



## **Empowerment Plus (EP+) Training Overview**

This document summarizes the need for an integrated approach to wellness in mind, body and spirit, the EP+ process, what others have said about EP+, advantages of this approach, an overview of options and a description of learning objectives and costs for the Level I/II Certification Training.

### **THE NEED**

More and more teachers, coaches, counselors, social workers, psychologists and other mental health professionals throughout the world are eager to learn about this easy-to-apply process for helping others achieve to their potential.

### **THE EP+ PROCESS**

The EP+ approach integrates natural and traditional methods within a positive framework that can be applied to people of all ages. Dr. Teeya Scholten has had over 30 years of experience in the fields of education and mental health. Her consultative methods are used to screen for and treat concerns in attention (AD/HD), learning discrepancies (LD), food sensitivities, depression and more...

### **WHAT OTHERS HAVE SAID ABOUT EMPOWERMENT PLUS®**

I wish I had known about this when I first started teaching. The benefits to my family and me have made it all very worthwhile.

Ms. Teresa Osiowy, Alberta

I believe that "Empowerment Plus®" should be part of the curriculum of every institute of learning! I will share with whomever I can to promote your approach, which I believe to be superb. Finally, anything that encourages the fuller expression of the Original Blessing (Perfection), in which, and out of which, we were all created, is, in my opinion, the Work of the Spirit... Thus, I am confident that your Spirit-Guided labours will continue to bear much good fruit....

Rev. Gordon Stonehouse, Ontario

### **ADVANTAGES OF THE EP+ APPROACH**

- It is blame-free and offers positive reinforcement of the person's ability to help him/herself.
- It is constructive, in a step-by-step way that allows an individual to process at

his/her own speed and to determine and reach his/her self-chosen goals and objectives.

- It gives immediate resources that allow the user to have a realization of success from the beginning.
- It is inclusive; no part of one's personhood or humanity is excluded.
- It does not set the user up for dependency on a "therapist" or other "bestower", but gently and firmly establishes the "user" as manager/director of his/her own life.
- It is as beneficial and useful to the non-AD/HD members of a user's family or friends as it is to the user.
- It provides ongoing support; it is not an approach that has a limited term of usefulness or effectiveness.
- It does not ignore or disregard other factors that can contribute to AD/HD.
- It is appropriate for any age, gender, social status, and educational background.
- It not only improves the ability of the user to function more effectively, but it also generously increases the user's capacity to enjoy his/her life, thus decreasing societal negatives, such as violence, relationship conflict, financial disparity due to unemployment or under-employment, alienation and or isolation, substance abuse, etc.

### **THE OPTIONS IF YOU ARE INTERESTED IN APPLYING THE EP+ PROCESS**

- Do the FREE Self-Managed Journey as outlined on [www.empowermentplus.org](http://www.empowermentplus.org).
- Organize a FREE one-hour EP+ Information Session at your place of work or school.
- Organize a one-day workshop for parents, educational personnel or psychologists<sup>1</sup>.
- Enroll in Level I/II EP+ Certification Training (see below for description) on-site or through distance education.
- Apply to become a Certified EP+ Practitioner and enjoy the benefits.
- Become an EP+ Trainer and give workshops around the world.

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<sup>1</sup> If you organize a one-day EP+ workshop, it can also be a FUND-RAISER for your organization. Contact us to find out about our "TRIPLE-WIN" strategy.

## DESCRIPTION OF LEVEL I/II EP+ TRAINING, COST AND LEARNING OBJECTIVES

EP+ Level	Level I/II Certification Training
Title	EP+ Coach
Prerequisite	University Degree in Mental Health or Education or the equivalent
Cost of Training	\$599 + materials <sup>2</sup>
On-site Group Training	4 days on-site or on-line distance education 20 Continuing Education credit hours
Learning Objectives	<p>Screen for and treat challenges in attention (AD/HD or ADD), learning (LD), food sensitivities &amp; depression.</p> <p>Learn how to identify and address LD concerns and screen for challenges in visual functioning.</p> <p>Understand personality type and suggest strategies for learning, communication and time management.</p> <p>Encourage clients to view AD/HD in a positive way by explaining the advantages of “Attention Deluxe Dimension” and the “channel-surfing brain.”</p> <p>Identify and remove barriers to functioning and help others “be the best they can be as naturally as possible” and more...</p>

For further information contact Dr. Teeya Scholten, Director, Empowerment Plus® International, Inc. at [teeya@shaw.ca](mailto:teeya@shaw.ca), 403-829-3441 or through the website [www.empowermentplus.org](http://www.empowermentplus.org).

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<sup>2</sup> Prices quoted in Canadian funds; subject to change without notice.