

ATRIUM ACADEMY

for High Intensity / High Impact Professionals

2026 COURSE CATALOG

Where work meets wellness.

A Division of Atrium Counseling Services, LLC
AtriumTherapy.com | TheAcademyAtAtrium.com

About Atrium Academy for High Intensity/ High Impact Professionals

Atrium Academy for High Intensity / High Impact Professionals is a workplace wellness training and consulting venture built on a simple but powerful premise: **the people who carry the heaviest professional burdens deserve the most intentional support.**

Our curriculum is built on nine dimensions of wellness — Emotional, Physical, Spiritual, Social, Mental, Financial, Environmental, Cultural, and Occupational — and is designed specifically for professionals whose work demands both extraordinary personal intensity and significant impact on those they serve.

<h2 style="font-size: 48px; margin: 0;">4</h2> <p style="margin: 10px 0;">Professional Tracks <i>Leaders · Managers · Professionals · Organizations</i></p>	<h2 style="font-size: 48px; margin: 0;">6</h2> <p style="margin: 10px 0;">Partnership Pathways <i>Tailored to Your Needs</i></p>	<h2 style="font-size: 48px; margin: 0;">9</h2> <p style="margin: 10px 0;">Dimensions of Wellness <i>Evidence-based Framework</i></p>
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How to Read This Catalog

Courses are organized into four program tracks. Within each track, courses are designed to build sequentially — beginning with the foundational *Understanding the 9 Dimensions of Wellness* course and progressing through skill development, advanced application, and peer-supported growth.

Each course listing includes: Course title and duration | Course overview and key topics | Prerequisites

PROGRAM FOR HI/HI LEADERS

Target Population: Leaders at the top of their field — e.g., Chiefs of Police, Police Superintendents, Professional Coaches, Principals, CEOs, Clinical Directors

<p>Understanding the 9 Dimensions of Wellness for HI/HI Professionals</p>	<p>COURSE OVERVIEW Overview of the 9 dimensions of wellness and how they are unique for HI/HI Professionals. Establishes a foundation for leaders to conceptualize HI/HI workspaces and address employee needs holistically. Explores the unique role top-level managers play in understanding, valuing, and building workplace wellness.</p>	<p>PREREQUISITES None — entry-level course</p>
<p>Duration: 6 hours</p>		

<p>Personal Wellness Tools & Skills for HI/HI Professionals</p>	<p>COURSE OVERVIEW Participants learn the skills they and their employees need to begin a personal wellness journey. Topics include: Empathic Listening (with triad practices) · Awareness · Emotional Vocabulary · Boundary Setting · Emotion Regulation · Evaluating Your Wellness Without Judgment · Prioritizing (Where to Start) · Creating Ecological Maps · Group Dynamics</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness</p>
<p>Duration: 2-3 days</p>		

<p>ADVANCED Personal Wellness Tools & Skills (IFS-Based Course)</p>	<p>COURSE OVERVIEW A deep dive into the personal wellness journey through the lens of Internal Family Systems. Topics include: Understanding Parts & Self · How Parts work for us · Identifying and diffusing conflicts · Building Part-to-Self relationships</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/HI Professionals</p>
<p>Duration: 6 hours</p>		

<p>Designing a Workplace Wellness Strategic Plan</p>	<p>COURSE OVERVIEW Participants learn the factors that make up an effective wellness plan. Topics include: Clearly communicating the value of wellness to every member of the organization · Co-creating the definition of workplace wellness with employees · Building friendships and mutual respect · Considerations across the employee lifespan · Opportunities for learning, growth, and change</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/HI Professionals</p>
<p>Duration: 6 hours</p>		

**ADVANCED
Workplace Wellness
Tools & Skills for
HI/Hi Professionals**

Duration: 6 hours

COURSE OVERVIEW

For leaders who have implemented (or are implementing) a workplace wellness strategy and need to workshop challenges and troubleshoot anticipated or experienced obstacles. Explores how Parts will work against a strategic plan and how to build Part-to-Part and Self-to-Part relationships to mitigate this.

