

integrative & holistic
continuing health
education



normandale

fall 2016

certificates • workshops • online



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Ayurveda



8

Holistic Nutrition



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Healing Touch



18

Yoga and Pilates



24

Tai Chi & Qigong

Career Advancement for Healthcare Workers

Dr. Kevin Larsen, CMS (Centers for Medicare and Medicaid Services) and former CMIO at Hennepin County Medical Center empowers healthcare workers to invest in themselves with the ACT Health IT program.



Healthcare reform is creating new career opportunities like never before. Take advantage of this opportunity to invest in yourself...FOR FREE.

See pages 26 & 27 for program details or visit MNHealthIT.com.

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How to Register: Registration is simple for Normandale Community College's continuing education classes. Either call us at 952-358-8343, or register online at www.normandale.edu/ce/classes.



Herbalism Certificate

Herbal therapy is the oldest and most widespread form of healing on planet earth, generally regarded as safer and just as effective (if not more) as orthodox medicine and easily learned and used by the lay person. Learn to apply herbal therapy through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves to support the constitution referencing an array of conditions, and in close consideration of guidelines to indications, dosage, and contraindications. **24 Contact Hours and \$355 for series or 3 Contact Hours and \$49 per class.**

Class 1: The Development, Forms and Energetics of Herbal Therapy

What are the major herbal systems of the world? How do herbalists from these various systems choose particular herbs for particular situations? You will learn about the energetic aspects of herbs (for example, herbs which are warming, cooling, drying, & moistening) and how they can impact upon different types of people and conditions. A few assessment techniques (including tongue assessment and pulse assessment) will also be briefly covered.

Part 1: ID: 51169 Wed, 9/21/16 6:30pm – 9:00pm RM: P1844

Part 2: ID: 51171 Wed, 9/28/16 6:30pm – 9:00pm RM: P1844

Class 2: The Constituents and Properties of Herbs

Discover the chemical properties of herbs. You will learn about the nutrient content of herbs as well as about various therapeutic constituents such as alkaloids, saponins, flavonoids, tannins, essential oils, organic acids, and other valuable chemicals. This class will specifically focus on macronutrients and micronutrients.

Part 1: ID: 51174 Wed, 10/5/16 6:30pm – 9:00pm RM: P1844

Part 2: ID: 51175 Wed, 10/12/16 6:30pm – 9:00pm RM: P1844

Holistic Health Assessment - An Herbal Perspective

Learn to assess a person's overall health using holistic-evaluation techniques. This class is designed as an advanced course following the Herbalism Series. See website for complete description of content, skill development areas and diagnostic tools that will be used to assess toxicity, imbalances and overall health. Materials: Lighted magnifier, available at class (\$10). **6 Contact Hours, \$89, Matthew Alfs**

ID: 51043

Mon, 11/16/16 & 11/30/16

6:30pm – 9:00pm

RM: P1844

“ The classes are wonderful,
scientific, and historical, especially
specifications of herbs - very engaging! ”

Class 3: Herbs for the Mind, Spirit, Emotions and Neuromuscular Systems

This class will focus on herbs that support the respiratory system, including those plants which help to relieve congestion, soothe and astringe sore and boggy mucous membranes, and expectorate excess mucus.

ID: 51191 Wed, 10/19/16 6:30pm – 9:00pm RM: P1844

Class 4: Herbs for the Immune and Endocrine System

Learn the effects of herbs on the immune and endocrine system.

ID: 51192 Wed, 10/26/16 6:30pm – 9:00pm RM: P1844

Class 5: Herbs for Digestion and Elimination

Explore herbs that can help the digestion and elimination process.

ID: 51196 Wed, 11/2/16 6:30pm – 9:00pm RM: P1844

Class 6: Herbs for the Cardiovascular System

Discover herbs that support the heart and circulation.

ID: 51199 Wed, 11/9/16 6:30pm – 9:00pm RM: P1844

Matthew Alfs, M.H., A.H.G. is a practitioner, educator, and writer in the field of herbal therapy. He is a nationally peer-reviewed, professional member of the American Herbalists Guild, the Director of the Midwest School of Herbal Studies and has authored numerous articles on herbal therapy.



Wild Plant Walk: Identification for Food & Medicine

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of late summer and early fall. Explore plant life in Normandale's expansive natural setting and learn how to utilize them for food and medicine.
3 Contact Hours, \$49, Matthew Alfs

ID: 51047
Wed, 9/14/16 5:00pm – 7:30pm RM: P1844





Aromatherapy Foundations Certificate

This certificate course provides the foundational information and skills you need to understand how and why essential oils work. Learn how essential oils heal simultaneously in the physical body, and emotional and energetic levels. Explore the therapeutic benefits, chemistry, safety, olfactory system and receive insider tips on the field of aromatherapy. Hands on learning in class includes learning about 7 essential oils, assessment skills, how to use diffusers and sprays, and make inhalers and topical treatments that are safe and cost effective. **16.8 Contact Hours, \$275**

ID: 51050 Fri, 10/14/16 8:30am – 4:30pm
& Sat, 10/15/16 9:00am – 4:00pm RM: P1810

Register for both **Aromatherapy Foundations Certificate** and **Advanced Aromatherapy Application Certificate** for \$495 (a savings of \$90)

“ Jodi is an excellent instructor. Her skills, knowledge, and expertise are conveyed with an energetic presentation. ”

homeopathy

Foundations of Homeopathic Medicine

This class provides an overview of the art and science of homeopathic medicine. You will learn the basics of homeopathy to treat yourself and others using the 3 basic laws of homeopathy and simple cell salts. Learn how to engage the body's natural defenses to maintain more vibrant health. **6.0 Contact Hours, \$149**

ID: 51046 Sat, 9/24/16 9:00am – 3:00pm RM: P1844

Homeopathic First Aid

Learn the basics of using homeopathy to treat minor acute injuries and illnesses and to engage the body's natural defenses to maintain more vibrant health. You will become familiar with effective remedies for burns, wounds, ear infections, learn the main characteristics of an illness and how to match them to a remedy choice as well as how to dose a remedy safely and when to stop dosing. Each participant will go home with 30c. of arnica. *Prerequisite: Foundations of Homeopathic Medicine.* **3.6 Contact Hours, \$89**

ID: 51156 Sat, 10/29/16 9:00am – 12:00pm RM: P1844

Advanced Aromatherapy Application Certificate

One of the most valuable uses of essential oils is stress reduction. Most common symptoms of stress and pain include mood and sleep imbalances, increased tension and pain, or digestive issues. *Prerequisite: Aromatherapy Foundations Certificate or Instructor Approval.* **15.6 Contact Hours and \$275 for the certificate or 7.8 Contact Hours and \$155 per class**

Class 1: Aromatherapy and Stress Reduction

Learn how you can utilize the power of essential oils for soothing the nervous system, see research that clearly shows which oils can improve sleep, and reduce agitation.

ID: 51048

Sat, 11/5/16

9:00am – 4:00pm

RM: P1838

Class 2: Aromatherapy and Pain Relief

Learn the uses of essential oils to provide comfort and relief from everyday muscle tension, headaches, sprains and strains, and more. This course is taught within holistic framework and will combine simple acupressure skills with essential oils to heighten their effectiveness.

ID: 51049

Sat, 11/19/16

9:00am – 4:00pm

RM: P1838

Jodi Baglien, CA, CST, is an experienced holistic practitioner and instructor. She combines her years of training and experience in clinical aromatherapy and shiatsu therapy with her passion for awakening and mastering our inherent intuitive gifts.



Normandale's integrative health and wellness courses are intended for educational purposes only and are not a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of course instruction or course materials is at the student's discretion, sole responsibility, and is not a substitute for licensed medical care.

Cilla Whatcott, H.D., RHom, CCH is a graduate of Arizona State University, Northwestern Academy of Homeopathy and Kingdom College. She is nationally certified as a classical homeopath and author. She is the director of Worldwide Choice – an organization that trains medically licensed practitioners in homeopathic methods. She is the parent of an adopted family from around the world, and participates in international seminars, conferences and ongoing homeopathic training when she isn't busy with her private homeopathic practice in Chaska.





