



Harmonized Growth Primer

Should be exercising. Should be meditating. Remember to take deep breaths. Know your love languages. Attachment styles. Red wine is good. Red wine is bad. Kids need structure. Kids need play.

It is impossible to get it all right.

There are so many experts with so much advice! It's so complicated. Some are experts in a subject—nutrition, cardiovascular health, education, and so on. Some are experts in their healing experience – falsely communicating that it should work for you too.

Yet one expert continues to be overlooked – YOU!

You are the expert of you. You are the only one that has access to the unlimited information from within you. You are the only one who can determine if something works for you.

In the Harmonized Growth Primer,

we explore overlooked fundamental principles about people—the creatures of nature we call human beings. We contrast ideologies of what people *should do* and *should be* with the fundamental principles of humans by nature.

Gain an alternative to understanding yourself, your functioning, and your wellbeing. Stop seeing yourself like a collection of parts to be fixed. Start living like the dynamic, vital being that you are! Once you see yourself through this expanded lens, you will expand your understanding of others and your dynamic dance with them, as nature intended.

There is a natural process within you designed to keep you going through whatever you encounter. You are invited to learn about it and get out of the confusion and ineffective approaches that are adding to your distress. Harmonized Growth Primer educates you on how humans actually, dynamically, work.



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Module 1: Systemic Nature of Humans

What do you mean *systemic*?! It's not familiar and it doesn't roll off the tongue. That's ok. It's easy to learn. Isn't it peculiar that something that is fundamental to understanding yourself is so unfamiliar?! As humans have studied humans, it has been done through their predisposed lenses, their biases. This is natural. Yet it presents limited slivers of information that may not be, more generally, accurate.

In Module 1 you'll learn there's a different, more empowering, option. See yourself as the open system that you are. Continually influenced by your environment, constantly filled with communication and signaling, and continually putting information back out to the environment.

The systems within you are interconnected, influencing each other. There are different 'levels' of systems within you from thoughts-feelings-actions to intracellular flow. You don't have to be an expert in them all; simply see yourself through an accurate lens so you can determine what is important for you to learn more about for your health, your wellbeing. Be the expert of you.



Module 2: Dynamic Nature of Humans

You know you're affected by others and that they are affected by you. Your digestion is affected by your emotions and your emotions influenced by your digestion. Systems are dynamic! They have patterns. Understanding the patterns and cycles are fundamental for health and wellbeing. Replace the paradigm of static goals with one that is life-giving and appreciates that systems naturally have cycles and patterns. Learn how shifting dynamics is the essential change.

In Module 2, you'll learn how growth and health come from the inside out. You wouldn't look at flowers that have been surviving a drought and say 'Buck up!' Why do we do it to ourselves, our children, and each other?! Growth and health are a dynamic with natural cycles, not a 'steady state' like a machine churning out 100 units per minute. Activity and rest, input and output, inhale and exhale, stimulus and response...in continuous cycles.



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Module 3: Problem-Solving Nature of Humans

You've been figuring things out forever. It didn't take your prefrontal cortex to come online for you to be able to solve problems. When we develop in an environment that enhances our ability to figure things out, our resources to do so continue to expand and we can handle and figure out more and more.



In Module 3, you'll reconnect to the inner dynamic at the root of figuring things out. We'll discuss ways that the life you've lived (aka, the environments you've been in) may have inhibited the development of this *growth* dynamic.

Module 4: Tending Your Roots for Nature to Flourish



Many of us have been in environments that told us what to think and feel rather than how to think and how to work with how we feel. Or was absent any guidance at all. From too much direction or painful absence of it, the root systems get tangled. The internal dynamics of short term survival from threat interfere with the long term vitality circuits. Thank goodness for neuroplasticity!

In Module 4, you'll learn about the root systems that may be interfering with the effectiveness of all the good stuff you're doing for your wellbeing OR making it impossible to get into patterns of good stuff. Wherever you are, it's natural for you to be there AND it's not a life sentence.

Module 5: Engage Your Growth Dynamics

We've cast the net wide; we've taken a peek deep. You're starting to see yourself through a more complete lens. It can seem like so much to get right! That's the old paradigm creeping in. The point is to relieve the top pressure that it 'should' be different. How things are, how you are, how your relationships are, are artifacts of the dynamic processes of open systems. AND change is possible. You are not broken; you have consequences of survivability through an insufficient environment.



In Module 5, we'll lay out the natural growth dynamics within you. Recognize where you are with acceptance of your survivability to get here. Nobody told your cells how to divide and become different types of cells. Nobody taught you to crawl or walk. The natural growth process is within you. Living, as we've been doing it, has disconnected you from it. You may not like how things are right now. Growth through the current situation is within you and can be life-giving. When you get on the growth trajectory, flourishing happens across all aspects of life. Your potential comes from within you, naturally.



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About the Instructor

Shelly Melroe is a lifelong learner and integrator of diverse information. Her education spans a Master of Science in Statistics and a Master of Arts in Marriage and Family Therapy. She holds various certifications across these arenas and is sought as a leader in facilitating collaborative cross-boundary change.

In her most recent career phase, she brought her expertise from decades of corporate work in research, systems modeling, and collaborative problem-solving to mental health and trauma therapy. Her private therapy practice uses a problem-solving approach to restore each client's functioning at the root contributions. Resolution of core psychophysiological conflicts restores healthy functioning, unlike prescriptive bandaids that don't match or expecting people to survive on skills that they cannot access (naturally) when they need them most.



She founded the Institute for Systemic Growth, LLC as an alternative to the inefficient and often ineffective mental healthcare system. ISG provides programs and resources that guide and facilitate the natural growth process - through stress, dissonance, and confusion - that we have lost, individually and collectively, in our striving towards idealized expectations and standards. It puts people in the driver's seat of their flourishing, accessing experts and services without acquiescing their expert knowledge of themselves.

“As we change our dynamic with dissonance – within us and between us - from one of defense and judgment to one of curiosity and exploration, harmonized growth flourishes from the inside out.”
- Shelly Melroe, ISG Founder

To Register:

<https://www.systemicgrowth.org/programs#hgprimer>

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[Our Role in Your Wellness](#)

Though our programs are not designed to be individual medical advice or a substitute for it, we hope they help you to develop self-understanding and self-trust for working with information from the providers you entrust for your care.



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