THE JOURNEY

JAMPOLSKY OUTREACH FOUNDATION

December 2010

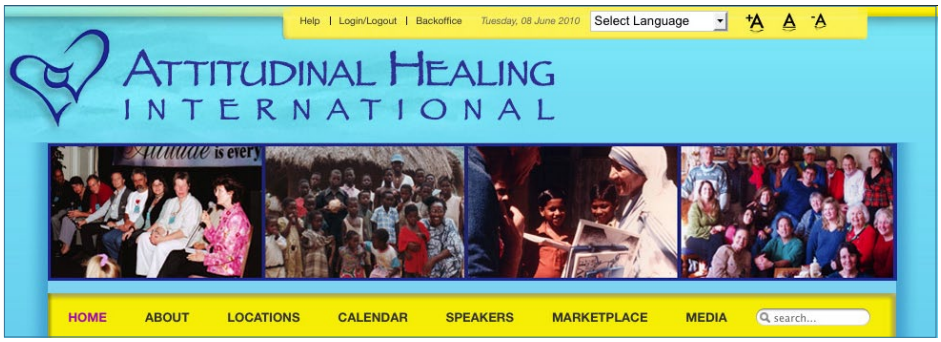
"Attitudinal Healing is taking responsibility for healing our own minds and hearts and for having harmony and integrity in all that we think, say, and do."

AH International Website

Another amazing year has unfolded for the Jampolsky Outreach Foundation, and the success we have experienced with the growth of Attitudinal Healing throughout the world continues to be a rich reward.

The simplicity and cross-cultural appeal of the Principles of Attitudinal Healing continue to be powerful at producing self motivated, inner change in attitudes.

In addition to our local and global outreach, the Jampolsky Outreach Foundation has continued to develop its new website, Attitudinal Healing International (www.AHInternational.org). This major online endeavor has proven effective in helping people newly introduced to Attitudinal Healing. It also serves as a catalyst and meeting ground for those affiliated with Centers and AH Support Groups around the world — a place to connect, contribute, collaborate, and learn from one another.



Join us at the official home portal for Attitudinal Healing — AHInternational.org

Through utilizing Google Translations, AHI now has the capability whereby visitors can view the website in any of the fifty languages currently available. As the Official Home Portal for Attitudinal Healing, AHI represents and supports independent Centers, Groups, and resource persons who use the universally accepted Principles of Attitudinal Healing for healing their inner and outer worlds and for making a positive difference in their relationships, families, businesses, and communities.

As of 2010, domestic and international trainings in Attitudinal Healing are all conducted in conjunction with the Jampolsky Outreach Foundation and Attitudinal Healing International. These new changes were requested by many Centers and Groups to help facilitate the continuation of the organic growth of Attitudinal Healing, while preserving a continuity of quality and content as originally offered by the Founder, Jerry Jampolsky.

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. A tax deductible donation as part of your giving can help so many. ***Thank you for your consideration.***

AHI Mentoring Program

We are happy to announce that AHI has formally launched a successful mentoring program in 2010 for individuals and groups who are starting new Attitudinal Healing Support Groups and/or Centers.

AHI Mentors are persons who are very experienced in diverse roles as AH Center Founders, Executive Directors, Board Members, AH Trainers, Facilitators, etc. For example Carolyn Smith, a trainer for children and adult programs, continues to mentor and train the Attitudinal Healing Center expanding in Outer Mongolia. Richard Cohn, a facilitator and former board member, is mentoring the Center for Attitudinal Healing in Berlin, Germany. Maruja Candano, founder of Cecura Mexico City has trained and is currently mentoring the new center in New York. Lynne Law, AHI International Liaison, AH facilitator, and former board member, has been mentoring Cameroon, Africa, along with Els Thiessen. She is the founder of AH in the Netherlands, and will be doing AH training in Cameroon in 2011.

Trish Ellis, a founder of the Hawaii CAH, continues to offer mentoring to a number of places including the two Centers in Western Australia. Phoebe Lauren, former Executive Director, facilitator, trainer, and board member continues to mentor a new Attitudinal Healing Group in Mali, Africa, in French. Aeeshah and Kokomon Clottey, founders of AHC-Oakland and co-founders of CAH-Ghana in West Africa, are mentoring the ever expanding Nigeria CAH. Jerry Jampolsky and Diane Cirincione, founders of JOF and AHI continue to play a part in mentoring all of the Centers and Groups worldwide.

Hawaii Center for AH

In June JOF supported the Hawaii Center for Attitudinal Healing – Oahu with a public seminar on *"How to Let Go of Worry, Stress, and Fear in a Changing World."* It was an excellent opportunity to further introduce Attitudinal Healing to diverse segments of the local population and to expand the area of service for the local Center. JOF also partook in the "Aging With Attitude" workshop conducted in Kailua, Hawaii that month.

