

The Solution Method

National Retreat - 2009



April 24-26, 2009

Provider/ Mentor Pre-Retreat Workshop April 23, 2009

The Lodge at Tiburon
Tiburon, California
San Francisco Bay Area

Sponsored by:

The Institute for Health Solutions

A California 501(c) (3) non-profit corporation

We welcome you to participate in our annual Solution Method National Retreat.

Emotional brain retraining requires focused intensive use of the tools over time. However, our experience has been that those who participate in three days of intensive training in the Solution Method often find themselves doing truly remarkable work.

The experience of being in a community of people who are committed to retraining the brain for an abundance of integration, balance, sanctuary, intimacy, vibrancy and spirituality is inspiring, productive and joyful.

This is a wonderful time to separate from one's daily life and devote oneself to moving along the pathway to a Solution. The pace is right, so you will have time to meet new Solution Buddies, to restore, and to move your body. During these three days, you will:

- **Share support and community with others who are learning these tools**
- **Experience a daily Solution Group with a new community**

- **Acquire new insights and skills through our NEW Workshops.**
- **Develop more people to connect with after the retreat**
- **Move closer to feeling Wired for Joy.**
- **Honor your body with time to restore and an inspiring and healthy environment.**
- **Have a *wonderful* time!**

This is our sixth Solution Method National Retreat and we are looking forward to offering new experiences in response to your requests: This retreat offers a new schedule that provides many opportunities to learn new skills, connect with others using this method and meet with your new Solution Group.

For these three days, you will be part of a Solution Group, meeting for two hours daily with the same group, that is, for three sessions. You can also attend a variety of workshops and round tables. This format allows you to tailor the retreat to meet your needs. Some participants attend all the sessions, and others take more time to relax and enjoying the beauty of the area and options available at the location. There is no need to plan your choices now. As you participate in the retreat, you can choose what best meets your needs and keep the pace that works best for you!

- **Experienced Facilitators** - The Solution Trainers who provide these Solution Groups and Workshops are our most highly-experienced providers. Several have used the method for more than 15 years. In addition, Solution Providers and Solution Supporters (program graduates or near graduates) will be involved in the retreat, helping with walks, support and additional programs.
- **The Pace that's Right for You** -The retreat begins on Friday at 8:30 a.m. and concludes on Sunday at 1 p.m. Please come in comfortable, casual clothes. Be sure to bring your walking shoes and exercise clothes because we will be moving and honoring our bodies as well as building community, participating in Solution Groups and Workshops and having a joyful and inspiring weekend.
- **Early Bird Specials** - Enrollment in the retreat is on a first come, first served basis. Early bird specials are available. In the past, our retreats have sold out, so we recommend that you enroll early - and save!
- **Friends and Family** - Please consider bringing your partner, spouse, relative or friend to the retreat. Specify if you want to be in the same groups or different groups. We're happy to accommodate your preferences.

- **New to the Solution Method?** If you or your friend or family member are new to training in the Solution Method, we offer a special Wired for Joy Group. This retreat provides a wonderful way to start acquiring these tools.

All in all, we hope The Solution Retreat will be a wonderful and rewarding experience for all!

If you are a Solution Provider or a Solution Mentor (a participant who contributes to bringing these skills to others), consider participating in our pre-retreat Professional Conference at the Lodge at Tiburon, on Thursday, April 23, 2009.

In Loving Memory of C. Anne Brown, Ph.D., Solution Trainer

This retreat is dedicated in loving memory to C. Anne Brown, Ph.D., a pioneer in the Solution Method who was an inspiration to providers and participants and who was devoted to bringing these skills to others. For information about Dr. Brown’s life and the memorial fund in her honor please visit www.institutehealthsolutions.org/annebrowne.

Retreat Fees and Optional Activities

The fee for of the three-day retreat is based on the date your enrollment is received by the Institute for Health Solutions.

Date Received

January 1 - March 15, 2009	\$375
March 16 - March 31, 2009	\$425
April 1 and after (if space is available)	\$475

This fee includes all activities, groups, round tables and workshops shown on the schedule, a Solution Tote Bag and a Solution Mug and the opening evening reception. Meals and parking are not provided. Hotel and transportation information and options for evenings and other local activities are included at the end of this document.

Cancellation Policies

Please ask your airlines and the hotel about their cancellation policies. The retreat fee is 50% refundable if we are notified of your cancellation no later than 5:00 p.m. PT, 30 days prior to the first day of the retreat. It is not refundable after that date. Cancellations will not result in the fee being credited toward other products or services.

To enroll, please complete the enclosed enrollment form. Please fax or mail your completed form to us at:

Mail: **The Institute for Health Solutions**
 77 Mark Drive, Suite 5
 San Rafael, CA 94903

Fax: **415-457-4551**

*****Please email Kelly@solutionmethod.org to confirm receipt of these enrollment forms...thank you!*****

Space is limited. Enrollment in the retreat is on a first come, first served basis. We suggest that you enroll early to take advantage of the significant savings on enrollment..If you have questions, please contact us at 415-457-3331 ext. 2 or email Kelly@solutionmethod.org .

Thank you for your interest in the Solution Retreat!

The Solution Method™ Annual Retreat

Schedule

Location: The Lodge at Tiburon

Thursday Evening

3:00 p.m. or later If you will be arriving the day before the retreat begins, check with your hotel about check-in times. There are no scheduled events planned for participants on this day so please use this time in any way that meets your needs.

