

normandale

integrative & holistic
continuing health
education

winter/spring
2019

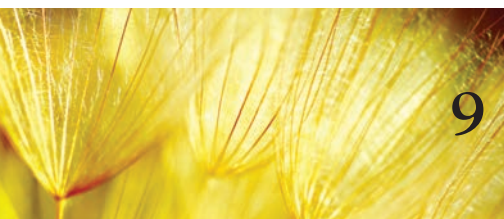


certificates • workshops • online



3

Aromatherapy



9

Energy Medicine



11

Healing Touch



12

Sleep Health



13

Mindfulness



18

Healthcare and Medical



Stress Management in the Workplace

NEW

Stress isn't the enemy. It is our perceptions of stress that raise our anxiety levels and use up all our energy. Events happen every day – how we interpret those events can set the stage for how we feel and react to others. Reducing stress is as easy as understanding what stress is, how it affects you, and restructuring your thoughts. 14 Contact Hours, \$145, Meredith Brown, MS

60286 Online 4/1 – 4/26

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REGISTRATION

Registration is simple for Normandale Community College’s continuing education classes. Either call us at 952-358-8343 or register online at normandale.edu/ce/classes.

Getting Here Is Easy!

Find directions, parking information and maps at www.normandale.edu



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

NUTRITION

Holistic Nutrition Certificate

This certificate focuses on real nutrition—how to nourish the body, mind and spirit. It contrasts the Standard American Diet (S.A.D.) with the nourishing diet of primitive cultures. Learn which foods are highest in particular nutrients and how these nutrients function in the body. Discover the seven most deficient nutrients in the American diet. Explore the nutrient value of wild foods compared to that of marketed foods. The book *Edible & Medicinal Wild Plants of the Midwest*, will be available for purchase in class. See website for course details. Matthew Alfs, M.H., AHG

- **Traditional Diets and the Modern-American Diet - Part 1**

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

60234 M 3/18 6:30pm - 9:00pm P1844

- **Traditional Diets and the Modern-American Diet - Part 2**

60235 M 3/25 6:30pm - 9:00pm P1844

- **Macronutrients - Part 1**

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

60236 M 4/1 6:30pm - 9:00pm P1844

- **Macronutrients - Part 2**

60237 M 4/8 6:30pm - 9:00pm P1844

- **Vitamins - Part 1**

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.

60238 M 4/15 6:30pm - 9:00pm P1844

- **Vitamins - Part 2**

60239 M 4/29 6:30pm - 9:00pm P1844

- **Minerals**

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

60240 M 5/6 6:30pm - 9:00pm P1844

- **Healing Applications of Nutrition**

Learn 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.

60241 M 5/13 6:30pm - 9:00pm P1844

Individual: \$49 | 2.5 Contact Hours
Series: \$355 | 20 Contact Hours

The Energy of Food: Creating a Right Relationship to Substances

NEW

Does your relationship with food nourish you or not? Most of us struggle with food, challenged by food issues, cravings, weight, allergies, sensitivities, addictions, or just plain confusion. This class will cover the little known contributors to these challenges, which are the subtle energies affecting and creating our relationship with food. We'll analyze the subtle or invisible energies composing the physiological, psychological, epigenetic (ancestral), and subtle anatomical issues that create—and clear—food issues. 7 Contact Hours, \$145, Cyndi Dale

59582 S 2/9 9:00am - 4:00pm P1840

2 Normandale Continuing Education | 952-358-8343





AROMATHERAPY

Aromatherapy Foundations Certificate **NEW**

Gain practical knowledge and tools that you can easily integrate into your daily lifestyle. As you explore essential oils through both a scientific and holistic perspective, you will learn how to use them in ways that are economical, effective, and safe. Upon completion, you will be able to identify the possibilities and limitations of essential oil therapies; describe how they can affect the mind and body; distinguish between risks and benefits to safely utilize oils through inhalation and topical application; and demonstrate awareness of general safety precautions and guidelines. Classes will have an experiential component of interacting with essential oils. *See website for supplies fee.* 12 Contact Hours, \$285

60371 M 2/25 - 3/18
6:00pm - 9:00pm P1840

Register for both
Aromatherapy Foundations and
Advanced Certificates for \$495.

