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I have a BA in Psychology and am a creative educator and guide with over 30 years of teaching experience. I am a knowledgeable practitioner in the fields of Creative Spiritual Direction, self-healing, healing through relationships, anger and grief resolution, stress management, assist in identifying purpose and, especially, the inner process of forgiveness. In my workshops I address the physical, mental, emotional, and spiritual connection – the whole being.

I facilitate “Healing the Whole Woman™” residential intensives and individual workshops as well as offer one-on-one support services. I also assist my husband, dr. michael ryce, in travel workshops and residential intensives at our teaching center in the Ozark mountains. I have presented in private workshops, at physicians’ offices, retreat centers, in prisons, mental health facilities, businesses, schools and churches. This work is for those who want to better understand how to turn crisis into opportunity, conflict into serenity, and pain (whether it is physical, mental, or emotional) into healing, aliveness, and abundance. I address underlying causes to the effects that manifest in people’s lives, their homes and in the workplace. I offer guidance in using a wide variety of actual, practical, workable tools.

I have found in 30 years of teaching these skills that most people just do not know where to start even when they realize they need to make a change. When situations such as backbiting, repeating physical or psychological challenges, poor attitudes, complaining, etc. appear – one must realize these are symptoms of resolvable issues. Resolvable if people have the awareness that they have a problem and are given the tools to move through those issues. The cause must be addressed, which is usually stress related. Understand and deal with the causes of internal stress and the symptoms will vanish automatically. If one only addresses symptoms, the real problem will remain intact to raise its head in the future. If people learn to manage their destructive stresses, personal or work related, they will be more apt to participate in creating the needed strategies for creating responsible communication, improved relationships, teamwork, psychological, emotional, and physical wellness. I will present tested and tried long term strategies and workable “how to” tools, not just a motivational talk that lifts people temporarily. Of course, it is always up to each person to use the tools given.

In my past workshops the following have been just some of the topics covered:

- PHYSICAL, MENTAL, EMOTIONAL CONNECTIONS – THE WHOLE BEING
- RELEASING GUILT, FEAR, ANGER, SHAME AND THEIR LOW SELF-ESTEEM
- STRESS AWARENESS AND THE CONNECTION TO GOALS – SPECIFICALLY, WHAT CAUSES STRESS AND HOW CAN IT BE REDUCED?
- TAKING RESPONSIBILITY FOR ONE’S OWN BEHAVIOR AND OUTCOMES IN THE WORKPLACE AND HOMELIFE.