

normandale



integrative & holistic
continuing health
education

winter/spring 2018

certificates • workshops • online



2

Holistic Nutrition



4

Ayurveda



12

Energy Medicine



20

Tai Chi



22

Medical Professionals

Winter Warm-up for Body, Mind & Spirit

FREE

Escape the mid-winter blahs with Normandale's **FREE** Warm-Up for your Body, Mind & Spirit.

Attend 45 minute sessions to sample some of our most popular programs. See website for additional details.

Saturday, February 3 • 10:00am – 1:00pm • Partnership Center

ID: 56721 (Register online at www.normandale.edu/ce/classes)

Bring your friends and make new ones!

Table of Contents

AROMATHERAPY

Foundations Certificate.....	8
Advanced Applications Certificate	9

AYURVEDA

Ayurveda Certificate.....	4-5
Spice Up Your Life	4
Healthy Recipes	4
Yoga for Your Dosha	4
Healing with Simple Home Remedies.....	5

BODY-MIND CONNECTION

Tibetan Sound Healing	15
Silk Reel Workshop	15
The Science of Sleep and Inner Clocks	15

EMOTIONAL FREEDOM TECHNIQUES

Simplified EFT Tapping™	
Foundations Certificate	15

ENERGY MEDICINE

Energy Medicine Certificate.....	12-13
Understanding Empaths	12
Basic Foundations of Psychic Development....	12
Advanced Energy Medicine	13

EVENTS

Learning Well on Edge Talk Radio	9
World Tai Chi and Qigong Day.....	20
Medical Careers Free Info Session.....	24
Healthy Life Expo.....	29
Tai Chi Open House	back cover
Winter Warm-Up	inside front cover

HOLISTIC BUSINESS PROFESSIONAL

Business Bootcamp for Practitioners.....	3
--	---

HEALING TOUCH

Foundations of Healing Touch	10
Energetic Patterning and Clinical Application ..	11

HEALTHCARE AND MEDICAL

Emergency Medical Technician.....	22
Refresher Course in Nursing	22
BLS for Healthcare Providers.....	23
BLS for Healthcare Providers - Renewal	23
Certificate in Infectious Diseases.....	23
Certificate in End of Life Care.....	26

HEALTH INFORMATION TECHNOLOGY

Health IT Professional Certificates	30-31
Health IT Transformation Certificates	32-33

HERBALISM

Herbalism Certificate.....	6-7
Herbs for the Musculoskeletal System	6
Wild Plant Walk.....	7

HYPNOSIS

Certified OMNI Hypnotist	17
Self-Hypnosis.....	17

LANGUAGES

American Sign Language.....	28
Spanish for Medical Professionals.....	29

MEDICAL CAREER PROGRAMS

Pharmacy Technician	24
Professional Medical Coding & Billing	24
Medical Billing	24
Medical Transcription Editor.....	25
Medical Administrative Assistant with EHR....	25
Medical Assistant with Clinical	25

MINDFULNESS AND MEDITATION

The Art of Mindfulness	18
Mindfulness Qigong	18
Certificate in Brain Health	19
Spiritual Self-Healing	19

MUSCLE TESTING

Art of Muscle Testing Certificate.....	10-11
--	-------

NUMEROLOGY

Your Personal 2018 Year	16
Unlock the Hidden Wisdom of Your Name	16
Time and Timing	17

NUTRITION

Holistic Nutrition Certificate.....	2-3
Introduction to Natural Health and Healing....	2

PROFESSIONAL DEVELOPMENT

Certificate in Integrative Mental Health.....	26
Certificate in Pain Assessment.....	26
Certificate in End of Life Care.....	26
Practice Facilitator Certificate	27
Jump Start Your Dream.....	27
Data Analytics Professional	28

QIGONG

Mindfulness Qigong	18
--------------------------	----

REIKI ENERGY THERAPY

Reiki Energy Therapy: Levels 1 & 2.....	8
---	---

TAI CHI

Tai Chi Teacher Certifications	20
Tai Chi Class Schedule.....	21
Tai Chi Open House.....	Back Cover

YOGA

Introduction to Yoga.....	18
Yoga for Your Back.....	18
Yoga Nidra	19
Laughter Yoga	19
Restorative Yoga.....	19

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.



Holistic Nutrition Certificate

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 full course descriptions. **2.5 Contact Hours and \$49 per session or 20 Contact Hours and \$355 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.

Part 1: ID: 56090	Mon, 3/19/18	6:30pm – 9:00pm	RM: P1844
Part 2: ID: 56091	Mon, 3/26/18	6:30pm – 9:00pm	RM: P1844

Introduction to Natural Health and Healing

Learn to evaluate your current lifestyle and observe how your behaviors can affect your health. The basic requirements that constitute a healthy diet such as vitamins, minerals, antioxidants, etc. will be discussed. Gain a knowledge of using the power of the mind for healing the body, herbal healing, aromatherapy, therapeutic touch, natural remedies for common emergencies, and much more. **24 Contact Hours, \$109, Theresa Snyder, MS**

Online – start every month (1/17, 2/14, 3/14, 4/11, 5/16)

vitamin D

DEFICIENCY

23 MILLION AMERICANS
ARE DEFICIENT IN
VITAMIN D3

INSUFFICIENCY

67 MILLION HAVE
A VITAMIN D
INSUFFICIENCY

Data obtained from the CDC (Centers for Disease Control)

Class 2: Macronutrients

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

Part 1: ID: 56089	Mon, 4/9/18	6:30pm – 9:00pm	RM: P1844
Part 2: ID: 56088	Mon, 4/16/18	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: 56092	Mon, 4/23/18	6:30pm – 9:00pm	RM: P1844
ID: 56093	Mon, 4/30/18	6:30pm – 9:00pm	RM: P1844

Class 5: Minerals

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

ID: 56094	Mon, 5/7/18	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: 56095	Mon, 5/21/18	6:30pm – 9:00pm	RM: P1844
-----------	--------------	-----------------	-----------



**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 Contact Hours, \$89, Deanna Reiter, MA

Wed, 2/7/18 • 6:00pm – 9:00pm
ID: 56205 • RM: P1840



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. **15 Contact Hours and \$249 for the certificate or 2.5 Contact Hours and \$49 per 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 also be introduced and explained.

ID: 56096 Tue, 2/13/18 6:00pm – 8:30pm RM: P1840

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

These classes do not require you to attend the Introduction to Ayurveda.