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/Hi Professionals

**Understanding the
Role of Personality &
Communication
Styles on Workplace
Wellness**

Duration: 4 hours

COURSE OVERVIEW

Communication strategies and personality frameworks to understand manager and employee behaviors and decision-making. Topics include: Myers-Briggs Personality Type Indicator · DISC · Communication strategies in normal and high-stress situations · Navigating Difficult Conversations · Navigating Conflict

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills Designing a Workplace Wellness Strategic Plan ADVANCED Workplace Wellness Tools & Skills

**Processing Groups
for HI/Hi Senior
Leaders**

Duration: Ongoing

COURSE OVERVIEW

HI/Hi Professionals are partnered or grouped for accountability and growth. Participants work together to decide on a meeting schedule, set personal growth goals, and support one another's development. Teams may invite a leader to join their meeting once per month.

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/Hi Professionals

PROGRAM FOR HI/HI MANAGERS

Target Population: 1st-line managers of HI/HI Organizations — e.g., Sergeants, Strengths Coaches, Student Development Personnel, Counselor Supervisors, Assistant Principals

<p>Understanding the 9 Dimensions of Wellness for HI/HI Professionals</p> <p>Duration: 6 hours</p>	<p>COURSE OVERVIEW</p> <p>Overview of the 9 dimensions of wellness unique to HI/HI Professionals. Establishes a foundation for 1st-line managers to conceptualize HI/HI workspaces. Explores the unique role managers play in identifying and addressing wellness concerns in employees and departments.</p>	<p>PREREQUISITES</p> <p>None — entry-level course</p>
<p>Personal Wellness Tools & Skills for HI/HI Professionals</p> <p>Duration: 2-3 days</p>	<p>COURSE OVERVIEW</p> <p>Participants learn the skills they and their employees need to begin a personal wellness journey. Topics include: Empathic Listening · Awareness · Emotional Vocabulary · Boundary Setting · Emotion Regulation · Evaluating Your Wellness Without Judgment · Prioritizing · Creating Ecological Maps · Group Dynamics</p>	<p>PREREQUISITES</p> <p><i>Understanding the 9 Dimensions of Wellness</i></p>
<p>ADVANCED Personal Wellness Tools & Skills (IFS-Based Course)</p> <p>Duration: 6 hours</p>	<p>COURSE OVERVIEW</p> <p>A deep dive into the personal wellness journey through Internal Family Systems. Topics include: Understanding Parts & Self · How they work for us · Identifying and diffusing conflicts · Building Part-to-Self relationships</p>	<p>PREREQUISITES</p> <p><i>Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/HI Professionals</i></p>
<p>Designing a Workplace Wellness Strategic Plan</p> <p>Duration: 6 hours</p>	<p>COURSE OVERVIEW</p> <p>Participants learn the factors that make up an effective wellness plan for HI/HI organizations. Topics include: Communicating the value of wellness to every organizational level · Co-creating wellness definitions with employees · Building workplace friendships and mutual respect · Employee lifespan considerations · Opportunities for learning, growth, and change</p>	<p>PREREQUISITES</p> <p><i>Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/HI Professionals</i></p>
<p>ADVANCED Workplace Wellness Tools & Skills for</p>	<p>COURSE OVERVIEW</p> <p>For managers developing a workplace wellness strategy. Explores the skills needed to develop and sustain a</p>	<p>PREREQUISITES</p> <p><i>Understanding the 9 Dimensions of Wellness Personal Wellness Tools &</i></p>

<p>HI/HI Professionals Duration: 6 hours</p>	<p>wellness culture. Topics include: Understanding Parts & Self · Identifying and diffusing conflicts · Building Part-to-Part and Self-to-Part relationships</p>	<p><i>Skills Designing a Workplace Wellness Strategic Plan</i></p>
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<p>Managing Up & Down the Organization Duration: 4 hours</p>	<p>COURSE OVERVIEW Explores the unique challenges of 1st-line managers navigating both directions of the org chart. Communication strategies and personality frameworks to help participants plan for effective communication with both senior leadership and direct reports. Topics include: Myers-Briggs · DISC · Communication in normal and high-stress situations · Navigating Difficult Conversations · Conflict</p>	<p>PREREQUISITES <i>Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills Designing a Workplace Wellness Strategic Plan</i> ADVANCED <i>Workplace Wellness Tools & Skills</i></p>
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<p>Processing Groups for HI/HI 1st-Line Managers Duration: Ongoing</p>	<p>COURSE OVERVIEW HI/HI Professionals are partnered or grouped for accountability and growth. Participants work together to determine a meeting schedule, set personal growth goals, and support one another. Teams may invite a leader to join their meeting once per month.</p>	<p>PREREQUISITES <i>Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills for HI/HI Professionals</i></p>
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DEEP DIVE COURSES FOR HI/HI PROFESSIONALS