Ayurveda Certificate

Ayurveda is a 5,000 year-old holistic medical system from India that emphasizes prevention and encourages health through balancing body, mind and consciousness. This series will introduce core Ayurvedic principles of right thinking, food choices, life style changes, and the use of herbs to create balance in energies responsible for body-mind functions. You will learn about your own psycho-physiological make up and techniques to integrate in your mind-body healing practice. **18 Contact Hours and \$249/series or 3 Contact Hours and \$49/class, Asavari Manvikar, MD (Ayurveda) RAS**

Class 1: Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda including the five elements: space, air, fire, water and earth. Vital bioenergies or “The Three Doshas” will be introduced and explained as well.

ID: 51201

Tue, 10/4/16

6:00pm – 8:30pm

RM: P1840

Introduction to Ayurveda is a prerequisite for ALL other Ayurveda classes in this certificate series.



Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm to 7 pm

Host **Elise Marquam Jahns** engages local and national thought leaders on integrative health topics. Elise is co-author of “Creating Choices” and spent 35 years with Twin Cities Public Television.



Call in at 714-364-4950 to join the conversation or listen to live/archived shows at blogtalkradio.com/edgemagazine.

Class 2: Diet & Nutrition

Learn the concepts of Agni, Ama (toxins), the six tastes and some basic rules for eating food and unhealthy food combinations.

ID: 51202 Tue, 10/11/16 6:00pm – 8:30pm RM: P1840

Class 3: Constitution & Wellness

Discover characteristics of Ayurveda's Vata, Pitta and Kapha body types, individualized for your own body and system.

ID: 51203 Tue, 10/18/16 6:00pm – 8:30pm RM: P1840

Class 4: Daily Routine & Harmony with Nature

Tune into nature's patterns and rhythms and learn a general routine and your Dosha specific routine to support your practice.

ID: 51204 Tue, 10/25/16 6:00pm – 8:30pm RM: P1840

Class 5: Health Maintenance with Seasonal Changes

Learn about seasonal changes to the body, health and emotional levels, different stages of body imbalance and detox techniques.

ID: 51205 Tue, 11/1/16 6:00pm – 8:30pm RM: P1840

Class 6: Herbs & Food for Healthy Living

Bring balance to your individual constitution through the use of specific foods, herbs and spices to boost immunities.

ID: 51206 Tue, 11/8/16 6:00pm – 8:30pm RM: P1840

Upcoming Shows:

September 6 **How a Year Living Gratefully Can Transform Your Life** – Janice Kaplan, author, television producer and former Editor-in-Chief of Parade magazine.

October 4 **Skills and Strategies for Reducing Fear** – Dr. Linda Sapadin, psychologist, author and success coach.

November 1 **Vitality and Regaining Optimal Health at Any Age** – Dr. Michael Roizen, 4-time #1 bestselling author and renowned Chief Wellness Officer of the Cleveland Clinic.

December 6 **Effective Strategies for Getting the Best Possible Healthcare** – Leslie Michelson, author of The Patient's Playbook



Dr. Michael Roizen



INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College



Holistic Nutrition Certificate

NEW

The Holistic Nutrition Certificate is designed to provide you with a working knowledge of plant-based nutrition. Gain the skills and insights needed to identify and help correct the nutritional causes of diseases. Learn to integrate the principles of holistic nutrition to enhance overall wellbeing. The book *Edible & Medicinal Wild Plants of the Midwest*, by Matthew Alfs, \$40, will be available for purchase in class. See website for course descriptions. **3 contact hours and \$49 per class or 18 contact hours and \$275 for the entire certificate, Matthew Alfs, M.H., AHG**

Class 1: Traditional Diets and the Modern-American Diet

This class will focus on the hunter-forager diets of indigenous peoples compared to the modern-American diet and federal dietary recommendations. The 7 major nutrient deficiencies of the modern-American diet will also be reviewed.

ID: 51052

Mon, 9/19/16

6:30pm – 9:00pm

RM: P1844

“This class has really been beneficial to my health. I have learned a lot.”

Certificate in Food, Nutrition and Health

This engaging certificate program provides a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. You will learn how to become more conscious of what you eat, why you eat it, how it is prepared, and what consequences our food choices have on our health. You'll also examine the impact of stress on the body and the health crisis posed by obesity in the U.S. You'll also learn how to change eating habits for more healthful outcomes and gain insight into how food interacts with our bodies on multiple level. This certificate is designed for individuals who are working in the health care field as well as those who are interested in the topic. 16 Contact Hours, \$109, Caroline Young, MPH and Cyndie Koopsen, RN

Online class – start every month (9/14, 10/12, 11/9, 12/14)

Healthy eating can be overwhelming and confusing.
Explore our nutrition classes and
create a plan that fits your unique needs.

Class 2: Macronutrients

This class will discuss the four major macronutrients--water, protein, lipids (fats), and carbohydrates.

ID: 51053 Mon, 9/26/16 6:30pm – 9:00pm RM: P1844

Class 3 & 4: Vitamins

This class will discuss individual vitamins and how they nourish the whole person. Quasi-vitamins—compounds recognized as vitamins by some nations other than the U.S.A. (vitamins B13, T, and U)—will also be covered.

ID: 51054 Mon, 10/3/16 6:30pm – 9:00pm RM: P1844

ID: 51055 Mon, 10/17/16 6:30pm – 9:00pm RM: P1844

Class 5: Minerals

This class will discuss individual minerals, major foods sources, supplemental forms, and optimal amounts.

ID: 51056 Mon, 10/24/16 6:30pm – 9:00pm RM: P1844

Class 6: Healing Applications of Nutrition

This class will focus on how particular foods and supplements can be utilized to support health in the face of serious challenges such as cancer, autoimmune disorders, depression, anxiety, insomnia, endocrine issues, and bone density.

ID: 51057 Mon, 11/7/16 6:30pm – 9:00pm RM: P1844

LOOK, FEEL and BE your best!

Visit the Normandale booth to enter our free drawing. See what's new, meet our staff and explore our cutting edge programs.

October 29 & 30
10 am – 5 pm
Minneapolis Convention Center



Register and get a FREE Admission ticket at normandale.edu/CE/classes
(click on Browse Classes/For Your Interest/Free Events)

healing touch



Healing Touch is an international educational program in energy based medicine therapy. As a professionally accredited program, the curriculum encompasses increasing levels of practice and techniques, standards of care, code of ethics and scope of practice. Healing Touch is endorsed by the American Holistic Nurses Association.

Healing Touch International (HTI) Level 1

Healing Touch is relaxing, nurturing energy therapy which uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being and enhances the body's natural ability to heal. The class is open to anyone who desires to study energy therapy with a commitment to help others. Healing Touch works in complement with standard medical care and other health care systems and is safe for all ages. 18 Contact Hours, \$295 (workbook included), Sheila Judd

ID: 51045 Fri, 11/4/16 8:00am – 5:00pm RM: P1840
& Sat, 11/5/16 8:00am – 4:00pm

reiki energy therapy

Reiki Energy Therapy is a simple, natural and safe method of therapy that uses life force energy transmitted through a practitioner's hands, which offers physical pain reduction and profound relaxation. Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy. These courses are taught using the Traditional Usui Reiki form. **Lucille Crow, RN, RM, CHT**

Reiki Energy Therapy Level 1

This course prepares you to become a Certified Reiki Energy Therapy practitioner with the skills and abilities to fully utilize Reiki Energy Therapy including the theory and principles, the historic origins, the ethics, and the skills and abilities to administer Reiki Energy Therapy. Please bring a bag lunch and pillows, towels, and/or mat. 8.4 Contact Hours, \$150

ID: 51143 Sat, 10/8/16 8:00am – 4:00pm RM: P1838

ID: 51147 Sat, 11/12/16 8:00am – 4:00pm RM: P1838

Reiki Energy Therapy Level 2

This class provides advanced skills in Reiki Energy Therapy, increasing the power and versatility of the use of the therapy. The practitioner develops abilities to handle more complex situations and techniques to strengthen and enhance the therapy. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. *Prerequisite: Certification in Reiki Energy Therapy 1.* 8.4 Contact Hours, \$150

ID: 51150 Sat, 12/3/16 8:00am – 4:00pm RM: P1838

“ This was a profound learning experience.
Thank you Lucille! ”

Therapeutic Touch is commonly used in nursing practice for a wide range of health conditions.