NEW Spice up Your Life with the Ancient Science of Ayurveda

You will explore about 10 commonly used spices, and their healing effects. Learn the amazing facts about these enticing spices and take home effective spice blends that you can use in various recipes. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 56066 Tue, 3/27/18 6:00pm – 8:30pm RM: P1840

NEW Ayurveda: Healthy Recipes

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Explore various heart-healthy recipes to combine foods with optimum amounts of nutrition. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 56065 Tue, 4/3/18 6:00pm – 8:30pm RM: P1840

NEW Ayurveda: Yoga for Your Dosha

Yoga, Meditation and Ayurveda are the triad of healthy living. When one integrates the techniques of yoga and meditation with principles of Ayurveda, you can experience immense benefits to your health. Explore the concept of dosha, and learn about how to adjust your asana, pranayama and meditation practice to balance each dosha. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 56067 Tue, 4/10/18 6:00pm – 8:30pm RM: P1840

Class 2: Diet and Nutrition

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

ID: 56068

Tue, 2/20/18

6:00pm – 8:30pm

RM: P1840

Class 3: Constitution and Wellness

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

ID: 56069

Tue, 2/27/18

6:00pm – 8:30pm

RM: P1840

Class 4: Daily Routine and Harmony with Nature

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

ID: 56070

Tue, 3/6/18

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: 56071

Tue, 3/13/18

6:00pm – 8:30pm

RM: P1840

Class 6: Herbs and Food for Healthy Living

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

ID: 56072

Tue, 3/20/18

6:00pm – 8:30pm

RM: P1840

“*Dr. Manvikar has such great energy and presence—
she was interesting and held my attention throughout.
Fascinating topic to learn about.*”

NEW Ayurveda: Healing with Simple Home Remedies

Learn simple home remedies for common health problems such as cold, flu, headaches, etc. through diet, herbs, essential oils, exercise and yoga. These home remedies, used to correct imbalances and restore the body to the natural order, are based on the principles of Ayurveda. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 56064

Tue, 4/17/18

6:00pm – 8:30pm

RM: P1840

Dr. Manvikar completed her Master's degree in Ayurveda from the University of Pune and has been practicing for more than 15 years as an Ayurveda specialist. She has taught at the Ayurveda College and Research Center in India, is a Registered Ayurveda Specialist, a professional member of the International Ayurvedic Association (AAPNA), and also teaches at the University of Minnesota's Center for Spirituality.





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. **20 Contact Hours and \$355 for series or 2.5 Contact Hours and \$49 per session.**

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, and moistening) and how they can impact different types of people and conditions. A few assessment techniques (including tongue assessment and pulse assessment) will also be briefly covered.

Part 1: ID: 56079 Wed, 3/21/18 6:30pm – 9:00pm RM: P1844

Part 2: ID: 56080 Wed, 3/28/18 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: 56081 Wed, 4/4/18 6:30pm – 9:00pm RM: P1844

Part 2: ID: 56082 Wed, 4/11/18 6:30pm – 9:00pm RM: P1844

Herbs for the Musculoskeletal System

Herbs can support the health of the joints, tendons, ligaments, bones (including bone density), muscles, and skin. This class will highlight these herbs and their specific applications to the 21st-century American, for whom modern-day stress has wreaked havoc, leading to a bumper crop of osteoporosis, chronic tendonitis, osteoarthritis, autoimmune forms of arthritis, acne, eczema, psoriasis, and other skin conditions. **2.5 Contact Hours, \$49, Matthew Alfs**

ID: 56087

Wed, 5/16/18

6:30pm – 9:00pm

RM: P1844

“ This program has opened up
a whole new world of learning
that I cannot wait to be a part of. ”

Class 3: Herbs for the Respiratory Systems

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

ID: 56805

Wed, 4/18/18

6:30pm – 9:00pm

RM: P1844

Class 4: Herbs for Liver Function and Detoxification

The liver has many hundreds of functions. This class will focus on those herbs that enhance the vital functions of our most hardworking organ.

ID: 56806

Wed, 4/25/18

6:30pm – 9:00pm

RM: P1844

Class 5: Herbs for the Lymphatic and Urinary Systems

This class will focus on those herbs that enhance the function of the lymph nodes and improve the efficiency of the kidneys to purify the body.

ID: 56807

Wed, 5/2/18

6:30pm – 9:00pm

RM: P1844

Class 6: Herbs for Women's Reproductive Health

Herbal aids for women's reproductive health is a complex subject that will be addressed in this class. Topics include herbs for menopausal comfort, premenstrual comfort, pregnancy and lactation; and hormonal balance, relative to concerns such as libido and polycystic ovarian syndrome.

ID: 56808

Wed, 5/9/18

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, author of 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. 2.5 Contact Hours, \$49, Matthew Alfs

ID: 56183

Wed, 6/6/18

5:00pm – 7:30pm

RM: P1844





Aromatherapy Foundations Certificate

Learn from a certified Clinical Aromatherapist about the scope and enormous potential of essential oil therapies and how they affect the body, mind and spirit. You will differentiate oils between chemistry and aroma energetics in order to safely utilize them with inhalers, diffusers and other applications. Through exposure to best practices, gain guidance for appropriate contraindications of oil use (including children and the elderly). While applying newly learned skills in class, create your own take-home blend of oils. *Note: Student oil/material kits are available for purchase in class, but not required.*

14 Contact Hours, \$275

ID: 56063	Fri, 3/23/18	8:30am – 4:30pm	RM: P1842
	& Sat, 3/24/18	9:00am – 4:00pm	

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

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. Learn 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.* **7 Contact Hours, \$150**

ID: 56237	Sat, 3/10/18	8:00am – 4:00pm	RM: P1844
ID: 56238	Sat, 4/14/18	8:00am – 4:00pm	RM: P1844

Reiki Energy Therapy Level 2

This course provides advanced skills in Reiki Energy Therapy for the level 1 practitioner. Increase the power and versatility of the use of Reiki to strengthen and enhance the therapy and your ability to handle more complex situations. Upon completion of this course, you will be certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. *Please bring a bag lunch and pillows, towels, and/or mat. Prerequisite: Certification in Reiki Energy Therapy 1.* **7 Contact Hours, \$150**

ID: 56239	Sat, 5/12/18	8:00am – 4:00pm	RM: P1838
------------------	--------------	-----------------	-----------

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

Aromatherapy Advanced Applications Certificate

Once you have successfully completed the Aromatherapy Foundations Certificate, you'll be prepared to dive into more advanced applications of essential oils for health and healing. This certificate focuses on two critical health areas: stress and pain, providing effective therapies and strategies to meet specific needs for yourself and others. Learn to use oils to improve mood, sleep, imbalance and digestion. You will create a blend in class specific to your needs. This course is taught within a holistic framework and will combine simple acupressure skills with essential oils to heighten their effectiveness. *See website for complete course description.*

14 Contact Hours and \$275

ID: 56184

Fri, 4/13/18

8:30am – 4:30pm

RM: P1838

& Sat, 4/14/18

9:00am – 4:00pm

RM: P1840

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.



