

The Eleven Principles of Transformation™ Seminar
Believe in new beginnings...

What every lay person and professional needs to know about facing a transition and transform it.

More than a seminar... a life experience

This seminar will offer you the possibility to engage in different types of activities that will involve writing stories, journaling, role play and sharing with others.

It will be an enriching experience that can be applied to a present loss or transition, past experiences that haven't been processed and may be interfering in your quality of life, or as guide to future situations in life that may involve a difficult transition.

The participants will leave this seminar with the assurance that they possess the resources to transform their loss and change their lives.

Participants from a broad spectrum of settings and professions interested in learning about The Eleven Principles of Transformation™ and how the understanding of each of them may be able to change and improve the life of a human being.

This system is A GREAT TOOL to be used by psychologists, social workers and counselors when working with their clients.

*This seminar is pre-requisite for the upcoming "train the trainers" **CERTIFICATE among other certifications.***

This event, more than a seminar, will be a life experience.

During this time, we will visit the Eleven Principles of Transformation™ through interesting lectures, group activities, sharing, role plays, meditation, visualization, exercises/building, and rituals.

You will receive a workbook and didactic materials.

The weekend of March 26-27, 2011 will be unforgettable!

About the speaker



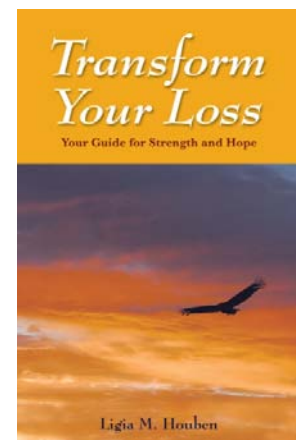
*Ligia Houben is the author of the self-help book **Transform your Loss. Your Guide to Strength and Hope**. Houben is a specialist in life transitions and transformation. She has a passion for life and believes all of us are able to fulfill our purpose if we can only change our attitude and beliefs. Houben's work has been centered in the area of grief and loss, expanding into meaning and growth. She works with people who need to face a new stage in life, children of aging parents, and people searching for more meaning in their lives. She has been recently invited to present in radial and TV shows in CNN en Español, NPR, NBC and Univision.*

About Ligia's book

Transform your Loss. Your Guide to Strength and Hope. This book contains "The Eleven Principles of Transformation™" which is a system that involves the emotional, spiritual and cognitive aspects of people as they face a transition or loss. Houben created this system of transformation to help people **transform** their losses and change their lives.

This system can be applied to past experiences, present losses and as a guide to future losses in life.

Stop using a band-aid to cover emotions... Heal from inside out...



Transform your Loss. Your Guide to Strength and Hope changed my approach to life. The book came to me amidst a personal crisis and showed me that even the saddest moments can be learning experiences that lay the foundation for a happier life. This is a book written from the heart and when it touches yours, happiness ceases to be something elusive that always happens to somebody else.

● **Cesar Cardoza, senior interpreter/copy director of CNN en Español**

About the Seminar and The Eleven Principles of Transformation™

During this 2-day seminar, Ligia will take us through her Eleven Principles of Transformation™. The following is a snapshot of what each principle will cover:

Principle I: Accept your Loss – We will learn how acceptance can be a choice. We can choose between dwelling on what has happened to us or accepting our new reality and do something about it.

Principle II: Live your Grief – We will learn how to validate the emotions we are experiencing. We may be suppressing pain that could be affecting many areas of our life.

Principle III: Go Deeper into your Spiritual Dimension – We will discover the spiritual tools that can make a difference on how we live our lives after a loss.

Principle IV: Express your Feelings – We will learn how to connect with our inner self and how to express our emotions.

Principle V: Share with Others – We will develop tools to communicate with others in a meaningful way. The better we communicate the easier it is for others to understand us.

Principle VI: Take Care of Yourself – We will learn to pay attention to our needs and develop habits that bring us comfort and wellbeing.

Principle VII: Use Rituals – We will find out about the value of rituals and learn how to incorporate them into our life.

Principle VIII: Live the Present – We will learn to let go of the past and stop worrying about the future.

Principle IX: Modify your Thoughts – We will learn how to change the way we feel by changing the way we think.

Principle X: Rebuild your World – We will learn to use our inner resources to relocate our loss and realize there is life after it.

Principle XI: Visualize the Life you Want – We will become the architects of our own destiny.

