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Karl LaRowe, M.A., LCSW

For most of his life Karl LaRowe has been fascinated with achieving personal excellence; as a martial arts competitor and teacher, mental health therapist, manager and director, professional speaker, trainer, and consultant. His trademark trainings can help your company or organization, maximize your human resources by utilizing state-of-the-art methods that will engage and empower employees to perform consistently at their individual and collective best. In his workshops, consultations and retreats he utilizes activity-based, experiential learning modalities that will help you and your employees:



- Recognize early warning signs of stress, burnout, and depression.
- Discharge the “energy residue” of cumulative stress.
- Recharge body and mind with tools that replenish energy and enthusiasm.
- Develop warrior qualities of mindfulness, focus, and concentration.
- See the advantage of harmony over conflict.
- Understand the opportunity in every challenge.
- Transform opponents into partners.
- Create highly effective communication with co-workers and customers.
- Generate and sustain satisfying, productive relationships.

WORKSHOPS, TRAININGS, AND CONTINUING EDUCATION

Karl’s unique perspective as a mental health professional who incorporates martial art philosophy into his workshops, consultations, and retreats is forged from solid theory based on sound psychological principles and immediately applicable techniques that provide real solutions. Since 1997 he have given over 500 full-day trainings to more than 25,000 professionals across the United States, Canada, and SE Asia. Some of the highlights include:

Professional Educational Seminars Inc. (PESI) Provided over 400 full-day continuing education seminars to more than 20,000 healthcare professionals in 45 states across the United States on various mental health topics including depression, post traumatic stress disorders, severe and persistent mental illness, and compassion fatigue.

Veterans Administration. Provided regional and local workshops to more than 1000 medical and mental health providers to help equip them to deal with the stress related to the burden of working with mentally and medically wounded soldier and their families.

United States Army and Navy. Trained over 500 healthcare professionals from across the United States and abroad working with wounded soldiers on vicarious trauma.

Mississippi Chapter of the National Association of Social Workers Aid Workers of Katrina. Worked with over 100 volunteer workers after Hurricane Katrina to help them deal with their secondary traumatic stress.

National Council of Social Services, Singapore. Provided ongoing consultation and training to numerous voluntary welfare organizations who are on the front line working with severe and persistent mental illness.

PUBLICITY, PUBLICATIONS, AND PRODUCTS

Over the past 10 years developing his brand, Karl has been interviewed by the press including Forbes, Marketwatch, Social Work Today, Yoga Journal, the New Times Singapore Newspaper, the Columbian Newspaper and others. His written and video work includes:

Breath of Relief: Transforming Compassion Fatigue into Flow is a 242-page book published in 2005 that is authorized by the National Association of Social Workers for continuing education.

Qigong for Care Providers. This 20-minute production demonstrates and teaches 4 basic Qigong movements and the energy stance that will discharge the energy residue of compassion fatigue and enliven your body and mind with the enlivening energy of flow. This production was filmed at a Buddhist Temple in Singapore with martial arts master Simon Yong.

Social Work Today Magazine. Wrote a series of articles for the leading on-line social work magazine including: The Art of Charting; Compassion Fatigue - The Heavy Heart; From Professional Risk to Self Expression; Vicarious Terror: The New Face of Compassion Fatigue and Body Awareness: Transformation Through Compassion Fatigue

EDUCATION

Master of Arts, School of Social Service Administration, University of Chicago, 1980. This is an intensive two year professional degree from the number one rated program in the United States designed to prepare graduates for leadership positions in social services.

Bachelor of Science, Psychology and Social Work, Wallace School of Community Services and Public Affairs, University of Oregon, 1977. Double major with strong enough academic performance to earn a scholarship to the University of Chicago.

Licensed as a clinical social worker, State of Oregon.

Certification as a mental health examiner. Specialized training and certification in the investigation, examination and diagnosis of severely and persistently mentally ill persons, Oregon State statutes and laws regarding mental disorders and involuntary treatment.

PROFESSIONAL EXPERIENCE

9/97–Present Professional Speaker, Author, and Consultant

9/97–10/2008 Mental Health Examiner with Multnomah County Circuit Court

3/95–8/97 Columbia Community Mental Health: Psychiatric Rehabilitation Program Manager

1/92 –6/94 Singapore Association for Mental Health, Republic of Singapore: Clinical Director

12/80–6/91 Columbia River Mental Health: County Designated Mental Health Professional

6/81 –12/89 Kaiser Permanente Mental Health: Crisis Intervention Specialist, Intake Case Manager

8/80–6/81 Pacific County Mental Health Department: Mental Health Generalist

MARTIAL ART TRAINING

Martial art plays a vital and ongoing role in Karl's development as an athlete, a professional and a human being. It is at the core of many principles that he utilizes as a workshop facilitator and trainer. It was essential in his recovery from burnout and depression and is one of the major vehicles for his personal growth. The art he practices is called Wu Ying Tao Kung Fu which means *The Formless Way* and forms the basis of Healer-Warrior philosophy.

Started training at age 13 and earned rank of Black Belt at 18, one of the youngest to achieve that rank in this style. At 19 owned and operated one of the first martial art studios in the northwest. Began semi-professional competition at age 19 in full contact karate earning distinction in local and national events. Retired from competition to enter graduate school at age 23.

Was introduced to Qigong and received personal instruction from Master Simon Yong in Singapore in 1991. Overcame burnout and depression remaining medication free for the past 17 years as a result of this training. Was awarded rank of Qigong instructor by Master Yong in 1998.

HEALER-WARRIOR PHILOSOPHY

Healer-Warrior philosophy is a synthesis of Karl's life experiences as a martial artist and mental health professional and is the heart of his approach to work, love, and life. It is guided by three core principles:

Self-honesty is the key. It is the primary, essential process that allows a depth of access into parts of your personal self that cannot be attained any other way. In this context, self-honesty means self-transparency—the ability to look inward to cultivate “in-sight.” Self-honesty is both a process and a skillful activity that can be learned and nurtured.

Personal responsibility is the degree of one's willingness to take both individual and collective ownership for perceptions, thoughts, beliefs, emotions, and behaviors; communication with self and others; all relationships; and the conditions of life that one is now experiencing.

Self-expression is the magic of transformation. When you become clear and open to the intuitive signals—the music of your Natural Self—you will begin to experience a deep sense of enjoyment and empowerment. Self-expression is the dance of energy and enjoyment of the Natural Self when allowed to play.