

SPECIAL MIND/BODY PROGRAMS THIS FALL

Professional Training with Bernie Siegel and ECaP

Special Limited-Enrollment Event; September 15, 16, 17, 10 AM - 5 PM; Tuition: \$325

This three-day training, offered for the first time through Interface, will teach health professionals how to use ECaP group methods to form and lead support groups in their own areas. Bernie will show how to become an "exceptional patient," and the ECaP staff will teach how to utilize Bernie's methods in professional and personal life.

Joan Borysenko, Ph.D: Healing Religious Guilt

The notion that we are 100% responsible for creating our own reality is a subtle and dangerous chain to guilt and isolation. In this experiential workshop, Joan will help us peel away the layers of helplessness, doubt and fear that separate us from our divinity, returning us to wholeness and a sense of belonging that is our true nature. Sun. Sept. 30, 10 AM - 5 PM. Members \$65/Non-Members \$75.

Jon Kabat-Zinn, Ph.D: Full Catastrophe Living: The Healing Power of Mindfulness

Learn to use the "full catastrophe" of the world to grow in strength and wisdom; use mindfulness practice to help reduce pain, anxiety, headaches, high blood pressure, and many other health-related problems. Fri. Oct. 26, 8 PM - 10 PM, Members \$8/Non-Members \$10; and Sat. Oct. 27, 10 AM - 5 PM, Members \$75/ Non-Members \$85. (6.6 contact hrs for nurses).

Christiane Northrup, M.D.: Being Female In This Culture: Exploring the Mind/Body Split

Tap the healing power inherent in our wounding as women, learn to empower ourselves to trust and honor our bodies - and the messages this experience brings to consciousness. Sun. Nov. 11, 10 AM - 5 PM, Members \$60/ Non-Members \$70.

Bernie Siegel, M.D.: The Psychology of Illness and the Art of Healing

"Exceptional patients" respond to the crisis of an illness by assuming control of their lives, developing a fighting spirit, and actively participating in the doctor-patient relationship. The workshop is especially for those dealing with or treating chronic and catastrophic illness. Sat. and Sun, Dec. 8-9, 10 AM - 5 PM, Tuition: \$160, Limited to 175 people. (13.8 contacts hrs for nurses, 13.5 category 1 hrs for social workers).

David Tate: Health, Hope and Healing — A Patient's Perspective

We are all on a healing journey; healing is a continuous process. In this workshop we will deal with issues of empowerment, risk-taking, ambivalence, and fulfilling our dreams, using the psychosynthesis model to facilitate our own healing. Sat. Oct. 20, 10 AM - 5 PM, Members \$55/Non-Members \$65.

Carol Ginandes, Ph.D.: Hypnosis and the Healing Process

For people with a specific mind/body condition, this intensive class will teach the fundamentals of self-hypnosis and other dynamic techniques that impact both the body and the mind. The supportive, healing environment will help us transform a sense of helplessness about illness to one of empowerment. Seven-session class; Tuesday nights, Sept. 18 - Oct. 30, 7:30 PM - 9:30 PM, Members \$78/Non-Members \$88.