Healing Touch International (HTI) Level 2

Participants will have an opportunity to develop deeper assessment skills, discuss applying techniques in clinical settings, and practice the following healing techniques: One-hour Healing sequence, Spiral Meditation, Mind Clearing, Modified Mind Clearing and Back Techniques. 18 Contact Hours, \$295 (workbook included), Barb Schommer, RN, MS, CHTP, CHTI

ID: 51277

Fri, 1/20/17

8:00am – 5:00pm

RM: P1840

& Sat, 1/21/17

8:00am – 4:00pm

Sheila Judd, MA, CHTP, CHTI is passionate about helping individuals and organizations to gain integrative health techniques that support holistic wellness. She is a Certified Healing Touch Practitioner and Instructor.



Create a Healthy Workplace



Are you searching for quick and easy ways to be healthier at work? Or do you need fresh, engaging health options for your employees that don't start with the words "cholesterol, blood pressure or weight-loss?"

We offer unique health and healing classes that can be delivered as presentations, workshops, brown-bag sessions or even virtually.

Contact us at **952-358-8343** for more information.



NEW Touch for Health (TFH) Level 1 Certificate

Join us for an introduction to the theory and basics of Touch for Health (TFH) for both lay-people and professionals. You will learn the core techniques of muscle testing for the primary 14 energy meridians using the standard balance-as-you-go technique. Your instructor will provide a balance of practical instruction and hands on application. This program is the first of four possible certificate levels. See website for required textbook. 18 Contact Hours, \$299, Melissa Dirtzu, RYC-200

ID: 51254

Fri & Sat, 10/7/16 & 10/8/16

8:00am – 4:00pm

RM: P1840

Who Should Attend: Therapists, Acupuncturists, Nurses, Reflexologists, Physical Therapists, Chiropractors, Yoga Instructors, Personal Trainers, Herbalists, Nutritionists, Doulas, EFT Practitioners, Naturopaths, and even family care.

The Art of Muscle Testing Certificate

NEW

Muscle testing can be used for oneself and others to test for food and substance sensitivities, emotional imbalances and general pain relief. 7.2 Contact Hours and \$129/series or 2.4 Contact Hours and \$49/class, Melissa Dirtzu, RYC-200

Class 1: The Art of Muscle Testing

Learn how to test 4 different muscles in order to ensure that testing can be done with most any situation. The uses of muscle testing is vast, from food sensitivities and general pain relief, to detecting specific areas of self that needs support.

ID: 51255

Thur, 11/3/16

6:00pm – 8:00pm

RM: P1840

Class 2: Food and Substance Muscle Testing

Learn and experience the basic technique and procedures for muscle testing self and others for substance specific sensitivities. Learn which foods/substances strengthen or cause stress to your body. Please bring in food, vitamins, essential oils, etc. that you'd like to test yourself and others for sensitivity.

ID: 51256

Thur, 11/17/16

6:00pm – 8:00pm

RM: P1840

Class 3: Emotional Balance – Part 1

Learn how color, sound, the use of metaphors (deep spiritual questions) and gentle acupressure can relieve past or present pain and trauma and even future performance anxiety. Stress and body pain can be greatly reduced using these techniques.

ID: 51257

Thur, 12/1/16

6:00pm – 8:00pm

RM: P1840

Class 4: Emotional Balance – Part 2

Learn and experience how sound and the use of metaphors (deep spiritual questions) can relieve past or present pain and trauma and even future performance anxiety.

ID: 51258

Thur, 12/8/16

6:00pm – 8:00pm

RM: P1840

Certificate in Healing Environments

You'll learn how evidence-based design can create environments that foster healing and explore the effect of all the elements of an environment, including color, light, sound, and art, and the role they play in supporting physical and emotional health.

16 Contact Hours, \$96, Caroline Young, MPH and Cyndie Koopsen, RN

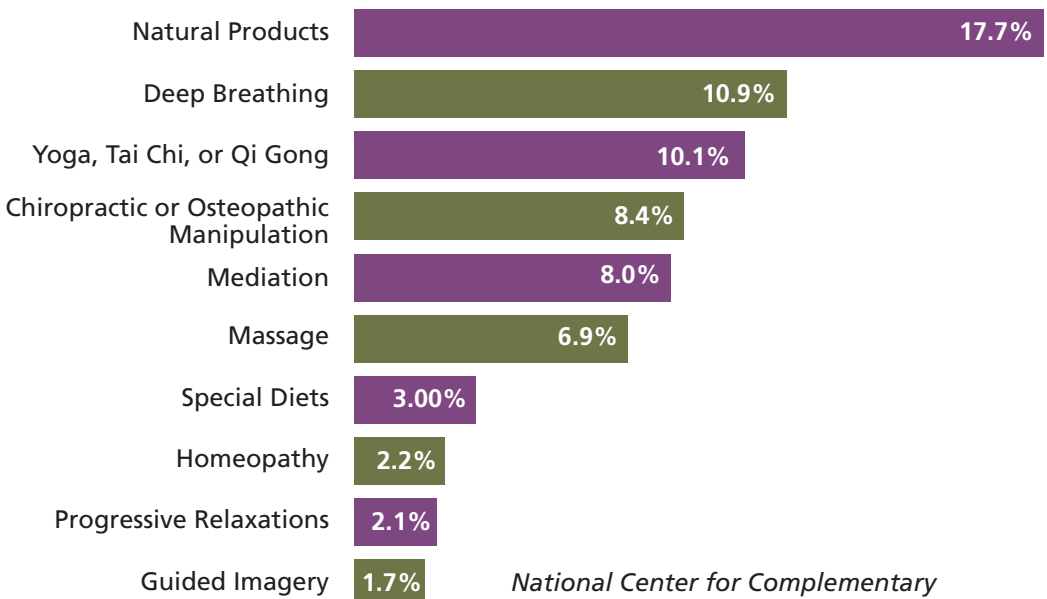
Online class – start every month (9/14, 10/12, 11/9, 12/14)

Certificate in Global Healing Systems

In this certificate program, you'll deepen your knowledge of medical treatment by learning about these various global healing practices. We'll start with an overview of the field to get a sense of how these alternative practices differ from conventional medical systems. Then we'll explore in depth six global traditions: Ayurvedic medicine of India, the indigenous medicine of Central and South America, Native North American healing, the healing traditions of South Africa, traditional Chinese medicine, and Unani medicine of Eastern Europe. 13 Contact Hours, \$99, Caroline Young, MPH and Cyndie Koopsen, RN

Online class – start every month (9/14, 10/12, 11/9, 12/14)

10 MOST COMMON COMPLEMENTARY HEALTH APPROACHES



National Center for Complementary and Integrative Health – 2012



Energy Medicine Certificate

The Energy Medicine Certificate introduces the philosophies and descriptions of energy anatomy and energy healing. The program offers seven individual classes defining energy medicine, presenting ethical standards for energy workers, as well as scientific and cross-cultural descriptions of the major human energy channels, centers, and fields. Gain a toolbox of holistic techniques, ranging from use of color, shapes, energetic diagnosis, and imagery, to intuition and intention, all the while practicing the delivery and receiving of healing energy. You must take all seven classes for certificate of completion. However, you can also enroll in individual classes. **58.8 Contact Hours and \$875 for the entire series or 8.4 Contact Hours and \$145 per class**

Class 1: The Holistic Process: What Is Energy Work

Explore the exciting fundamentals of energy, both physical and subtle. Learn about the major energetic systems, as well as the leading-edge research substantiating their existence and functions. We will analyze the various diseases, conditions, and lifestyle issues best addressed by which modalities before we get down to business and practice moving energy. Start filling your toolbox with necessary energy mastery techniques.