Friday

7:00 a.m. to 8:00 a.m. **Balancing Breakfast** - On your own in the hotel.

8:00 a.m. to 9:00 a.m. **Welcome and Registration**
Pick up your retreat schedule and Solution tote and mingle with other participants. There will be sign-ups for the morning yoga class or group brisk walk as well as information about the evening options.

9:00 a.m. to 9:30 a.m. **The Power of ONE**
Start off your retreat experience with Program Founder Laurel Mellin sharing with you the latest developments in the method and focusing on what you most want to accomplish in these three days of nurturing and powerful Solution Training. Meet the Solution Trainers and Institute Staff.

10 a.m. to 12:00 a.m. **Solution Groups** - Join in for your first of three sessions with your Solution Group, including introductions and planning your goals for the retreat. We'll begin doing

Cycles and experiencing the power of the method to rewire the emotional brain.

12:15 p.m. to 1:30 p.m.

Balancing Lunch - Enjoy a delicious, healthful lunch and take time to or relax on your own or with others. If you prefer, take time for yourself, go for a solo walk or participate in one of our lunch round tables with others who are in the same kit that you are in.

Kits 1 Round Table - Share with others who are in Wired for Joy or Kit 1: Launching Your Solution.

Kit 2 Round Table - Connect with others who are in Solution Kit 2: Popping Above the Line.

Kit 3 Round Table - Meet others who are in Solution Kit 3: A Deeper Level of Healing: Taking out emotional trash and feeling emotionally lighter!

Kit 4 Round Table - Break bread with others who are in Solution Kit 4: Staying Above the Line, separating from their primary external solution and making the Soul's Leap.

Kit 5 and 6 Round Table - Meet up with others who are experiencing creating a true solution and reaping the rewards of being at ONE.

1:30 p.m. to 2:15 p.m.

Fitness and Relaxation Break

2:15 p.m. to 3:30 p.m.

Workshop #1 Nurturing Inner Voice - Pump up your skills to access the sanctuary within and connect with your inherent strength, goodness and wisdom.

Solution Trainer: Judy Zehr

3:45 p.m. to 4:45 p.m.

NEW Workshop #2: 1 - 2 - 3 Connecting -

Use this new tool to get to 1 and feel compassion, emotionally connect with another and give yourself a surge of pleasure - a spike of dopamine -- to consolidate the neural circuits that

enhance connection and rewire your brain. Use this tool at work or at home.

Method Founder: Laurel Mellin

5:00 p.m. to 5:30 p.m.

Sanctuary Time - Enjoy the relaxation of using the skills in a nurturing way, relaxing and soothing yourself at the conclusion of the day. Deanne Hamilton

6:00 p.m. to 7:00 p.m.

Welcoming Reception - Please join us for a reception for all participants, providers, providers-in-training and staff. Meet providers, other participants from the Buddy List, TeleGroups or Groups or meet new Solution Buddies. Light refreshments will be served.

Saturday

8:00 a.m. to 9:00 a.m.

Balancing Breakfast - On your own in the hotel.

9:00 a.m. to 9:45 a.m.

Freedom from External Solutions

Why is the goal of freedom from external solutions so key to your success and what does it mean? Have your questions answered in this informal discussion with Laurel.

10:00 a.m. to 12:00 p.m.

Solution Group #2 Enjoy your second session with your Solution Group with plenty of Cycles and deeper work with these skills.

12:00 p.m. to 1:15 p.m.

Balancing Lunch and Your Choice of Round Tables - Enjoy a delicious, healthy lunch and time to restore. Take a solo walk

or time for yourself or drop in on one or more of the following round tables:

“Urge to Merge” Round Table - One of the strongest drives is to merge with others and people please or rescue. Enjoy sharing with others who are using Solution Tools to turn off the drive to merge!

“Too Much Thinking” Round Table - Join other braniacs, analyzers and overthinkers to have a good laugh and exchange creative ideas about how to step over the thinking brain barrier and more easily access your feelings!

Men Above the Line Round Table - More men are mastering the Solution Method. This round table will be limited to men in order to connect with one another.

Mentors Round Table - Join others who are Solution Mentors and are giving back to the Institute to bring these skills to others. Want to become a mentor? Drop in and learn more about it.

1:15 p.m. to 2:30 p.m.

Fitness and Relaxation Break

2:30 p.m. to 3:15 p.m.

NEW Workshop: Wired for Joy

Laurel’s new book will be published in winter 2010, but in this session, she’ll help you understand how we become wired for stress and how each of the kits creates a progressive training to rewire the brain from stress to joy. Understand exactly where you are in the training and the most effective way to use the kits to get the best results. Laurel Mellin

3:30 p.m. to 4:15 p.m.

NEW Workshop -1-2-3 Eating and Brain Retraining

What about eating in a way that optimizes brain retraining by increasing neurogenesis and positive plasticity. Create a plan for yourself that includes foods that balance nutrition and personal pleasure.
Sandi Kaplan

4:30 p.m. to 5:00 p.m. **Sanctuary Time** - Enjoy the relaxation of using the skills in a nurturing way, relaxing and soothing yourself at the conclusion of the day. Susan Stordahl

4:30 p.m. to 5:00 p.m. **Solution Materials** - Savings! Pick up Solution Kits or books at the retreat and save shipping charges. Take advantage of several "retreat only" specials on introductory books and courses, a great gift for family, friends and co-workers.

