

A Training of the Mind and Heart for the Wounded Healer in Each of Us

****CE hours pending****

Where: Center for Natural Medicine, SE 39 Street, Portland, OR
When: **Friday** June 7, 6-9p (meet & greet at NCNM 12:30-1:30p)
Saturday, June 8, 8:30a-5:00p; **Sunday** June 9, 9:00-2:00p
Investment: **Physicians:** \$325 (\$395 with CE) **Students:** \$250
(\$125 due upon registration, balance due by May 27)
Bring: yoga mat, meditation pillow, writing material, &
an open heart and mind

"In curing, we are looking to get somewhere, we are looking for answers. In curing, 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. The challenge in medicine is not the choice between one and the other. We need both"
~ Dr. Paul Epstein

Weekend Workshop

with Paul Epstein, ND

Join us for a personal and professional journey that leads us to be better physicians and our best selves. **Still Medicine** is an eclectic blend of mindfulness, visualization, body-centered therapies, and narrative medicine with the mission to treat the true underlying cause. The story of our patients' past is the key to unlocking true freedom and health, as we discover by exploring our own history. In the ultimate approach to relationship centered care, we will journey home to your true self, enhancing your presence and capacity as a healer. This workshop is designed to integrate and enhance all you already know and do, regardless of other preferred modalities used in practice.

The best thing we can do for our patients may be to take care of ourselves

Dr. Paul Epstein is a naturopathic physician, speaker, mind-body therapist, mindfulness meditation teacher, and workshop leader. He has trained in the Internal Family Systems Model of Psychotherapy, studied at the Academy for Clinical Guided Imagery, completed the three-year training program for meditation teachers at the Spirit Rock Meditation Center, and is a certified yoga teacher. He cofounded the Israel Center for Mind-Body Medicine and was featured in Spirituality and Health Magazine. Dr. Epstein travels worldwide as a speaker, leads mind-body therapy trainings and mindful healing retreats.



Our biography creates our biology...

...and dis-ease tells a story, not just of the cell but of the self.

- Appropriate for current physicians and students at any level
- Learn more about Dr. Epstein:
 - www.paulepstein.com
- To **Register** & for **more info**, contact the NCNM Mind Body Study Group
 - mindbody.ncnm@gmail.com
 - 219.718.7430



He offers professional mentoring services and maintains a private practice in Westport, Connecticut.