

# Online Holistic Stress Management *Instructor Certificate Workshop*

**A Special Certificate Workshop Adapted for Online Learning**

Time Period: May 5-23, 2025



With

**Brian Luke Seaward, Ph.D.**

In association with The Paramount Wellness Institute

*“Dr. Seaward knows the field well, has taught it and lived it—and provides scientific documentation at every step. But perhaps most important, Dr. Seaward goes beyond the usual approach to the subject to speak of soul and human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions to life’s meaning are addressed.”*

— Larry Dossey, M.D. Author of *Reinventing Medicine*

**Workshop Summary:** This certification workshop is designed to train all allied health professionals with an interest and background in “Holistic Stress Management” to teach, coach, direct or facilitate quality presentations/workshops at their worksite or private practice. The focus of this workshop is holistic—honoring the integration, balance and harmony of mind, body, spirit and emotions for optimal well-being. The purpose of this workshop is two-fold: 1) to gain a sound background in a holistic approach to stress management, addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques, and 2) to refine excellent teaching skills in which to share this knowledge most effectively, whether it is through one-on-one coaching, a one-hour presentation or a 16 week college credit course.

# **Online Spring 2025 Holistic Stress Management Certificate Workshop Itinerary**

• **Video Module Lecture Presentations:** In the process of adapting this 4-day workshop into an on-line format, each of the content modules has been pre-recorded; each as an on-line lecture presentation, to be viewed at your convenience, during the suggested period of this workshop offering. Please know that for the guided mental imagery modules, you will need to find an at-home partner to do this particular exercise.

Part I: Introductions: facilitator, participants, & course content

Time: 60 Minutes:

Modual # 1: Teaching Tips & the Basics of Holistic Stress Management

Time: 120 Minutes:

Modual # 2: Teaching Tips: Creating a Comfortable Class Setting & More Tips

Time: 120 Minutes:

Modual # 3: Teaching the Basics of Subtle Anatomy and Energy Medicine:

Time: 90 Minutes:        Stress and Disease

Modual # 4: Teaching the Basics of Creative Anger Management

Time: 60 Minutes:

Modual# 5: Teaching the Basics of Art Therapy

Time: 180 Minutes:

Modual # 6: Teaching Effective Coping Techniques

Time: 60 Minutes:

Modual # 7: Teaching Effective Relaxation Techniques and Relaxation Through the Five Senses

Time: 60 Minutes:

Modual # 8: Teaching the Basics of Humor Therapy

Time: 60 Minutes:

Modual # 9: Teaching the Basics of Creativity (Creative Problem Solving)

Time: 60 Minutess

Modual # 10: Teaching the Basics of Music Therapy

Time: 60 Minutes:

Modual # 11: Teaching the Basics of Journal Writing

Time: 60 Minutes:

Modual # 12: Effective Lesson Planning

Time: 60 Minutes:

Modual # 13: Teaching the Basics of Meditation

Time: 60 Minutes:

Modual # 14: Teaching the Basics of Stress and Human Spirituality

Time: 60 Minutes:

Modual# 15: Teaching the Basics of Stress, Nutrition, and Disease

Time: 60 Minutes:

Modual #16: Teaching the Basics of Guided Imagery

Time: 60 Minutes:

Modual # 17: Special Topics With Luke: Healthy Boundaries & Digital Toxicity

Time: 60 Minutes:

Module # 18: Bonus Link: WELCOA Conference Keynote: Healthy Boundaries

60 mins

Module # 19: Workshop Review

44 mins

Part II: Closing Comments, Workshop Evaluations & Farewell.

Time: 15 Minutes

• **Interactive Classroom Sessions:** In keeping with the original format of a 4-day, in-person, workshop, this online event (offering some structure) includes three Zoom classroom meetings scheduled after specific modules to help process the information and create a sense of professional camaraderie (as we can also learn from each other). Prior to the Zoom interactive meetings, each workshop attendee will be emailed a list of discussion/talking points. It will be your responsibility to watch these module video presentations prior to the group interactive meetings. In addition to viewing the modules, your workshop confirmation letter will provide suggested dates to watch these video presentations as well as provide suggested dates for the Zoom interactive sessions. All Interactive Meetings are scheduled in Mountain Time. These sessions will also be recorded for future viewing.