Sunday

7:00 a.m. to 9:00 a.m. **Great Start Breakfast** - On your own in the hotel.

9:00 a.m. to 9:45 a.m. **The Solution in the Real World Workshop**
What do you do if your boss is below the line? What about when your mother-in-law criticizes your child? What if you realize that your friends are below the line?
Target real life situations in this popular workshop.
Judy Zehr

10:00 a.m. to 11:45 p.m. **Solution Group #3** This will be your third session with your Solution Group and you will reflect on your accomplishments and challenges and receive your Solution mug from your provider. .

12:00 p.m. to 12:30 p.m. **Celebration and Closing Ritual** - We will all meet together to pause and reflect on our accomplishments from the retreat, identify other participants who are from our geographical area

and experience a closing ritual to reflect on three days of clarity, vibrancy and peace.

12:30 p.m. to 1:00 p.m.

Lunch on your own or with New Buddies - Healthy, delicious food is available through the hotel to enjoy with buddies or on your own as you soak in the rewards of your Solution Retreat.

As you conclude your retreat weekend, we hope you will feel closer to your Solution and to our community of participants, staff and providers. Thank you for coming!

Pre-Retreat Solution Provider Day
The Lodge at Tiburon
Main Sail Ballroom

- 7:00 a.m. to 8:00 a.m. **Balancing Breakfast** - On your own in the hotel.
- 8:00 a.m. to 9:00 a.m. **Welcome and Registration - Late Registration**
if space available
- 9:00 a.m. to 9:30 a.m. **Welcome and Overview of The 5-Point System**
Laurel Mellin, MA, RD provides an update of
the goals of the method and the integration of the new
system.
- 9:30 a.m. to 10:15 a.m. **The Neurobiology of DST: Igor Mitrovic, MD**
The Scientific Director of the Solution Method presents the
neuroscience of the method and reflects on the method's
conceptual framework. (Keynote Address)
- 10:15 a.m. to 10:30 a.m. Fitness and Relaxation Break
- 10:30 a.m. to 11:00 a.m. **The Practical Application of Neuroplasticity to DST: Lindsey**
Fish, MD Institute Research Fellow Lindsey Fish dePena
provides an update of neurogenesis and neuroplasticity.
- 11:00 a.m. to 11:30 p.m. **DST and Attachment Theory: Judy Zehr, LPC, MHRM**
Director of Clinical Education for The Institute for Health
Solutions discusses attachment theory and DST.
- 11:30 a.m. to 12:00 p.m. **The Science of the Method Panel: Igor Mitrovic, Lindsey Fish**
dePena, MD, Judy Zehr, LPC, MHRM and Laurel Mellin, MA,
RD.

- 12:00 p.m. to 1:00 p.m. **Balancing Lunch on Your Own** - Enjoy a delicious, healthful lunch and take time to or relax on your own or with others in your DST Regional Center.
- 1:00 p.m. to 1:45 p.m. **Advanced Cycle Coaching**- Laurel Mellin - New strategies for supporting participants in getting to 1 more easily for improved emotional plasticity.
- 1:45 p.m. to 3:00 p.m. **Innovations in Solution Method Practice:** Brief Updates for Emerging Applications of DST - Brief Overviews and Break Out Sessions:
- Public Health and DST: New York City** - Ellen Cohen, Ph.D.
- Chemically-related External Solutions** - Dave Ingebritsen, PhD, LCPC and Laurence Freedom, M. Ed., LAC, LPC
- Obesity and Solution Training** - Peggy Ernster, MA, RN, LPC, NCC, Sandi Kaplan, MS, RD and Amy Licata, MFT
- Stress Management for Health Professionals** - Cynthia Moore, MS, RD, CDE, FADA and Laurel Mellin, MA, RD.
- 3:00 p.m. to 3:15 p.m. Fitness and Relaxation Break
- 3:15 p.m. to 4:00 p.m. **DST Regional Center Workshops** - Meet with others in your region to consider strategies for bringing these skills to your community.
- 4:00 p.m. to 4:45 p.m. **Creating and Sustaining Your Solution** - At the heart of provider services is our own Solution. Reflect during this session on your progress toward your Solution and your purpose in bringing these skills to others. NOTE: We encourage you to connect with other providers who will be participating in the retreat and deepening their personal and clinical skills. Laurel Mellin, MA, RD

4:45 p.m. to 5:30 p.m.

Provider Day Reception and Celebration

The Solution® Support Training Release and Agreement

Risk

I understand and agree that participation in The Solution Support Training (Solution Orientations, Introductory Groups, Solution Groups, Solution TeleGroups, Solution Coaching, The Solution Internet Community, The Solution Buddy List, The Solution Retreat, The Solution Circles and other seminars, workshops, services and training) involves risk, including physical, physiological, emotional and psychological health risks. I also understand and agree that these risks may be increased by the dynamics of other participants in the group and the skill level of the Solution Provider (group leader, group coordinator or coach) in the application of The Solution Support Training. I understand and agree that should I participate in The Solution Support Training provided by audio conferencing or telephone, the risks may be greater than on-site Solution Support Training because the provider conducting the training cannot see the participants and, therefore, may not be able to monitor a participant's true psychological, emotional and physical well being. I understand that the safety and effectiveness of Solution Circles is not known, but initial reports suggest that they are less safe and less effective than professional services. I understand that it is the recommendation of the Institute for Health Solutions that all participants who have significant medical or psychological risk participate in professional services rather than self-help support and/or Solution Circles and that those who participate in Solution Circles have completed introductory training in the method (four coaching sessions or a four-week group training) that is conducted by a Certified Solution Provider and to (a) establish a coaching relationship with a Certified Solution Provider, and (b) participate in Solution Circles that are conducted in adherence with The Solution Circle Guide.