Aromatherapy Advanced Applications Certificate **NEW**

Discover how to use essential oils and other aromatherapy products to help mitigate emotions and other stress related concerns such as sadness, worry, grief, anger, stress, focus, sleep, pain, and the effects of trauma. Learn about the current research that supports the use of aromatherapy for these concerns. Explore additional brain-based and mind-body approaches for supporting emotional wellness and mental health. Each class will have an experiential component of interacting and creating products with essential oils, and how to incorporate them into your regular self-care routine. *See website for supplies fee.*

12 Contact Hours, \$285
60372 M 4/1 - 4/22
6:00pm - 9:00pm P1840

Embracing Life and Navigating Change with Essential Oils **NEW**

– see page 8
60311 W 3/6 - 3/13
6:00pm - 8:30pm P1840



Jen Shepherd, MSW, LICSW, CCA, is a Licensed Independent Clinical Social Worker and Certified Clinical Aromatherapist with a mission to empower behavioral and mental health professionals to be able to integrate aromatherapy into their practice, safely and effectively. She is a consultant, educator, and wellness clinician.

AYURVEDA

Spice Up Your Life with the Ancient Science of Ayurveda

Explore 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, MD (Ayurveda) RAS
60259 T 4/16 6:00pm - 8:30pm P1840



I loved the instructor's knowledge and am so excited to attend this whole series.

Fall 2018 Ayurveda student

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, MD (Ayurveda) RAS
60260 T 4/23 6:00pm - 8:30pm P1840

Ayurveda: Yoga for Your Dosha

Yoga, Meditation and Ayurveda are the triad of healthy living. When integrating 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, MD (Ayurveda) RAS
60261 T 4/30 6:00pm - 8:30pm P1840

Ayurveda: Healing with Simple Home Remedies

Learn simple home remedies for common health problems such as cold, flu, and headaches 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, MD (Ayurveda) RAS
60262 T 5/7 6:00pm - 8:30pm P1840



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: 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
60369 T 3/26 6:00pm - 9:00pm P1844



Ayurveda Certificate

Introduction to Ayurveda is a prerequisite for ALL other Ayurveda classes in this series. After completing the Introduction to Ayurveda course, you may attend any of the courses individually or as a series. See website for course details.

1. Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda, the five elements and the concept of dosha.

60253 T 3/5 6:00pm - 8:30pm P1840

2. Diet & Nutrition

Learn the concepts of Agni (digestive fire), Ama (toxins), the six tastes and basic rules for making conscious decisions about food combinations.

60254 T 3/12 6:00pm - 8:30pm P1840

3. Constitution & Wellness

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

60255 T 3/19 6:00pm - 8:30pm P1840

4. Daily Routine & Harmony with Nature

Tune into nature's patterns and rhythms by learning a general daily routine and your dosha-specific routine to support your practice.

60256 T 3/26 6:00pm - 8:30pm P1840

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.

60257 T 4/2 6:00pm - 8:30pm P1840

6. Herbs & Food for Healthy Living

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

60258 T 4/9 6:00pm - 8:30pm P1840

Individual: \$49 | 2.5 Contact Hours
Series: \$249 | 15 Contact Hours



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

HERBALISM

Herbalism Certificate

Herbal therapy is the oldest and most widespread form of healing on earth, generally regarded as safer and just as effective (if not more) as orthodox medicine and easily learned and used by the lay person. Through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves, students enrolled in this course will learn to apply herbal therapy to support the body, mind and spirit.

- **Development, Forms and Energetics of Herbal Therapy – Part 1**

You will learn about the energetic aspects of herbs 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.

60225 W 3/20 6:30pm - 9:00pm P1844

- **Development, Forms and Energetics of Herbal Therapy – Part 2**

60226 W 3/27 6:30pm - 9:00pm P1844

- **Constituents and Properties of Herbs - Part 1**

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.

60227 W 4/3 6:30pm - 9:00pm P1844

- **Constituents and Properties of Herbs - Part 2**

60228 W 4/10 6:30pm - 9:00pm P1844

Individual: \$49 | 2.5 Contact Hours
Series: \$355 | 20 Contact Hours

- **Herbs for the Respiratory System**

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.

60229 W 4/17 6:30pm - 9:00pm P1844

- **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.

60230 W 4/24 6:30pm - 9:00pm P1844

- **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.

60231 W 5/1 6:30pm - 9:00pm P1844

- **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.

60232 W 5/8 6:30pm - 9:00pm 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 spring and early summer. See *website for course details*. 2.5 Contact Hours, \$49, Matthew Alfs, M.H., A.H.G.

60242 W 6/12 5:00pm - 7:30pm P1844

Herbs for the Musculoskeletal System

Herbs can support the health of the joints, tendons, ligaments, bones (including bone density), muscles, and skin. Study 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, osteo-arthritis, autoimmune forms of arthritis, acne, eczema, psoriasis, and other skin conditions. 2.5 Contact Hours, \$49, Matthew Alfs, M.H., A.H.G.

