

CERTIFICATE IN INTEGRATIVE PRACTICE, LEVEL 1

This Certificate is founded upon the importance of cultivating self care practices that reduce stress to support health and well being. This will become the foundation for providing an integrative approach to caring for your patients and their families.

WHY A CERTIFICATION?

The health care profession is going through a major transformation as it redefines itself through holistic principles that support the care of the whole person; body, mind and soul. Research has shown an integrative approach leads to better clinical outcomes, is more cost effective with better patient satisfaction.

By enhancing your understanding of, mind/body therapies and the physiology of the relaxation response, you will be able to optimize patient contacts while promoting comfort. You will learn how to effectively use simple imagery, work with the breath, essential oils, sound, the bioenergetic touch therapies of Reiki, Jin Shin Jyutsu-acupressure, Therapeutic Touch, and the power of presence for yourself and your patients.

This 100 hour course includes 9 six hour classes (81 hrs), 19 hours of individual practice and 3 written case studies. You will receive Reiki level one certification, the self care practices of Jin Shin Jyutsu and Therapeutic Touch level one. If you choose, you may also be supported to become certified in Aromatherapy.

COURSE OUTLINE:

SESSION 1 - JUNE 10

- Introduction and Course Overview
- IOM Report-Perspective On Integrative Medicine
 - Self-Care, foundation & Practice

- Mentoring, Coaching, engagement in the healing process
- Principles of healing, stress and disease
 - *The Integrative Model*
- Caring Presence and the therapeutic use of self
- Introduction to the 12 Essential Oils
- Introduction to Jin Shin Jyutsu

SESSION 2 - JUNE 17

- Introduction to imagery
 - Power of belief, placebo and nocebo
- Jin Shin Jyutsu self-care practice

SESSION 3 - JULY 8

- Reiki Level 1 Certification
 - Study of Essential Oils

SESSION 4 - JULY 15

- Integrative practicum practice with:
 - Reiki, Jin Shin Jyutsu, Imagery

SESSION 5 - JULY 22

- Introduction to Therapeutic Touch, Level One
 - Study of Essential Oils

SESSION 6 - AUGUST 5

- Integrative practicum, practice with all modalities
 - Review Case Studies

SESSION 7 - AUGUST 12

- The new Science of neurobiology and human relations
 - Practicum with all the healing arts, focusing on listening

SESSION 8 - AUGUST 19

- Integrative practicum with all the modalities
 - Review Case Studies

SESSION 9 - SEPTEMBER 9

- Practicum and competency check off

SPEAKERS

- **Gayle Swift**, RN, MSN, CNS, Certified Integrative Practitioner, artist and author.
- **Anne Pera**, RN, BSN, National Certified Holistic Nurse and Certified Reiki Master.
- **Joyce Coletti**, RN, BSN, Certified Integrative Practitioner.
- **Teresa Lyons**, RN, Hospice Nurse, Certified Integrative Practitioner.
- **Robin Landers**, Certified Herbalist & Aromatherapist
- **Valerie Robinson**, RN, MBA, CPHQ

CONTINUING EDUCATION CREDIT

Approved by the California Board of Registered Nursing, Sutter Medical Center of Santa Rosa, Provider No. 12064 for 36 continuing education credits for full certificate program.

FOR MORE INFORMATION

Contact Gayle Swift at SwiftG@sutterhealth.org or Karen Mack at MackKL@sutterhealth.org

REGISTRATION FORM
Integral Healing Arts Certificate Program

Please print clearly

Class : _____

Name: _____

Street: _____

City/Zip: _____

Day Phone: _____

E-Mail Address (Required for confirmation):

Employer: _____

Professional License #: _____

MD RN Other _____

| Pls <input checked="" type="checkbox"/> | Registration Fees | | Fee |
|--------------------------------------------------------------|-----------------------------------------------------------|---------------|-----------|
| | Certification Program | Jun- Sep 2013 | \$ 550.00 |
| OR the following Sessions are open as a one-day class | | | |
| | Session. 1- Intro and Course Overview | June 10 | \$ 65.00 |
| | Session 2 - Intro to Imagery | June 17 | \$ 65.00 |
| | Session 3 - Reiki - Level 1 | July 8 | \$ 65.00 |
| | Session 5 - Into to Therapeutic Touch | July 22 | \$ 65.00 |
| | Session 7 - New Science of Neurobiology & Human Relations | August 12 | \$ 65.00 |
| | TOTAL SUBMITTED: | | \$ _____ |

* Note: Course fees include an extensive syllabus, essentials oils, and JSJ Self Help Book.

Mail Registration form and check to:

* Note: Make check payable to **EDUCARE** * and mail to:

Sutter Medical Center of Santa Rosa
Education Dept.
3325 Chanate Rd.
Santa Rosa, CA. 95404



Presents



A Certificate Program in the Integral Healing Arts

Summer 2013

June - September

9:00 am - 4:00 pm

Sutter-Warrack Campus

Administrative Conf. Room

2449 Summerfield Rd.

Santa Rosa, CA