

# MINDOVERCANCER: 6-DAY PROGRAM

Two  
Weekends:

June 3-5 &  
June 17-19

M'illumino  
6921  
Roosevelt  
Way NE  
Seattle,  
WA 98115



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Rachel Ann Austin. See more of her work @  
[www.rachlanmaustin.com](http://www.rachlanmaustin.com)

## Leverage the Way You Think & Feel To Powerfully Shape the Way You Heal.

Cancer is a diagnosis we all dread in myriad ways: From the fears about what we may endure during treatment, to the impact of our illness on our family and friends, to the uncertainty of our prognosis and the potential lethality of the disease.

*Medical research shows that quality of life and long-term survival rates may both be dramatically improved through psycho-social support programs.*

That's why we are offering this unique Urban Retreat--to provide you with time-tested, evidence-based, holistic support that will:

- Strengthen your vitality and joy, and help you cultivate and *maintain* healthy hope;
- Help your caregivers and supporters face their unique challenges in balancing support with self-care;
- Reduce stress and negative emotions--converting fear into peace of mind;
- Advance capacity for relaxation, through mindfulness, imagery, and unconditioned awareness;
- Cultivate trust in the wisdom of life;
- Help you manage symptoms as they arise, including fatigue, pain and nausea;
- Balance nutrition, exercise, play and purpose;
- Improve communication skills and enlarge your support systems.



SEATTLE  
INTEGRATIVE PSYCHOLOGY  
SEAN PATRICK HATT PHD

# Comprehensive Curriculum. Therapeutic Integration.

This program has its roots in principles of Mind-Body Medicine which have been validated by rigorous clinical trials conducted in the most prestigious academic settings in the world, including The Ohio State University, UCLA and Stanford University Medical School.

*Mariusz Wirga, M.D., Medical Director of Psychosocial Oncology, Long Beach Memorial Hospital and former Medical Director of the Simonton Cancer Center for over two decades, developed and currently uses this program with his patients in Southern California.*

## Fees

\$960 per patient/caregiver team (spouse, partner or friend required for participation)

Covers 6 days of instruction, including 18 hours of group integrative psychotherapeutic work.

**This program may be eligible for partial reimbursement by most health insurance. For example: Premera Blue Cross may pay up to \$480 per couple toward the cost of this program, depending upon plan, coinsurance and deductible.**

Enrollment is very limited. Call 206-801-3214 for reservations and insurance information.

## Program Outline

### Weekend One

Friday: 1 - 8 p.m.

- Baseline Assessment
- Vitality and Joy to Combat Stress
- Healthy and Unhealthy Beliefs

Saturday: 8 a.m. - 5 p.m.

- Qigong and Laughter Yoga Practices
- Imagery in Healing
- Transforming Negative Emotions
- Biofeedback

Sunday: 8 a.m. - 5 p.m.

- Yoga for Chronic Conditions
- Healthy Hope/False Hopelessness
- Meaning of Illness, Stress, & Secondary Gains
- Deep Relaxation

### Weekend Two

Friday: 1 - 8 p.m.

- Life and Death
- Symptom Management
- Benefits of Play and Laughter

Saturday: 8 a.m. - 5 p.m.

- Qigong & Laughter Yoga Practices
- Interpersonal Stress
- Creating a Health Plan

Sunday: 8 a.m. - 4 p.m.

- Yoga for Chronic Conditions
- Science of Beating the Odds
- Sharing of Health Plans
- Comprehensive Review
- Closing

## Faculty

### Dr. Sean Patrick Hatt Ph.D.

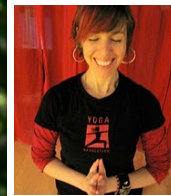
Sean is a licensed clinical psychologist, non-dual meditation teacher, and former professor of counseling psychology at Santa Clara University. He is also certified in the use of biofeedback by the Institute of Heartmath & trained in the psychosocial support of cancer patients by Mariusz Wirga, MD, creator of this program. He is a graduate of the University of Washington, Bastyr University, and the Institute of Transpersonal Psychology. For more information about his private practice, visit:

[seattleintegrativepsychology.com](http://seattleintegrativepsychology.com)



### David Tucker, MSAOM, L.Ac., LMP

David has a private Accupuncture and Traditional Chinese Medicine practice, and teaches Qigong.  
[zenofhealing.com](http://zenofhealing.com)



### Suzanne Stephens

Suzanne is a certified Viniyoga instructor specially trained in gentle practices for people with chronic medical conditions.  
[yogaempowered.com](http://yogaempowered.com)



### Teresa Verde

Teresa is a public speaker and certified laughter yoga instructor who has been teaching in the Pacific Northwest since 2001.  
[onethousandlaughs.com](http://onethousandlaughs.com)