ID: 51247 Sat, 10/15/16 9:00am – 4:00pm RM: P1840

advanced energy medicine

NEW Futuring, Predicting, Creating & Understanding

Come and explore “futuring” traditions and methods across different cultures and time, from countries including Egypt, Lapland, Wales, Greece, China, and Siberia; and communities including the Mayans, Gypsies, Hindus, Cherokees, Hebrews, and Sufis. We’ll learn about these prophets, oracles, and shamans as well as the ways that they obtain information. This workshop will deepen your historical and cultural understanding of the roles and techniques used in energy medicine. **8.4 Contact Hours, \$145, Cyndi Dale**

ID: 49639 Sat, 12/3/16 9:00am – 4:00pm RM: P1840

NEW Healing Trauma

Trauma is one of the most challenging issues to recover from, whether caused by physical or psychological challenges. This course will introduce participants to a subtle energetic understanding of trauma. This approach looks at healing and support for depression, anxiety, addictions, and codependency. You need to have a basic understanding of energy to participate in this course. **8.4 Contact Hours, \$145, Cyndi Dale**

ID: 51246 Sat, 4/8/17 9:00am – 4:00pm RM: P1840

“ These powerful classes offer new realms
of possibilities for my practice. ”
—Physical Therapist

Class 2: The Tools of the Energy Trade

The energy worker's toolbox includes intuition, boundaries, ethics, intention, protection, prayer, grace and your own version of the Hippocratic Oath. We will also review the nature of energetic interference, energetic bindings, and techniques to access safe spiritual sources, in addition to the importance of beliefs and feelings. You'll leave this class with a clear sense of your most important energy medicine tools and ways to apply them, all covered in this dynamic workshop.

ID: 51248

Sat, 11/19/16

9:00am – 4:00pm

RM: P1840

Class 3: Energy Anatomy: Channels

In this class, we'll explain the two main energy channels, the meridians and the nadis, that support and determine our physical, mental, emotional, and spiritual wellbeing. Learn the historical and scientific evidence of these carriers of healing and thought as you learn ways to apply this information in energy work.

ID: 51249

Sat, 12/10/16

9:00am – 4:00pm

RM: P1840

**Classes 4-7 will be offered in Winter/Spring 2017
See website for course descriptions**

Cyndi Dale is the author of multiple bestselling books on healing and energy medicine, including *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*. She has studied and taught healing around in the world in countries including Belize, Costa Rica, Mexico, Greece, Russia, Venezuela, Japan, Morocco, and more.

Cyndi has been a natural intuitive since she was young, and offers these gifts to those seeking to make real and positive change. Her specialty is helping people explore their possible futures and select the one highlighting their rare and special gifts.



**Normandale's Energy Medicine program has trained
more than 250 students from California to Florida
and internationally from Canada to Japan.**

emotional freedom techniques



Emotional Freedom Techniques (EFT) is a powerful self-tool to release unhealthy thoughts and emotional stress, reduce pain, and quickly manifest positive change.

EFT: Level 1 & 2 Certificates

These hands-on workshops are part of the required training for certification as a practitioner through EFT Universe. You will learn the core concepts of EFT through step-by-step instruction, demonstration, and supervised hands-on practice. The workshops are designed to build your skills and confidence and are also intended for those who simply want to learn about and become more proficient with EFT in a supervised environment. **19.2 Contact Hours, \$350 per certificate if registered by 9/2/16. Repeaters can take the class for \$50.**

“ EFT offers great healing benefits. ”

~ Deepak Chopra, MD

hypnosis and stress relief

Self-Hypnosis

Hypnosis calms and quiets the mind, lowers your heart rates and cortisol levels and improves breathing. Come and experience self-hypnosis in class and receive instructions for practice at home to reduce stress, improve concentration, relieve insomnia, and reduce pain. **3.6 Contact Hours, \$49, Amye Scharlau**

ID: 51213

Mon, 11/14/16

6:00pm – 9:00pm

RM: P1844

Stress Management

Stress isn't the enemy. It is our perceptions of stress that amp our anxiety and use up all our steam. Events happen every day. How we interpret those events can set the stage for how we feel and how we react to others. Reducing stress is as easy as understanding what stress is, understanding what stress is to you, and using that knowledge to restructure your thoughts. Turn stress into a stepping stone, not a stumbling block! **16 Contact Hours, \$145, Meredith Brown**

ID: 51095

Online class – 11/7/16 – 12/2/16

“Love the demos
and practices –
invaluable.”

Level 1 Certificate:

In EFT Level 1, you will learn the full basic recipe of “tapping” and how to make shortcuts. Discover how to measure progress, and recognize the importance of being specific. Learn how to apply EFT to limiting beliefs, traumatic memories, physical pain and addictive cravings. 19.2 Contact Hours, \$395

ID: 51044

Sat & Sun, 9/24/16 & 9/25/16

8:00am – 4:30pm

RM: P1838

Level 2 Certificate:

In EFT Level 2, you will dive deep into working with challenging emotions and trauma. Learn to provide EFT in person and by phone and video call, for individuals, groups, adults and children. *Prerequisite: EFT Level 1 or prior approval by the instructor.* 19.2 Contact Hours, \$395

ID: 51042

Sat & Sun, 10/1/16 & 10/2/16

8:00am – 4:30pm

RM: P1840

Valerie Lis, EFT, MA, EFT Expert Practitioner 2 & EFT Universe Certified Trainer, is a national holistic health practitioner and trainer, educating college students, business and health professionals with self-empowering tools that produce positive change in just minutes.



A 2012 National Health Interview Survey (NHIS) revealed widespread use among Americans of mind and body practices such as yoga, meditation, and chiropractic or osteopathic manipulation. Approximately 21 million adults—nearly double the number from the 2002 survey—and 1.7 million children practiced yoga. The high rates of use may be, in part, due to a growing body of evidence that some mind and body practices can help people better manage pain and reduce stress. This survey was conducted by the NCCIH - National Center for Complementary and Integrative Health, a division of the National Institutes of Health – NIH.

**22 Million
Americans
Practice Yoga**

body-mind connection



NEW Laughter Yoga: Laugh for the Health of It

Research shows that the easiest remedy to some of our most common stressors could be the very thing we carry with us all the time: LAUGHTER. You'll learn the powerful selfcare tool by using laughter to help unlock some of the things that keep us from feeling and performing at our best. You'll experience laughing like you've never laughed before! You will be helped to create a customized toolbox to apply to every aspect of your life. Laughter Yoga is guaranteed to leave you energized and empowered. It will stimulate your creativity and is also great exercise, too! 2.4 Contact Hours, \$39, Sarah Routman, MA

ID: 51211 Sat, 10/1/16 9:00am – 11:00am RM: P0806

ID: 51212 Sat, 11/19/16 9:00am – 11:00am RM: P0806

NEW Yoga for Your Back

This course offers simple yet powerful, therapeutic yoga practices carefully designed to alleviate pain and promote a healthy back with pain-free range of motion. You will leave with a daily practice to relax and strengthen your back, focusing on posture education, stress-reduction and stretching components. 2.4 Contact Hours, \$35, Sharon Sebring, RYT- 200

ID: 51139 Sat, 10/1/16 2:00pm – 4:00pm RM: A1560

ID: 51140 Sat, 11/5/16 2:00pm – 4:00pm RM: A1560

NEW Mind Shift: Change Your Mind, Change Your Life

Discover brain “states” that underlie our mental states of happiness, love and wisdom. This course will help you use your mind to change your brain for the better and improve your whole being and every other person whose life you touch. Small positive actions every day can add up to large changes over time as you gradually become more present to your life. Through the use of images, music, group interaction, and the newest information on the brain, we will all ride the wave of transformation together. 2.4 Contact Hours, \$49, Sharon Sebring, RYT-200

ID: 51243 Wed, 11/2/16 6:00pm – 8:00pm RM: P1840

NEW Meditation in the Kriya Yoga Tradition

Learn foundational philosophy, lifestyle guidelines, and two introductory practices — a concentration technique of Paramahansa Yogananda's Kriya Yoga tradition as well as a method for meditation on the Inner Sound. The training helps to convey thorough understanding of what meditation is from a spiritual perspective, how it works from a scientific one, and why incorporating it into daily practice is relevant for personal growth, optimal health, and enduring happiness. 6 Contact Hours, \$149, Rev. Alan Pritz

ID: 51141 Sat, 11/12/16 9:00am – 3:00pm RM: P1840

Restorative Yoga

Calm the mind and body with the ease of this quiet yoga practice focused on deep breathing and gentle postures designed to release physical tension. This combination of breath and gentle movement activates the relaxation response, calming the nervous system while relieving stress. Sleep better and feel more at ease in your body while gaining the benefits of more flexibility and balance in your life. 7.2 Contact Hours, \$65, Sharon Sebring, RYT-200

