

Join the OAND this May for our *Mindfulness in Clinical Care* Weekend with Dr. Paul Epstein, ND

Mindfulness in Clinical Care is a course that provides clear direction on how to establish a Mindfulness practice of your own and how to use mindfulness clinically.

- Join us on May 13-14th, 2017 in downtown Toronto
- Member rate: \$445.00 + HST
- Non-Member rate: \$800.00 + HST
- 3 and 6 month installment plans available
- See the flyer and registration form in your folder for more information
- Contact abadaloo@oand.org for any questions



A pioneer and leading voice in Mind-Body Integrative Medicine, Paul Epstein, ND has persistently been leading the charge to bring awareness to the mind-body connection - and its extraordinary role in healing - for over 30 years.

Registration and details inside...

Mindfulness in Clinical Care – Weekend Retreat

Learning Objectives

- Understand what Mindfulness is and how it is practiced
- Learn specific techniques for practicing Mindfulness that can be used yourself and with your patients
- Gain exposure to latest research on the healing benefits of Mindfulness:
 - Mindfulness & neuroplasticity
 - Mindfulness & epigenetics
 - Mindfulness & resilience
- Understand what it means to become a Mindful Practitioner and why is it important for both the patient and the doctor
- Learn how cultivating the Therapeutic Relationship can improve treatment efficacy
- Learn to use Mindfulness and compassion practices to cultivate unconditional presence and healing qualities of being that will enhance your current treatment methods
- Learn specific methods and techniques of integrating Mindfulness in the treatment of patients with a wide range of health concerns including anxiety, depression, PTSD, Chronic Pain, Cancer, etc.
- Increase the effectiveness of your current approach to treatment by learning to integrate Mindfulness as a complementary adjunct into your clinical practice

NDs can expect a weekend filled with not only lectures but group meditation sessions as well. You will learn what it means to become a “mindful practitioner” and gain the tools to needed to accomplish that. Practicing Mindfully has surprising and positive effects on YOU and your patients..

REGISTRATION FORM: MINDFULNESS IN CLINICAL CARE

Full Name: _____

Cell Phone _____

Email: _____

Emergency Contact Name and Ph. # _____

PLEASE SELECT YOUR REGISTRATION CATEGORY AND PAYMENT OPTION:

- OAND Member Full Payment: \$445 + HST (\$57.85) = \$502.85
- OAND Member 3 installments of \$148.33 + HST (\$19.28) = \$167.61. First installment is \$167.63 due upon receipt of registration form; second due June 5th; third due July 5th. 2nd and 3rd installments are \$167.61.
- OAND Member 6 installments of \$74.17 + HST (\$9.64) = \$83.81. First installment due upon receipt of registration form; subsequent installments due on the 5th of each month from June to October.
- Non-Member ND: \$800 + HST (\$104) = \$904

Cancellation Policy: Cancellations must be provided in writing. Cancellations will be accepted and a full refund will be given if written cancellation is received at the OAND office by May 5, 2017. No refunds will be given for cancellations received after this date or for no shows. The OAND reserves the right to cancel this course if minimum registration numbers are not met by May 5, 2017, in which case registrants will receive a full refund.

- VISA MasterCard Cheque enclosed (payable to "OAND"). If choosing the 3 or 6-month payment option, you must submit post-dated cheques.

Card Number: _____

Expiry Date: _____

Name on Card: _____

3-digit security code: _____

- Yes, I would like the course sponsors to contact me about products, offers and discounts.
- No, I would not like the course sponsors to contact me.

By signing below, I acknowledge that I have read and understood the above terms and conditions, including the cancellation policy:

Signature: _____ Date: _____

Please return this form with payment by emailing it to abadaloo@oand.org, or faxing to 416-233-2924. If faxing a handwritten form, please write very clearly.