In August the Eighth Annual Hawaii International Forgiveness Day ceremonies were once again supported by the Hawaii Center and JOF. This year's focus was "A Festival of Gratitude" and was hosted at the University of Hawaii at Manoa, Honolulu at the Shidler College of Business.

Original Center Expands Roots

The original Center for Attitudinal Healing was founded by Jerry Jampolsky, M.D. in 1975 in Tiburon. From its inception support and support group services were offered at no charge to the recipients. This was done based on the belief that everyone — participants, facilitators, founder alike — came to the Center for their own healing and each received benefits from the experience.

Within that framework, everyone was considered both a student and a teacher, the roles of which were interchangeable depending on the learning situation.

This philosophy, based on the Twelve Principles of Attitudinal Healing, has been the core premise upon which all other independent Centers and Groups have emerged around the world.

After 19 years the original Center in Tiburon, California was moved to a school district building in nearby Sausalito due to the need for more space. For the past 16 years this has been the Center's headquarters.

During the last three years programs for mothers and families have expanded as well as the school programs in the local area. As a result of a grant, trainings in India serving lower caste girls and their teachers continue to be conducted. This past year, the lease was no longer available for the Center to operate in Sausalito and two excellent divergent resolutions proceeded forward.

First, the local multi-disciplinary community and school programs and India grant continued as Corstone Center in Mill Valley.

Secondly, all of the Attitudinal Healing facilitators and trainers and group members took the original Center and expanded it with a rename to the Center for Attitudinal Healing – North Bay (CAH-NB). It continues to grow and flourish within the original model and philosophy, and with Drs. Jampolsky and Cirincione as mentors.

The Center now has Attitudinal Healing Support Groups at diverse locations throughout Northern California, including the California Pacific Medical Center in San Francisco, Marin General Hospital, and Queen of the Valley Medical Center in Napa.

New Center in Fayetteville, NY

Three sisters — a pediatrician, a nurse, and a school teacher, and two businesswomen friends envisioned the new center that was recently formed early in 2010 in Fayetteville, New York near Syracuse. It is called Heartlight Center for Inner Peace and encompasses the new Center for Attitudinal Healing for their community. They currently serve adults, with future plans expanding their focus to include children and adolescents. They recently wrote:

"There is much to share as our Fall season of Attitudinal Healing groups end and our Winter groups begin. Heartlight Center for Inner Peace has had an extraordinary year with the completion of our organizational structure. Workshops in AH Principles and Support Group Facilitator Training were given earlier in the year by Maruja Candano, founder of AH Cecura — Mexico City and facilitated by AH International. The trainings were filled to capacity and very successful.

In September, we began three new AH groups. Some faces were familiar, but many were brand new. We have been humbled to witness the change in people as we begin to understand the simple truth that we all have a choice in how we respond to the situations this life presents. Responding with love is always better than coming from a place of fear. Our participants included seven women who trained to be Heartlight Center for Inner Peace facilitators. We are delighted to welcome them and anticipate wonderful collaborations with each in the coming months and years! Heartlight Center for Inner Peace continues to grow and flourish!

The Core group was fortunate to have had the opportunity to have lunch and a meeting with Jerry Jampolsky and Diane Cirincione in November in New York City. It was a wonder-filled time. Jerry and Diane encouraged us to keep dreaming and growing. They saw in us the makings of a vibrant Center for Attitudinal Healing in Central New York. With their encouragement and with so much interest, we are again at the start of creating more groups for the coming year."

Founding Steering Committee
Heartlight Center for Inner Peace
Fayetteville, New York

Metro Detroit 20th Anniversary

Congratulations to the Metro Detroit CAH for Attitudinal Healing whose community celebrated their 20th Anniversary. JOF/AHI joined them via video to congratulate them on two decades of community support.

AH Connection — Oakland, CA

Founded in 1989, AHC Oakland is a community-based 501(c)3 nonprofit and a member of the global network of Attitudinal Healing Centers. They address the educational, emotional and social needs of individuals, groups, and communities. Their programs and events help transform the mind, uplift the spirit, and support the healthy, peaceful development of individuals, families, organizations, and communities.

JOF has been a direct supporter of AHC — Oakland for the last 12 years. They were recently asked to summarize their newest program.

Neighborhood Leadership Training

Neighborhood Leadership Training (NLI) is a twelve-week training series based on AH Principles and best practices from established leadership development and community building programs, including a peer network that provides group support for the participants beyond the training.

The ongoing training program is open to 25 participants in each session who self-select through word of mouth from other residents, informational flyers from Oakland Housing Authority staff, or after attending a Neighborhood Orientation Workshop.