The Eleven Principles of Transformation™ Seminar

Miami, March 26-27, 2011

Marriott Hotel, Dadeland

9090 South Dadeland Blvd., Miami, FL 33156

REGISTRATION

Registration will be processed by Miami-Dade Area Health Education Center (AHEC). Please see the attached Program Registration Form below.

PAYMENT & REFUND POLICY

Payment is due at the time of registration. Registrant's will NOT be considered registered until payment is received. We accept Visa, MasterCard, and checks—made payable to Miami-Dade AHEC. Payment will also be accepted via PayPal at the following link: http://ligiahouben.com/make_a_payment.php. Please note that if the registrant's form of payment is declined, they will be charged a minimum \$15.00 processing fee.

CANCELLATION REFUND POLICY

For registration cancellation, a written document indicating the cancellation must be received by March 20th, 2011 to receive a refund of registration minus \$75.00 processing fee. No refunds will be given for cancellations received after Friday, March 11th, 2011. All written refund requests will be processed within 30 days after completion of conference.

Tuition includes Refreshments, Lunch, and Seminar Manual.

- \$397.00 Standard**
- \$357.00**
 - Non-Profit Organizations
 - Hospitals
 - Students

CEUs available through Miami-Dade AHEC



CONTACT LIGIA

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How did you know about this seminar?

- Ligia Houben Web page Transform your Loss Web page Miami-Dade AHEC A friend Email
- Other: _____



HOTEL RESERVATIONS

The 2011 The Eleven Principles of Transformation™ Seminar: will take place at the Miami Marriott Dadeland Hotel located at 9090 South Dadeland Blvd., Miami, Florida.

Miami Marriott Dadeland offers a unique blend of elegance and service. Located in the heart of Kendall, the hotel is accessible from 826 & US1, walking distance to Dadeland Mall, Downtown Dadeland, Metrorail and many restaurants. The hotel is minutes away from Coral Gables, Sunset Shops, The Falls & Merrick Park making them an extraordinary shopping destination. The hotel is ideally located within short driving distances to Baptist & South Miami hospitals, University of Miami and golf. Exciting South Beach is within miles. Newly renovated guest rooms and an elegant lobby provide a welcoming feel with complimentary internet access. You can enjoy lunch or dinner at Le Mirage or unwind after a long day or the friendly ambience of Whitney's Restaurant while indulging in our special menus.

For hotel reservations call 305-671-5046 or visit www.marriotthotels.com/miadd



Provider Services

PROGRAM REGISTRATION FORM

* indicates a required field

Last Name*			
Middle Initial			
First Name*			
Professional License # 1		Professional License # 2	
Profession* (Check all that apply)	<input type="checkbox"/> LCSW	<input type="checkbox"/> RN	<input type="checkbox"/> LD
	<input type="checkbox"/> LMFT	<input type="checkbox"/> LPN	<input type="checkbox"/> RD
	<input type="checkbox"/> LMHC	<input type="checkbox"/> ARNP	
	<input type="checkbox"/> LMHC		
	<input type="checkbox"/> Other, please list:		
Employer Info		Personal Info	
Company Name*		Address 1*	
Title*		Address 2	
Address 1		City*	
Address 2		State*	
City		Zip*	
State		County*	
Zip		Best Contact Phone*	
County		Primary Email*	
Work Phone			
Work Fax			
Work Email			
Program Registration			
Program Title*			
Program Date*			
Program Cost*			
Method of Payment			
*Please note that you will NOT be considered registered until payment is received! Once your payment is received and processed you will receive an email confirmation letting you know that your registration is confirmed.			
Payment Type	<input type="checkbox"/> Visa	<input type="checkbox"/> MasterCard	<input type="checkbox"/> Check
<input type="checkbox"/> PayPal (see link below)			
Credit Card #			
Expiration Date (MM/YY)			3 Digit SC: <input type="text"/>
Name As It Appears on Card			
Billing Address	<input type="checkbox"/> Same as Personal Info address		
Signature			

Mail registration to:
 Miami-Dade AHEC
 ATTN: Provider Services
 8600 NW 53rd Terrace, Ste. 200
 Miami, FL 33166

OR

Fax registration to:
 305-592-3704
 Provider Services
 *credit cards only please

PayPal Link: http://ligiahouben.com/make_a_payment.php