Privacy

I understand and agree that the Institute for Health Solutions (hereinafter referred to as the "IHS") or my Solution Provider will provide information about me (my first name, last name, telephone numbers and e-mail address) to the other members of the group or telegroup in which I am enrolled. In addition, if I request that my name be added to The Solution Buddy List on the IHS website after I have successfully complete Introductory Solution Support Training, some of my identifying information (first name, city and state of residence and e-mail address) will be included on The Solution Buddy List on the IHS website on the Internet. It will be available for a period of two years unless I contact the IHS in writing and ask for my name to be deleted from the list. I give my permission to the IHS to do this. I understand and agree that the staff of the IHS and Certified Solution Providers reserve the right for any reason (a) to remove my name from this list and (b) to refuse service in The Solution Buddy List and membership in The Solution Internet Community to anyone in their sole discretion. I give permission to

the staff of the IHS and Certified Solution Providers and their employees or agents to leave voicemail messages regarding my participation and administrative matters on all telephone numbers I provide to such parties and acknowledge and agree that such parties may identify themselves as from the IHS or the Certified Solution Providers' office. I acknowledge and agree that although participants in The Solution Support Training are requested to preserve the confidentiality of other participants, there can be no assurance that such participants will do so or that my privacy or confidentiality will be preserved. Neither the IHS, its staff or Certified Solution Providers or their staff shall have any obligation to monitor or enforce compliance with the request for confidentiality by other participants. If I participate in a Solution Circle, any information I provide to other circle members and Solution Mentors is shared at my own risk and I acknowledge and agree that there can be no assurance that confidentiality will be preserved.

Safety

I understand and agree that if I do not comply with the member guidelines of this training, or my Solution Provider determines that my participation in The Solution Support Training poses excessive risk to me or others, I may be asked to discontinue the group training. Any fees that have been paid by me are not refundable. I will not receive a credit or refund for the remaining prepaid meetings of that session. I understand that the IHS' staff and Certified Solution Providers reserve the right to refuse service or participation in any activity to anyone at their sole discretion. I understand and agree that the IHS' staff and Certified Solution Providers reserve the right to terminate my participation on The Solution Buddy List and The Solution Internet Community for any reason at their sole discretion, including if they determine that my participation poses excessive medical or psychological risk to other participants and/or members or me.

I understand and agree that although Certified Solution Providers are professionals (licensed mental health professionals, registered dietitians, physicians, nurse practitioners, coaches, health educators and related professionals), their provision of The Solution Support Training is educational only and they are not responsible for providing services consistent with their discipline, licensure or registration as they provide The Solution Support Training, unless required by applicable law. I understand and agree that Solution Mentors are not health professionals and their role is to inspire others, to role model the method, and to organize circles. They are not authorized to sponsor, coach or train participants. I understand and agree that the IHS, Laurel Mellin, Sweetest Fruit Press, HarperCollins Publishing, Random House Group, Hay House, and the University of California are not responsible for monitoring and ensuring the safety of Solution Provider services or their use of program training materials or compliance with any licensure or professional requirements or standards. I understand and agree that if for any reason I have a high level of psychological distress in this training, or believe

that another person in my group has a high level of psychological distress in this training, it is my responsibility to immediately contact my Solution Provider and the IHS with this information in writing.

I understand and agree that if for any reason I think that my physical, psychological or emotional health is at risk during the period of my training, it is my responsibility to seek medical or mental health care in my community immediately. I understand and agree that in order to be enrolled in Solution Support Training I may have to provide my Certified Solution Provider and/or the IHS with releases from my health care provider and, if applicable, my mental health care professional. I authorize my Certified Solution Providers, appropriate IHS staff members and/or Laurel Mellin to release to the mental and medical health professionals who sign my mental and medical health approval forms, progress notes/reports, continuing care plan, evaluation/assessment diagnosis, all other information deemed relevant or appropriate, and dates of treatment. I understand that I may revoke this consent at any time by delivering written notice to the Client Services Department of the IHS. If no prior notice of revocation is received, this consent will expire automatically three (3) years after the date this release was signed by the participant.

TeleGroup Observation

I also understand and agree that The Solution Support Training is provided by health professionals who are trained and experienced in the method. I understand that sessions may be monitored for quality assurance or training purposes by a Certified Solution Provider or IHS staff members. I hereby consent to their observation of any group in which I am a participant. I understand and agree that all telegroups provided by Laurel Mellin, Judy Zehr, Elizabeth Shella, Deanne Hamilton, Peggy Ernster or Sandi Kaplan may be recorded. These audio files may be used to create educational programs for health professionals or the public. I hereby consent to the taping of the telegroups in which I participate that are conducted by Laurel Mellin, Judy Zehr, Elizabeth Shella, Deanne Hamilton, Peggy Ernster or Sandi Kaplan and the use of edited tapes and transcripts for such educational programs.