The training offers one college credit at the College of Alameda for 60 class hours at the NLI. In addition a leader can earn an additional two credits for every 60 hours of volunteering. At the end of the leadership training, participants demonstrate an immediate increase in leadership skills and connections with the Oakland community.

Kokomon Clottey, Executive Director
Attitudinal Healing Connection - Oakland

Australian Centers Expand

The Center for Attitudinal Healing – Perth was founded in 1988 and continues to conduct Young Adult Groups and other trainings at its beautiful Serpentine Center. This year a new Center emerged in Mount Pleasant as Attitudinal Healing — Western Australia to expand AH Support Groups in that area. During 2010 trainings were held in Perth by Trish Ellis and Lucero and Carlos Aguirre resulting in much growth for the Western Australia AH community.

Outer Mongolia Center Emerges

A year ago, Undarlaa Bat, a banking consultant, emailed AHI requesting help in bringing Attitudinal Healing to Outer Mongolia. While attending a business conference in the Netherlands, she had come across *"Love is Letting Go of Fear."*

Adapting the Principles of Attitudinal Healing helped her heal from the recent devastating, tragic loss of her brother. She then thought of all the people in Mongolia that were challenged with societal changes, physical disabilities, and suffering from depression, alcoholism, loss of jobs, sexual and physical abuse. She had the vision of starting the Attitudinal Healing Center of Mongolia in UlaanBataar, the capital.

JOF granted Undarlaa a scholarship to come train in the US, but despite many attempts she was unsuccessful in obtaining a visa. Fortunately JOF was able to bring the training to her. Carolyn Smith, a skilled AH Facilitator, along with Drs. Jerry Jampolsky and Diane Cirincione left for Outer Mongolia August 1st to respond to the need. There they visited and connected the new Center with the National Aids Foundation, The Association for Homeless and Abused Children, and the Foundation for Persons in Wheelchairs.

At first it seemed the event required a venue for no more than a hundred people. But the numbers quickly grew and by the time the JOF team arrived, over 1500 people wanted to attend the Friday Night Lecture and about 850 wanted to also attend the 3-day workshop.

Almost 300 persons from the business and non-governmental organizations attended three days of Attitudinal Healing training in UlaanBataar, Outer Mongolia

The largest venues that could be found for the lecture held 1000 people; the largest hotel space for the workshop held 300. Dozens of representatives from NGO's (Non-Profit — Non Governmental Agencies) came and people traveled from all over the country, from cities that touched even the Russian Border.

The topic for Friday night was about letting go of stress, worry and fear in a changing world. Those that participated in all three days completed Level One Facilitator Training. More than half that attended were from non-profit agencies and all were found to be extremely open to a new way of thinking and working within their organizations, schools, and businesses.

Throughout the workshop people expressed their desire to start groups in their communities and towns; within two weeks six support groups were already operating in the Mongolian capital, and participants from two other cities and from rural areas were asking how they could set up groups as well.

During the first day of the workshop one participant stood up and said, *"I've been looking for something for a long time and I think that here I found what I've been looking for."* Later he revealed that he was HIV-positive. *"We badly need a support group for those of us living with HIV or AIDS, and also one for family members."* Using the new contacts at the National AIDS Foundation, Undarlaa was able to set up the first support group meeting for people with HIV within a week of the workshop.

Two days later she led the first AH Support Group for people in wheelchairs, and within two weeks four more Person-to-Person groups had begun! AHC-Mongolia held an organizational meeting for people who wanted to volunteer to be a part of the new Center. They currently have a list of 68 people who are eager to help.

JOF believes Mongolia presents a unique opportunity for Attitudinal Healing to make a real difference to an entire country. The population is 2.7 million and more than one-third of the populace lives in UlanBataar, making it relatively easy to reach them. Among the new Center's volunteers are business people, doctors, nurses, teachers, and journalists, who are eager to spread the use of AH Principles throughout their professions. Undarlaa, who created the first AH Support Group within a large company, has a vision that the Center will bring Attitudinal Healing into education, medicine and correctional facilities. Articles and TV shows introducing Attitudinal Healing throughout the country are being planned.

JOF supported Carolyn Smith's return in October to provide Level Two Facilitator Training to the Center's new facilitators; to do trainings in UlaanBataar, Darkhan, and Erdenet; and, to help Undarlaa and her team further develop as trainers themselves. JOF is committed to helping CAH — Mongolia continue a strong training program for group facilitators and volunteers at all levels of Mongolian society.

Nigerian Center Grows

As reported last year, the former Ambassador from Nigeria to Mexico, 78 years young Ebun Adenike Oyagbola founded the Attitudinal Healing Centre — Nigeria.

