



INTERNATIONAL CONFERENCE & CELEBRATION LAUNCHES 40TH YEAR OF ATTITUDINAL HEALING

"There is a tangible, miraculous, magical energy to Attitudinal Healing. It was there from the start. Each of us is now the messenger of that energy. My father will not be around forever but this will. It will be around forever because it has been around forever. It did not start in 1975, it started before time. It is perennial. The world needs this. You need this. We need this."

— Lee Jampolsky, Ph.D.

More than 300 enthusiastic participants from around the world gathered September 16 - 21 at the historic Presidio in San Francisco to celebrate 40 years of service through Attitudinal Healing. Thanks to the extraordinary contributions of presenters, sponsors, volunteers and participants, the International Conference and the Celebration Dinner were successful beyond our wildest dreams and imagination. The 30 plus speakers representing diverse disciplines inspired personal transformation, growth, action, and collaboration. New Centers and Groups for Attitudinal Healing are forming as a result of this transformative time. Each of you plays a vital role as we move forward into the future of Attitudinal Healing. Thank you for your continuing partnership on this remarkable journey.

The entire 2014 International Attitudinal Healing Conference was captured in both audio and visual formats. There are many options available for purchase.

Visit www.ahinternational.org to view the complete list.



International Center founding members from China, Japan, Australia, Netherlands, Russia, Mexico, United States, and Dominican Republic with Attitudinal Healing International Co-Founders Jerry Jampolsky and Diane Cirincione-Jampolsky

LOOKING AHEAD

Launching the 40th year of Attitudinal Healing empowers us to expand our personal growth and service within our communities around the world. Today, we stand on the shoulders of countless teachers of inner peace — countless individuals who have taken Attitudinal Healing into their hearts and into their lives and have changed our world for the better. Many of these teachers have moved on from this earth but have left

a legacy of love and wisdom. Many are still with us, guiding our footsteps and strengthening our commitment.

It is with deepest gratitude to all of our teachers and partners that we move forward with our vision for the future of AHI.

AHI exists to serve the needs of all independent Groups and Centers in the International AH Community. AHI mentors and supports in numerous ways their efforts to utilize Attitudinal Healing to serve the needs of their local communities. In support of this vision and based on communication with existing and emerging AH Centers around the world, AHI has developed a number of new and expanding goals which include:

- Expanding our capacity to respond to requests for start-up support and Facilitator Training by engaging a team of Senior Trainers to support specific regions of the world.
- Fostering communication among existing and emerging centers by establishing Sister-Center and Regional Network programs.

- Developing in collaboration with interested individuals and Centers a broad range of online, culturally adaptable AH trainings and workshops.
- Establishing the Online Resource Center to provide a communication portal for Centers to house multi-language curricula.
- Continuing to work with Centers from diverse cultures to facilitate expanding and adapting their youth and adult programs for use by other Centers.
- Expanding the availability of the Power to Choose curriculum to Centers and other agencies by publishing manuals for trainers, guidelines for teachers, and pre and post standardized test measures.
- Developing a robust sustainability plan to ensure the continuation of AHI as a support system to the AH Community for many years to come.

Attitudinal Healing International welcomes your thoughts and ideas and is deeply grateful for your participation as we energize this living vision and explore how AHI can further best serve the global Attitudinal Healing Community.



Jerry Jampolsky and Gracie Michalka, oldest and youngest members of the AH community, conferring on the future. Gracie is the granddaughter of the Founders of CAH - Perth, Australia (Donatus and Patricia Michalka), and the daughter of the Centre's current Co-Directors (Meneesha and Patrick Michalka).

2014 JAMPOLSKY AWARDS

In 1992 the Fetzer Institute created the Jampolsky Awards to acknowledge and advance exemplary projects in the field of AH, to honor the work and life of Gerald G. Jampolsky, M.D. and to enhance the potential for transformation through love, forgiveness and service around the world. At the 40th Anniversary Celebration event, through the generosity of Fetzer Institute and additional funding from AHI, the following Centers received a Jampolsky Award of \$4,000 for their exemplary AH programs. The following award recipients will use the funds for the continuation, enhancement and expansion of their programs.

