

Notes from Open Space Topic Convenors

What was your topic or question?

How would we bring Attitudinal Healing (AH) skills or an AH Center to our communities to be used by a variety of organizations?

What were major discussion points?

- ✓ How to use the skills in the workplace, especially in a negative day-to-day grind
- ✓ How to use AH with doctors dealing with resentments
- ✓ How to introduce AH to a community (e.g., hospital, schools, social services agencies)
- ✓ How to get started

What did you learn?

- ✓ It only takes a few committed people.
- ✓ AH is a way to create a safe place – a common intention to find peace of mind regardless of the circumstance.
- ✓ We teach AH skills because we ourselves need to learn and heal.
- ✓ Some type of support system is essential; we all face daily (crazy life) issues.
- ✓ Trainings are offered in Sausalito at the Center – usually 5 days (3 days of personal application of attitudinal healing, followed by 2½ days of facilitator training to learn the AH Peer Support Model)
- ✓ Trainers will also come to local communities to conduct trainings.
- ✓ AH support groups/centers are autonomous. Once someone receives the training, they are free to use the model in ways that are appropriate for their own community's needs.
- ✓ Some groups are open to anyone facing any type of life issue/crisis, others are specifically for people dealing with an illness, loss, caregiving issues, etc.
- ✓ Most groups/centers are volunteer organizations.
- ✓ Groups can be easily blended with other types of services in many types of organizations such as hospitals, schools, treatment facilities, prisons, etc.
- ✓ How to get started:
 - Attend a facilitator training.
 - Gather a few people interested in starting a group to decide what kind of support you need in the community; determine logistical issues.
 - Start a group.
 - Public events introducing AH can be fundraisers.

Whom should we contact for more information?

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