Learning Well on Edge Talk Radio

First Tuesday of the Month – 6 pm to 7 pm

- Feb. 6** **Taking Pain Relief Into Your Own Hands** – Dr. Michael Pinkus is a chiropractic physician, nutritional expert, and author widely known for Alternative Health Care.
- March 6** **Experiencing Thriving while Surviving** – Annie Brandt, President emeritus of Best Answer for Cancer Foundation, is an alternative medicine pioneer and author of *The Healing Platform*.
- April 3** **Defeating the Stories We Tell Ourselves** – Dr. Gail Saltz is a psychiatrist, columnist, TV commentator, and author of the critically-acclaimed *Becoming Real*.
- May 1** **Integrative Cancer Care** – Dr. Donald Abrams is a cancer and integrative medicine specialist at the UCSF Osher Center for Integrative Medicine at Mount Zion.

Host **Elise Marquam Jahns** engages local and national thought leaders on integrative health topics. Elise is co-author of *Creating Choices: How Adult Children can turn Today's Dreams into Tomorrow's Reality*, 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 talkradio.com/edgemagazine.



INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College

healing touch



Safe for all ages, Healing Touch uses gentle, heart-centered touch to assist in balancing physical, emotional, mental and spiritual well-being. It enhances the body's natural ability to heal through the human energy centers and energy bio field. Healing Touch works in harmony with standard medical care and is complementary to other health care practices. This continuing nursing education activity has been approved and endorsed by the American Holistic Nurses Association.

Class 1: Foundations of Healing Touch

Come and explore theoretical concepts which underlie holistic healthcare practices along with how they relate to the core values which guide the practice of Healing Touch. *See website for complete course description.* 16 Contact Hours, \$335 (workbook included), Sheila Judd, MA, CHTP, CHTI

ID: 56076	Fri, 1/19/18	8:00am – 5:00pm	RM: P1838
	& Sat, 1/20/18	8:00am – 4:00pm	
ID: 56187	Fri, 5/4/18	8:00am – 5:00pm	RM: P1840
	& Sat, 5/5/18	8:00am – 4:00pm	

muscle testing

The Art of Muscle Testing Certificate

Muscle testing can be used for oneself and others to test for food and substance sensitivities, emotional imbalances and general pain relief. Often referred to as Applied kinesiology, muscle testing is a method of identifying muscle weakness that may be linked to particular organs and glands. **8 Contact Hours and \$169 for the certificate or 2 Contact Hours and \$49 per class, Melissa Dirtzu, RYC-200**

Class 1: The Art of Muscle Testing 101

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 are vast, from food sensitivities and general pain relief, to detecting specific areas of self that need support.

ID: 56109	Thur, 4/5/18	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 samples of food, vitamins, and essential oils that you'd like to test yourself or others for sensitivity.

ID: 56110	Thur, 4/12/18	6:00pm – 8:00pm	RM: P1840
-----------	---------------	-----------------	-----------

“ This wonderful class exceeded my expectations with joy, humor, energy, clarity and knowledge. ”

Class 2: Energetic Patterning & Clinical Application

Integrate the techniques learned in the Foundations course into useful applications. You will deepen your appreciation of Healing Touch through a technique to assist the patient in expanding their heart energy. Assessment skills, clinical applications of energetic interventions, and proper documentation of clinical findings will also be covered. Upon completion, you will be able to describe how the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice relate to your development as a Healing Touch practitioner. *Prerequisite: completion of Healing Touch Class 1: Foundations of Healing Touch.* 16 Contact Hours, \$295 (workbook included), Barb Schommer, RN, MS, CHTP, CHTI

ID: 56077	Fri, 2/9/18	8:00am – 5:00pm	RM: P1840
	& Sat, 2/10/18	8:00am – 4:00pm	
ID: 56189	Fri, 5/11/18	8:00am – 5:00pm	RM: P1840
	& Sat, 5/12/18	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.



Often referred to as Applied Kinesiology, muscle testing is a method of identifying muscle weakness that may be linked to particular organs and glands.



Class 3 & 4: Emotional Balance

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.

Part 1: ID: 56111	Thur, 4/19/18	6:00pm – 8:00pm	RM: P1840
Part 2: ID: 56112	Thur, 4/26/18	6:00pm – 8:00pm	RM: P1840

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.



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 to earn the certificate of completion. However, you can enroll in any class to get started. **49 Contact Hours and \$875 for the certificate or 7 Contact Hours and \$145 per class.**

Class 4: Energy Anatomy: Fields

Every living being and even inanimate objects emanate energy fields. There are thousands, including earth and planetary fields; natural and human-made electromagnetic fields; and crystal matrix fields, human bio- and subtle fields. Come and explore the myriad of these fields, how they work, and how to shift energy so as to prosper our world. Covered are topics including geopathic stress, electro-pollution, auric fields, and morphology, as well as techniques showing you how to use hands-on healing to assess and clear the field, read the tenth auric field, use the healing streams of grace for release, and apply shapes and numbers for healing.

ID: 54724 Sat, 1/27/18 9:00am – 4:00pm RM: P1840

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. Learn how energies of others affect your mood, body and health. **6 Contact Hours, \$149, Beth Jacobson, MS**

ID: 56306 Thur, 4/12/18 - 4/26/18 6:00pm – 8:00pm RM: P1844

NEW Basic Foundations of Psychic Development

Discover your psychic gifts and abilities, learn how to use them, and explore why it's important to cultivate them. Acquire useful information, techniques, and tools that can be used personally and professionally to support your health and wellness. **15 Contact Hours, \$395, Beth Jacobson, MS**

ID: 56376 Thur, 5/3/18 - 5/31/18 6:00pm – 9:00pm RM: P1844

Beth Jacobson, MS, is a natural born Psychic Empath with a Master's Degree in Rehabilitation Counseling. She has 30 years of experience in working with others as a psychic, energy healer, teacher, advisor, and counselor from toddlers to adults.



Classes 1-3 will be offered in Fall 2018.
See website for course descriptions.