Attitudinal Healing Connection - Oakland Oakland, California - Founded 1989 Executive Director: Kokomon Clottey

The Good Neighbor Program is an AHC-Oakland innovation of Attitudinal Healing consisting of two projects designed to uplift the lives of low-income individuals: The Neighborhood Orientation Workshop (NOW) and The Neighborhood Leadership Institute (NLI).

NOW is a four-hour workshop and NLI is a twelve-week leadership program. Both are creative curriculums grounded in the theory of change that the practical application of Attitudinal Healing offers. In neighborhoods riddled with poverty, violence and fear, the Good Neighbor Program has been a beacon of light for individuals who were rooted in fear and hopelessness. The Good Neighbor Program can be duplicated nationally and globally.



Left to right: Kokomon Clottey, Amana Harris, Jerry Jampolsky, and Aeshah Clottey

Cameroon Centre for Attitudinal Healing Douala, Cameroon - Founded 2010 Executive Director: Abdou Tasha

In 2013, for the first time in Cameroon, a Youth Leadership Program based on the Principles of Attitudinal Healing was carried out in Government Bilingual High School DEIDO. See Power to Choose at right for details and comments.

CECURA Guadalajara A.C. Guadalajara, Mexico - Founded 1993 Executive Directors: Lucero and Carlos Aguirre

Elige, an innovation of the Power to Choose youth program was first introduced at a public elementary school serving five hundred children



and one hundred teachers and parents. It was then applied to other public and private schools with different socio-economic levels and adapted for the Juvenile Detention Center of Guadalajara, where it included artistic forms of expression such as rap music, dance and graffiti.

CECURA Santo Domingo Dominican Republic - Founded 2009 Executive Director: Zaidy DiFranco

During the event an additional donor, Mr. Sean Tabatabai, stepped forward with a generous matching contribution for one additional Jampolsky Award of \$4,000. With Mr. Tabatabai's offering, this additional award was presented to an emerging Center in Santo Domingo, Dominican Republic.



Left to right: Kenia Chalas, Zaidy DiFranco, Sean Tabatabai, and Diane Cirincione-Jampolsky

POWER TO CHOOSE

The Power to Choose (PtC) programs are unique Attitudinal Healing International innovations translated and adapted by independent Centers in culturally appropriate ways. Founded on the philosophy and Principles of AH, PtC aims to tap into the inner potential of underserved children and youth, empowering them to make healthy choices that positively impact them, their schools, families and communities.

Abdou Tasha, Founder of CAH-Cameroon, uses a cascading model where youth ages 13-17 have the opportunity to grow and develop facilitator skills within the Power to Choose program where they can move from participant to collaborator, and ultimately program leader. The influence of the PtC went well beyond the participants this year as they confronted the issue of bullying by establishing dialogues with the school administration to develop and implement policies that protect all the students.



Mr. Tasha and Mr. Vincent with a few of the proud and happy Power to Choose graduates

CAMEROON PTC GRADUATES

"This program has given me the tools to tackle all my worries and problems. It has helped me to develop a leadership spirit that is the spirit of always wanting to bring solutions, not problems to people issues. It has also encourage me to better make good and favorable decisions or choices. In fact, the power to choose program has helped me in uncountable ways. All I can say is thank you to the organizers as well as the participants.

I love this program and pray that it should continue. This was a wonderful program. Thank you so very much."

— Kunchuh Augustina



Role Playing Forgiveness as a Life Skill as part of Power to Choose program in Government Bilingual High School DEIDO in Douala, Cameroon

"When I came the first day to 'Power to Choose, I was very shy. I used to never really think about the feelings of others. But as I continue coming for the workshop, I felt like something left me giving room to real happiness. I started giving more time to the feeling of other people, something I was never doing before. Today, to see that people really love me bring tears to my eyes and I am so grateful.