Dates:

Monday, May 5, 2025, 6:00-7:00 p.m. (Mountain Time)

Monday, May 12, 2025, 6:00-7:00 p.m. (Mountain Time)

Monday, May 19, 2025, 6:00-7:00 p.m. (Mountain Time)

• **Private One-on-One Session:** In addition to the interactive class meetings, each workshop attendee is required to schedule a private one-hour interactive video conference session with the instructor, (Facebook video chat, Facetime, Zoom, or some format that works for all parties involved.) This will offer designated quality time to chat privately, answer questions about the content, and cultivate a personal relationship with the instructor, etc. etc. In this time, the instructor will ask to see various assignments including the art therapy, the Art of Calm worksheet, the Creative Problem Solving worksheet, Music Therapy feedback, and notes from the guided mental imagery sessions.

• **Outside Class Assignments:** In addition to attending the scheduled sessions mentioned above, the completion of the following outside class assignments are required to receive the Instructor Certificate. All of these assignments will be explained in greater detail during the introductory video presentation of the on-line workshop. (If you have any questions before that time, please contact me for more information).

Assignments are due 2 months upon the starting date of the on-line workshops: (Extensions up to one year are available upon request).

1. Bio-Sketch:
2. Three (3) Presentation Summaries
3. Three Presentation Course Outlines
4. Presentation Lesson Plan Objectives for each presentation title/summary
5. Three (3) Visualization-Meditations
6. Social Support Group Visit Reflection Paper
7. Tickler Notebook or Creativity Project (Please Pick One!)
8. List of Teaching Resources (Professional networking)
9. Final Take Home Exam

## **Instructor Workshop Information: What You Need to Know**

**Who Should Attend?** Anyone who is interested in learning, relearning, refining, and cultivating these essential life skills is invited and encouraged to attend. This workshop is designed for both personal growth and professional development. Our philosophy suggests that for people to be really effective at teaching others the basics of holistic stress management they must first be effective at knowing and practicing these skills themselves. Professionals who have greatly benefited from this workshop include: nurses, social workers, counselors, school teachers, wellness directors, therapists, health educators, physicians, and those wishing to make a career change.

**Workshop Fee:** The early bird cost of this self-paced, online workshop is \$2,595.

Regular price: \$2,995.

This workshop is limited to 10 people. Please see registration form on the next page.

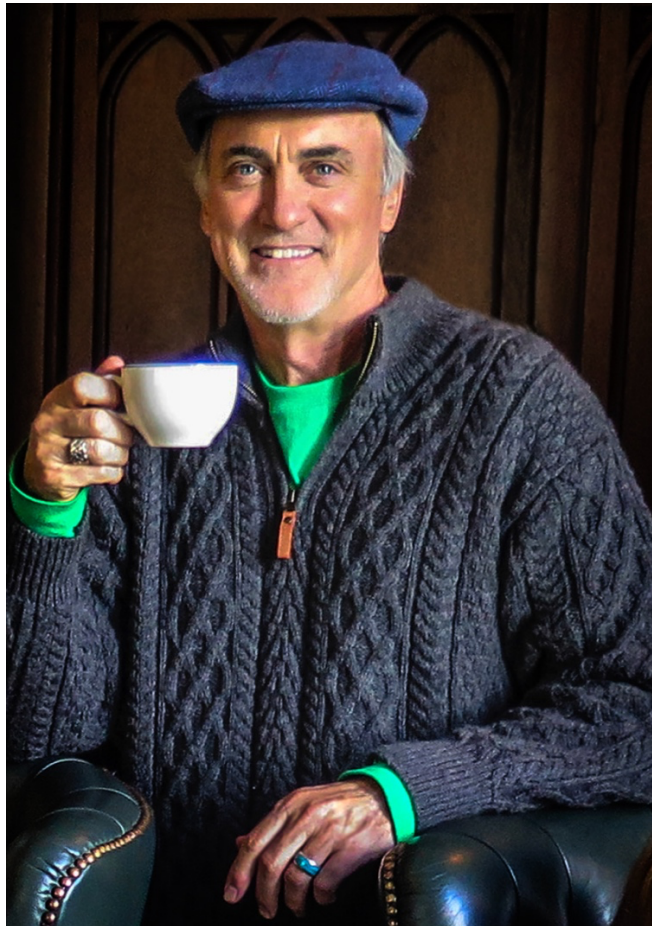
**Certificate of Instruction:** Upon successful completion of the take-home exam and assignments, graded assignments with comments will be returned with your Certificate of Instruction (including 54 CNE professional contact hours). Take home assignments include the following: Bio-sketch, three presentation titles and summaries, course outlines, lesson plans, learning objectives, guided visualization scripts, tickler notebook or creativity project, and teaching resources. Six weeks are given for completion. Extensions are available upon request.