Class 5: Energy Anatomy: Centers

Across time, cultures have accessed their energy centers to diagnose challenging conditions, heal disease, balance emotions, cleanse the mind, create abundance, and perform everything from manual to supernatural feats. Energy work requires a thorough knowledge of these centers, especially the chakras, for the same purpose. We'll explore various cross-cultural chakra systems and the spiritual and scientific explanation for how they work before describing the 12-chakra system in detail. 7 Contact Hours, \$145

ID: 54725

Sat, 2/24/18

9:00am – 4:00pm

RM: P1840

Class 6: Energy Healing

This day is dedicated to consciously accessing information, vibration, and the combination of the two for diagnosis, healing, divination, and problem-solving. We'll cover topics and techniques including energy assessment, clearing, balancing, and opening to help heal self and others, as well as the two main types of healing concerns: autoimmune and trauma. How does a practitioner (working on self or others) engage and then disengage safely? You'll leave this practical day enthused to become the healer that you are. 7 Contact Hours, \$145

ID: 54726

Sat, 3/24/18

9:00am – 4:00pm

RM: P1840

Class 7: Energy Medicine: Being the Practitioner

Integrate energetic concepts, practices, and techniques, even while we deepen our skills as energy practitioners. We'll review our basic concepts and then explore the roles of brain states, primary cell and disease patterns, both microbial and energetic, before practicing on each other. By the end of the class you will be clear about energy protocol and your particular energetic gifts. 7 Contact Hours, \$145

ID: 54727

Sat, 4/21/18

9:00am – 4:00pm

RM: P1840

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 selecting the one highlighting their rare and special gifts.



Advanced Energy Medicine: Healing Trauma

In this course, you will be introduced to a subtle energetic understanding of trauma. This approach looks at healing and support for depression, anxiety, additional, and codependency. Must have a basic understanding of energy to participate in this course. 7 Contact Hours, \$145, Cyndi Dale

ID: 55913

Sat, 6/23/18

9:00am – 4:00pm

RM: P1840



What is Emotional Freedom Techniques?

Emotional Freedom Techniques (EFT Tapping) is a powerful and credible method that is quickly becoming mainstream. This self-help tool can release emotional distress, including anger and sadness, phobias, trauma, and generalized anxiety. It is also effective for weight control, chronic pain, athletic performance, cravings, food and chemical sensitivities and reduces cortisol levels, which is the primary hormone associated with stress. An article in the American Psychological Association (APA) peer-reviewed journal Review of General Psychology concludes that EFT “meets initial criteria for Evidence-Based Practice” for a number of conditions, including Post Traumatic Stress Disorder (PTSD).

Get Certified

Show the world your skills!

Earn an Integrative Health & Healing Certificate at Normandale.

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



This certificate provides you with an interactive overview of EFT tapping in an approachable and easy-to-follow way. During the program, you will clear yourself of an emotional issue and learn how to use Simplified EFT Tapping™ to get consistent and deeper results with EFT for yourself and clients. To receive a certificate, attendance at all four classes is required.

NEW Simplified EFT Tapping™ Foundations Certificate

Each session will show you how to tap to resolve health and wellness challenges (including chronic pain, phobias, trauma and weight issues) and for improved relationships and finances – core areas of a person's overall wellness. Sessions are designed to provide ample opportunity for practical learning and hands-on application. 12 Contact Hours, \$345, Valerie Lis, EFT, MA

ID: 56194

Tue, 4/3/18 - 4/24/18

6:00pm – 9:00pm

RM: P1844

Who should attend: This certificate is recommended for those who want to learn how to use this self-help tool to resolve your own personal issues or work with clients or patients in private practice or healthcare.

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



cultivate body-mind connection

NEW Tibetan Sound Healing and Kwan Yin Meditation

Discover how stress affects your body and learn about these techniques that can promote natural healing. Sound and vibrations from Tibetan chanting facilitate the breakup of stagnant qi and promote rebalancing of the hormonal system. The Kwan Yin guided meditation relieves stress and promotes self-care and healing. *This course is designed for women ages 16 - 86.* 1.5 Contact Hours, \$49, Linda Ebeling

ID: 56809

Tue, 1/30/18

7:30pm – 9:00pm

RM: S2330

Silk Reeling Workshop

Enhance your tai chi by applying Silk reeling, or spiraling energy, to your forms. Learn how to ground, weight shift, and move from the Dan Tien—threading the joints together for expressing internal energy. *This class is open to all experience levels. Please wear loose, comfortable clothing and flat-soled shoes.* 1.5 Contact Hours, \$49, Linda Ebeling

ID: 56810

Sat, 3/10/18

1:00pm – 2:30pm

RM: S2330

NEW Telling Time: The Science of Sleep and Our Inner Clocks

Learn the fundamental nature of our inner circadian/clock rhythms and how they play out in our waking lives and nocturnal sleep. Discover how these principles shape our attention, memory, moods, behavior and relationships with others and the social, technological and cultural forces that create challenges for managing healthy sleep-wake cycles. Identify your inner clock pattern and sleep habits, and how they influence your psychological well-being and resilience. 3 Contact Hours, \$89, Dr. Michael V. DeSanctis, PhD, ABPP, CBSM

ID: 56878

Wed, 3/21/18

6:00pm – 9:00pm

RM: P1810



Does Hypnosis Work?

A C O M P A R I S O N S T U D Y

HYPNOTHERAPY: **93%** RECOVERY
AFTER **6** SESSIONS

PSYCHOANALYSIS: **38%** RECOVERY
AFTER **600** SESSIONS

BEHAVIOR THERAPY: **72%** RECOVERY
AFTER **22** SESSIONS

Source: American Health Magazine

numerology

Numerology – An Ancient Science

Numerology is a fairly simple language of cycles, patterns and potentials, speaking to you through symbols (numbers). In numerology, a number is not seen as a figure or quantity, but a symbol for an energy or vibration. Your personal numerology information (derived from your birth date and given name) can help to deepen your understanding of your talents, challenges, traits and potential, your relationships, and the Universe. Numerology is a practical and spiritual tool that can empower your path in countless ways!