Mr. Tasha, please in one way or another this program gave me hope and joy for life. Please never stop, always go ahead. Your way of grouping people with all their differences is really amazing. I love the work you are doing. Once again, do not stop this work for any reason. You revive the youth. Thank you so much."

— Elong Veronique



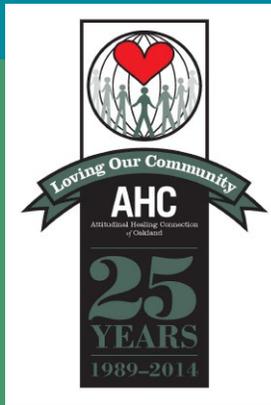
"Through this program, I have decided to let go of the past so I have use the present moment to create the future that I want.... I am a different person today compared to the person I was before participating in this program."

— Nkwanui Analice Jeubih



"Power to Choose has helped me a lot in forgiving others and trusting them again. I have learned that bullying others is not good. I have also learned that we can learn from others irrespective of their age or experience. It has also helped me to be friendlier with others. Before I was a very lonely girl but thanks to this program I am very happy mingling with others. Thank you AH Cameroon."

— Ejiofor Lydia



AHC - OAKLAND CELEBRATES 25TH ANNIVERSARY

AHI and the entire International AH Community congratulate the Attitudinal Healing Connection (AHC) on 25 years of dedication and commitment to Oakland, to the greater Bay Area and to Attitudinal Healing worldwide.

The mission of AHC is to empower individuals to be self-aware and inspired through the arts, creativity, and education, making positive choices to break the cycle of violence for themselves and their communities. To fulfill this mission AHC has created

powerful and award-winning engagement programs and projects and transformed the lives of thousands of Oakland residents, both youth and adults. With direct hands-on creative and integrated community programs such as ArtEsteem, AHC has developed student literacy, leadership, and artistic skill in more than 67 Oakland public schools.

On November 15, 2014, the "Loving Our Community" Gala celebrates AHC's 25 years of dedicated and positive community engagement and honors local community heroes with a Super Hero Award for their outstanding dedication and community service.

The Awardees for this year's Super Hero Awards are Belva Davis, Journalist and Trailblazer, Paul Cobb, Editor & Owner of Oakland Post Newsgroup, Dr. Tom Pinkson, Author and Founder of the Wakan Community and Steve A. Jones, Educator and co-owner of Plantain Studios.

Visit www.ahc-oakland.com to register, support AHC and participate in this joyous occasion.

AHC - OAKLAND RECEIVES COMMUNITY PARTNER RECOGNITION AWARD



Left to right: Kamilah Crawford (Office Support), Amana Harris (Associate Director), Erica Wheeler-Dubin (Communications)

The Community Service Learning (CSL) Program, a unit within the Institute for Civic and Community Engagement (ICCE), recognizes and honors one community partner each year for contributing to the institutionalization of community service learning (CSL) at San Francisco State.

The CSL program is proud to announce Attitudinal Healing Connection (AHC) and ArtEsteem from Oakland, CA as this year's recipient of the Community Partner Recognition Award. For close to 20 years the AHC/ArtEsteem art and literacy program has helped develop creative, engaged and successful children/youth through building knowledge and emotional, social, academic and intellectual skills.

The program has reached 50,000+ youth and adults, and provided programs to approximately 57 schools in Oakland and the larger East Bay. Most recently, AHC/ArtEsteem, through the Oakland Super Heroes Mural Project (OSH), unveiled the 2nd mural of West Oakland/Emeryville's largest mural revitalization and beautification efforts. This project to date has engaged over 200 youth as agents of change in their communities, created over 80 jobs, enhanced the neighborhood, and reduced blight.

Staff at this organization have been an inspiration and unwavering supporter of the SF State Community Arts Design Studio (CARD) since its beginnings. Their inspiration on community empowerment, has inspired and fills SF State students with passion and drive.