Know far and wide as the amazing, energized force of anti-corruption and reform activism, Ambassador Ebun has gathered an impressive variety of citizens now engaged in the use and expansion of Attitudinal Healing in their country. They include professors, judges, lawyers, business persons, and non-profit organization directors. She also has the very important support of some of the most powerful tribal leaders, called Royal Fathers, who plan to help her integrate the Principles of AH into daily tribal life. AHI Mentors often meet with the Nigeria Center groups via SKYPE.

Ambassador Ebun continues to be on nation-wide television and radio telling people about Attitudinal Healing and the power of the Principles in their ability to change the mind, and therefore, change one's life. Her vision is that Attitudinal Healing will move from Nigeria throughout Africa in the years ahead.

Guadalajara Prison Program

Seven years ago our Center, CECURA Guadalajara, was invited to participate in a drug and alcohol addiction rehabilitation program, along with Alcoholics Anonymous and the Pastoral Penitentiary Service. It was housed within the walls of the State Prison in Guadalajara, Mexico. This program of this program came from a mother of an inmate who had been part of this rehabilitation system in a private institution.

The main challenge was to implement this program in an overcrowded prison, where survival is the main goal each day. Each 100-day program would have no more than 45 inmates at a time, and it would be completely voluntary. Fortunately, the prison authorities were very cooperative and designated a special ward to host this program. In this ward the inmates are more comfortable, but the rules are very strict,

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News From AH Japan

This is our fifth year as Attitudinal Healing Japan and we are enjoying our experiments to try to let go of fear in every aspect of our activities. Last year we developed several ways to disseminate Attitudinal Healing in rural areas, including AH Support Groups on Skype and "safer" workshops for those who have concern about confidentiality issues. We are glad to be so flexible.

This year we are exploring ways to give training without any hierarchy, trying to develop more organic forms of Attitudinal Healing rather than having formal and official structures. It is stimulating to facilitate AH groups without any motivation to change others, and we find it even more interesting to give training in that way.

It is easy to become a teacher when you give training to others, but we are trying to let go of that attitude so the role of teacher and student continues to change, while taking quality control issues into account. We are discussing ways to focus primarily on our own inner peace, which would surely guarantee the quality of the training, even when the participants want to view us as teachers.

While we haven't yet formed any formal organization as Attitudinal Healing Japan, we keep growing in the number of groups and participants. Today we have 60 trained facilitators and 20 support groups throughout Japan.

We prefer letting go of any form that limits the Attitudinal Healing community itself, and we are willing to deal with various forms using the Attitudinal Healing Principles and perspective.

Attitudinal Healing International provides monthly training sessions via SKYPE for our Center's Facilitator Training Course. Trainees also have the opportunity to directly ask Drs. Jampolsky and Cirincione questions relevant to the applications of Attitudinal Healing to personal and professional issues and situations.

Many of us are introducing the spirit of Attitudinal Healing outside of the AH community into business, medicine, politics, prisons, and schools. Attitudinal Healing is being adapted into many arenas of life in Japan and we are glad to see it well accepted.

Hiroko Mizushima, M.D., Ph.D.
Former Member of Parliament
Founder Attitudinal Healing - Japan

Guadalajara (continued)

and any breaking of the rules meant that the person is out of the program immediately.

Everyday the inmates have two group sessions following the 12-step program of Alcoholics Anonymous. They also have the permanent presence of a psychologist for any kind of personal counseling that is needed. The Pastoral Service is in charge of the religious guidance twice a week.

Our Center participates with ten facilitators. Each week two of us attend for a 2-1/2 hour session. In the first part of the session we lecture about a certain topic and in the second part we hold the regular Attitudinal Healing Support Group session dividing into smaller groups.

We introduce Attitudinal Healing in each group by working thoroughly with the Twelve Principles, providing everyone in the group with Patsy Robinson's book, which gives a wonderful explanation of each Principle. Then we have sessions dedicated to different topics such as Healing the Addictive Mind Through AH, several sessions on forgiveness, and how to deal with loss and grief in life.

Some members of our AH Groups who have had addiction problems or have been in prison, and their families, volunteer to give their testimonials in each of the groups. After the 100-day program the inmates are reincorporated to the general population of the prison, and they also give their testimonials to other inmates, stimulating interest in the program. This has resulted in a higher sensitivity in every new group that joins the program. According to a recent study made by the prison's Department of Psychology, 65% of the inmates that have been part of the program remain free of addiction during the first year.

Recently, we received positive recognition by one of the top addiction rehabilitation clinics in the country, and have been asked to spread this program to other state prisons in Mexico.

Carlos Aquirre, M.D.and Lucero Aguirre
Co-Founders, Cecura Guadalajara

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, Western Europe, Africa and Asia. Assistance with trainings and scholarships were provided to a number of Centers on four 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.

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