Your Personal 2018 Year in Numerology

A new year, a new number vibration for you! The Personal Year is a temporary cycle that tells you about the activities, conditions and opportunities that are supported during each year. This fun and interactive class will give you newfound knowledge to drive and support your goals through the year. 2.5 Contact Hours, \$49, Susan Shopek

ID: 54810

Wed, 1/24/18

6:00pm – 8:30pm

RM: P1844

Unlock the Hidden Wisdom in Your Name

Discover the key number vibrations reflected in your unique name. Learn how to unlock your Heart's Desire (Soul), Personality, and Expression numbers and explore how they work together. Learn how these numbers can be understood in the context of your personal numerology chart and your journey through life. Nicknames and name changes will be discussed. 2.5 Contact Hours, \$49, Susan Shopek

ID: 56378

Wed, 2/21/18

6:00pm – 8:30pm

RM: P1844

NEW Certified OMNI Hypnotist

OMNI Hypnosis is the only ISO 9001 certified hypnosis training in the world - establishing hypnotherapy as one of the premier forms of effective and efficient intervention to help people overcome all kinds of challenges in their lives. This method is modern, science based, and one of the fastest growing hypnosis training systems available. Earn your certification in 56 hours and start helping others thrive and develop their well-being. 56 Contact Hours, \$2,000, Amye Scharlau, BCH, CI

ID: 56876

Fri & Sat, 2/23/18 - 3/17/18

9:00am – 5:00pm

RM: P0842

Self-Hypnosis

Hypnosis calms and quiets the mind, lowers your heart rate 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 Contact Hours, \$49, Amye Scharlau, BCH, CI

ID: 56203

Thur, 3/29/18

6:00pm – 9:00pm

RM: P1840

Amye Scharlau BCH, CI is an international speaker and trainer with 17 years of experience in the hypnosis field. Amye was trained by Jerry Kein, founder of OMNI Hypnosis, is the only OMNI instructor in Minnesota and is the director of Minnesota OMNI Hypnosis LLC.



NEW Time and Timing

Numbers can reveal the timing of various cycles found in your birth chart. Discover the nature of the opportunities, challenges, and themes you will encounter during your personal cycles and phases. 2.5 Contact Hours, \$49, Susan Shopek

ID: 56377

Wed, 3/7/18

6:00pm – 8:30pm

RM: P1842

2018 – a Universal Year

As we move from 2017 to 2018, we are shifting from a number 1 year to a number 2 year.

2 increases the potential for peace and diplomacy and encourages working together.

2018 also gives us the number **11** which increases visionary leadership and creative ideas.



**NEW Introduction to Yoga**

This beginner course will introduce basic poses and alignment, breathing, and relaxation techniques. Gentle Kriipalu yoga is beneficial for everyone including those with physical issues. It creates spaciousness and grounding, inviting a greater sense of ease and peace. Students will learn how yoga can increase strength, flexibility, and confidence, plus much more. 4 Contact Hours, \$69, Sharon Hills-Bonczyk, RYT-500

ID: 56206

Tue, 3/6/18 & 3/13/18

6:00pm – 8:00pm

RM: A1560

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. 1.5 Contact Hours, \$35, Sharon Sebring, RYT-200

ID: 56209

Sat, 2/24/18

10:30am – 12:00pm

RM: P1844

ID: 56210

Sat, 5/19/18

1:00pm – 2:30pm

RM: S2330

NEW Ayurveda: Yoga for Your Dosha - See page 4

mindfulness and meditation

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. 6 Contact Hours, \$65, Mike Groth, MA

ID: 56202

Wed, 3/7/18 - 3/28/18

6:00pm – 7:30pm

RM: P1840

NEW Mindfulness Qigong

In this new program by Spring Forest Qigong, experience how practicing Mindfulness Qigong will lead to better health, more life-energy, a calm mind, and mindful living. Learn how to apply Spring Forest Qigong practices—such as visualization, breathing, and movement—to enhance your awareness and transform unbalanced energy into something beautiful through meditation and movement. Spring Forest Qigong is a simple and powerful form of Qigong founded in 1994 by Master Chunyi Lin. No prior experience necessary. 5.5 Contact Hours, \$129, Gadu Schmitz, MA

ID: 56379

Sat, 4/7/18

9:00am – 3:00pm

RM: P1840



“ This class is very relaxing,
restorative and informative. ”

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 anxiety and depression, treats sleep issues, prevents and alleviates numerous ailments and diseases. 4 Contact Hours, \$79, Sharon Hills-Bonczyk, RYT-500

ID: 56207

Tue, 3/27/18 & 4/3/18

6:00pm – 8:00pm

RM: A1560

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. 4 Contact Hours, \$65, Sharon Sebring, RYT-200

ID: 56208

Wed, 4/4/18 - 4/25/18

5:00pm – 6:00pm

RM: A1560

Laughter Yoga: Laugh for the Health of It

Research shows that the easiest remedy for some of our most common stressors could be the very thing we carry with us all the time: LAUGHTER. Learn the powerful self-care tool of using laughter to help unlock some of the things that keep us from feeling and performing at our best. Experience laughing like you’ve never laughed before! 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! 2 Contact Hours, \$39, Sarah Routman, MA

ID: 56204

Sat, 2/10/18

9:00am – 11:00am

RM: P1844

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 well-being. 10 Contact Hours, \$109, Cyndi Koopsen, RN, MBA and Caroline Young, MPH

Online - starts every month (1/17, 2/14, 3/14, 4/11, 5/16)

NEW Spiritual Self-Healing

In this exploration of the spiritual nature of healing at its deepest levels, you will learn the concepts and techniques necessary to bring awareness into your own life. Develop a deeper appreciation for your true Self and acquire tools for staying centered and balanced during life’s challenges. 8 Contact Hours, \$190, Steven Hiebert, DC

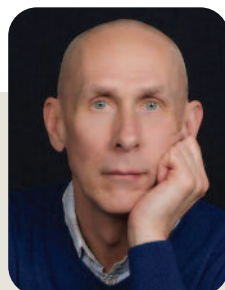
ID: 56877

Fri, 3/9/18 - 3/30/18

6:00pm – 8:00pm

RM: P1840

Dr. Steven Hiebert is a gifted healer, doctor of chiropractic, teacher, and author who believes that spirituality is an integral part of health and well-being. His life’s work and passion is helping people heal, and touching countless lives for decades through his private practice in Saint Paul, Minnesota.





Tai Chi Teacher Certifications

These Certified Teacher Training Programs are designed for exercise instructors, tai chi practitioners, and healthcare professionals to develop or enhance wellness programs. These programs certify participants to teach “Tai Chi for Arthritis and Falls Prevention” and are endorsed by Arthritis Foundations worldwide.