ID: 51137 Wed, 9/28/16 – 10/19/16 6:30pm – 7:30pm RM: A1560

ID: 51138 Wed, 11/30/16 – 12/21/16 6:30pm – 7:30pm RM: A1560

NEW Posture and Pilates

Change your posture, change your life! Postural alignment makes everyday activities a joy, and allows us to do things we did not think possible. You will have an individual postural analysis of the spine and joints. Find out what muscular imbalances we might have and learn corrective exercise using Pilates principles. Learn how to move correctly from your powerhouse for greater health. 2.4 Contact Hours, \$59, Nicole DePalma, MS

ID: 51112 Mon, 10/10/16 6:00pm – 8:00pm RM: S2330

ID: 51114 Mon, 11/7/16 6:00pm – 8:00pm RM: S2330

Yoga Nidra: The Gift of Deep Restoration and Healing

Yoga Nidra is a non-movement, guided meditation that takes you into “yogic sleep”. It is a wonderful and effective way to reduce stress and find optimal health. It boosts the immune system, reduces or eliminates anxiety and depression, treats sleep issues, and prevents and reverses numerous ailments and diseases. 4.8 Contact Hours, \$79, Sharon Hills-Bonczyk, MPH, RYT-550

ID: 51118 Thur, 11/3/16 – 11/10/16 6:00pm – 8:00pm RM: S2330

NEW The Art of Mindfulness

Mindfulness is an easy antidote to a fast paced life. Being mindful makes it easier to savor the pleasures in life as they occur. It will help you to become more fully engaged in life. Learn about eating, movement, gratitude practices and other activities as you begin to open and develop your own mindfulness practice for a healthier life. 7.2 Contact Hours, \$65, Mike Groth, MA

ID: 51158 Wed, 10/5/16 – 10/26/16 6:00pm – 7:30pm RM: P1840

Certificate in Meditation

This program is designed to help you discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being. A wide-variety of meditation techniques will be covered including: Transcendental Meditation™; guided imagery and visualization meditation; Vipassana meditation; walking meditation; laughter meditation and more. 8 Contact Hours, \$99, Caroline Young, MPH and Cyndie Koopsen, RN, MBA

Online class – starts every month (9/14, 10/12, 11/9, 12/14)



Certificate in Spirituality, Health, and Healing

Spirituality, religion, and culture play an important role in health and healing. Health care systems and health care professionals must recognize and understand a variety of spiritual and religious values, beliefs, and practices and their impact on health and healing. You will gain knowledge and skills to effectively meet the needs of a diverse patient and client population. 25 Contact Hours, \$209, Caroline Young, MPH and Cyndie Koopsen, RN

Online class – start every month (9/14, 10/12, 11/9, 12/14)

Certificate in Brain Health

Gain insights into the amazing brain and explore how to support health and happiness through lifestyle choices that impact this remarkable organ. This course is ideal for healthcare professionals and nurses or anyone who wants to better understand how supporting brain health can foster health, happiness, and wellbeing. 10 Contact Hours, \$89, Cyndi Koopsen, MPH and Cyndie Koopsen, RN

Online class – start every month (9/14, 10/12, 11/9, 12/14)

numerology

Personal Numerology Chart

This 3-part series will guide you through the process of creating your personal numerology chart beginning with the foundations of numerology where you will discover the essential qualities of numbers. Then you will be guided through how your birth date and name influence you, and how to match your key numbers with the calendar year and other cycles. 9 Contact Hours, \$129 for entire series, Susan Shopek

Class 1: Foundations & Your Life Path Theme

Explore the significance of your birth date and your Life Path vibration, one of the major numbers in your chart. This class includes an overview of numerology and how it can be used as a valuable tool for guidance in your life.

Class 2: Number Vibrations in Your Name

The soul's expression is reflected in your birth name. Discover your Heart's Desire, Personality, Expression numbers and much more, and how these aspects of your chart work together. Nicknames and name changes will be discussed.

Class 3: Your Life Cycles

Discover the nature of the opportunities, challenges, and themes you will encounter during your personal cycles and phases. Learn how to maximize the potential of your personal number each calendar year.

ID: 51244

Tue, 10/4/16, 10/18/16 & 11/1/16

6:00pm – 8:30pm

RM: P1844

NEW Understanding Empaths

This class will help you understand characteristics, abilities, gifts and challenges that Empaths (perhaps yourself?) experience. Topics such as healing, energetic boundaries, intuition and specific techniques and mantras will be discussed to weave into everyday life. This class will help you understand how energies of others affect your mood, body, and health. 7.2 Contact Hours, \$129, Beth Jacobson, MS

ID: 51293

Tue, 11/29/16 – 12/13/16

6:00pm – 8:00pm

RM: P1840

Dementia for Family Caregivers

Designed for family caregivers dealing with Alzheimer's disease, Vascular dementia, Lewy-Body Dementia or other conditions which cause significant memory problems. You will learn essential elements to address throughout the illness, common health complications, and tips from professional care providers who deliver person-centered care. 16 Contact Hours, \$149, Pamela Atwood, MA, CDP

ID: 51200

Online class – 9/6/16 – 9/30/16

Certificate in Global Healing Systems – see page 13

Mind Shift – see page 18



Business Bootcamp for Holistic Practitioners

Are you a holistic practitioner ready to start your own business or maybe just considering what it would be like to have your own business?

Join us for this business bootcamp to discover the big picture to becoming an entrepreneur as well as to work out the fine details of owning a business. This course will cover a step-by-step process on starting a business, including business types, laws, taxes, insurance, marketing, financing and business strategies. Taking the right steps now will let you concentrate on the fun part - helping improve your clients' health and wellness. 3.6 Contact Hours, \$89, Deanna Reiter, MA

Sat, 10/29/16 • 9:00am – 12:00pm

ID: 51242 • RM: P1840

spring forest qigong



Qi-ssage with Spring Forest Qigong

There are a number of “healing buttons” you can press that can help release stress, relieve pain, prevent a cold, increase your energy and help you to heal faster and more completely from illness. These “healing buttons” are actually energy points from the 12 major energy channels in your body and the hundreds of energy points all over your body. Each of these points affects the balance and flow of your body’s energy. However, only a couple dozen of these hundreds of energy points are vitally important in helping you heal and in helping you experience and maintain your optimal health and wellness. In Qi-ssage you learn how to stimulate these key energy points with your fingers, hands, and drawing the healing energy from the source love. You will learn to stimulate them in a specific order that will enhance the benefits. *Participants will receive a Qi-ssage manual, DVD and audio file.* 8.4 Contact Hours, \$239, Jacqueline Gran

ID: 51136

Sat, 12/10/16

8:30am – 4:30pm

RM: P1838

Linda Ebeling is a certified tai chi and qigong instructor and a Master Trainer for Tai Chi for Health Institute. Certified in Sun, Yang and Chen style tai chi forms, she is one of the few certified instructors for Radiant Lotus Women’s Qigong in the US. Linda is also a board member of the Tai Chi for Health Community.



Keith Root has been studying Tai Chi since 1994 and teaching since 2000. In 2001 he began working with Paul Lam and Russ Smiley on the Tai Chi for Health Programs and became a Senior Trainer for Paul Lam in 2007. Keith has also been certified by Sifu Fong Ha in the Yang Style Taijichuan and Yichuan in 2012.

Trish Gonzales has studied tai chi for 15 years and is a Senior Trainer with the Tai Chi for Health Institute. She enjoys teaching Qigong exercises and Sun Style Tai Chi but has also developed proficiency with some of the Yang form as well. Her approach to teaching shows her joy and enthusiasm for tai chi.



Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin. He developed his program after studying and practicing Qigong and Tai Chi with some of the world's most prominent and powerful masters.

Jacqueline Gran is a Certified SFQ Master Healer and Certified Master Teacher SFQ levels 1 & 2. Jaci serves as Master Healer providing both qigong and Qi-sage appointments, participates as a Master Healer in the Healing Circles and teaches active exercise and meditation classes.



*“a healer in every family
and a world without pain”*

Master Chunyi Lin

TAI CHI OPEN HOUSE

Join us for a free introduction and practice of Tai Chi for everyone.

Tai chi is an excellent way to build balance, flexibility and get your body moving. Join us for a free practice session and experience tai chi firsthand with our caring and experienced instructors. Come with questions and bring a friend! Normandale offers a wide variety of tai chi styles and teaches to all experience levels from beginner to expert.



ID: 51339	Sat, 9/10/16	12:30pm – 1:30pm	RM: S2330
ID: 51340	Sat, 10/22/16	12:30pm – 1:30pm	RM: S2330

See website to register or call 952-358-8343.



