

Mindful Healing

Connecting the Cell and the Self

Saturday & Sunday
March 15 – 16, 2014

CCNM Continuing Education

Time: SATURDAY 9 - 5pm, SUNDAY 10 - 4pm

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 2-day course will integrate the study, practice and application of mindfulness and mind-body therapies. The focus of this weekend 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 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.

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



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 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

ND/Healthcare Practitioner	399
Early-Bird (ends March 3, 2014)	349
CCNM Alumni Member/Staff	299
Student	279

Location: CCNM (1255 Sheppard Ave East, Toronto, ON, M2K 1E2)



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