Refunds and Changes

I understand and agree that all fees for The Solution Support Training sponsored by the IHS, including but not limited to groups, telegroups, orientations, website memberships, inclusion on The Solution Buddy List and workshops, are non-refundable once I have registered or agreed to enroll or participate, and that no credit toward the purchase of another service or product will be given. I also understand that if I enroll in a telegroup or a retreat, and am dissatisfied with these services, no changes or substitutions will be made. I understand and agree that, if I am enrolling in The Solution Support in my community, these policies apply unless my Certified Solution Provider informs me otherwise. I understand and agree that if a provider of a telegroup is not able to attend a scheduled meeting, an

additional meeting will be added at the end of the session. If I participate in coaching by telephone, arranged by the IHS, and I cancel a coaching appointment fewer than two business days (48 hours) prior to the session, I understand and agree that I will be charged the normal fee for that session. I understand and agree that if I receive services from a Certified Solution Provider in my community, he or she may have different cancellation policies. The costs of phone charges for any telephone or audio conferencing services provided by the IHS will be paid by me.

Mentors

Solution Mentors are program graduates who have been recommended by their providers and who have completed additional Mentor training in the method. Solution Mentors are not authorized to coach, sponsor or train participants in the method. Mentor activities are voluntary and no fees are charged for services. Mentors agree to conduct all activities, including administration, planning, and promotion in a professional matter. Solution Mentors who are involved in providing information about the method to the public must contact the IHS for support and provide talks that are consistent with program guidelines. Mentors are independent parties; there is no relationship of partnership, agency, employment, franchise or joint venture between Mentors and IHS. Mentors agree to indemnify and hold IHS harmless against all claims, liabilities or other expenses of any kind whatsoever based on Mentor's negligent or willfully wrongful conduct of The Solution Programs and for any improper use of the licensed The Solution methods, copyrighted materials, confidential information, trade secrets and trade and service marks.

Final Agreement

I acknowledge that I have been given reasonable opportunity to ask questions regarding all these issues and risks, The Solution Program and Solution Support Training. I hereby assume all these risks. I also acknowledge that concerns, if any, regarding my participation in Solution Support Training have been resolved to my complete satisfaction.

I acknowledge and agree that other participants in The Solution Training may include my spouse, family members, friends, or other persons with whom I have or may have had a relationship or conduct business with in the future, and that neither the IHS or any Certified Solution Providers shall have any obligation to consider such relationships or future relationships in admitting participants. I accept all risks of conflicts, disclosures, damages, injuries or harm of any nature that may result from such participation by me or other participants. I will determine for myself whether there is any unacceptable risk of damage, disclosure, injury or harm and will withdraw or make other arrangements as I deem appropriate.

I do hereby waive and release all possible claims against the IHS, Laurel Mellin, Sweetest Fruit Press, HarperCollins Publishing, Random House Group, Hay House, the University of California, and Certified Solution Providers, Coaches, Directors, Staff and Mentors from any and all claims or liabilities arising from or relating to my participation or the participation of any other person or persons in any manner in The Solution Support Training, including any activities, programs or transportation provided in connection with such training, activities or programs, including but not limited to damages, disclosures, injuries or harm of any nature whatsoever caused by third parties, including other participants, including but not limited to breaches of confidentiality or disclosures of private information about me or my participation by other participants. I understand and recognize that there are certain risks, dangers and perils connected with such participation, including but not limited to damages, disclosures, injuries or harm from other third parties, including disclosure of private information about me, which I hereby acknowledge have been fully explained to me and which I fully understand, and which I nevertheless accept, assume and undertake after inquiry and investigation of extent, duration and completeness wholly satisfactory and acceptable to me. I further agree to use my best judgment in undertaking these activities and to faithfully adhere to all safety instructions and recommendations, whether oral or written. I hereby certify that I am a competent adult assuming these risks of my own free will, being under no compulsion or duress. I hereby certify and represent that I do not suffer from any emotional, psychological, physical or medical condition that could make it unsafe for me to participate in The Solution Support Training. This waiver and assumption of risk is effective from start date of my participation in the program inclusive, and may not be revoked, altered, amended, rescinded or voided without the express prior written consent of the IHS.

I voluntarily make and grant this waiver and assumption of risk in favor of the IHS, Sweetest Fruit Press, Laurel Mellin, HarperCollins Publishers, Random House Group, Hay House, and the University of California, as full consideration in addition to monies paid for the opportunity to use the materials and receive assistance, training, guidance, tutelage and/or instruction from the personnel, consultants and affiliates of the IHS.

The Solution methods, copyrighted materials, confidential information, trade secrets and trade and service marks are USED ON AN "AS IS" BASIS. IHS DISCLAIMS ALL IMPLIED WARRANTIES FOR THE SOLUTION METHODS, COPYRIGHTED MATERIALS, CONFIDENTIAL INFORMATION, TRADE SECRETS AND TRADE AND SERVICE MARKS, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IHS MAKES NO REPRESENTATIONS CONCERNING THE QUALITY OF THE SOLUTION METHODS, COPYRIGHTED MATERIALS, CONFIDENTIAL INFORMATION, TRADE SECRETS AND TRADE AND SERVICE MARKS AND DOES NOT REPRESENT OR WARRANT THAT THE