### **Included With This Online Workshop:**

Once registered, you will be mailed (priority mail) a packet in the mail with the following items:

1. *Managing Stress(11E)* textbook
2. *Triumph of the Human Spirit* Workbook
3. Workshop Workbook (hard copy)
4. Set of video links of the Tutorial modules
5. Dates for the Online Zoom Class meetings
6. Flash-drive with all kinds of goodies including the workshop workbook, countless presentation handouts, articles, and 3 WELCOA Powerpoint/Keynote presentations
7. MP3 Files for music therapy module
8. Art therapy supplies to participate in art therapy session
9. A set of *The Doors of Perception Wisdom Cards* for Journal Writing module
10. Box of color pastels for Art Therapy session
11. Additional items (and goodies) for your Holistic Stress Management Instructor Care Package (little surprises I include while teaching the in-person workshop).

12. Certificate of Attendance/Participation and Certificate of Achievement (upon successful completion of outside class assignments & exam.)
13. On-going mentorship with Dr. Brian Luke Seaward



**About Your Workshop Facilitator:** Brian Luke Seaward, Ph.D. is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress: Principles and Strategies for Health and Well-being (11E)*, is the top selling college textbook nationally and internationally. Dr. Seaward has served on the faculty of the American University, the University of Colorado and The Graduate Institute sharing his wisdom of holistic wellness to undergraduates and graduates alike. As teacher, mentor, and healer, Luke is regarded by his students and peers as a rare gem in the crown of health promotion. He is the author of several books including *Stressed Is Desserts Spelled Backward*, *Health of the Human Spirit*, *The Art of Calm*, *Quiet Mind*, *Fearless Heart* and the popular best seller, *Stand Like Mountain, Flow Like Water*. More information is available through his website: [www.brianlukeseaward.com](http://www.brianlukeseaward.com).

# Online Spring 2025 Holistic Stress Management Instructor Certificate Workshop Registration Form

---

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip \_\_\_\_\_

Phone Number (        ) \_\_\_\_\_ \* Email address \_\_\_\_\_

**Online Spring 2025 Workshop:**

On or before May 2, 2025                      (Early Bird Tuition Fee) ... \$2,599.00  
After May 2, 2025                                (if available)                                      ... \$2,995.00

**Cancellation Policy:** Prepaid fees are refundable minus a \$200.00 processing fee. Sorry, we are unable to provide refunds after May 2, 2025. A cancellation after May 2nd results in a forfeit of tuition registration fee.

**METHOD OF PAYMENT:**

\_\_\_\_\_ **Check** enclosed (payable to Inspiration Unlimited). Please send to address listed below.

\_\_\_\_\_ **Venmo** (online money transfer) send to @Christine-Seaward (# 9177).



Christine Seaward

@Christine-Seaward



**venmo**

Scan this code to pay

\_\_\_\_\_ **Credit Card:** Master Card / Visa / AMEX / Discover (circle one)

Credit Card Number \_\_\_\_\_ Exp Date \_\_\_\_ / \_\_\_\_ CVV Code \_\_\_\_\_

Signature \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Please mail this registration form and check to: Inspiration Unlimited  
809 Allen Drive, Suite 200, Longmont, CO 80503

or scan registration form and send to: brianlukes@cs.com. For more information, please contact us at  
*Inspiration Unlimited* (720) 600.9640.