NEW Tai Chi for Arthritis and Falls Prevention Instructor – Training Level 1

This program will teach you the twelve movement Sun Style tai chi form, designed by Dr. Paul Lam and associates. You will also learn the efficacy of preventing falls. It is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Students will learn how to safely modify the movements based on learner capabilities or limitations. Upon successful completion of this program, you will be certified as a Tai Chi for Arthritis and Falls Prevention Instructor for 2 years. *Note: An instructional DVD and book are required to purchase prior to workshop. See website for details.* 14 Contact Hours, \$285, Linda Ebeling, CTCA, CTCD, CSTC

ID: 56200

Sat & Sun, 5/5/18 & 5/6/18

8:30am – 4:30pm

RM: S2330

NEW Tai Chi for Arthritis and Falls Prevention Instructor Update – Training Level 1

This program will update and refresh the twelve movement Sun Style tai chi form and re-inforce the efficacy of preventing falls. Students will practice techniques to safely modify the movements based on learner capabilities or limitations. Upon successful completion of this program, you will be re-certified as a Tai Chi for Arthritis and Falls Prevention Instructor for 2 years. *Prerequisite: Participant must have current certification (TCAFP) within 30 days of expiration date.* 7 Contact Hours, \$125, Linda Ebeling, CTCA, CTCD, CSTC

ID: 56201

Sun, 5/6/18

8:30am – 4:30pm

RM: S2330

One World. One Breath.

World Tai Chi and Qigong Day

Join the celebration! At 10:00am across the world, people will practice Tai Chi simultaneously to create a global wave of energy. Experience beautiful, moving Tai Chi and Qigong demonstrations and then try it yourself in fun, interactive breakout sessions.

Gather at 9:30am, event starts at 9:45am.



Saturday April 28, 2018

9:45am – 1:00pm

ID: 56802 • RM: A1500

FREE

tai chi classes

Beginning	Tai Chi for Arthritis and Balance				
	ID: 56158	Sat, 1/20/18 - 3/3/18	11:00am – 12:00pm	Gonzales	\$65
	ID: 56159	Sat, 3/10/18 - 4/21/18	11:00am – 12:00pm	Gonzales	\$65
	ID: 56188	Mon, 1/29/18 - 3/5/18	7:00pm – 8:00pm	Root	\$65
	ID: 56190	Mon, 3/19/18 - 4/23/18	7:00pm – 8:00pm	Root	\$65
	Shibashi				
	ID: 56157	Sat, 1/20/18 - 3/3/18	10:00am – 11:00am	Gonzales	\$65
	Yang 10				
	ID: 56212	Tue, 1/9/18 - 2/20/18	6:30pm – 7:30pm	Ebeling	\$65
	ID: 56213	Sat, 3/10/18 - 4/21/18	10:00am – 11:00am	Gonzales	\$65
	ABC of Tai Chi - Intro to Yang Style				
	ID: 56197	Thur, 1/25/18 - 3/1/18	6:30pm – 7:30pm	Root	\$65
	ID: 56198	Thur, 3/15/18 - 4/19/18	6:30pm – 7:30pm	Root	\$65
	Shiba Louhan Level 1				
	ID: 56193	Wed, 1/10/18 - 2/14/18	7:30pm – 8:30pm	Ebeling	\$65
	Radiant Lotus Qigong				
	ID: 56195	Wed, 2/21/18 - 3/28/18	7:30pm – 8:30pm	Ebeling	\$65
	Intro to TCM & Five Element Theory				
	ID: 56196	Wed, 4/4/18 - 5/23/18	7:00pm – 8:00pm	Ebeling	\$85
Intermediate/Advanced Tai Chi	Tai Chi for Energy				
	ID: 56214	Wed, 1/10/18 - 3/28/18	6:30pm – 7:30pm	Ebeling	\$120
	Saber				
	ID: 56179	Sat, 1/20/18 - 4/21/18	11:00am – 12:00pm	Root	\$120
	Tai Chi Fan				
	ID: 56192	Tue, 2/13/18 - 5/1/18	7:30pm – 8:30pm	Ebeling	\$120
	Sun Style Long Form				
	ID: 56160	Sat, 1/20/18 - 4/21/18	9:00am – 10:00am	Gonzales	\$120
	Shiba Luohan Qigong Level 2				
	ID: 56191	Tue, 2/27/18 - 5/15/18	6:30pm – 7:30pm	Ebeling	\$120
	Tai Chi San Shou Partner Form				
	ID: 56199	Thur, 1/25/18 - 4/12/18	7:30pm – 8:30pm	Root	\$120
	Yang Style Short Form				
	ID: 56161	Sat, 1/20/18 - 4/21/18	10:00am – 11:00am	Root	\$120
	ID: 56162	Mon, 1/29/18 - 4/23/18	8:00pm – 9:00pm	Root	\$120
	Yang Style Long Form				
	ID: 56180	Sat, 1/20/18 - 4/21/18	9:00am – 10:00am	Root	\$120

* check website for specific dates and rooms



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.

NEW Emergency Medical Technician (EMT)

This program is designed for individuals who are interested in becoming an Emergency Medical Technician or are simply interested in gaining EMT skills and practical experience. It will equip you to make competent decisions regarding treatment of medical and trauma patients at the basic life support level, as set forth by the Department of Transportation. Training includes patient assessment; airway management; AHA basic life support for health professionals; trauma management; medical emergencies management; mass casualty and bio-terrorism response; critical thinking and decision-making. Successful completion of this course and the National Registry Examination lead to certification as an Emergency Medical Technician at the Basic level. This program is a blend of in-class learning and outside online and independent coursework with the majority of time spent practicing life-saving skills. *See website for full program details and prerequisites.* 80 Hours, \$2,125, HCMC Faculty

ID: 56384

Tue & Thur, 2/13/18 - 4/26/18 12:30pm – 4:30pm RM: P0806

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. *Visit website for full details.* 168 Contact Hours, \$1,395, Leanne Meier, BSN, RN

ID: 56099	Sat, 1/20/18 - 4/7/18	8:00am – 1:00pm	RM: S2333
ID: 56098	Sat, 4/21/18 - 6/30/18	8:00am – 1:00pm	RM: S2333

Leanne Meier, BSN, RN, has been a registered nurse since 1976 and is a former Normandale Community College RN Refresher Course graduate. She has worked in all areas of hospital nursing: ICU, Medical/Surgical, ED, Hospice, Pediatrics, OR, and is specialized in Obstetric Nursing and Education.

Normandale is also home to **Dental Professional Continuing Education** programs.

Visit our website for course offerings.