SOLUTION METHODS, COPYRIGHTED MATERIALS, CONFIDENTIAL INFORMATION, TRADE SECRETS AND TRADE AND SERVICE MARKS WILL PERFORM IN ANY SPECIFIED MANNER OR PRODUCE ANY SPECIFIED RESULTS. IHS MAKES NO REPRESENTATIONS OR WARRANTIES CONCERNING WHETHER MENTORS CONDUCT OF THE SOLUTION PROGRAM WILL CONSTITUTE ACTIVITY REQUIRING OR NOT REQUIRING ANY SPECIFIC PROFESSIONAL LICENSE IN ANY SPECIFIC JURISDICTION. IHS SHALL NOT BE LIABLE FOR ANY SPECIAL, INCIDENTAL OR CONSEQUENTIAL DAMAGES, EVEN IF INFORMED OF THE POSSIBILITY THEREOF IN ADVANCE. THESE LIMITATIONS APPLY TO ALL CAUSES OF ACTION IN THE AGGREGATE, INCLUDING WITHOUT LIMITATION BREACH OF CONTRACT, BREACH OF WARRANTY, NEGLIGENCE, STRICT LIABILITY, MISREPRESENTATION AND OTHER TORTS. (Any such limitation shall be inapplicable in any state to the extent such limitation is invalid under the law.)

Arbitration and Mediation

The undersigned party and the IHS, Laurel Mellin, Sweetest Fruit Press , Certified Solution Providers, Solution Mentors and their affiliates shall submit all disputes between them or relating to this The Solution Support Training Release and Agreement (whether contract, tort, or both) to binding arbitration, in accordance with The California Code of Civil Procedure sections 1280 through 1294.2, as modified herein. Any party to the arbitration may enforce the award of the arbitrator under section 1285 of the Code. The parties understand that they are waiving their rights to a jury trial to the fullest extent legally permissible.

Before invoking the arbitration procedures set forth below in this The Solution Support Training Release and Agreement, a party shall attempt to resolve the dispute through negotiation and, if necessary, mediation. The party shall first serve on the other party (a) a written notice of the claim, specifying the exact amount claimed and the authority or basis for the claim; and (b) a copy of all supporting documents. Within ten business days after service, the responding party shall serve on the serving party (a) a written response, setting out its position and specifying the document or other provisions relied on; and (b) a copy of all supporting documents. Within five business days after service of the response, the parties shall meet (in person or by telephone) to discuss resolution of the claim. Each party may bring up to three people to this negotiation. The written claim notice and response and the documents produced, but not the subsequent discussion, shall be admissible in any subsequent proceeding. After negotiation, either party may invoke the mediation procedure set forth below in this The Solution Support Training Release and Agreement. Before invoking the binding arbitration procedure set forth below in this The Solution Support Training Release and Agreement, the parties shall first participate in mediation of any dispute. The mediator shall be selected by mutual agreement of

the parties. The mediation shall be held in Marin or San Francisco County, California.

The mediation shall be conducted according to the rules of the American Arbitration Association. The cost of mediation shall be borne by the parties equally. At least ten business days before the date of the mediation, each side shall provide the mediator with a statement of its position and copies of all supporting documents. Each party shall send to the mediation a person who has authority to bind the party. If a dispute involves third parties, such as insurers or subcontractors, they shall also be asked to participate in the mediation.

If a party has participated in the mediation and is dissatisfied with the outcome, that party may invoke the arbitration provisions set forth below in this The Solution Support Training Release and Agreement. The party demanding arbitration shall submit a written claim to the other party, setting out the basis of the claim and proposing the name of an arbitrator. The responding party shall have ten business days in which to respond to this demand in a written answer. If this response is not timely made, or if the responding party agrees with the person proposed as the arbitrator, then the person named by the demanding party shall serve as the arbitrator. If the responding party submits a written answer rejecting the proposed arbitrator then, unless the parties agree on an arbitrator, either party may apply to the American Arbitration Association for the appointment of an arbitrator. The American Arbitration Association shall propose five names. Each party may, within five days after receipt of the proposed names, strike two names from the list. Thereafter, the American Arbitration Association shall appoint as arbitrator a person whose name has not been struck from the list. The arbitrator shall be someone familiar with health and weight control and shall have at least ten years' experience in his or her field. No one who has ever had any business, financial, family, or social relationship with any party to the arbitration shall serve as an arbitrator unless the related party informs the other party of the relationship and the other party consents in writing to the use of that arbitrator. The arbitration shall take place in Marin or San Francisco County, California, at a time and place selected by the arbitrator. A pre-arbitration hearing shall be held within the ten business days of the selection of the arbitrator. The arbitration shall be completed and a decision rendered within 60 calendar days after the pre-arbitration hearing. The arbitrator shall establish any deadlines necessary to accomplish this goal.

