

Downtown Planet



Volume 24, Number 24

Web site: <http://www.downtownplanet.com>

Since 1979

Week of September 30, 2002

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The Hawaii Wellness Institute

Founded in 1999, The Hawaii Wellness Institute is a non-profit educational organization providing personal and professional consulting, personal development workshops, corporate training, wellness retreats, and additional educational opportunities to assist people in creating a more balanced life. The Institute also offers peer counselor training and entrepreneurial business development that includes professional certification.

Located deep in the heart of Kalihi Valley on one and one-half acres of lush green land near a meandering stream and ponds, the Hawaii Wellness Institute's Retreat Center offers an ideal environment for rest and rejuvenation. The Center provides a unique setting to enhance awareness, to relax into nature, to inspire humor and to promote celebration and creativity. It features hypnotherapy, meditation, wellness counseling, lomi lomi and hot rock massage, among other wellness treatments. Instructors are certified professional trainers, coaches and counselors.

President and founder Dr. Sunny Massad holds a B.A., M.A. and Ph.D. in Psychology, and has created her own trademarked system of wellness counseling known as UnTherapy®. This system of counseling is based on the premise that happiness hinges on a healthy spirit and that by bringing the heart and soul back into balance with the incessantly busy mind, the human spirit is nourished. Unlike therapy and self-help that attempts to fix, to change, to adjust or to understand, UnTherapy is designed for people who feel they need a boost forward to move beyond old patterns that appear to sabotage their personal or professional potential.

In addition to running the Hawaii Wellness Institute, Dr. Massad is a certified hypnotherapist and maintains a successful private practice as a wellness counselor. Along with her best-selling audio cassette on hypnosis and meditation, and her popular telephone counseling service, Dr. Massad is a dynamic motivational speaker and continues to train the Healthy Start counseling programs for the Hawaii Family Support Center.