

## A Brief Introduction

H.O.P.E. grew out of the influences of the businessman, Earl Nightingale, and the physicians, Barry Wood, MD, Bernie Siegel, MD, and Jerry Jampolsky, MD, on the surgical career of Ken Hamilton, MD. Nightingale's lifelong study of human development and the essence of success had strongly influenced Hamilton since 1975. Wood's, Siegel's, and Jampolsky's experiences with support groups encouraged Hamilton to call together the first H.O.P.E. supportive group in February, 1987. The demand for more groups of this success-oriented support led to the creation of the 501(c)(3) not-for-profit H.O.P.E. corporation in December, 1988.

The years have shown the continued effectiveness of H.O.P.E. and its programs, including training people in the H.O.P.E. process. Some trainees are interested in guiding groups, and the center supports them with their groups. The founder's thirty-plus years of experience in attitudinal and behavioral healing provides ongoing support for the groups. If you would like more information about H.O.P.E. groups, the H.O.P.E. process, and our products, please visit our friendly website. .

If you wish, we will send you our informative quarterly newsletter, *Ripples*. (Indicate your preference on the registration page, bottom right.) Also, an eight page brochure describing H.O.P.E. Groups in greater detail is yours for the asking .

**The Center for H.O.P.E. and Healing**  
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## **H.O.P.E. GROUPS, CATALYSTS OF CHANGE: Supportive groups with attitude, context and spirit.**

### ⇒ **Safe, caring places where...**

... people *share* their stories and are listened to with respect.

... the *attitude* is *H.O.P.E.*, the attitude of meaning and possibility; the *context* is *love*, the context of true relationships; and the *spirit* is *universal*.

### ⇒ **Benefits—who, what, and how...**

People facing serious mental and or physical challenges in their lives, and wanting to overcome them.

HOPERs share the desire to find meaning in their lives in the face of these health challenges.

They uncover the mental and emotional resources that have always helped humans get past life's challenges.

### ⇒ **H.O.P.E. group structure...**

Usually meeting weekly, these open, ongoing, and confidential two-hour meetings are *guided* by caring, H.O.P.E.-trained people .

### ⇒ **H.O.P.E. groups and therapy...**

H.O.P.E. groups do not claim to be a form of *therapy*. Rather, they are powerful forms of *cognitive restructuring* that follow centuries-old principles of building a successful life.



*H.O.P.E. of  
Kennebec Valley*

*registration for*

*SoulCircling*

*&*

*H.O.P.E. Guide training  
Nov. 7, 8, 15, 2008*

## H.O.P.E. Guide Training Level 1

### Part One: SoulCircling

- Purpose:

To become aware of the potential for finding meaning in one's life.

- Outcomes:

- \* Discerning the work of the ego and of the soul
- \* Discovering the value of one's story
- \* Identifying personal resources for living that story
- \* Developing valuable affirmations for living that life
- \* Creating a meaningful intention for one's life
- \* Being able to work with others in a small, safe group.

### Part Two: H.O.P.E. Guide Training, level 1

- Purpose:

To familiarize the future guide with the essence of HOPE guiding

- Outcomes:

- \* Understanding the traditions behind this work
- \* Exploring the healing power of love and forgiveness
- \* Appreciating the means to develop and maintain the *context* of a HOPE Group
- \* Appreciating and undoing the disabling nature of attachments and projections
- \* Appreciating the power of the "talking stick"

## Registration form:

Title: HOPE Guide Training, Level I

Dates:

November 7 and 8 – Soul Circling  
November 15 – HOPE Guide Training

Location(s):

November 7<sup>th</sup> and 15<sup>th</sup> – The Great Room, Mediation & Facilitation Resources, 11 King Street, Augusta, Maine  
November 8<sup>th</sup> – TBA

Time:

Friday, November 7<sup>th</sup> – 6:30 PM to 8:30 PM  
Saturday, November 8<sup>th</sup> – 8:30 AM to 4:30 PM  
Saturday, November 15<sup>th</sup> – 8:30 AM to 4:30 PM

Trainer: Kenneth H. Hamilton, MD

Contact Information:

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Check your registration choice below:

\_\_\_\_\_ SoulCircling Only (\$125.00)

\_\_\_\_\_ HOPE Guide Training Level I including SoulCircling (\$200.00)

Make your check out to H.O.P.E.

Mail your check with this registration form to:

KV HOPE, P.O. Box 263, Hallowell, ME 04347

Please indicate whether or not you wish to receive our complimentary newsletter, *Ripples*: \_\_\_\_\_