

## **Kirke Olson, Psy. D.**

is a graduate of the first international teleclass in positive psychology and went on to assist Martin Seligman, Ph.D. with teaching other teleclasses. Dr. Olson is secretary of the board of directors of The Global Association of Interpersonal Neurobiological Studies (GAINS [www.MindGains.org](http://www.MindGains.org)) and has assisted in teaching teleclasses on the neuroscience of relationships with Daniel Siegel, MD. Dr. Olson applies interpersonal neurobiology, positive psychology and mindfulness with his clients and as a school consultant. He is a co-founder of Warren Street Family Counseling Associates and The Positivity Company ([www.ThePositivityCompany.com](http://www.ThePositivityCompany.com)). He is a NH licensed psychologist and Nationally Certified School Psychologist. He has worked with children, families and adults in New Hampshire since 1973. Together with his wife Dr. Sher Kamman, he offers monthly year-long therapist trainings in Flourishing: A Psychotherapy of Well Being.



## **Sher Kamman, Psy. D.**

is a NH licensed psychologist with more than 35 years of experience working with children, adolescents and adults. Her clinical work specializes in the treatment of complex trauma and she is a certified EMDR consultant and therapist. Dr. Kamman has been training therapists in advanced techniques for helping clients heal from complex trauma since 1997. Her *Create a Life You Love* seminars, for the public, use the results of research in interpersonal neurobiology, positive psychology, EMDR, and other areas. Her other passions include working with individuals and small groups using Positive Strength Based Therapy; consulting with organizations to help them use their strengths to improve performance; teaching workshops; and, speaking nationally. She is a co-founder of the Positivity Company ([www.ThePositivityCompany.com](http://www.ThePositivityCompany.com)) and a co-owner of Exeter Psychological Associates. Together with her husband Dr. Kirke Olson, she offers monthly year-long therapist trainings in Flourishing: A Psychotherapy of Well Being.



**NHAMFT**  
8 Little John Road  
Durham, NH 03824

The New Hampshire Association  
for Marriage and Family Therapy  
Presents a Full Day of Training

## **Beyond Symptom Relief: The Psychotherapy of Well Being & Flourishing**

**The Intersection of Positive  
Psychology, Interpersonal  
Neurobiology and Mindfulness.**

*with*  
***Kirke Olson, Psy. D.***  
*and*  
***Sher Kamman, Psy. D.***

**Friday, October 7th, 2011**

at

**Concord Country Club**

**8:30-9:00—Registration and Continental  
Breakfast**

**9:00-12:00—Morning Session**

**12:00-1:00—Lunch**

**1:00-4:00—Afternoon Session**

**6 CEUs Available**

**Space is limited. Register early to  
help ensure your place.**

## REGISTRATION

AAMFT Clinical Members	\$ 105
AAMFT Associate Members	\$ 60
Non-Members	\$135
AAMFT Student Members	\$ 35

(Lunch and Breakfast included in price)

**10% Discount if Registration is mailed  
by September 1st, 2011**

**Name:**

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**Address:**

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**License # and State:**

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**Mail to: Julie Farrell  
NHAMFT  
8 Little John Road  
Durham, NH 03824**

Payment can only be made by mail.  
Please make check out to **NHAMFT**.

**6 CEUs Available**

***Register early as spaces are  
limited for this workshop.***

## Beyond Symptom Relief: The Psychotherapy of Well Being & Flourishing

**The Intersection of Positive Psychology, Interpersonal  
Neurobiology and Mindfulness.**

For more than a century therapists have been helping millions of families and individuals relieve the misery of depression, anxiety, trauma and much more. Healing, curing, problem solving, and alleviating symptoms all resolve the disabling conditions of life. Valuable as this is, there is more that can be achieved. What helps families and individuals flourish and create a life they love?

Research in positive psychology has identified five elements of well being: positive emotions, engagement, positive relationships, meaning and accomplishment. This workshop will deepen your understanding and use of these elements in service of the goal of human flourishing.

The field of interpersonal neurobiology offers new insights that can be helpful to clinicians. Technological breakthroughs (e.g., fMRI, PET Scans) have made it possible to begin to learn how the brain works. Having this knowledge helps us understand why specific interventions are effective and provides the knowledge to develop new ones. This workshop will examine how relationships, neurobiology and well being affect one another, and how and why to apply this information with your clients.

Mindfulness is a mode of thought and a tool that is simultaneously ancient and contemporary. Its 2500 year history and recent brain research show its value in developing well being. In this workshop you will gain an understanding of the recent research on mindfulness, experience its benefits and develop methods to apply it with clients.

During this didactic and experiential workshop participants will learn and be able to apply:

- The five elements of well being.
- The interpersonal neurological underpinnings of well being
- Changes that relationships cause in the physical structure of the brain.
- Tools to teach clients about brain functioning.
- How mindfulness can increase learning, enhance well being, and improve physical health
- Specific interventions and how to use them.
- Mindfulness techniques to share with clients.

## Concord Country Club

22 Country Club Lane  
Concord, NH 03301-6939  
(603) 224-9641; (603) 338-0232

### Directions to the Concord Country Club

www.concordcountryclub.org  
(Click on [Directions](#) for viewable maps)

Concord Country Club (CCC) is located north of Concord and east of I-93 between exits 16 & 17.

If coming from the South heading north, get off I-93 at Exit 16, take a right at the end of the ramp (stop sign), and then a left at the next stop sign onto Mountain Road (Route 132). Stay on Route 132 (Mountain Road) for over two miles, and as you approach the highest point on this road (Mountain Road), take a right onto Country Club Lane, and follow it to the end. CCC is on your right.

If coming from the North, get off I-93 at Exit 17 East, and travel .7 miles on Hoit Road until it intersects with Route 132. Take a right at the stop sign, and travel south on Route 132 for 2.5 miles. As the road reaches its highest point, take a left onto Country Club Lane (it will be the fourth left from your turn onto route 132). Follow Country Club Lane until the end. CCC is on the right.