60233 W 5/15 6:30pm - 9:00pm P1844



Learning Well

on Edge Talk Radio

First Tuesday Every Month – 6 pm (CST)

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.



February 5 Healing the Microbiome

Dr. Raphael Kellman

March 5 Functional Medicine: What Is It and How Can It Help Us?

Dr. Patrick Hanaway

April 9 What Does It Do For Us and Should We Supplement With It? – Lynne Farrow

May 7 The Power of Play

Dr. Stuart Brown

Call in at **714-364-4750** to join the conversation or listen to live/archived shows at blogtalkradio.com/edgemagazine.

Sponsored by the Integrative Health Education Center at Normandale Community College

MIND-BODY CONNECTION

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. 6 Contact Hours, \$149, Beth Jacobson, MS

60308 Th 3/7 - 3/21
6:00pm - 8:00pm P1844

Protect Yourself from Control Dramas **NEW**

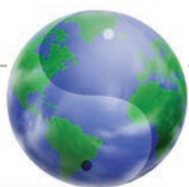
Learn about common control drama patterns and how to negate them. Understand and respond to attempts made to gain influence at your expense. Awareness of these dramas can lead to understanding and forgiveness, as awareness alone often equals change. The more you understand someone, the easier you can forgive them. 3 Contact Hours, \$49, Jody Janati, MA, EdD

60310 T 2/19 6:00pm - 9:00pm P1840

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. Ideal for healthcare professionals and nurses or anyone interested in learning more about brain health and how it can foster health, happiness and well-being. 10 Contact Hours, \$109, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start monthly



FREE

Saturday April 27, 2019
9:45am - 1:00pm
ID: 60387 • RM: A1500

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 to support your health and wellness personally and professionally. 15 Contact Hours, \$395, Beth Jacobson, MS

60309 Th, 4/4 - 5/2
6:00pm - 9:00pm P1844

Embracing Life and Navigating Change with Essential Oils **NEW**

With essential oils as the foundational tool, you will learn how aromatherapy can support mindset, emotions and life transitions. Explore life changes (career, divorce, empty nester syndrome, health, injury, unemployment) in a holistic manner and learn empowerment processes to help you impact an overall positive life outlook. 5 Contact Hours, \$89, Marita Rahlenbeck

60311 W 3/6 - 3/13
6:00pm - 8:30pm P1840

Awaken Your Power to Self-Heal **NEW**

Over 75 percent of all primary health care visits are directly related to stress. In this workshop, you will learn the concepts and tools necessary to bring healing and awareness into your own life to reduce unwanted stress and increase your power to self-heal. This course is not a substitute for medical care, nor is it meant to diagnose or treat any medical condition. 2 Contact Hours, \$49, Steven Hiebert, D.C.

60307 T 2/12 5:30pm - 7:30pm P1840

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 pure energy. Experience beautiful, moving Tai Chi and Qigong demonstrations and then try it yourself in fun interactive breakout sessions.



ENERGY MEDICINE

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 enroll in any class to get started.

Classes 1-3 will be offered in Fall 2019

4. Energy Anatomy: Fields

Every living being and even inanimate objects emanate energy fields. There are thousands! Explore the myriad of these fields and how they work.

59025 S 1/26 9:00am - 4:00pm P1840

5. Energy Anatomy: Centers

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.

59026 S 2/23 9:00am - 4:00pm P1840

6. Energy Healing

Gain techniques including energy assessment, clearing, balancing, and opening to help heal self and others.

59027 S 3/23 9:00am - 4:00pm P1840

7. Energy Medicine: Being the Practitioner

We'll present the major categories of energy work as well as their benefits and outline the various criteria for deciding which to participate in or recommend to someone.

59028 S 4/20 9:00am - 4:00pm P1840

The Energy of Food: Creating a Right Relationship to Substances

NEW

– see page 2

Individual: \$145 | 7 Contact Hours
Series: \$875 | 49 Contact Hours

Cyndi Dale is the president of Life Systems Services Corporation and an internationally recognized author of dozens of books on spiritual development, personal growth and energy healing.



EMOTIONAL FREEDOM TECHNIQUES

Over 100 research peer-reviewed studies and millions of users have documented the health benefits and effectiveness of EFT Tapping. This certificate demonstrates documented training and expertise in EFT Tapping for individuals in private practice and for those working in hospitals, clinics, and long-term care facilities.

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

60250 T 4/9 - 4/30
6:00pm - 9:00pm P1844



Valerie Lis, EFT, MA, a.k.a. “The Tapping Teacher,” and founder of Simplified EFT Tapping™, has conducted hundreds of workshops and supported thousands of clients to obtain consistent, lasting results with EFT.



