

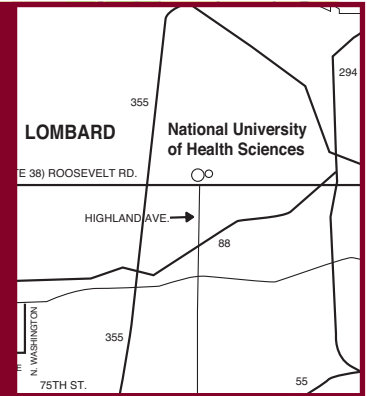
Connecting the Cell and the Self:

How Biography Becomes Biology and How to Heal



INSTRUCTOR:
Paul Epstein, ND

Friday, October 28
6:00pm-9:00pm
Sat & Sun, October 29 - 30
9:30am-5:30pm
(17 CE Hours)
Professionals: \$350
NUHS Students: \$275
Rates increase after Oct. 14
National University of Health Sciences
200 E. Roosevelt Road,
Lombard, IL 60148



Disease tells a story, not just of our cells and our diagnosis, but of our self and our life as well. Biography is often the ‘untreated symptom’ in our treatment plan. It is also often the ‘missing piece’ in a patient’s healing puzzle. This course in Mind-Body Integrative Medicine provides an exploration of the relationship between our biography and our biology and offers a methodology for integrating this knowledge into clinical practice. In this three-day seminar you will learn a theoretical framework for practice that emphasizes the connection and relationship between the Cell (Biology) and the Self (Biography) in clinical care.

AT THE END OF THE SEMINAR YOU WILL BE ABLE TO:

- Demonstrate an expanded definition/understanding of Stress within the context of Mind-Body Medicine
- Have a working knowledge of the theory, latest research and available resources on the impact of childhood trauma in adult disease, including an understanding of what qualifies as “trauma”
- Clarify the difference between acknowledging the role of biography in the disease process VS blaming the patient for creating their illness
- Understand how working with stress and trauma fits into the spectrum of an integrative, whole -person approach to treating patients
- Utilize practical therapeutic techniques for incorporating the treatment of stress and childhood trauma, and its impact, in clinical treatment of chronic diseases
- Benefit from exposure and instruction in application of the following modalities of treatment:
 - Mindfulness AS Medicine. (Epigenetics and Neural Plasticity in healing)
 - Clinical Guided Imagery to explore meaning/message of pain/symptoms & to tap into inner guidance/wisdom
 - Somatic Psychotherapies including Internal Family Systems Theory/Therapy
 - Cultivation of a healing Therapeutic Relationship. (Psychoneuroimmunology)
 - Cultivation of Healing Presence
- Understand “narrative medicine” and “contemplative medicine” as power ful approaches for shifting the patient’s perspective while healing their biography (which will add missing pieces to their ‘healing puzzle’) to support curing their biology

To register online, visit:
www.nuhs.edu. Click on “Continuing Ed”

Contact Postgrad with any questions at postgrad@nuhs.edu