very determined and want to continue the change."*

This coming January, Alina will be at the Center

for Attitudinal Healing — Netherlands to participate in many support groups and to complete basic and facilitator training there. She currently is part of the first AH support group in her country and is planning to begin more groups in Bucharest upon her return with the hopes of creating the Center for Attitudinal Healing — Romania.



### YEAR'S END

The Jampolsky Outreach Foundation continues to respond to requests for mentoring, training, consultation, leadership, and support to the International Centers for Attitudinal Healing around the world.

New Centers and Groups were established this year in North America, Eastern and Western Europe, Africa and Asia. Scholarships were provided for trainings on three continents.

The worldwide response of the Jampolsky Outreach Foundation for humanitarian, educational, conflict resolution, and support work continues to be made possible through the generosity and support of its wonderful donors.

**Please consider a tax-deductible donation to support the work of the Jampolsky Outreach Foundation, a non-profit 501(C)(3). All levels of participation are deeply appreciated.**

Gerald G. Jampolsky, M.D., Founder, The Center for Attitudinal Healing  
Diane V. Cirincione, Ph.D., President, Jampolsky Outreach Foundation  
Andrea Bernott, Administrative and Technical Assistant

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