

Mind-body Medicine with Dr. Paul Epstein

# Mindful Healing

## Connecting the Cell and the Self

**LIVE WEBINAR (7-weeks)**  
**Jan 15 – Feb 26, 2014**

CCNM Continuing Education

WEDNESDAYS 1-3pm (Eastern Time) / CE Credits: 2-Lifestyle and 8-General credits

**Transform stress, pain, and illness into a self-healing journey!**

Dis-ease tells a story, not just about our cells and a diagnosis, but of ourselves and our lives. We'll explore how biography becomes biology, and how listening to our life stories connects us to our authentic being. This 7-week course will integrate the study, practice and application of mindfulness and mind-body therapies.

**Learn mindfulness meditation, guided imagery, mind-body counseling and their clinical application!**

**This will be a personal and professional journey that leads us to become better physicians and our best selves.**

- Explore how one's biography becomes their biology
- Engage in your own self-healing journey
- Acknowledge and discover the wounded healer in each of us
- Cultivate compassionate awareness and a healing presence
- Enhance the effectiveness of the therapeutic relationship
- Treat people with stress related disorders, fibromyalgia, irritable bowel, IBS, chronic pain, cancer and heart disease.



### LEARNING OBJECTIVES

- To apply mindfulness, relaxation, guided imagery, and counseling as therapeutic tools.
- Cultivate a therapeutic relationship based on compassionate awareness.
- Dialogue with symptoms in order to discover their meaning and message.
- Integrate mind-body healing with other therapeutic modalities.
- Understand somatic psychotherapy models including internal family systems therapy.



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## COURSE FORMAT & PREREQUISITES

The course will be offered **via live webinar** Wednesdays from 1-3pm (EST). The course is open to 4<sup>th</sup> year ND students, NDs, MDs, nurses, psychologists, and licensed health practitioners looking to integrate mindfulness-based practices into clinical practice. Course materials will be made available to course participants at the start of the course.

Session 1 (Jan 15, 2013)	<b>Being a Mindful Practitioner</b>
Session 2 (Jan 22, 2013)	<b>How Biography Becomes Biology</b>
Session 3 (Jan 29, 2013)	<b>Guided Imagery - Listening to Symptoms</b>
Session 4 (Feb 5, 2013)	<b>Guided Imagery - Listening to Inner Wisdom</b>
Session 5 (Feb 12, 2013)	<b>Childhood Trauma &amp; Adult Disease</b>
Session 6 (Feb 19, 2013)	<b>Healing Presence in the Therapeutic Relationship</b>
Session 7 (Feb 26, 2013)	<b>Clinical Application &amp; Integration</b>



**Instructor: Paul Epstein, ND**

Dr. Paul Epstein is a naturopathic physician, mind body therapist, mindfulness meditation teacher, speaker, workshop leader and author. His whole person relationship centered care approach integrates naturopathic principles and therapies with mind-body medicine. He uses mindful awareness and contemplative psychotherapy to guide patients on their self-healing journey. He graduated from NCNM, the National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counseling.

He has successfully advocated the clinical application and integration of mind-body-spirit therapies in health care for 30 years exploring the mind-body connection, how biography becomes biology, narrative medicine and the role of stress in health and disease. Paul was co-founder of the Israel Center for Mind-Body Medicine. He graduated from the Academy for Guided Imagery, completed the three-year training program for Community Dharma Meditation Leaders at the Spirit Rock Meditation Center, and has trained in the "internal family system model" of psychotherapy. For Website: [www.drPaulEpstein.com](http://www.drPaulEpstein.com) Articles: [Dr Paul Epstein ND | NDNR](#)

## REGISTRATION

**To register:** please use our on-line registration form at [www.ccnm.edu](http://www.ccnm.edu) in the Continuing Education section under "Upcoming Courses".

**For Assistance:** please contact *Student Services* at 416-498-1255 x245 (Monday-Friday 9am-5pm).

## Course Fee

ND/Healthcare Practitioner	\$499
Early-Bird (ends Oct 1, 2013)	\$449
CCNM Alumni Member/Staff	\$399
Student (Full-time)	\$349

**WEBINAR: Wednesdays 1 – 3pm (Eastern Standard Time)**  
Central (12-2pm); Mountain (11-1pm); Pacific (10-12pm)



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