Valerie is so knowledgeable –
Minneapolis is so lucky to have her here.
Fall 2018 EFT student

MUSCLE TESTING

The Art of Muscle Testing Certificate

Muscle testing can be used to test for food and substance sensitivities, emotional imbalances and general pain relief for yourself and others. Melissa Dirtzu, RYC-200

1. The Art of Muscle Testing 101

In this hands on course, you will learn how to test four different muscles to ensure that testing can be done with most situations (infants, elderly, injured, medically challenged). The uses of muscle testing is vast, from food sensitivities and general pain relief, to detecting specific areas of self that need support.

60248 Th 4/11 6:00pm - 8:00pm P1840

2. Food and Substance Muscle Testing

Experience the basic technique and procedures for muscle testing yourself and others for substance specific sensitivities. Learn which foods/substances strengthen or cause stress to your body. Bring in food, vitamins and essential oils for practicing muscle testing in class.

60249 Th 4/18 6:00pm - 8:00pm P1840

3. Emotional Balance – Part 1

Learn how color and gentle acupressure can relieve past or present pain and trauma, and even future performance anxiety. Emotional stress can be greatly reduced using techniques as well as general body pain and stress. We will use basic muscle testing to determine where to begin our work and to help determine when our work is complete.

60246 Th 4/25 6:00pm - 8:00pm P1840

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.

60247 Th 5/2 6:00pm - 8:00pm P1840

Individual: \$49 | 2 Contact Hours
Series: \$169 | 8 Contact Hours



REIKI ENERGY THERAPY

Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy using the Traditional Usui Reiki form.

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, ethics, skills and abilities to administer Reiki Energy Therapy. Please bring a bag lunch and pillows, towels, and/or mat. 7 Contact Hours, \$150, Lucille Crow, RN, RM, CHT

60243	S	2/2	8:00am - 4:00pm	P0838
60244	S	3/16	8:00am - 4:00pm	P0838

Reiki Energy Therapy Level 2

Advance your skills by increasing the power and versatility of the use of Reiki Energy Therapy. Upon completion of this course, you are certified as an Advanced Practitioner. *See website for course details. Prerequisite: Certification in Reiki Energy Therapy Level 1.* 7 Contact Hours, \$150, Lucille Crow, RN, RM, CHT

60245	S	4/13	8:00am - 4:00pm	P0838
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HEALING TOUCH

Healing Touch uses gentle, heartcentered 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. This continuing education program has been approved and endorsed by the American Holistic Nurses Association.

1. Foundations of Healing Touch

Explore theoretical concepts that underlie holistic healthcare practices along with how they relate to the core values – guiding the practice of Healing Touch. *See website for course details.* 16 Contact Hours, \$335 (workbook included), Sheila Judd, MA, CHTP, CHTI

60251	F	2/8	8:00am - 5:00pm	P0806A/B
	& S	2/9	8:00am - 4:00pm	
60252	F	4/5	8:00am - 5:00pm	P1840
	& S	4/6	8:00am - 4:00pm	

2. Energetic Patterning & Clinical Application

Learn to conduct an intake interview and integrate techniques from the Foundations class with new techniques to assist the patient in expanding their heart energy. *Prerequisite: completion of Healing Touch Class 1: Foundations of Healing Touch.* 16 Contact Hours, \$295, Barb Schommer, RN, MS, CHTP, CHTI

60263	F	3/15	8:00am - 5:00pm	P1808
	& S	3/16	8:00am - 4:00pm	
60264	F	5/31	8:00am - 5:00pm	P1808
	& S	6/1	8:00am - 4:00pm	

Poor sleep or regular lack of sleep is not just an inconvenience—sleep deprivation has very real short-term neuro-cognitive as well as longer-term health consequences. This 3-part series is designed to provide you with foundational sleep and circadian concepts, offer insight into the effects of sleep deprivation, and help to chart a restorative sleep protocol. 6 Contact Hours, \$149, Michael Desanctis, CP, PhD

60402

Th

4/17 - 5/1

6:00pm - 8:00pm

P1840

1. Natural Process of Sleep and Body Clocks

This class will explore the mythology and biology of sleep and body clocks—the internal mechanisms that keep us awake or direct us to sleep. We will examine the purpose of deep sleep and dreams, review abnormal sleep patterns, and discuss questions such as: Are sleepwalking and sleep-talking out of the norm? How does gender affect sleep, and how do we measure or track sleep health?

2. Sleep Debt: Wear and Tear on the Brain, Body and Mind

We will explore sleep deprivation effects on learning and memory, the immune system and physical performance. Information about the connection between obesity, hormones, diabetes and chronic sleep loss will challenge us to think about personal priorities regarding sleep. The relationship of dementia to sleep loss will be reviewed along with a discussion of how age affects our sleep patterns.