Tai Chi Teacher Certification

The Tai Chi Certified Teacher Training Programs are intended for certified exercise instructors, tai chi practitioners, and healthcare professionals to enhance wellness programs. Designed by Dr. Paul Lam, Tai Chi for Arthritis is endorsed by Arthritis Foundations, and increases movement, while protecting damaged joints.



Tai Chi for Arthritis - Teacher Certification 1

This twelve movement Sun Style tai chi form was designed by Dr. Paul Lam and associates, and is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Upon completion of this program, you will be certified as a Tai Chi for Arthritis Instructor for 2 years. No prerequisite is required. Note: An instructional DVD will be sent prior to the workshop 16.8 Contact Hours, \$275, Linda Ebeling, CTCA, CTCD, CSTC

ID: 51333 Sat, 11/19/16 9:00am – 5:00pm RM: S2330
& Sun, 11/20/16 9:00am – 4:00pm

NEW Tai Chi for Health Instructor Updates: STCA, FP & TCD

This one day workshop will cover Instructor Certification updates for Seated Tai Chi for Arthritis, Falls Prevention and Tai Chi for Diabetes. 9 Contact Hours, \$89, Linda Ebeling, CTCA, CTCD, CSTC

ID: 51288 Sat, 10/1/16 8:30am – 4:30pm RM: S2330

Depth of Fan Workshop

This workshop will review the Moving Stillness Fan form, refine technique, and add depth for students who have previously learned the complete form. 2.4 Contact Hours, \$29, Linda Ebeling, CTCA, CTCD, CSTC

ID: 51334 Thur, 9/29/16 6:30pm – 8:30pm RM: S2330

ID: 51335 Sat, 12/3/16 1:00pm – 3:00pm RM: S2330

NEW Taijichuan Meditation & Qigong

This workshop will introduce students to Tai Chi meditation and Qigong and how it fits in your practice. It will provide the history, philosophy and techniques of Stillness Meditation and basic Qigong practices. 2.4 Contact Hours, \$49, Keith Root, CTCA, CTCD, CFHTCC

ID: 51331 Wed, 10/19/16 7:00pm – 9:00pm RM: A1560

ID: 51349 Sat, 10/22/16 1:30pm – 3:30pm RM: A1560

tai chi classes

Tai Chi is a qigong system of cultivating energy by balancing the physical, mental, psychological, and spiritual balance.

Beginning	Tai Chi for Arthritis and Balance				
	ID: 51323	Mon, 9/19/16 – 10/24/16	7:00pm – 8:00pm	Gonzales	\$65
	ID: 51324	Mon, 10/31/16 – 12/5/16	7:00pm – 8:00pm	Gonzales	\$65
	ID: 51321	Sat, 9/17/16 – 10/22/16	11:00am – 12:00pm	Root	\$65
	ID: 51322	Sat, 10/29/16 – 12/10/16	11:00am – 12:00pm	Root	\$65
	Tai Chi for Rehabilitation				
	ID: 51287	Sat, 10/29/16 - 12/10/16	10:00am – 11:00am	Gonzales	\$65
	Intro to TCM & 5 Element Theory				
	ID: 51297	Wed, 9/14/16 - 10/19/16	7:30pm – 8:30pm	Ebeling	\$65
	ABC of Tai Chi - Intro to Yang Style				
	ID: 51343	Thur, 9/15/16 - 10/27/16	6:30pm – 7:30pm	Root	\$65
	ID: 51336	Tue, 11/8/16 - 12/20/16	6:30pm – 7:30pm	Root	\$65
	Shiba Louhan Qigong Level 1				
	ID: 51289	Wed, 11/2/16 - 12/14/16	7:30pm – 8:30pm	Ebeling	\$65
Shiba Louhan Qigong Level 2					
ID: 51290	Tue, 9/13/16 - 12/13/16	6:30pm – 7:30pm	Ebeling	\$120	
Intermediate/Advanced Tai Chi	Pushing-Sensing Hands				
	ID: 51325	Sat, 9/17/16 - 12/10/16	8:00am – 9:00am	Root	\$120
	Tai Chi for Energy				
	ID: 51337	Wed, 9/14/16 - 12/14/16	6:30pm – 7:30pm	Ebeling	\$120
	Sun Style 97 Form				
	ID: 51329	Sat, 9/17/16 - 12/10/16	9:00am – 10:00am	Gonzales	\$120
	Yang Style 64 Sword				
	ID: 51338	Thur, 9/15/16 - 12/8/16	8:00pm – 9:00pm	Root	\$120
	Yang Style 24 Form				
	ID: 51286	Tue, 9/13/16 - 12/13/16	7:30pm – 8:30pm	Ebeling	\$120
	ID: 51327	Sat, 9/17/16 – 12/10/16	11:00am – 12:00pm	Root	\$120
	Yang Style Short Form				
	ID: 51330	Mon, 9/19/16 - 12/5/16	8:00pm – 9:00pm	Root	\$120
ID: 51328	Sat, 9/17/16 - 12/10/16	10:00am – 11:00am	Root	\$120	
Yang Style Long Form					
ID: 51326	Sat, 9/17/16 - 12/10/16	9:00am – 10:00am	Root	\$120	
FREE	Tai Chi Open House				
	ID: 51339	Sat, 9/10/16	12:30pm – 1:30pm	various	FREE
	ID: 51340	Sat, 10/22/16	12:30pm – 1:30pm	various	FREE

* check website for specific dates and rooms



The Rx for Healthcare Careers

FROM PAIN TO GAIN

If you work in healthcare or a related field, you know the Affordable Care Act (ACA) has ushered in a new era of rigorous regulations and ambitious quality improvement goals. If you haven't felt the impact yet, you will—thanks to increased patient care demands, greater workloads, more documentation, and new tools and technology.

You are now at a crossroads. Do you persist in the pain or push towards the gain? Normandale makes the latter option easier thanks to a new national training program that's being offered for free. Yes, you read it correctly....the program is free.

CAREER-ENHANCING, FREE TRAINING

Designed for everyone who works in a healthcare environment—including doctors, nurses, home health aides, claims coders, x-ray techs, pharmaceutical sales reps, and top leaders—the ACT Health IT program provides career-enhancing training.

"We've taken what we know about healthcare reform and value-based care, and translated it into practical learning to help people work in better, more productive ways," says Sunny Ainley, principal investigator for the \$996,000 grant Normandale received to develop the program in conjunction with Columbia University, Johns Hopkins University, the University of Texas Health Sciences and three other leading institutions.

The program is offered entirely online in bite-sized modules that can be taken where and when it's convenient for you. Many courses can be completed in just four hours. You choose the courses and learning tracks that are right for you based on your role, your career goals and your organization's needs. Course content ranges from introductory-level to more advanced topics and will address critical areas such as healthcare data analytics, population health management, care management and interoperability, and more. All designed to be applied to your day-to-day responsibilities.

Maximize Gain & Alleviate Pain

- Design your own learning track
- Earn CEUs, CMEs & Certificates
- Preview training modules
- Empower your employees

YOUR CAREER DESERVES CARE, TOO

“Our focus in healthcare has moved from treating sick people to helping people become healthier,” says Dr. Kevin Larsen, Enterprise Lean and Performance Improvement Lead, The Centers for Medicare and Medicaid Services (CMS). To be successful, we know that providers and their staff need training, coaching and tools. Workers who choose to “lean in” will thrive in this growing value-driven industry—and Normandale is here to help.”

“As a leader in the evolution of training for healthcare workers, Normandale is one of a handful of higher ed organizations that has kept up with industry’s rapid pace of change,” says Larsen, who came to know Normandale well when serving as the Medical Director for Meaningful Use with the Office of the National Coordinator for Health IT (ONC).

Mindy Hangsleben, Lean Entrepreneur Fellow at The Centers for Medicare and Medicaid Services and a member of Normandale’s ACT Health IT Program Advisory Board, agrees.

“It’s no longer just about electronic health records,” says Hangsleben. “Instead, the focus is now on helping healthcare workers really use systems and tools in meaningful ways. Normandale is in one of the best positions in Minnesota to provide this level of education. The ACT Health IT training is an incredible opportunity for healthcare workers to level up their skills, expertise and stand out.

To register for the program or learn more, visit MNHealthIT.com, to preview courses and CME offerings. Questions? Contact Tracy Mastel, ACT Health IT program director at 952-358-8035.