— San Francisco State University

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



Beijing, China - Introduction to Attitudinal Healing and Facilitator Training November 2013

FACILITATOR TRAINING - CHINA

In November 2014, at the invitation of the AH Centers of China, two AHI Senior Trainers (Carolyn Smith and Trish Ellis) and two volunteers (Joe Keery and Lynne Law) will travel to beautiful Hangzhou to offer two AH Trainings: a three-day Introduction to AH workshop and a three-day Facilitator Training.

Attitudinal Healing was first introduced in China at the request of Elsa Chen and James Hu in 2012. Following a 10-Session online Introduction to AH Course, Elsa and her friends hosted AH workshops in Beijing and Shanghai in 2013. *Today, AH Support Groups are offered in ten Chinese cities (Hangzhou, Xuchang, Beijing, Tianjin, Chengdu, Shanghai, Hengshui, Baoji, Harbin, Suzhou) plus two groups that meet on-line.*

Liu Xiang, an AH Facilitator in Hangzhou, is coordinating the Hangzhou trainings which will be held at the Lingyin Hotel, near the historic Lingyin Temple. More than one hundred potential facilitators will attend the trainings each weekend.

ONLINE TRAINING

In this age of exponential technological growth, AHI is striving to utilize available web-based tools to better serve the global Attitudinal Healing Community.

To supplement in-person trainings and workshops around the world, AHI expanded its Online Training program in 2014, beginning with an Introduction to AH workshop offered by Senior Trainer, Trish Ellis. Additional topics for AHI workshops and trainings planned for 2015 include Forgiveness, Loss & Grief, End of Life Care, and Being of Service.

AHI's online outreach program utilizes the WebEx Training software platform, although other programs are currently

being considered. The goal is to vigorously expand the online platform for interactive collaboration to all AH Centers. AHI is available to help Centers develop their own online programs and make them available for international distribution. For those interested in learning more about how AHI can assist online, please contact Andrea Bernott, Systems Administrator, at andrea@ahinternational.org.

For those interested in participating in online training, Trish Ellis, International Communications Coordinator, will begin teaching an Introduction to AH course on January 14, 2015. For more information or to be added to the online training email list, email trish@ahinternational.org.

NEWEST AH CENTER IN THE US

AHI is delighted to welcome the New England CAH which officially opened on November 1, 2014 in Nottingham, New Hampshire. The Center's co-founder, Judith Matthews is a child and family psychotherapist and long-time practitioner of Attitudinal Healing. In 1991, Judy and Suzanne Bowman (now deceased) facilitated a grief and bereavement group and developed a program called Bridges for parents and children facing life-threatening illness.

The New England Center will offer study groups using Dr. Jampolsky's books, bereavement and caregivers Support Groups, compassionate communication trainings and individual counseling with licensed therapists.



*New England Center
for Attitudinal Healing*

For more information, you may contact the New England Center via email at neattitudinalhealing@icloud.com or by phone at 603 433-3058.

HOW YOU CAN HELP

Attitudinal Healing is a profound solution to the great conflicts, challenges, choices and changes that confront us all every day. We are deeply inspired by the commitment and creativity of the people doing this work around the world, and we hope you are too. If Attitudinal Healing has touched your life or the life of someone you love in a meaningful way, please stand with us. We need your partnership and your generous financial support.

Your contribution will allow the Jampolsky Outreach Foundation to sustain Attitudinal Healing International as it supports in numerous ways the growing number of independent AH Centers responding to worldwide requests for education, end of life care, crisis intervention, conflict resolution, and community support for underserved populations.

Please take a moment to reflect on the lives that will be touched by your generosity and consider making a tax-deductible donation, a pledge of ongoing financial support, or Planned Giving. Donations can be made by check, credit card, or on-line at www.AHInternational.org. All donation levels are deeply appreciated.

We are proud that 79.4% of all donations go to Direct Program Services.

Jampolsky Outreach Foundation

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