3. Solving Slumber Problems

In this final class, we will examine the necessity of carving out quiet, sacred places, and sleep etiquette principles designed to achieve sleep-wake balance, as well as the role of water, temperature, hormones, ambient light, darkness, physical exercise and dietary minerals in that process. There will be a general overview of the literature on current practices in cognitive-behavioral psychotherapy for insomnia, aromatherapy, yoga and other alternative and complementary approaches to reducing insomnia. Community and web resources on sleep interventions will be provided.

HYPNOSIS

Self-Hypnosis

Self-hypnosis is an easy-to-learn and an extremely powerful tool for self-improvement and healing. In just one evening, you will learn to put yourself into deep hypnosis to improve self-esteem, reduce stress, improve concentration, quit smoking, lose weight, sleep better, enhance creativity, reduce pain and more. Create your own customized sessions to use in everyday life and explore the latest findings on neural plasticity and hypnosis in class. 3 Contact Hours, \$49, Amye Scharlau, BCH, CI

60313

Th

2/21

6:00pm - 9:00pm

P1810

OMNI Hypnosis Fundamentals Certificate NEW

Founded in 1979 by Gerry Kein, OMNI is a scientific hypnosis training program. It is the only ISO 9001 certified hypnosis training in the world. OMNI centers span the globe, including locations in Switzerland, Germany, Brazil, China, and Russia. And now you can experience OMNI training right here in Minneapolis. This one-day workshop will provide you with skills you can put to immediate use, enabling you to add hypnosis techniques seamlessly to any healing modality. 7 Contact Hours, \$190 Amye Scharlau, BCH, CI

60312

S

3/23

8:30am - 4:00pm

P1844



MINDFULNESS & 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, and for 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

60306 Th 4/4 - 4/25

6:00pm - 7:30pm

P1810

Mindfulness Qigong

You will learn how to use Qigong to enhance your awareness and transform unbalanced energy into something beautiful through meditation and movement. Experience how this practice will lead to improved life energy, a calm mind and mindful living by applying Spring Forest Qigong techniques to enhance health and develop mindful awareness of oneself. All levels of experience are welcome. 5.5 Contact Hours, \$129, Gadu Schmitz, MA

60265 S 4/20 9:00am - 3:00pm P0806A/B

Qigong and Meditation for Health and Martial Arts **NEW**

Loosely translated, qigong means “energy practice”, which is an ancient exercise practice used for health maintenance and martial arts. This class will help you enhance both your health and martial arts. Multiple types of qigong will be covered, depending on student interest. Topics include Eight Pieces of Brocade, Yi Jin Jing, Microcosmic Orbit, and others. 12 Contact Hours, \$120, Jay Soderberg

60379 Th 1/31 - 4/25

7:00pm - 8:00pm

A1560

Certificate in Meditation **NEW**

Explore the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. The practice of meditation offers improvement of the symptoms of various diseases and allows practitioners to experience a deeper spiritual connection. Discover how meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being. 8 Contact Hours, \$99, Cyndie Koopsen, RN, MBA

Online – start monthly

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.

