

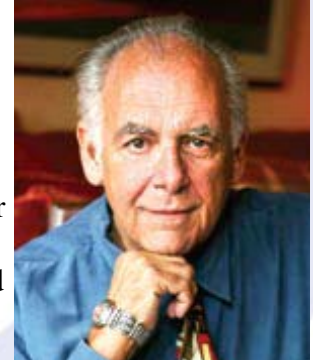
THE POSITIVE MIND

ARMAND F. DiMELE, R-CSW, CRC, BCD

Armand DiMele is a leading expert in “positive psychology,” which studies how we can enhance our experiences through positive emotions in love, work and play and shifts the focus from what is wrong with humans to what is right. Research has demonstrated that it is possible to be happier, more satisfied and more engaged with life, regardless of our circumstances. Today we will focus on developing this powerful and positive approach to life using a selection of the most effective techniques which Armand has developed in his thirty years as a teacher, therapist and guide. We will learn how to: engage in dynamic, honest introspection; reshape negative energy; treat our fears and phobias; and much more. Come discover the power of the positive mind to radically improve your life.

A ONE-DAY WORKSHOP
Sunday, June 21, 10am–5pm
09SP69S
Members: \$120 / Nonmembers: \$130

Armand F. DiMele, R-CSW, CRC, BCD, founder of the DiMele Center for Psychotherapy, Counseling and Research in NYC and producer/host of The Positive Mind on WBAI-FM, has conducted workshops, lectures, classes and training seminars on “Understanding Human Functioning” at many learning and healthcare institutions throughout the U.S. and Europe and is the chairman of the Foundation for Positive Psychology. www.thepositivemind.com



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