BLS for Healthcare Providers – American Heart Association

The Basic Life Support (BLS) for Healthcare Providers 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. **7 Contact Hours, \$109, Normandale Faculty**

ID: 56218

Sat, 2/24/18

8:00am – 3:00pm

RM: A1570

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.* **3.5 Contact Hours, \$56, Normandale Faculty**

ID: 56219

Wed, 1/24/18

5:30pm – 9:00pm

RM: A1570

ID: 56220

Wed, 3/14/18

5:30pm – 9:00pm

RM: A1570

ID: 56221

Wed, 4/18/18

5:30pm – 9:00pm

RM: A1570

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 animals to people), and tickborne diseases. **24 Contact Hours, \$119, Cyndie Koopsen, RN, MBA and Caroline Young, MPH**

Online – start every month (1/17, 2/14, 3/14, 4/11, 5/16)

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.



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

medical career programs



Professional Medical Coding and 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, \$3,499

ID: 56106

Online – 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. 180 Contact Hours, \$2,999

ID: 56108

Online – 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. 285 Contact Hours, \$1,999

ID: 56103

Online – start anytime

Medical Career Information Session

ID: 56235	Thur, 2/15/18	6:00pm - 8:00pm	RM P1840
ID: 56236	Thur, 5/3/18	6:00pm - 8:00pm	RM P1840

To register, visit normandale.edu/CE
or call 952-358-8343

FREE

There will also be an information session from 1:00pm – 3:00pm on February 16 and May 4 at the Bloomington Workforce Center. Register at www.mn.gov/deed/hsworkshops or call 952-703-7730.

“ I currently work for a national healthcare consulting company and thanks to this program my career is advancing very rapidly. ”

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, \$2,999

ID: 56107

Online – 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, \$2,999

ID: 56105

Online – start anytime

NEW Medical Assistant with Clinical

WIOA Approved

Medical assisting is becoming a must-have skill set for anyone interested in working in the healthcare industry – whether you want to become a care giver or work in an operational or administrative role. Learning the required skills and knowledge will open doors to many career opportunities and demonstrate an understanding of health care delivery and operations. A Medical Assistant provides general patient care in healthcare facilities such as physicians' offices, hospitals, and clinics. This course offers the flexibility of online learning AND also includes a 220 hour in-person clinical experience – a must have for on-the-job success. A complete ebook library, one-on-one help from instructors and technical support team. CCMA exam voucher is also included. *See website for more details.* 640 Contact Hours, \$3,999

ID: 56104

Online – start anytime

**Free Laptop
or iPad Air**

For these qualifying programs:

- > Professional Medical Coding & Billing
- > Medical Transcription Editor
- > Pharmacy Technician
- > Medical Billing
- > Medical Assistant (MA)
- > Medical Administrative Assistant with EHR

Students who pay in full up front for the listed programs are eligible for a promotional item or discount before April 30, 2018. Payment plans available, call 952-358-8343 for details.

A photograph showing three healthcare professionals in a meeting. A woman in a white lab coat and glasses is speaking and gesturing with her hands. Two other women, one in a white lab coat and one in a teal shirt, are listening attentively. They are seated around a table in a bright room with large windows in the background.

"The Practice Facilitator Certificate Program helped me hone my skills as an improvement site visitor for immunization health care providers. I am excited to leverage my newfound abilities in my day-to-day public health practice work."

—Sudha Setty, MPH

AFIX/QI Coordinator MN Department of Health

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. 24 Contact Hours, \$139, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (1/17, 2/14, 3/14, 4/11, 5/16)

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, \$99, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (1/17, 2/14, 3/14, 4/11, 5/16)

NEW Certificate in End of Life Care

The Certificate in End-of-Life Issues represents a specialization in the field of caring for those who are experiencing a terminal illness. It is designed to enhance the knowledge and skills of individuals who work with dying patients by providing a multidisciplinary educational experience. This certificate program will enhance your ability to support end-of-life care and the many challenges accompanying it. 24 Contact Hours, \$129, Caroline Young, MPH and Cyndie Koopsen, RN, MBA

Online – start every month (1/17, 2/14, 3/14, 4/11, 5/16)

Practice Facilitator Certificate

One of a handful of available programs nationally, the Practice Facilitator Certificate program will develop the necessary skills to support improvement activities in healthcare delivery and operations to help progress and transform practices.

Training topics will focus on practical approaches to facilitating effective change in healthcare through quality improvement and systems improvement activities such as; leadership, change management and relationship building techniques; understanding key environmental trends impacting primary care; technology and systems optimization; effective team-building and much more.

In addition to weekly online classes and industry guest lecturers, participants will engage in a valuable 20-40 hour practicum to gain real-work experience and exposure to practice facilitation activities and concepts. The first two days of class will meet in-person. All classes thereafter will be online. Learn more at www.MNHealthIT.com.
32 Contact Hours, \$3,995



ID: 55958	Thur, 4/12/18 & Fri, 4/13/18	8:30am – 4:30pm	RM: P0806
	Teleseminars – Thur, 4/5/18 - 6/28/18	3:00pm – 4:30pm	



GET A JUMP START ON YOUR CAREER DREAMS from Dreaming to Doing

Whether you're starting a business, becoming an artist, or trying to figure out who you want to be when you grow up, this interactive course will take you from dreaming to experimenting to progressing on a plan of action that will transform your career day dreams into the daily business of your life. Meeting weekly with your cohort and instructor is like having your own coach and accountability team to support you. You'll create a visualization journal, develop and share a prototype, and create and commit to daily habits to turn your dreams into a tangible goal. 0.8 CEU, \$190

ID: 56211	Sat, 3/10/18 - 4/7/18	9:00am – 11:00am	RM: P1810
-----------	-----------------------	------------------	-----------

Cherie Anderson has over 20 years of experience as a leader, consultant and trainer in both non-profit and business environments.



Data Analytics Professional

Becoming data savvy is a top priority for today's employers. Developing your core data skills will provide you with career advancement and growth opportunities.

This series will introduce you to the critical concepts needed to transform data into valuable knowledge. You will apply your new found knowledge to real-life case studies using common software tools like "R" and Advanced Excel. In Level 2, you will advance your skills with statistical model creation, testing applications and critical thinking exercises using data, software and your mind.

Today's organizations need individuals who understand and can provide business intelligence (BI) - for marketing insight, business strategy, quality improvement, sales growth, technology support and so much more.

explore languages

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. 32 Contact Hours, \$290, Cristina Sempé

ID: 55991

Online – 2/5/18 - 3/30/18

American Sign Language

Learn skills for conversing in American Sign Language from basic to advanced level in a fun and non-threatening learning environment. 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 mastery and confidence in your skills. 12 Contact Hours, \$109 per class, Mary Zieland, MA

Level 1: ID: 56233	Mon, 2/5/18 - 3/19/18	4:30pm – 6:30pm	RM: P0838
Level 2: ID: 56234	Mon, 4/2/18 - 5/7/18	4:30pm – 6:30pm	RM: P0838
Level 5: ID: 56736	Mon, 2/5/18 - 3/19/18	6:45pm – 8:45pm	RM: P0838
Level 6: ID: 56737	Mon, 4/2/18 - 5/7/18	6:45pm – 8:45pm	RM: P0838

Levels 3 & 4 will be offered in Fall 2018. See website for Advanced Practice Group Sessions.