BEGINNING TAI CHI CLASSES				
Tai Chi for Health				
60375	S 1/26 - 3/9	11:00am - 12:00pm	\$65	Gonzales
60376	S 3/16 - 4/20	11:00am - 12:00pm	\$65	Gonzales
60380	Th 3/7 - 4/18	6:30pm - 7:30pm	\$65	Gonzales
Tai Chi for Arthritis and Balance – Part 1				
60363	Th 1/24 - 2/28	6:30pm - 7:30pm	\$65	Gonzales
Tai Chi for Arthritis and Balance - Part 2				
60364	Th 1/24 - 2/28	7:30pm - 8:30pm	\$65	Gonzales
Tai Chi for Diabetes				
60365	Th 3/7 - 4/18	7:30pm - 8:30pm	\$65	Gonzales
ABC's of Tai Chi				
60336	M 1/28 - 3/18	7:00pm - 8:00pm	\$65	Soderberg
60337	M 3/25 - 4/29	7:00pm - 8:00pm	\$65	Soderberg
Radiant Lotus Rises				
60345	W 3/6 - 4/10	6:30pm - 7:30pm	\$65	Ebeling
Longevity Qigong				
60353	W 1/23 - 2/27	7:30pm - 8:30pm	\$65	Ebeling
Radiant Lotus 1				
60378	W 1/23 - 2/27	6:30pm - 7:30pm	\$65	Ebeling
Shibashi Level 1				
60373	S 1/26 - 3/9	10:00am - 11:00am	\$65	Gonzales
Shibashi Level 2				
60374	S 3/16 - 4/20	10:00am - 11:00am	\$65	Gonzales
Yang 10				
60351	W 4/17 - 5/22	6:30pm - 7:30pm	\$65	Ebeling
INTERMEDIATE/ADVANCED TAI CHI CLASSES				
Shiba Louhan Qigong Level 2				
60339	T 1/29 - 4/16	6:30pm - 7:30pm	\$120	Ebeling
Yang Style Short Form				
60338	M 1/28 - 4/29	8:00pm - 9:00pm	\$120	Soderberg
60334	S 1/26 - 5/4	10:30am - 11:30am	\$120	Soderberg
Yang Style 40 Form				
60377	T 1/29 - 4/16	7:30pm - 8:30pm	\$120	Ebeling
Yang Style Long Form				
60332	S 1/26 - 5/4	9:00am - 10:00am	\$120	Soderberg
60360	Th 1/31 - 4/25	8:00pm - 9:00pm	\$120	Soderberg
Intro to TCM & 5 Element Theory				
60355	W 3/6 - 4/24	7:30pm - 8:30pm	\$85	Ebeling
Sun Style 73 Form				
60335	S 1/26 - 4/20	9:00am - 10:00am	\$120	Gonzales
Sun Style 73 Intensive				
60397	W 5/1 - 5/22	7:30pm - 8:30pm	\$65	Ebeling



TAI CHI WORKSHOPS

Trauma-Informed Tai Chi

NEW

Learn how to apply Dr. Paul Lam's three fundamental rules for safety to trauma-informed Tai Chi. 1.5 Contact Hours, \$49, Jeannine Robinett, MA

60382 S 2/2 1:30pm - 3:00pm S2330

Sensing Hands Workshop

We will focus on two-person work based on Yang style Tai Chi Chuan. Learn sensing hands patterns. Increase your sensitivity and sense your partner's equilibrium. 2 Contact Hours, \$49, Jay Soderberg

60383 S 2/2 1:00pm - 3:00pm A1560

60385 S 3/2 1:00pm - 3:00pm A1560

Depth of Fan Workshop

This workshop will review the Moving Stillness Fan form, refine technique, and add depth for those who have previously learned the complete form. 1.5 Contact Hours, \$49, Linda Ebeling, CTCA, CTCD, CSTC

60381 T 1/22 7:00pm - 8:30pm S2330

60384 S 3/2 1:00pm - 2:30pm S2330

60386 T 4/23 7:00pm - 8:30pm S2330

Introduction to Push Hands

Learn and practice how to use sensing hands energy, not pushing, to explore your balance, alignment, tension and timing. 1.5 Contact Hours, \$49, Linda Ebeling, CTCA, CTCD, CSTC

60366 S 1/12 1:00pm - 2:30pm S2330

INSTRUCTOR CERTIFICATIONS

Tai Chi for Arthritis & Falls Prevention Instructor - Level 1

Learn Tai Chi forms, designed by Dr. Paul Lam and associates, to support the efficacy of preventing falls and safely modify movements based on learner capabilities or limitations. Upon successful completion, you will be certified as an instructor for 2 years. This program is endorsed by Arthritis Foundations worldwide. *Note: An instructional DVD and book are required to purchase prior to the workshop; see website for course details.* 14 Contact Hours, \$285, Linda Ebeling, CTCA, CTCD, CSTC

60388 S & Su 5/4 - 5/5
8:30am - 4:30pm

S2330

Tai Chi for Arthritis & Falls Prevention Instructor Update - Level 1

This program will update your skills and knowledge as an instructor. Upon successful completion, you will be re-certified as an instructor for 2 years. *Prerequisite: Participant must have current certification (TCAFP) within 30 days of expiration date.* 7.5 Contact Hours, \$125, Linda Ebeling, CTCA, CTCD, CSTC

60389 Su 5/5 8:30am - 4:30pm S2330



HEALTHCARE & MEDICAL

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.

BLS for Healthcare Provider Renewal

Designed for Dental Professionals, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. This course is a review of the skills and knowledge covered in the BLS for Healthcare Provider (AHA) course. *See website for course details.* 4 Contact Hours, \$56, Jahana Berry, MPH

60318	T	2/5	5:30pm - 9:30pm	A1570
60319	W	3/13	5:30pm - 9:30pm	A1570
60320	T	4/16	5:30pm - 9:30pm	A1570

Thyroid Health **NEW**

Data indicates that about 13-15 billion adults suffer from Hypothyroidism. Come and discover a holistic approach to supporting the thyroid gland, the major metabolic gland of our body – and how to avoid disease. Learn to identify signs and symptoms of thyroid disease and how to support the Adrenal glands. Discover why it is so important to naturally heal the thyroid gland and the many functions of the thyroid gland that are essential to life and well- being. 3 Contact Hours, \$59, Rhys Preston, D.C.

