

# Heal the Healer VitalizeWellness

## Living Stronger

These are the skills we focus on through our wellness retreats:

- Balancing spirit, heart, mind and body
- Intention setting, mindful movement
- Development of interdependence, trust and mutual respect
- Authentic communication
- Stress management
- Bridging personal passion with purpose
- Nature Connection

## Who Will Benefit

Teachers, direct service providers, human resource workers, social workers, health care providers, community service personnel, special interest groups, school administrators — and all who are interested in breathing deeper and waking up refreshed.

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## Initiatives

- Mindful Movement Practices
- Self-awareness, Wheel Of Wellness
- Ceremony, Creating Sacred Space
- Nature Immersion Exercises
- Enlivened Breath-work

## Let's Take Care Of Each Other

When we feel good, we do our best. Numerous studies have demonstrated the significant increase in productivity, workflow and communication when workers are balanced, healthy and energized. By creating a new commitment to well-being, individuals and communities benefit in the short and long term.

## Program Description

In today's fast-paced and emotionally challenging world, counselors are increasingly recognizing the therapeutic benefits of nature immersion for mental health and well-being. This continuing education course is designed to equip counselors with the knowledge and skills to integrate conscious self-care practices into their daily routines effectively.

Through a combination of theoretical exploration, experiential learning, nature walks, reflective journaling, mindfulness exercises, and practical application, participants will delve into the profound healing qualities of nature and its impact on psychological and emotional wellness.

Celebrate Life uses teaching techniques from a myriad of resources including music, art, theatre, clinical therapy practices, empowerment skills, communication techniques and outdoor awareness practices. By the end of the program, counselors will emerge with enhanced skills and confidence to leverage nature's therapeutic potential in their counseling practice, enriching the lives of their clients and fostering greater harmony between individuals and the natural world



# Heal the Healer: Vitalize Wellness

## Nurturing the Nurturers: The Vital Role of Self-Care in Healing the Healer

Through a blend of interactive workshops, self-reflective exercises, and evidence-based discussions, participants will explore the multifaceted dimensions of self-care and its profound impact on professional effectiveness, personal fulfillment, and overall wellness. Understanding the concept of "Healing the Healer".

By the end of the course, participants will emerge with a renewed commitment to their own self-care journey and a comprehensive self-care plan tailored to their individual needs and circumstances.

**Date:**

**Cost:**

**Location:**

### Preliminary Itinerary:

- 9:00 Meet and Greet, Intro to presenters and course content and objectives
- 10:00 Exploring the importance of self-care lecture, power-point, group activity  
15 min break
- 11:15 Developing personalized self-care plans, Breakout session, Brainstorm, Council
- 12:30 Working Lunch – Inquiry Bowls – Discussion Prompts
- 1:30 Overcoming barriers to self-care - Open discussion
- 2:00 Interactive Breakout session – Mindfulness
- 3:00 Nature Immersive Practice  
15 min break
- 4:00 Cultivating a culture of self-care within organizations
- 4:30 Closing Council, Q and A, and Eval- Certificates

### Presenters:

**Patrick Talbot, LMFT**, CEO of Celebrate Life, certified wilderness guide, corporate trainer, and wellness practitioner; Pat brings in his love and enthusiasm to enliven participants using nature as his co-therapist. He is a pioneer in creating transformational seminars, as he introduces Nature as “the Teacher” and Soulful journeys as “the Lesson”. A master of integrating experiential activities with counseling, Pat will enhance individuals’ physical and emotional potential.

**Vivian V. Valentin, PhD**, co-founded, and is the Executive Director of Kind Mind SB, a social-emotional learning program, bringing mindfulness, compassion and nature-connection practices to schools and other communities since 2019. Prior to that, as a cognitive neuroscientist, Vivian developed neurocomputational models of neuroplasticity, learning, and executive attention, and studied brain-state transitions and metacognition.

Course meets the qualifications for 7 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences;

Celebrate Life is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for interns and licensed mental health practitioners. Patrick Talbot, LMFT, CEU Coordinator maintains responsibility for this program/course and its logistics.

Please contact Oceanna Kiddie at [info@celebratelife.today](mailto:info@celebratelife.today) within 24 hrs if you need to cancel or have any questions about our refund policy, directions, location, dietary request (if meals are provided), special needs or logistics. Please contact Patrick Talbot, to address (any grievances, concerns or course content at 805 628-3418 or email [info@celebratelife.today](mailto:info@celebratelife.today)