ORGANIZATIONS MATTER, TOO

If you need to move your healthcare organization toward practice transformation and quality improvement, check out our groundbreaking Practice Facilitation (Coaching) Certificate Program developed by the MN Consortium for Practice Facilitation (MNCPPF), see page 40 or visit MNHealthIT.com.

“The ACT training is an incredible opportunity for healthcare workers to level up their skills, expertise and stand out.”

–Mindy Hangsleben

Pictured opposite page:
Sunny Ainley, Mindy Hangsleben and Tracy Mastel – ACT Health IT Advisory Board Members
Photography by
Katie Heymer

“To be successful, we know that providers and their staff need training, coaching and tools. Workers who choose to “lean in” will thrive in this growing value-driven industry...”

–Dr. Kevin Larsen





Normandale is committed to offering the best in health education. Our courses are designed for health and medical professionals as well as for individuals who work in administrative, IT, quality and management roles in healthcare organizations.

Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures plus 80 hours clinical experience. Course fee includes supply kit and background check fee. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$1,360, Leanne Meier, RN, BSN

ID: 51039 Sat, 9/10/16 - 11/12/16 8:00am – 1:00pm RM: S2333

“ The class is very good!
The information is so helpful. ”

Trained Medication Aide (TMA) Certificate

This 48 hour course meets the state Medication Administration for Unlicensed Personnel criteria. Participants will learn how to read medication records, prepare and administer medications, assist patients with self-administration, document administration, and report to nurses and authorized persons. Upon successful completion of this course, participants will receive a Trained Medication Aide (TMA) certificate. 57.6 Contact Hours, \$500, Jean Jorlett, RN, MS. Location: MN Masonic Home Care Center, see website for directions.

ID: 51041 Tue & Thur, 10/4/16 - 12/1/16 9:00am – 12:30pm

Dementia Care

This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia. Nearly all disciplines benefit from expertise in Dementia Care Specialists, as do families of persons with dementia. Come away with increased knowledge in how to care for persons with dementia. Expertise in this growing area of human services also enhances your resume. 32 Contact Hours, \$495, Pamela Atwood, MA, CDP

ID: 51198 Online class – 9/6/16 – 10/28/16

NEW Certificate in Infectious Diseases and Infection Control

This certificate program offers insights into infectious diseases that are essential for medical professionals. The program begins by examining basic techniques and procedures for preventing the transmission of infectious disease. Then you'll take a closer look at some of the most common and dangerous infectious diseases: influenza, pneumonia, tuberculosis, hepatitis, HIV/AIDs, zoonoses (diseases that are spread from pets to people), and tickborne diseases. See website for more details. 13 Contact Hours, \$78

Online class – start every month (9/14, 10/12, 11/9, 12/14)

“ *Fabulous class!
Best CPR class I've ever had.* ”

BLS for Healthcare Providers – American Heart Association

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. 8.4 Contact Hours, \$109, Jeannine Mogan, EMT, EMR

ID: 51108

Sat, 9/17/16

8:00am – 3:00pm

RM: A1570

Want a CPR or First Aid class at your work?

Off-site AHA Heartsaver® classes available for groups of 8 or more.

Call 952-358-8343 or
email ncal@normandale.edu for more information.

BLS for Healthcare Providers – Renewal

This course is a review of the skills and knowledge covered in the American Heart Association's (AHA) Basic Life Support (BLS) for Healthcare Providers Classroom Course. It is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. Who Should Attend: Dental Assistants, Dental Hygienists, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. 4.2 Contact Hours, \$56, Jeannine Mogan, EMT, EMR

ID: 51110

Wed, 11/16/16

5:30pm – 9:00pm

RM: A1570

ID: 51111

Wed, 12/7/16

5:30pm – 9:00pm

RM: A1570

Emergency Medical Responder Refresher

This 16-hour course enables the currently certified or recently expired First Responder or EMR (Emergency Medical Responder) to renew certification. Upon successful completion, you will be re-certified as a First Responder or EMR by the State of MN EMS Regulatory Board. National Registration of the First Responders or EMR is available to participants. 16.8 Contact Hours, \$145, Jeannine Mogan, EMT, EMR

ID: 51116

Sat & Sun, 10/1/16 & 10/2/16

8:00am – 3:00pm

RM: A1570

Minnesota Board of Nursing Continuing Education Requirements

The Minnesota Board of Nursing is the source of specific information regarding individual registration requirements. All programs are designed to meet Minnesota Board of Nursing requirements for registered nurses and licensed practical nurses. It is up to the individual licensee to decide if the content enhances his or her ability to practice nursing.

medical career programs



Professional Medical Coding & Billing

WIOA Approved

Medical Coding and Billing Training Program is a comprehensive independent study online program designed by industry experts for individuals who would like to work in the healthcare coding and billing industry. Mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement are just a few of the subjects covered. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. Exam voucher included. 640 Contact Hours, \$3,495



ID: 49995 Online class – start anytime

Medical Billing

WIOA Approved

Developed by industry experts, this program includes real-world practical experience and is designed to help you gain the knowledge and skills needed to follow insurance claims all the way through to payment. You'll be prepared to work with industry-specific forms such as the CMS-1500 and UB-40. This program includes access to student support, technical support, and graduate support teams throughout the training. 174 Contact Hours, \$1,995

ID: 51342 Online class – start anytime

Pharmacy Technician

WIOA Approved

The Pharmacy Technician program prepares students to earn their national certification by passing the Pharmacy Technician Certification Board (PTCB) Exam. Topics studied include pharmacology, pharmaceutical calculations, and pharmacy law, regulations, and standards, among others. During the training, students will participate in an on-site externship at a local Walgreens or CVS Pharmacy. In addition to one-on-one instructor support and personalized graduate support, students receive six textbooks and a drug reference handbook. 342 Contact Hours, \$1,995

ID: 50994 Online class – start anytime

<h3>Medical Career Information Session</h3> <p>ID: 51113 • Thur, 9/29/16 • 6:00pm - 8:00pm RM P1840</p> <p>To register, visit normandale.edu/CE or call 952-358-8343</p>	FREE
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There will also be an information session from 1:00pm - 3:00pm on September 30 at the Minnesota Workforce Center. Register at www.mn.gov/deed/hsworkshops or call 952-703-7730

Medical Transcription Editor

WIOA Approved

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory, among others. The program emphasizes practical experience. Enrollment includes ten textbooks, a transcription foot pedal, an AHDI membership, and online reference library access. 640 Contact Hours, \$2,995

ID: 51000 Online class – start anytime

NEW Medical Administrative Assistant with EHR

WIOA Approved

This program prepares students to earn the Certified Medical Administrative Assistant (CMAA) and Certified Electronic Health Records Specialist (CEHRS) credentials. Topics studied include ezEMRx EHR software, Microsoft Office, healthcare documentation, and office procedures. Enrollment includes e-books and exam vouchers for the two national certifications. 285 Contact Hours, \$2,695

ID: 51341 Online class – start anytime

NEW ICD-10 for ICD-9 Coders

WIOA Approved

This course is designed to help ICD-9 coders gain the additional skills they need to code in ICD-10. It will cover both the ICD-10 code set, and the biomedical science knowledge to use it effectively. The course assumes that you already have the basic skills of a medical coder, including familiarity with how the industry works, medical terminology, pharmacology, and basic anatomy and pathophysiology. This course is not designed for those who have never completed medical coding training. 137 Contact Hours, \$695

ID: 46483 Online class – start anytime

Free Laptop, iPad, or Kindle Fire

For these qualifying programs:

- > Professional Medical Coding & Billing
- > Medical Transcription Editor
- > Pharmacy Technician
- > Medical Billing
- > Medical Admin Assistant with EHR

Students who pay in full up front for the following programs are eligible for a promotional item or discount before **OCTOBER 31, 2016**. Payment plans available, call 952-358-8343 for details.



Health Information Technology professionals are the go-to people who ensure technology is used in a way that improves patient care, quality, safety and cost-effectiveness. Normandale's MNHIT program offers high-demand, technical and leadership skills essential in this growing field.

Learning Delivery: Classes are offered online, self-paced, and instructor facilitated.

