

MINDFUL HEALING

Connecting the Cell and the Self

THURS 2-4pm (EDT) via **WEBINAR**
Oct 23 - Dec 11, 2014

CCNM Continuing Education

SESSIONS WILL BE RECORDED and available to registrants unable to participate live.

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 webinar course will integrate the study, practice and application of mindfulness and mind-body therapies.



Session 1 (Oct 23, 2014) **Being a Mindful Practitioner**

Session 2 (Oct 30, 2014) **How Biography Becomes Biology**

Session 3 (Nov 06, 2014) **Guided Imagery – Listening to Symptoms**

Session 4 (Nov 13, 2014) **Guided Imagery – Inner Wisdom**

Session 5 (Nov 20, 2014) **Childhood Trauma & Adult Disease**

Session 6 (Nov 27, 2014) **Presence in the Therapeutic Relationship**

Session 7 (Dec 11, 2014) **Clinical Application & Integration**

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 graduated from NCM, the National College of Naturopathic Medicine in 1984, where he did a residency in holistic medicine, stress and lifestyle counseling, and has successfully advocated for the clinical application and integration of mind-body-spirit therapies into health care for over 30 years. Paul was co-founder of the Israel Center for Mind-Body Medicine and specializes in exploring the mind-body connection, how biography becomes biology, narrative medicine and the role of stress in health and disease. Website: www.drPaulEpstein.com
Articles: [Dr Paul Epstein ND | NDNR](#)

REGISTRATION

To register: please use our on-line registration form at 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

Naturopathic Practitioner	\$499
Early-Bird (ends Oct 3, 2014)	\$449
CCNM Alumni Member	\$399
Student	\$349

WEBINAR: Thursdays 2 – 4pm (Eastern Daylight Time)

Sessions will be recorded and made available for viewing.