60411	W	2/20	6:00pm - 9:00pm	P1844
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Adrenal Fatigue: Stress, Symptoms and Healing **NEW**

Adrenal fatigue occurs when the amount of stress overextends the capacity of the body (mediated by the adrenals) to compensate and recover from that stress or the combined stresses. Once this capacity to cope and recover is exceeded, some form of adrenal fatigue occurs. Learn more about adrenal fatigue, signs and symptoms, coping with stress and solutions to healing. 3 Contact Hours, \$59, Rhys Preston, D.C.

60410	W	2/13	6:00pm - 9:00pm	P1844
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Emergency Medical Responder Refresher (EMR) **NEW**

This 16-hour course enables the currently certified or recently expired First Responder or EMR (Emergency Medical Responder) to renew certification. Upon successful completion of the course, participant will be re-certified as a First Responder or EMR by the State of MN EMS Regulatory Board. 16 Contact Hours, \$195, Jahana Berry, MPH

60370	S & Su	3/9 & 3/10	8:00am - 5:00pm	A1570
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Emergency Medical Technician (EMT) – see website for course details

Spanish for Medical Professionals

This Spanish class is designed specifically for healthcare professionals to bridge the language gap. You will practice the basic, practical language skills needed to effectively communicate with Spanish-speaking patients and their families. This course will equip you with the basics of the language, a good understanding of the culture, and the ability to ask the questions crucial to quality healthcare. *See website for textbook requirements.* 32 Contact Hours, \$290, Cristina Sempé

59574	Online	2/4 - 3/29	
61792	Online	4/1 - 5/24	

Certificate in Infectious Diseases and Infection Control

Learn the basic techniques and procedures for preventing the transmission of infectious disease and some of the most common and dangerous infectious diseases: influenza, pneumonia, tuberculosis, hepatitis, HIV/AIDs, zoonoses and tickborne diseases. *See website for course details.* 13 Contact Hours, \$119, Cyndie Koopsen, RN, MBA, and Caroline Young, MPH

Online – start monthly



Certificate in Holistic and Integrative Health

This certificate is designed for both health care professionals and consumers and teaches person-centered empowered approaches to health care. Topics include: holistic stress management, health and the human spirit, energy healing, elements of meditation, healing environments, Chinese medicine, Ayurvedic medicine, humor and health, music and sound therapy, nutrition, therapeutic massage and bodywork, and healing effects of physical activity. You'll discover the benefits of emphasizing wellness, building a strong relationship between provider and client, promoting self-healing, and using nutritional approaches and other natural healing. *This Certificate Program has been endorsed by the American Holistic Nurses Association (AHNA).* 33 Contact Hours, \$219, Cyndie Koopsen, RN, MBA

Online – start monthly

Certificate in Women's Health

– see website for course details

Certificate in End of Life Care

– see website for course details

Certificate in Gerontology

– see website for course details

Awaken Your Power to Self-Heal

NEW

Over 75 percent of all primary health care visits are directly related to stress. In this workshop, you will learn the concepts and tools necessary to bring healing and awareness into your own life to reduce unwanted stress and increase your power to self-heal. This course is not a substitute for medical care, nor is it meant to diagnose or treat any medical condition. 2 Contact Hours, \$49, Steven Hiebert, D.C.

60307 T 2/12 5:30pm - 7:30pm P1840

Developing Cultural and Global Competence

NEW

Manage your intercultural interactions more effectively by developing enhanced skills in communicating with internationals and low-level English speakers. Gain techniques to provide better service to global clients, and keep stress levels calm in emergencies that involve diverse cultures. Discover how interactions can go deeper despite the challenges of a low-vocabulary or a strong accent. Acquiring these skills will also increase your ability to dialogue when you are the minority language speaker abroad, making business or vacations more fulfilling. 16 Contact Hours, \$195, Jenna Lynne Roberts

61793 Online 3/4 - 3/29

Register at www.normandale.edu/CE/classes

MEDICAL CAREERS

Pharmacy Technician **WIOA Approved**

The Pharmacy Technician program is the only online program approved by the State of Minnesota Board of Pharmacy. 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 e-textbooks and a drug reference handbook. 600 Contact Hours, \$2,999

60445 Online – start anytime

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, \$3,199

59054 Online – start anytime

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, and a CCMA exam voucher are also included. See website for more details. 640 Contact Hours, \$3,999

59053 Online – start anytime

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in the U.S. is
HEALTHCARE



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Students who **pay in full** for any of our medical career programs are eligible for a promotional item or discount before April 30, 2019.

