

## **Summary of the Certification for CRM through The (W)hole Point Institute, LLC:**

The (W)hole Point Wisdom WAY™ was created by Elizabeth Chadwick. Ms. Chadwick has a Master's Degree in Divinity from Yale University and a Master's of Social Work from the University of Connecticut. She has over 30 years' experience in psychotherapy and counseling.

The Wisdom WAY™ centers upon the concept of holes. People create "holes" when they determine that certain aspects of themselves are judged by others to be "not acceptable" or "not allowed." These places of pain or struggle are described as being "in the pits" or in a "black funk." Oftentimes, people do not know how or why they suddenly feel this way. The Wisdom WAY™ model offers a basic template that enables the user to identify the cause and empowers them to make a change.

The Wisdom WAY™ model's basic template is applicable and compatible with all philosophies, spiritual belief systems, psychological methods, and basic life dilemmas. Essentially, it is the skeleton hidden inside almost any method of healing and self-empowerment. The Wisdom WAY™ is a practical, doable method that allows users to fully apply the model in their day-to-day lives.

The Wisdom WAY™ is taught in a series of 2-day workshops (called (W)hole Shops). The essential content of all (W)hole Shops emphasizes its practical and immediate usability for the students. The presentation uses instruction, toys, stories, videos, and experiential methods to teach the model. Students leave with a practiced understanding of the model and with useful, practical tools for using the model in their personal lives. The (W)hole Shops can only be taken in sequential order, as each level builds upon the skills and knowledge learned from the previous level. Certification also includes "at home" studies and the completion of all required written work to the level of WPI standards.

### **Summary of Levels of The (W)hole Point Wisdom WAY™:**

**(W)hole Shop I** focuses on teaching the basic Wisdom WAY™ template. The template is broken down into its various elements. Students are instructed on the various elements of the model and practice identifying them in their own experiences with various exercises. Students also learn the process of "Intentional Spiraling," which is how one moves from one element of the Wisdom WAY™ template to the next. MSW's and other professionals can earn 18 National Association of Social Workers (NASW) approved Continuing Education Units (CEU) for attending this workshop.

**(W)hole Shop II** focuses on the anatomy of the "Spiral Path" (a key element of the Wisdom WAY™ template) and its relationship to personal evolution and spirituality. At this level, spiritual belief systems are overlaid onto the Wisdom WAY™ template. The intersection of psychology and spirituality is explored and practiced using various exercises. Students also learn additional tools in "Intentional Spiraling." MSW's and other professionals can earn 18 Association of Social Workers (NASW) approved Continuing Education Units (CEU) for attending this workshop.

**(W)hole Shop III** focuses on the anatomy of the "Portal" (another key element of the Wisdom WAY™ template). The anatomy of the Portal and the "automatic" resistance everyone feels as they approach these gateways to change and self-empowerment are explored intellectually, psychologically, spirituality, and then experientially.

**(W)hole Shop IV** focuses on "after the Portal," living in the new-found empowerment. At this level, the issues and feelings of shame and blame are explored. Students will learn practical tools for living transparently – what that means and how to really live it. Students will also learn how their own psychology and spirituality intersect in their newly empowered lives.

Once a student has completed Levels 1-4 and has completed the Take Home Studies, he/she becomes eligible for certification in the Wisdom WAY™ model. Certified students receive permission from The (W)hole Point Institute, LLC, to use The Wisdom WAY™ model with other people on a one-to-one basis. This is not permission to teach groups (1+ persons), nor is it a license to practice psychotherapy. The (W)hole Point Institute certifies that the student has completed the 120+ hours of study in the "personal dimensions" of The Wisdom WAY™ model and has a complete and clear understanding of the model Levels One through Four.