Class Schedule: Classes are five weeks long and start every six weeks: 8/24/16, 10/5/16, 11/16/16, 12/28/16

Enhance your career

Gain valuable skills and credentials through one of these new training programs:

MNHIT – see p. 33 for details

ACT Health IT – see p. 34 for details

Practice Facilitation – see p. 35 for details

“We use data to identify specific opportunities or key insights that allow us to make actionable improvements.”

–Tatyana Leyderman, Healthcare Quality Analyst at Hennepin County Medical Center (HCMC) and MNHIT Graduate



Health IT Professional Certificates

Complete all three of the mini certificates (or all 9 classes) and you will earn the Health IT Professional Certificate and be well-prepared to sit for national certification exams such as CAHIMS, CPEHR or CPHIT. More information about these certifications can be found on our website www.MNHealthIT.com

WIOA Approved



MNHIT Level 1 Certificate

WIOA Approved

Earn the Level 1 Certificate for \$555 (a savings of \$30)

Overview of Health Information Technology (OHIT)

Gain a clear understanding of healthcare and public health systems in the US and the history and integration of Health IT into the culture of healthcare. 8.75 CEU, \$195

Language of Health Information Technology (LHIT)

Language and culture go hand-in-hand. Become fluent in the terminology, professionalism and customer service needed to navigate the world of healthcare, IT and Health IT. 8.75 CEU, \$195

Health Management Information Systems (HMIS)

Develop a strong foundation in information and computer science, and learn about the systems used to manage and support healthcare. 8.75 CEU, \$195

MNHIT Level 2 Certificate

WIOA Approved

Earn the Level 2 Certificate for \$555 (a savings of \$30)

HIT Workflow Analysis & Change Management (WKFL)

Understand workflow process analysis and redesign in healthcare and how change management can be used to enhance user-centered design and evaluation, usability and effects on downstream processes. 8.75 CEU, \$195

Leadership & Teams in Health IT (LDTM)

Understand leadership roles, principles of leadership and effective management of teams. There is an emphasis on the leadership modes and styles best suited for IT deployment and changes. 8.75 CEU, \$195

Networking & Health Information Exchange (NHIE)

Health Information Exchange (HIE) organizations, networks and initiatives at the local, regional and state levels are critical for meaningful use of health IT. 8.75 CEU, \$195

MNHIT Level 3 Certificate

WIOA Approved

Earn the Level 3 Certificate for \$665 (a savings of \$40)

Business of Health IT (BHIT)

Gain an understanding of HIT regulations as you learn about quality improvement, public health IT, privacy and security. 8.75 CEU, \$195

Electronic Health Records Bootcamp - Virtual Lab (EBOT)

Learn key concepts working with electronic health records (EHR) systems with hands-on experience to accelerate your learning. Develop an understanding of various EHR software vendors and learn concepts which can be applied to any system. **Recommended prerequisite: WKFL.* 8.75 CEU, \$255

Health IT Project Management (HIPM)

Understand the project management tools and techniques necessary to create and follow a HIT project management plan. **Recommended prerequisite: WKFL.* 8.75 CEU, \$255

More details at www.MNHealthIT.com



FREE Training for Healthcare Professionals

Normandale is offering training to individuals working in healthcare environments at no cost this fall. The ACT Health IT program will provide an understanding of healthcare reform and value-based care in order to work better and more productively, with greater satisfaction and less stress.

Topics include:

- ◆ Understanding Healthcare Data Analytics
- ◆ Clinical Data Analytics & the Learning Health System
- ◆ Business of Healthcare – Value-Based Care
- ◆ Population Health Management
- ◆ Interoperability in Healthcare
- ◆ Quality Reporting & Improvement

Courses will be online. CEUs, CMEs and Certificates will be available for select courses. Visit www.MNHealthIT.com for more information or contact Tracy Mastel, program director, at 952-358-8035 or tracy.mastel@normandale.edu

Courses start in October, 2016 and are free of charge for qualifying individuals.

professional development

NEW Certificate in Integrative Mental Health

This groundbreaking certificate program addresses the dramatic shift taking place in the healthcare field as alternative, holistic, and integrative therapies are increasingly being used to treat mental health conditions. 20 Contact Hours, \$135, Cyndie Koopsen, RN, BSN, MBA and Caroline Young, MPH

Online class – start every month (9/14, 10/12, 11/9, 12/14)

NEW Certificate in Pain Assessment and Management

Designed to enhance the knowledge and skills of health care professionals who work with patients who are in pain. By providing an educational experience that examines key issues related to pain assessment and management, this course will give you the relevant and practical information you'll need to improve your practice and provide the most effective care to your patients. 12 Contact Hours, \$209, Cyndie Koopsen, RN, BSN, MBA and Caroline Young, MPH

Online class – start every month (9/14, 10/12, 11/9, 12/14)



Certificate in Practice Facilitation

This certificate program is designed for individuals who are supporting healthcare systems and covers practical approaches to facilitating effective change in healthcare. This program is one of only a handful of certifications of its kind offered nationwide.

What does a practice facilitator do?

Often referred to as “Practice Coaches,” Practice Facilitators guide, coach and influence transformation activities within a healthcare. They help the healthcare team members implement, redesign, and optimize processes that improve quality and overall performance.

This program was developed by the MN Consortium for Practice Facilitation (MNCPF), experts in healthcare quality improvement, public health and education. Members include: Institute for Clinical Systems Improvement (ICSI), Minnesota Department of Health, Normandale Community College, Stratis Health and University of MN Medical School – Department of Family Medicine and Community Health.

Course begins on 2/9/17 with an in-person 2-day session and thereafter meets via webinar through 5/4/17. Includes a practicum experience and industry guest lecturers.

Hybrid class, 34 Contact Hours, \$3,995

Learn more at www.MNHealthIT.com



MN Consortium for Practice Facilitation



Spanish for Medical Professionals

Designed specifically for healthcare professionals, you will practice the basic, practical language skills needed to communicate with your Spanish-speaking patients and their families. Gain an understanding of the culture, and know how to ask the questions that are vital to quality healthcare. Develop confidence to more effectively communicate with your Spanish-speaking patients. 1.6 CEU, \$145, Cristina Sempé

ID: 51207 Online class – 10/3/16 – 10/28/16

American Sign Language

Learn skills for conversing in American Sign Language from basic to advanced level in a fun and non-threatening learning experience. You will also learn to apply correct facial grammar and gain an appreciation and deeper understanding of Deaf culture. These classes emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills. 1.2 CEU, \$99/each class, Mary Zieland, MA

Level 1: ID: 51105	Tue, 9/27/16 – 11/1/16	6:00pm – 8:00pm	RM: P1810
Level 2: ID: 51106	Tue, 11/15/16 – 12/20/16	6:00pm – 8:00pm	RM: P1810
Level 3: ID: 51107	Thur, 9/22/16 – 10/27/16	6:00pm – 8:00pm	RM: P1810
Level 4: ID: 51299	Thur, 11/3/16 – 12/15/16	6:00pm – 8:00pm	RM: P1810

Levels 5 & 6 will be offered in Winter/Spring 2017



Get Certified

Show the world your skills!

Earn an Integrative Health & Healing Certificate at Normandale.

- Aromatherapy Certificate
- Ayurveda Certificate
- Herbalism Certificate
- Homeopathic Medicine Certificate
- Energy Medicine Certificate
- Reiki Energy Therapy Certification
- Healing Touch Certifications
- Tai Chi Teacher Certifications
- EFT Certificates
- Health IT Certificates
- Touch for Health Certificate
- ...and many more



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November 16 - 18

Normandale Community College

FREE INFO SESSIONS:

Wed, September 28

11:30am – 1:00pm • RM: P1844 • ID: 51307

Wed, October 26

11:30am – 1:00pm • RM: P1844 • ID: 51308

See website for additional info session dates.



MINNESOTA STATE

*Normandale Community College,
a member of Minnesota State*

The courses, seminars and retreats described in this brochure can be delivered as customized programs at the location of your choice. Please contact us for more information: ncal@normandale.edu Phone: 952-358-8343 • Fax: 952-358-8240 • TTY 866-880-8740. If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille or large print materials), such an accommodation can be available upon request. Normandale is an affirmative action, equal opportunity educator and employer.

The contents of this brochure and other college publications are subject to change without notice. The information in this brochure is available in alternate formats. Call 952-358-8623 or TTY 866-880-8740

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See pages 6 & 7 for details.

