

# Connecting the Cell and the Self: How Biography Becomes Biology and How to Heal

**BASTYR**  
UNIVERSITY

Continuing Education

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## INSTRUCTOR:

**Paul Epstein,**  
ND

**Friday, September 9**  
**6:00pm-9:30pm**

**Sat & Sun, September 10-11**  
**9:30am-5:30pm**  
**(16 CEUs)**

Professionals: **\$495**

Bastyr Alumni: **\$465**

Bastyr Students: **\$295**

**Bastyr Center**  
**for Natural Health**

3670 Stone Way N  
Seattle, WA 98103



**D**isease tells a story, not just of our cells and our diagnosis, but of our self and our life as well. This professional training 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. Biography is often the 'untreated symptom' in our treatment plan. It is also often the 'missing piece' in a patient's healing puzzle.

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, including:

### Define and explain the relationship between Stress and Illness:

- Offer an expanded definition of what comprises "Stress" and how it negatively affects health and wellness (research)

### Facilitate exploration of the connection between childhood trauma and chronic adult disease:

- Define "Adverse Childhood Events (ACEs)" and explain how they create the basis for future disease and health challenges

### You will receive instruction in the following Mind-Body Therapies to connect the Cell and the Self:

- Mindfulness IS Medicine
- Clinical Guided Imagery - listening to pain and symptoms/attaining inner guidance
- Using Narrative & Contemplative Medicines
- Biographical Exploration - Working with Patient Biography as a Therapeutic Modality
- Internal Family Systems Theory/Therapy
- Cultivating Healing Presence in the Therapeutic Relationship
- Creating Professional Resilience and Preventing Burnout

## 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 latest research into the impact of stress (and our response to it) in health and disease
- 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. I will clearly explain how and why acknowledging and exploring a patient's biography as part of an integrative approach to treating chronic disease is an empowering and liberating experience that enhances treatment effectiveness
- 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 powerful 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
- Gain strategies and tools for creating personal and professional resilience and preventing practitioner burnout.

# Register Online Now

Go to [www.Bastyr.edu/Continuing-Education](http://www.Bastyr.edu/Continuing-Education) and click on the Course Calendar

View the course listing for additional information and presenter bio. You may also call (425) 602-3152 to register.



**CANCELLATION, TRANSFER & REFUND POLICY:** Please submit your request in writing (email, mail or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a processing fee (\$35 or 20 percent of fee, whichever is less). No refunds will be granted for cancellations made with less than the 14-day notice, nor for home study courses once the registration and payment have been processed. Returned checks will be assessed a \$28 fee. Participants registered for full courses will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.