Target Population: Any HI/HI Professional · All courses in this series are experiential

<p>Understanding the 9 Dimensions of Wellness for HI/HI Professionals Duration: 6 hours</p>	<p>COURSE OVERVIEW Best for individuals who have not or will not take the leadership version of this course. Participants evaluate their wellness across all 9 dimensions and develop a personal plan to address the 2-3 areas of greatest importance. Establishes the conceptual foundation for all subsequent courses.</p>	<p>PREREQUISITES None — entry-level course</p>
<p>Deep Dive into Financial Wellness Duration: 6 hours</p>	<p>COURSE OVERVIEW A deep dive into the specific factors that support financial wellness, co-taught with guest instructors from finance. Topics include: Budgeting · Saving & Retirement · Investing · Addressing Your Relationship with Money</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills</p>
<p>Deep Dive into Natural Environmental Wellness Duration: 6 hours</p>	<p>COURSE OVERVIEW Co-taught with guest instructors from ecotherapy and the Parks Department. Topics include: Our Relationship to the Natural World · Benefits of Blue-Green Spaces · Developing Your Own Ecotherapy Plan · Involving Family, Friends, and Coworkers · Optional: Ropes Course, Camping Trip, or Midnight Hike</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills</p>
<p>Deep Dive into Spiritual Wellness Duration: 6 hours</p>	<p>COURSE OVERVIEW Co-taught with guest instructors from faith-based organizations. Topics include: Understanding the Soul and Your Connection to the World · Finding Meaning and Purpose · Living Authentically · When Your Spiritual World Collides with Your Work</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills</p>
<p>Deep Dive into Mental/Emotional Wellness Duration: 2-3 days</p>	<p>COURSE OVERVIEW Co-taught with guest mental health instructors. Topics include: Building a Relationship with Your Mental/Emotional Self · Big-T and Little-t Trauma · Accessing Your Feelings · Emotion Regulation · Boundary Setting. Participants complete pre-course video</p>	<p>PREREQUISITES Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills</p>

preparation and dedicated reflection time.

Deep Dive into Social/Relational Wellness

Duration: 6 hours

COURSE OVERVIEW

Co-taught with MFT and MH guest instructors. Topics include: Genograms · Ecological Maps · Building Relationships · Leaving Relationships in a Healthy Way · Identifying Toxic Relationships and Toxic Positivity · Social Relationships as a Tool for Wellbeing · Developing a Social Development Plan

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Deep Dive into Cultural/Community Wellness

Duration: 2-3 days

COURSE OVERVIEW

Co-taught with guest instructors in cultural and community-building. Topics include: Understanding Cultures and Communities · Performing a Cultural Audit · Environmental Design · Cultural Humility · Debiasing · Microaggressions and What to Do Instead · Building the Culture You Want at Home and Work

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Deep Dive into Physical Wellness

Duration: 6 hours

COURSE OVERVIEW

Co-taught with guest instructors from health fields. Topics include: Nutrition · Addressing Your Relationship with Food · Physical Activity · Addressing Your Relationship with Movement. Participants complete a physician physical and an on-site health screening (dietetics, DPT, and MH professionals).

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Deep Dive into Educational/Intellectual Wellness

Duration: 6 hours

COURSE OVERVIEW

Co-taught with guest instructors from education. Topics include: Role of Educational and Intellectual Wellness in Your Life · Addressing Beliefs Around Learning and Knowledge · Incorporating Learning Into Work and Life · Attention and Exhaustion

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Processing Group for HI/MI Professionals

Duration: 2 hrs, 2x/month

COURSE OVERVIEW

HI/MI Professionals meet in small groups under the guidance of a mental health professional to share, reflect, and plan personal growth and development. Specific discussion topics are determined by the group. Groups meet 1-2 times per month based on availability and participant preference.