## Workshop Participant Comments



Dr. Luke, Thank you for a wonderful workshop. I have thoroughly enjoyed the material and continue to work through it to complete the homework - I look forward to holding my first workshop, hopefully in the early fall! Thank you again - I've enjoyed it all and look forward to continued relationships and learning!

—Love and Peace, Lorianna Newman CHES

*“Hi Brian Luke, This was a life-changing experience for me. I enjoyed the textbook, the experience in Boulder, but more importantly, I enjoyed getting to know me! This has revolutionized my life. I am spending more time in nature, practicing meditation and exercising regularly, my nutritional intake has improved along with my overall well-being. I can honestly say I am learning to live an effective holistic life and have reduced the stress in my life and am motivated to share what I have learned with my family, friends, colleagues, families and students that I serve. Thank you again for investing in me!”*

— Glenda, CLSW, Michigan

“Thank you, Luke, for a great experience in learning to teach stress management to others. For many, it seems that just when you think life cannot get any more stressful, it does. Stress is part of life—it cannot and will not be eradicated. We must learn to make peace with it and learn to control and manage the stress, before it controls and manages us. It is a constant balancing and rebalancing act, and sometimes it feels as though we are dancing the cha cha—one step forward, two steps back. This workshop provided all the tools and techniques I would/could need to effectively explain, demonstrate, and teach stress management to groups and individuals.

This stress management instructor certification workshop provided me with the missing piece in my professional portfolio/repertoire/credentials. As a Hatha yoga and AcuYoga instructor and Integrative Health Coach, I discuss the impact of stress on our health, and the need for effective stress management, but, until now, did not have a tool kit or bag of tricks to offer my clients to put into place in their own lives. Thank you for providing this, so I can share it with my clients. Until now, I had only had the opportunity to work with you in a single session at The Graduate Institute. I enjoyed these four days, getting to know you better and working with you. I look forward to working together in the future. Thanks again, for everything!” — Christel A, RDH, RYT, MA

“The sheer volume of information and resources of exercises will keep me busy for years. Having options to teach exercises related to the different focus areas is incredible. And I am very appreciative of the CD-ROM with even more information and Powerpoint samples. The information on creating great slide show presentations was INVALUABLE. All of this has helped me to integrate the material to make my understanding more solid as to how it all fits together so beautifully into the work.”—Denise R. New Haven, CT

“The most important thing that I took away from the course (amongst the hundred other things that I took away) was a lifetime of exploration. The tools and information that you provided thru your lifework, will probably take me the rest of my life explore and utilize. I feel like I have been put on the yellow brick road - learning things both from within and on the outside, meeting new people along the way and having wonderful adventures. And I thank you from the bottom of my heart for that.” Ellen 2013 workshop alum.

“Thank you so much for all of your wisdom and love and sharing in delivering a fabulous workshop on Holistic Stress Management. I thought your talk on Stress and Spirituality was absolutely phenomenal and very moving. Thank you so much for your kindness, intellect, and willingness to share so much with us. Thanks from the bottom of my heart. With great blessings.” — Karen, Asheville, NC

“I was hoping that your workshop would help me crystallize the swirling in my head and help me understand the dread I felt about pursuing a speaking career in this field. It came to me on the plane ride home - the understanding I was looking for. Your workshop was invaluable in helping me to move through this block and I am truly, truly grateful. I will keep you posted as I go! Thanks again and best wishes to you for continued success in helping people change their lives!” — Ellen, Baltimore, MD

“ I am sure that you hear this often.... but you are truly a gift and you show what can happen when you live your passion. Thank you for bringing me into the ‘family’ and sharing your energy, these past days were beautiful. I know that I am following my purpose because of the opportunities that are being dropped into my life, your class being one of them. With love and kindness,” Vicki, Tampa, FL

“As a nurse practitioner and manager for Integrative Medicine and Wellness Services in a community hospital setting, I gleaned far more from this course than I ever could have imagined.... it was packed full of “little gems” of research data, tips for teaching and coaching, information about starting up a business, lesson plans and creative handout ideas, stunning photographs and beautiful music, both experiential and didactic, right-brained and left-brained, conscious and unconscious.... nothing was left out. Not only did I learn “to capacity”, but I re-discovered my enthusiasm and passion for my work and am eager to “dig in” and re-craft programs and courses

based on what I now know I didn't know. Thanks, Luke, to you and all those in our spring 2011 class who shared and grew together.”  
— Derreth, ME