Within 15 days after completion of the arbitration, the arbitrator shall submit a tentative decision in writing, specifying the reasoning for the decision and any calculations necessary to explain the award. Each party shall have 15 days in which to submit written comments to the tentative decision. Within ten days after the deadline for written comments, the arbitrator shall announce the final award. The arbitrator shall have the power to enter a default award if a party fails to participate in the arbitration. Before arbitration commences, each party shall pay the arbitrator half of the expected cost of the arbitration. A

party that fails to pay its share shall not be allowed to participate in the arbitration. If a party fails to pay its share, the other parties shall pay pro rata the cost of the party that failed to pay. The arbitrator shall add such payment to the final award in such a fashion as to return the parties to the position they would have been in, to the greatest extent possible, if all had paid their share. At the conclusion of arbitration, the arbitrator may award the prevailing party some or all of the arbitration costs. The arbitrator may also award the prevailing party its, his or her expenses and fees of arbitration, including reasonable attorneys fees and witness fees, in such proportion as the arbitrator decides. No more than 30 calendar days before the arbitration, a party may serve a document request calling for any document that would be discoverable in civil litigation. The party served with this request shall deliver the requested documents and any objections within five business days. The arbitrator may resolve any dispute over the exchange of documents. Thereafter, each party may take no more than three depositions, each of which shall last no more than four hours each. The arbitrator may resolve any dispute over the depositions, as they would be resolved in civil litigation. The arbitrator shall have the following powers, subject to the provisions of this The Solution Support Training Release and Agreement:

- a. To issue subpoenas for the attendance of witnesses and subpoenas duces tecum for the production of books, records, documents, and other evidence;
- b. To order depositions to be used as evidence;
- c. To enforce the rights, remedies, procedures, duties, liabilities, and obligations of discovery as if the arbitration were a civil action before a California superior court;
- d. To conduct a hearing on the arbitrable issues;
- e. To administer oaths to parties and witnesses; and
- f. To correct the award on the grounds for correction stated in California Code of Civil Procedure sections 1286.6(a) and (c) within ten days after serving a signed copy of the award on the party asking for correction.

Despite any statute to the contrary, any claim arising from or relating to this The Solution Support Training Release Agreement or The Solution Support Training against the undersigned party, the IHS, Laurel Mellin, Sweetest Fruit Press, HarperCollins Publishing or Certified Solution Providers or their affiliates (whether contract, tort, or both) shall be brought within one year after it arises; provided that any mediation undertaken by the parties under the mediation provisions set forth above in this The Solution Support Training Release and Agreement shall toll the time period within which the claim must be brought. This The Solution Support Training Release and Agreement, and any dispute arising from the relationship between the parties to this The Solution Support Training Release and Agreement shall be governed by California law, excluding any laws that direct the application of another jurisdiction's laws. To the maximum extent possible, any arbitration under this The Solution Support Training Release and Agreement shall be consolidated with any arbitration proceeding in which related issues are being resolved. The parties shall take all action necessary or desirable to achieve consolidation.

**ACKNOWLEDGEMENT OF RECEIPT OF THE SOLUTION® SUPPORT
TRAINING RELEASE and AGREEMENT**

I, _____ have received and read all seven pages of this The
(please print your name)
Solution® Support Training Release and Agreement and agree to the terms specified there in.

Signature: _____ Date: _____

(If under 18, must be signed by parent of guardian.)

The Institute for Health Solutions
77 Mark Drive, Suite 5, San Rafael, CA 94903
(415) 457-3331, Ext. 4#
(415) 457-4551 (fax)

Revised 9/02/08

Registration
April 23-26, 2009
Tiburon, California
Solution Groups and Workshops

Name _____

Address _____

City/State/Zip _____

Telephone (day) _____

Telephone (evening) _____

Telephone (cell) _____

E-mail _____

Emergency Contact _____

To help us find the right Solution Group for you, please respond to the following:

1. Your Participation in Professional Training

_____ I participated in a Wired for Joy Group or a Solution Group:

_____ Provided by the Institute

_____ Provided by a Solution Provider in the community

Provider's name: _____

Provider's location: _____

_____ I have not participated in Solution training. Please enroll me in an
Wired for Joy Group at the retreat. (Consider participating in a free orientation
prior to the retreat. Register at www.solutionmethod.org)

2. Solution Method Training Release

____ I understand, have signed and have enclosed The Solution Support Training Release and Agreement.

3. Progress with Solution Training

I am now completing this course:

____ I have not started training yet.

____ Solution Kit: 1 2 3 4 5 6

____ Solution Graduate

I have attended: 0 1 2 3 or more retreats.

4. Family Member or Friend Preferences for Enrollment

If a family member, close friend or co-worker is attending the retreat, please let us know whether you prefer to be enrolled in the same group or separate groups. We will make every effort to ensure that you are in different groups. We want you both to feel safe to do your personal Solution training.

The following family member(s) or friend(s) will be participating in the Solution Retreat.

____ I would prefer that we are enrolled in different Solution Groups.

____ I would like to be enrolled in the same Solution Group.

Name _____ Relationship _____

Name _____ Relationship _____

Name _____ Relationship _____

5. Other Preferences and Special Needs

Do you have any other special needs or preferences? If so, please let us know what they are.
We will do our best to be responsive.

_____ No, I do not have any other special needs as this time.

_____ Yes: (Describe) _____

Please enroll me in the Solution Retreat indicated above. I understand that it is important for me to participate for the entire retreat and I have planned my schedule in order to be there throughout the scheduled sessions.

By signing below, I indicate that I have read the enrollment, cancellation and refund policy and agree to its provisions. I understand that the retreat fee is 50% refundable if the Institute for Health Solutions is notified of my cancellation no later than 5:00 p.m. Pacific time on March 23, 2009. I understand that the retreat fee is not refundable on or after March 24, 2009. Cancellations will not result in the fee being credited toward other products or services. I have enclosed a signed release. For information about enrolling in the retreat if you are a certified Solution provider or a Solution provider-in-training, please contact The Institute for Health Solutions 415.457-3331.