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Growth & Accountability Partners/Groups for HI/Hi Professionals

Duration: Ongoing

COURSE OVERVIEW

HI/Hi Professionals are partnered or grouped for accountability and growth. Participants work together to set meeting schedules, establish personal growth goals, and support one another. Teams may invite a leader to join their meeting once per month.

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

WELLNESS IN PRACTICE FOR HI/HI PROFESSIONALS

Target Population: Any HI/HI Professional · All courses in this series are experiential

Creativity and Mental Health

Duration: 6 hours

COURSE OVERVIEW

Interactive workshops combining creative activities with wellness information and mental health processing. Offered based on interest; each session pairs one creative medium with one wellness focus. Creative Mediums: Glass Fusing · Pottery · Jewelry Making · Digital Art. Wellness Focus Areas: Mindfulness · Trauma Recovery · Boundary Setting · Finding Your Voice · Personal Expression

PREREQUISITES

Understanding the 9 Dimensions of Wellness

Movement and Mental Health

Duration: 6 hours

COURSE OVERVIEW

Interactive workshops combining physical movement with wellness information and mental health processing. Each session pairs one movement activity with one wellness focus. Movement Activities: Basketball · Soccer · Badminton · Volleyball · Tennis · Hiking. Wellness Focus Areas: Mindfulness · Trauma Recovery · Boundary Setting · Exploring Your Relationship with Movement · Self-Concept

PREREQUISITES

Understanding the 9 Dimensions of Wellness

Conflict Resolution & Relationship Mending

Duration: As needed

COURSE OVERVIEW

A therapeutic intervention for individuals or teams experiencing conflict or relationship rupture who need professional guidance to heal. Sessions are scheduled based on the nature of the conflict, number of participants, and desired outcomes. All sessions are facilitated by at least one mental health professional.

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Ecotherapy In Action

Duration: Varied

COURSE OVERVIEW

Interactive workshops combining ecotherapy with wellness information and mental health processing. Each session pairs one ecotherapy activity with one wellness focus. Activities: Ropes Course · Nature Walks · Bird Watching · Outdoor Yoga · Forest Bathing. Wellness Focus Areas: Mindfulness · Trauma Recovery · Boundary Setting · Exploring

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

Your Relationship with the World ·
Existential Processing

**Language and
Mental Health**

Duration: 4 hours

COURSE OVERVIEW

Interactive workshops combining language and literacy with wellness information and mental health processing. Each session pairs one language medium with one wellness focus. Language Mediums: Reading/Book Club · Writing/Journaling · Storytelling · Power of Words. Wellness Focus Areas: Mindfulness · Trauma Recovery · Finding Your Voice · Personal Expression · Parenting · Relationship Healing

PREREQUISITES

Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills

**Incorporating
'Wellness In Practice'
Into Your Workplace**

Duration: 2-3 days

COURSE OVERVIEW

Participants design a Wellness In Practice program for their organization. Topics include: Moving from wellness as a shared value to wellness in action · Identifying employees' strengths and interests · Selecting activities that offer challenge and support · Considerations for unique employee needs, capabilities, and limitations · Organizational liability

PREREQUISITES

*Understanding the 9 Dimensions of Wellness Personal Wellness Tools & Skills Designing a Workplace Wellness Strategic Plan
ADVANCED Workplace Wellness Tools & Skills*

**Custom WIP
Programs (Designed
& Facilitated by
Atrium)**

Duration: Organization-defined

COURSE OVERVIEW

Organizations partner with Atrium to design and facilitate fully customized Wellness In Practice programs. Atrium works with the organization's leadership team through a designated team lead. An organizational and cultural assessment may be required. Programs may draw from multiple WIP formats — creative, movement, and ecotherapy. Organizations must provide proof of liability insurance (\$1M/\$3M minimum) listing Atrium as an Additional Insured.

PREREQUISITES

*Org Lead:
Understanding the 9 Dimensions of Wellness · Personal Wellness Tools & Skills · Designing a Workplace Wellness Strategic Plan ·
ADVANCED Workplace Wellness Tools & Skills*

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Contact Us

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Our Location

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