



Fall Training for Healthcare & Human Services

Mind Body Medicine and Self-Care Practices

**Register today for training that starts
Oct. 7th at Hospice of CNY**

**Designed for those in healthcare, human services, clergy,
health education and administration.
Sessions held at Hospice of CNY
990 7th North Street Liverpool, NY**

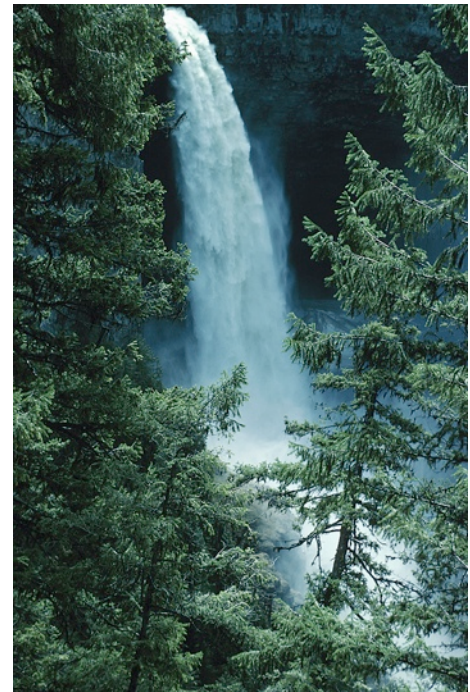
**Tuesdays, 6:00-8:00PM, 8 weeks
Oct. 7th - Dec. 2nd (Nov. 18th no class)**

**The curriculum is modeled after the clinical training programs of the
Benson-Henry Mind Body Medical Institute, Boston, Mass.**

This course provides comprehensive instruction in the self-care elements of mind/body medicine both for integration into individual practice and as a basis for establishment of a mind/body clinical program.

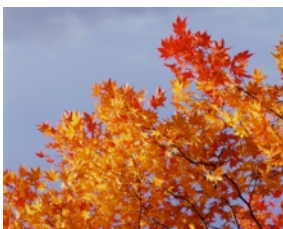
Faculty: Marnie Blount-Gowan, mind/body researcher and organizer of the Mind Body Health Alliance (originally MBSSI), along with contributing presentations relating specific self-care practices to personal health and healthcare:

Jacqueline Bays, M.D.	Meditation and Clinical Practice
Jikyo Bonnie Shoultz	Buddhist Meditation
Ellin Adams (certified instructor)	Nia as Healing Movement



Training Program Key Components:

- * Stress physiology and instruction in methods of eliciting the relaxation response
- * Skills training in cognitive strategies to bypass conditioned stress responses
- * Positive psychology and cultivating positive belief systems
- * Integrating healing movement, exercise and nutrition
- * The relationship of biology and beliefs, spirituality and health



The course fee of \$240 includes all classes, two-hours each, meditation CD, and Stress Management workbook of Harvard Medical School publications.
Course fee \$220 if two people register together

For information and to register, contact Marnie Blount-Gowan at 458-4098, marnie@twcny.rr.com.
Course payment can be made the first night of class with a check payable to: Crouse Health Foundation, Memo: MBHA Training