

Community of Caregivers Committee Statement of Intent

Our intent is to provide a high-quality conference, at a reasonable price, which uses teaching methods and content that will support you in your role as a caring professional.

This program is designed for professional caregivers including - chaplains, clergy, counselors, managers, nurses, pastoral care staff, physicians, psychologists, psychiatrists, social workers, teachers and all who are committed to caring for others.

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The annual Caregiver Conference is made possible by our generous sponsors and supporters. If you would like to donate or recommend a potential sponsor, please contact us at info@TransformationsCenter.org or 269-381-6290.

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Riding the Dragon with Dr. Robert J. Wicks
A conference for professional & pastoral caregivers
Monday, September 18, 2017



Riding the Dragon
Strengthening the Inner Life of Healing & Helping Professionals

Presented by Dr. Robert J. Wicks
Monday, September 18, 2017; 9am-12pm

New Location!

The Fountains at Bronson Place
1700 Bronson Way
Kalamazoo, MI 49009



Fetzer Institute



TransformationsCenter.org

Robert J. Wicks, Psy.D.



For over 35 years Dr. Robert Wicks has been called to speak calm into chaos by individuals and groups experiencing great stress, anxiety and confusion.

Dr. Wicks has taught in universities and professional schools of psychology, medicine, nursing, theology, education, and social work.

In the past several years he has spoken on Capitol Hill to Members of Congress and their Chiefs of Staff, at Johns Hopkins School of Medicine, and to many other

groups worldwide on his major areas of expertise: resilience, self-care, and the prevention of secondary stress.

- In 1994 he was responsible for the psychological debriefing of relief workers evacuated from the Rwandan genocide.
- In 1993 and 2001 he worked in Cambodia with professionals helping the Khmer people rebuild their nation following years of terror and torture.
- In 2006 he presented on self-care at the National Naval Medical Center in Bethesda, Maryland. At Walter Reed Army Hospital he addressed health care professionals caring for Iraq and Afghan war veterans with multiple amputations and severe head injuries.
- More recently he addressed U.S. Army health care professionals returning from Africa where they were assisting during the Ebola crisis.

Dr. Wicks has published over 50 books for both professionals and the general public including his bestseller, *Riding the Dragon*. His latest book, set to be released October 2, 2017 is for the general public titled, *Night Call: Embracing Compassion and Hope in a Troubled World*. Two of his latest books for professionals include: *Overcoming Secondary Stress in Medical and Nursing Practice* and *The Resilient Clinician*.

Learn to extend your warmth to others without losing your own inner fire in the process.

Even in the darkness there are many gifts present if we have the courage, faithfulness and humility to see them.



The temptation is to push the dragon of truth back into the cave.

If you wish to do this, and still can, stop now and you'll still probably have a life filled with nice experiences.

But if you want to live as fully as you can in the short time you are here, then "riding the dragon" is the only path worth taking.

~ Robert Wicks, Riding the Dragon

16th Annual Community of Caregivers Conference with Robert J. Wicks

Riding the Dragon: Strengthening the Inner Life of Healing & Helping Professionals

Monday, September 18; 9am-12pm
New Location!
The Fountains at Bronson Place
1700 Bronson Way
Kalamazoo, MI 49009

One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have. By discussing psychological approaches to maintaining perspective and inner strength in challenging times, Dr. Wicks, an expert on the prevention of secondary stress offers insights into how we can extend our warmth to others without losing our own inner fire in the process.

Topics will include:

- maintaining a healthy sense of perspective
- avoiding dangers that lead to unnecessary stress
- knowing the 4 "voices" we need in our circle of friends to have balance and courage in life
- improving self-awareness and developing your own self-care program
- facing inner darkness
- developing a mindfulness practice

Practical, illustrative, lively, this rich presentation will provide essential information on resilience, compassion, and personal wellbeing.

Register

Workshop Fee

\$50 when paid by August 28, \$65 thereafter, and includes program, materials and a continental breakfast. Seating will be limited.

A limited number of partial scholarships are available for health care professionals unable to pay the entire workshop fee.

Registration Options:

Riding the Dragon

1. Register online at TransformationsCenter.org
2. Pay online with PayPal or pay by check and mail to:
Transformations Spirituality Center
PO Box 2
Nazareth, MI 49074

Or:

1. Complete the form below
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