“Luke, I wrote a grant to the Cancer Coalition for funding to opening a Healing Touch studio for breast Cancer patients, I already teach them meditation and now (pending this grant which we are SO gunna get) will be able to do Healing Touch therapies for them. I am SO humbled and grateful for you starting me off on this path that I could NEVER have imagined!!” — Nora O., OK

“This class was phenomenal – it has changed my life! The skills learned here will be put to good use for myself, my family and my clientele. I feel blessed to have been a participant. Thank you so much. I hope to see you again in the near future.

“Thanks to you, my workshops and presentation have more pizzazz.” — Peggy J., Chicago

“Best conference/teaching session I have ever been to – I am an advanced holistic nurse-certified.”

“In forty years of practice and learning, this experience has been one of the most profound for me (and my students, clients and all I come in contact with). THANK YOU so much.” —Pam P.  
Amber, PA

“Once again, thank you for a wonderful workshop! It was, by far, the most inspirational and relevant I have ever participated in. I enjoyed the assignment and really appreciated your time and the gift of your knowledge/experience to all of us.”  
—Cyndie Koopsen, Flagstaff, AZ

“I am so impressed with the ‘ways and means’ of this workshop. Both nurturing and didactic in nature, the way you go about providing that – small class size and a variety of hands-on experiences – is really an art, Luke. I appreciate this talent of yours. I also am appreciative to know I can stay in touch as needed. Being able to ‘take back’ things to use specifically is a real blessing in approaching this huge topic. Be well!”  
—Becky B., (RN), Bangor, ME

“I have attended workshops by Jon Kabot-Zinn and other leaders in the field, but this workshop (beyond comprehensive) was exactly what I have been searching for in all these years.”

“The “best” seminar I have ever attended. I feel very inspired and even more certain I am following the right path in my life. Luke, you are a gem! Thank you!”

“Many thanks for the truly inspirational workshop. I’ve already used the creative problem solving exercise for our employee wellness program. Many Thanks again.”  
— Lou D., Texas

“ Thank you so much for a personally rewarding course. I thoroughly enjoyed the workshop and your leadership was truly inspiring. I appreciate your passion for this work as it is what the world needs now.”  
— Cindy M. YMCA of Providence, RI.

“Thank you for the wonderful September Workshop. Thank you for sharing your amazing energy, experience, and knowledge. I learned so much about stress and stress relief that will benefit both me and my patients. I was blown away by the information and experience of healing, energy work, meditation and spirituality.”  
— Jennifer H. (RN) Sitka, AK

“What I received from your workshop was a gift that was hard to measure. I found another piece of myself and found I was able to help people in other ways than through my physical nursing skills. You have helped me start growing and I feel energized to continue. THANK YOU!”  
— Laura, H. (RN) Duke Medical Center

“A wonderful four days. A return to what I felt as a child and have spent the last five years trying (however unsupported) to reincarnate. Thank you! Also very happy to never have been bored, as I get bored easily.”

“This whole workshop was first rate. It more than met my expectations. It was fun, inspiring, entertaining, informative, broadening, expansive, connecting – excellent! Thank you so much – I go home even more inspired and creative than when I left. Bravo!”

“ The amount of tools and resources provided to enhance and teach holistic wellness, stress management and spirituality is amazing. Thank you. You are an inspiration. Words cannot convey how much. I have an infinite number of ideas about how to promote the concepts presented in people’s lives to journey towards well being.”

“This was my first conference of this type and it was great. Luke taught to us as though we were instructors. This will be a wonderful tool to expand and invigorate my new business. New insight as to where massage fits the whole wellness picture. Thank you.”

“This workshop was another “life changing” experience for me, as I learn to acknowledge and honor my spirit voice. Thank you for being so giving and willing to share so much of yourself!”

“The most well organized workshop I have ever attended. Worthwhile for all nurses as patient advocates/people advocates.” Kathy Zavela, , RN, The Mayo Clinic.