

# Mind-Body Medicine

8-weeks - beginning **Sept 19, 2013**

**Credits:** 2-TCM, 1-Physical Therapy, and 7-General

**Learn to listen for the opportunity inherent in pain, stress and illness!**

Dis-ease tells a story, not just about our cells and a diagnosis, but about our self and our life. We'll explore how biography becomes biology, and how listening to the story connects us to our authentic being. The focus of this course will be personal self-healing from an experiential context, which will serve as a foundation for using mind-body medicine as a tool in clinical practice. This course is open to 4<sup>th</sup> year ND students, NDs and health practitioners looking to integrate mindfulness-based practices, meditation, relaxation, stress reduction techniques, guided imagery, counseling and mind-body healing into clinical practice.



## COURSE DESCRIPTION

Eastern medicine

to complete the circle of integration.

## LEARNING OBJECTIVES

- Learn practical mindbody techniquesction.
- Learn guided imagery and how to listen to symptoms.
- Gain proficiency in modulating branches of the sensory, motor and autonomic nervous system.
- Achieve correct needling intention through precise knowledge of neuro-anatomy.
- Perfect your ability in obtaining the correct DeQi using neuro-anatomy and channel theory.



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## PREREQUISITES

"In curing, we are trying to get somewhere, we are looking for answers. In healing, our efforts are specifically designed to make something happen. In healing, we live questions instead of answers. We hang out in the unknown. We trust the emergence of whatever will be. We trust the insight will come. The challenge in medicine is not the choice between one and the other. We need both."

- Dr. Paul Epstein, featured in an article in the May/June 2007 issue of *Spirituality & Health* Magazine, "The Journey of Naturopath Paul Epstein: Healing vs. Curing"

- Week 1: **Becoming a Mindful Practitioner (Stress and the Mind-Body Connection)**
- Week 2: **How Biography Becomes Biology (Living Question #1)**
- Week 3: **Guided Imagery (Listening to Symptoms)**
- Week 4: **Guided Imagery (Listening to Inner Wisdom)**
- Week 5: **The Body Bears the Burden (The Impact of Early Childhood Trauma)**
- Week 6: **Healing Presence in the Therapeutic Relationship (Living Question #3)**
- Week 7: **Clinical Application & Integration**
- Week 8: **Clinical Application & Integration**



**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, mindful awareness and contemplative psychotherapy to guide patients on their self-healing journey. He graduated from NCM, the National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counseling and directed the clinical lifestyle change program "Healthstyles".

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.

## 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 8-weeks

ND/Healthcare Practitioner	\$
Early-Bird (ends August 6, 2013)	\$
CCNM Alumni Member/Staff	\$
Student (Full-time)	\$

**Webinar:** Thursdays 7 - 9:30pm (EST)



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