Please charge my credit card for one retreat participant:

Prior to March 16, 2009

Early Bird Special - Single Enrollment

_____ \$375 Single enrollment for all participants

After March 16, 2009 and Before April 1, 2009

Single Enrollment

_____ \$425 Single enrollment for all participants

After April 1, 2009 and Before April 23, 2009

Single Enrollment

_____ \$475 Single enrollment for all participants

Provider Day Enrollment

(additional registration)

Early Bird Special -

Prior to March 16, 2009

_____ \$45 Single Enrollment in Provider Day

After March 16, 2009 and Before April 1, 2009

_____ \$55 Single Enrollment in Provider Day

After April 1, 2009 and Before April 23, 2009

_____ \$65 Single Enrollment in Provider Day

Donation to The Solution Community Fund:

We rely on your donations for bringing these skills to others. The Institute for Health Solutions is a non-profit organization (501C3). In order to provide these retreats, we must draw upon funds from the Solution Community Fund. A donation of any amount is appreciated. Thank you!

\$_____ Donation to the Solution Community Fund (C. Anne Brown Memorial Fund)

Total: \$_____ (Retreat, Provider Day, and contributions)

Please use this information to charge/debit my account in the total amount shown above.

Credit or Debit Card: Visa MasterCard

Number _____ Exp. ____/____

Name on Card _____ 3-digit V.Code. _____

Signature _____

OR

_____ Please find a check enclosed payable to The Institute for Health Solutions for the amount indicated above.

***Please note NEW ADDRESS for The Institute for Health Solutions
77 Mark Drive, Suite 5
San Rafael, CA 94903***

**We will look forward to seeing you at the
Solution Method Annual Retreat 2009!**

Transportation and Hotels

Transportation:

The Solution Annual Retreat will be held at the conference center at The Lodge at Tiburon, in Tiburon, California. The conference center is about one hour's drive from San Francisco International Airport and Oakland International Airport.

The Lodge at Tiburon

The Institute for Health Solutions has arranged for a block of rooms to be available at the special rate of \$125.00 We will be happy to support you in room sharing. Just contact the Institute by telephone. To reserve a room, please contact Tiburon Lodge Reservations at 1-800-762-7770 and identify yourself as an "Institute for Health Solutions" participant to receive the discount rate. The hotel has just been completely renovated and is absolutely beautiful.

Website: <http://www.thelodgeattiburon.com/>

Other hotels:

If you would like to explore hotels that are nearby, other options include:

Travelodge in Mill Valley

707 Redwood Highway

Mill Valley, CA 94941

Phone: 415-383-0340

Toll Free: 800-578-7878

Website:

http://www.travelodge.com/Travelodge/control/Booking/property_info?propertyId=09550&brandInfo=TL

Standard Room including continental breakfast: \$75/night

Holiday Inn Express in Mill Valley

160 Shoreline Highway

Mill Valley, CA 94941

Phone: 415-332-5700

Toll Free: 800-258-3894

Website: <http://www.millvalleyca.hiexpress.com>

King Room including continental breakfast and wireless internet connection: \$119/night
(\$107/night with AAA membership)

Dinner Options

Welcoming Reception - Friday

Join us for a festive gathering of retreat participants, Solution providers and providers-in-training and Institute staff. Mingle with people you have met on the website, in your group, telegroup or circle, or meet people from around the country who could become your Solution Buddy. Includes light, healthy refreshments.

More Options for Friday and Saturday Evenings

If you would like to take a taxi a little farther away, we recommend the following restaurants and advise you to call for reservations. All sites are about 20 minutes from the hotel except Greens, which is about 30 minutes away.

Servino's in downtown Tiburon. This classic Italian restaurant is on the waterfront with spectacular views and a relaxed, homey atmosphere. 415-435-2776

Guaymas in downtown Tiburon. This casual spot overlooks San Francisco Bay and serves upscale, authentic Mexican food. 415-435-6300.

Sam's Anchor Café in downtown Tiburon was voted "The Bay's Best Outdoor Restaurant" by readers of the San Francisco Chronicle newspaper. 415-435-4527.

Piatti in Mill Valley overlooks Richardson Bay and serves California Italian cuisine using local and organic ingredients. 415-380-2525.

d'Angelos in Mill Valley offers a casual, homey atmosphere and home-style Italian food. 415-388-2000. Check out the Depot Bookstore across the street.

Ferry to San Francisco for Dinner

Take the Tiburon Ferry or a cab to San Francisco. Some retreat participants enjoy taking the ferry round-trip, then dining in Tiburon. Some favorite SF restaurants are:

Tadich's Grill - No reservations and typically about a 30-minute wait. This restaurant, built in 1849 and the oldest restaurant in California, is famous for its seafood cioppino. It's a 10-minute walk from the ferry and a very special experience. Prices are in the \$31-40 range.
240 California St. 415-391-1849.

Chaya - Upscale French Japanese fusion cuisine and sushi. Known for wonderful views of the Bay Bridge lights and a modern environment. Prices are \$40 and up. Very close to the ferry.
132 Embarcadero between Mission and Howard Street. 415-777-8688.

Palomino - European bistro featuring pasta, steaks, seafood and brick-oven pizza. Incredible atmosphere with nearly every seat in the house with a view of the Bay and Bay Bridge. Prices are \$40 and up. 345 Spear Street. Just a few blocks from the Embarcadero. 415-512-7400