Payment plans available.

Students using payment plans are not eligible for promotions.



Professional Medical Coding & Billing WIOA Approved

Medical Coding and Billing Training Program is a comprehensive 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. 640 Contact Hours, \$3,699

58375 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. You will also gain a valuable body of knowledge to employ when working on process and health information system implementation or redesign, and healthcare revenue cycle projects. This program includes access to student support, technical support, and graduate support teams throughout the training. 180 Contact Hours, \$2,999

59056 Online – start anytime

Medical Transcription Editor WIOA Approved

Approved by the Association for Healthcare Documentation Integrity (AHDII), 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 e-textbooks, a transcription foot pedal, an AHDII membership, and online reference library access. 640 Contact Hours, \$3,199

59055 Online – start anytime



60315	Th	2/14	6:00pm - 8:00pm	P1840
60314	F	2/15	1:00pm - 3:00pm	P1810
60316	Th	5/2	6:00pm - 8:00pm	P1810
60317	F	5/3	1:00pm - 3:00pm	P1810

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

HEALTH IT PROFESSIONAL SERIES



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

MNHIT Level 1 Certificate

Level 1 will equip you with foundational health IT concepts, language and systems.

- Overview of Health Information Technology
- Language of Health Information Technology
- Health Management Information Systems

MNHIT Level 2 Certificate

Level 2 dives into core health IT activities, uses, and change management concepts.

- HIT Workflow Analysis and Change Management
- Leadership and Teams in Health IT
- Networking and Health Information Exchange



LEARNING DELIVERY

Classes are offered online, instructor supported and start every four weeks.

MNHIT Level 3 Certificate

Level 3 exposes you to the EHR and builds business and management skills to succeed in health IT.

- Business of Health IT
- Health IT Project Management
- Electronic Health Records Bootcamp - Virtual Lab

Individual:	\$195 - \$255		7 CEU
Series:	\$555 - \$665		21 CEU



WHEN LEARNING IS MORE THAN A CLASS,
IT'S ABOUT A CAREER TRANSITION.



Tatyana Leyderman is a great example of someone who layered her expertise with new skills and knowledge to transition to a new career.

Coming from quality and analytics with no medical background, she is now a health care quality analyst for Hennepin Healthcare. Tatyana says Normandale's Health IT program "filled in the critical learning gaps so I could make the transition to Health Care Informatics."

What is your career goal? Please contact us at 952-358-8343 or visit our website; we look forward to helping you make a successful transition and advance in your career.



HEALTH IT TRANSFORMATIONAL SERIES

These practical certificates will develop skills and insight to empower you to work in and support healthcare transformation. The series will help you understand what transformation means, and how it is changing the way we leverage technology, improve care delivery and focus on quality. Earn a certificate or take individual courses, \$145 per course.

Value-Based Care Certificate

This certificate covers key concepts related to value-based care (VBC) and healthcare reform. Gain the skills and training needed to manage day-to-day work including care delivery, quality measurement and improvement as well as satisfaction.

- **The Business of Value-Based Care** (0.825 CEU)
- **Applications of Value-Based Care** (0.675 CEU)
- **Negotiating Contracts for Value-Based Care** (0.2 CEU)

Healthcare Data Analytics Certificate

The role of data is critical to healthcare. This 2-course certificate will teach you the core fundamentals of data analysis through the lens of healthcare, including practical exercises and relevant scenarios of how data is used to support, manage, and improve care delivery, quality measures, population health, finances, and much more.

- **Understanding Healthcare Data Analytics** (0.8 CEU)
- **Clinical Data Analytics and the Learning Health System** (0.95 CEU)



LEARNING DELIVERY

Classes are offered online, instructor supported and start every four weeks.

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** (0.6 CEU)
- **Population Health Data Analytics** (0.75 CEU)
- **Population Health Interventions** (0.9 CEU)

Together, Johns Hopkins University School of Medicine and Normandale are developing leaders in healthcare.



JOHNS HOPKINS
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Get Certified!

Earn an Integrative Health Certificate at Normandale

- Holistic Nutrition Certificate
- Aromatherapy Certificate
- Ayurveda Certificate
- Herbalism Certificate
- Energy Medicine Certificate
- EFT Certificate
- Reiki Energy Therapy Certifications
- Healing Touch Certifications
- Tai Chi Teacher Certifications
- OMNI Hypnosis Certificate
- Women's Health Certificate
- ...and many more



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