“Excellent course! I have had several statistics classes and have never really been able to connect the dots to real life examples as much as I did today.”

NEW Level 1: Foundations of Data Analytics

Experience hands-on instruction to strengthen your data analytics knowledge and skills and begin to work with the tools and techniques needed to move data to insight. This course is a great beginning point for individuals with little-to-no analytics experience 0.7 CEU, \$175, Mark Ahrens, MS

ID: 56803

Fri, 4/13/18 & 4/20/18

8:30am – 12:00pm

RM: P1802

NEW Level 2: Working with Data for Insight

This workshop is designed to be a “lab like learning experience.” You will build on what you know, apply newly learned data concepts by using common software applications and real-life scenarios. *Prerequisite: Experience with data analytics or attendance in the Level 1: Foundations of Data Analytics.* 0.7 CEU, \$175, Mark Ahrens, MS

ID: 56804

Fri, 4/27/18 & 5/4/18

8:30am – 12:00pm

RM: P1802

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 unique programs.

March 3 & 4 • 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)



Health IT Professional Series

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. See more details at www.MNHealthIT.com

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

Classes are five weeks long and start every six weeks.

Start Dates:
2/14/18, 3/21/18,
5/2/18, 6/13/18

MNHIT Level 1 Certificate

Take three courses and 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. 7.0 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. 7.0 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. 7.0 CEU, \$195

MNHIT courses help with **career advancement** or re-employment, **building expertise** in the field, **improving work performance**, **staying engaged** in current roles, **improving quality** in healthcare, and **developing a broader understanding** of healthcare overall.

MNHIT Level 2 Certificate

Take three courses and earn the Level 2 Certificate for \$555 (a savings of \$30).

HIT Workflow Analysis and 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. 7.0 CEU, \$195

Leadership and 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. 7.0 CEU, \$195

Networking and 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. 7.0 CEU, \$195

MNHIT Level 3 Certificate

Take three courses and 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. 7.0 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.* 7.0 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.* 7.0 CEU, \$255

Health IT Professional Certificate

Complete all three of the mini certificates (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





Health IT Transformation Series

New knowledge and skills are necessary for healthcare professionals to participate in this data and value-driven era. These certificates are designed to build a foundational understanding of healthcare transformation in a practical, usable way. See website for course and certificate information. \$95 per class. Earn a certificate or take individual courses.

Classes are three weeks long and start every month.

Start Dates:

1/31/18, 2/28/18,
3/28/18, 4/25/18

Learning Delivery: Classes are offered online, self-paced, and learning coach supported.

NEW Healthcare Data Analytics Certificate

Every role in the healthcare industry requires a deeper understanding of data, what it is, and how to gain insight. This certificate provides valuable working knowledge of healthcare data analytics as it relates to care delivery, quality and improvements, and financial and operational considerations.



Understanding Healthcare Data Analytics (8 hours)

This course is designed to provide people working in the healthcare industry a strong, practical understanding of data analytics. Trainees will gain an understanding of the importance of healthcare data analytics and how to apply their knowledge of analytics to every-day activities.

Clinical Data Analytics and the Learning Health System (9.5 hours)

This course is designed to provide healthcare professionals who have a grounding in healthcare analytics with insight into the clinical context and use of data, best practices and advanced concepts in healthcare data analytics. Trainees will complete practical exercises which represent real-life healthcare scenarios.



This training is delivered through a partnership between Johns Hopkins University School of Medicine and Normandale Community College.

NEW Population Health Certificate

Population health shifts the focus from the individual patient to the population, allowing providers and health organizations to improve the healthcare experience and business models by leveraging population-level data.



Population Health Policy (6 hours)

This course is designed to explain the changes to the healthcare system that are emerging as a result of a shift in focus from the individual patient to the population. Trainees will start with a general introduction to population health and then segue to the practicalities of population health management at the business and policy level.

Population Health Data Analytics (7.5 hours)

This course is designed to provide trainees with the core knowledge to identify the specific types of data used in population health management. Trainees will start with a general introduction to population health and then go through the data types, data sources, and core processes of working with these data.

Population Health Interventions (9 hours)

This course is designed to provide trainees with the core knowledge and skills to using the data gathered in a population health context to improve the health of that population. Trainees will start with a general introduction to population health and then segue to the calculation of clinical risk, to the use of that calculation, and to the context of health IT.

NEW Value-Based Care Certificate

Healthcare is changing at the speed of light - care delivery, payment and reimbursement, quality standards - everything is transforming. Value-based care is a key driver to move these changes forward in meaningful ways. This certificate covers key concepts related to value-based care (VBC) and healthcare reform. Gain the skills and training needs to manage day-to-day work including care delivery, quality measurement and improvement as well as satisfaction.



The Business of Value-Based Care (8.25 hours)

This course provides an understanding of the core concepts of healthcare reform and will help trainees understand the impact value-based care (VBC) will have on their day-to-day work. Trainees will also learn how VBC might impact many aspects of healthcare delivery, including operations, patient satisfaction and financial sustainability.

Applications of Value-Based Care (6.75 hours)

This course is designed to educate individuals working in the healthcare industry on how value-based care (VBC) will affect care delivery, quality measurement and improvement and finally, how VBC affects the need to engage consumers and measure consumer satisfaction.

Negotiating Contracts for Value-Based Care (2 hours)

This course will provide an overview of alternative payment model (APM) contracts by describing their general elements, covering how risk calculations can impact APMs, and understanding the information required for successful contract negotiation.

Winter Warm-up for Body, Mind & Spirit

— Free Event —

Sample some of our most popular programs including Ayurveda, hypnosis, EFT, spiritual healing and more!

Saturday, 2/3/18

10:00am – 1:00pm

[see website for details](#)



TAI CHI OPEN HOUSE

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

Sat, 1/20/18 & Sat, 2/24/18

12:30pm – 1:30pm

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



NORMANDALE
COMMUNITY COLLEGE

9700 France Avenue South
Bloomington, MN 55431-4399

Non-Profit Org.
U.S. Postage
PAID
Permit No. 6335
TWIN CITIES, MN