

certificates • workshops • seminars

fall 2012



normandale

integrative health education center

continuing & integrative
health education

medical careers ayurvedic medicine hypnosis pharmacy technician mindfulness numerology bo
hnician feng shui tai chi reiki nursing certification dental herbalism spring forest qigong ene
healthcare and wellness medical coding & billing american sign language medical hypnosis cp
dy work feng shui stress reduction homeopathy nursing refresher herbalism spanish sound
pressure aromatherapy spring forest qigong spanish depression and anxiety color healing n
covery healing touch workplace wellness emotional freedom techniques sound health syste
hniques health information technology spiritual wellness yoga nutrition and diet home hea
ess management intuition cultural competence medical careers reiki energy therapy ayurved



Joy of Living Series

20



8

Conversations with Your Home



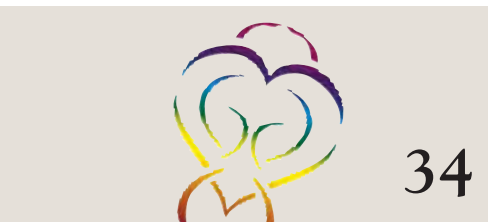
12

Healing Touch Certification



6

Spring Forest Qigong



34

HeartSight® Series

Nutrition, Fitness, and Longevity - It's all here!

Find the resources to **LOOK Your Best, FEEL Your Best and BE Your Best, and design YOUR Healthy LIFE!**

Stop by Normandale's booth to enter our drawing for a free class.

Meet our instructors at the many interactive sessions offered

at the Expo. See what's new and explore our cutting edge programs.



Saturday and Sunday, October 20 & 21
Minneapolis Convention Center

FREE Admission ticket at <http://normandale.augusoft.net>
(click on Courses/For Your Interest/Free Event)

Table of Contents

AROMATHERAPY

- Certificate in Essential Oils6-7
- Exploring Aromatherapy in HC7

CODING AND TRANSCRIPTION

- Medical Coding & Billing36
- Medical Transcription & Editor36
- Medical Careers Free Info Session36

CREATIVITY & DEVELOPMENT

- Developing Insight and Intuition24
- Multidimensional Human Design25
- Introduction to Numerology26
- Unblocking the Creative Flow26
- Healing Your Heart26
- Human and Animal Relations27
- Easy and Effective Astrology27
- Releasing Sabotage27
- Photo Reading27
- Safety Training and Self Defense27

DENTAL

- Dental Health Professional32

ENERGY WORK

- Energy Medicine Certificate10-11
- Energetic Boundaries10

EMOTIONAL FREEDOM TECHNIQUES

- EFT Basics16
- Interactive Tapping™16
- EFT Levels 1 & 2 Certificates17
- New Options for PTSD17

EXPLORE LANGUAGES

- American Sign Language I - IV34-35

EVENTS

- Healthy Life Expoinside front cover
- Medical Careers Free Info Session5
- SFQ Info Sessions6
- Conversations for Your Home8
- Your Abundance Mindset8-9
- Health IT Info Session37

FENG SHUI

- Conversations with Your Home8
- Feng Shui for the Holidays8
- Feng Shui for Your Life Path9
- Peaceful Passages9
- Optimizing Your Career9

HEALING PRACTICES

- Ayurvedic Medicine2
- Acupressure and Shiatsu2
- Color Matrix3
- Traditional Chinese Medicine3
- Naturopathic Medicine3

HEALING TOUCH

- Healing Touch Certification12-13

HEALTH IT

- Health Information Technology37

HEARTSIGHT® SERIES

- HeartSight® Series I14-15

HERBALISM

- Certificate in Herbal Therapy2-3

HOMEOPATHY

- Homeopathy Medicine4
- Homeopathy and Influenza5
- Homeopathy for Medical Prof5

HYPNOSIS

- Hypnotherapy Certification22-23
- Medical Hypnosis22
- Self Hypnosis 1 & 223

MEDITATION AND MINDFULNESS

- Joy of Living - Level 120-21
- Cultivating Mindfulness20
- Taoist Healing21

MOVEMENT & BODY WORK

- Nordic Walking16
- Yoga17

NURSING AND CERTIFICATION

- Refresher Course in Nursing32
- Healthcare Provider CPR - Renewal ..33
- First Responder Refresher33
- Medical Administrative Assistant33
- Nursing Online14

NUTRITION AND DIET

- Adrenal Fatigue4
- Habits of Healthy Eaters4
- Balancing Female Hormones Naturally4
- Beyond Gluten5
- Overcome Emotional Eating5

PHARMACY TECHNICIAN

- Pharmacy Technician33

PROFESSIONAL DEVELOPMENT

- Integrative Healing – LT Care34
- Connection the Circle34
- Cultural Competence34
- Body Signals35
- Sound Healing Therapies35
- Obstacles to Holistic Healthcare35

REIKI ENERGY THERAPY

- Reiki Energy Therapy: Levels 1 & 212

SELF MASTERY CERTIFICATE

- Self Mastery Certificate24-25

SOUND HEALING

- Sound Healing Mastery Cert.18-19
- HealthRhythms®19

SPRING FOREST QIGONG

- Free Info Sessions6
- Workshops7

STRESS MANAGEMENT

- Intro to Breathwork13

TAI CHI

- ABC's of Tai Chi29
- Beginning Tai Chi for
Health & Arthritis29
- Arthritis Refresher Workshop29
- Tai Chi 5 Animal Frolics29
- Tai Chi Fan29
- Tai Chi Energy`28
- Tai Chi Pushing/Sensing Hands28
- Tai Chi Arthritis – Teacher Cert.28
- Primordial Qigong29
- Sun Style Competition 73 Form29
- Sun Style 97 Form29
- Yi Chuan30
- Yang Style 40 & 108 Forms29

integrative health and wellness



Ayurvedic Medicine

Ayurveda, a sister science to Yoga, is the oldest continuously practiced health care system in the world. Drawn from the ancient Vedic texts of India, Ayurveda addresses the person as a whole and encourages individuals to actively participate in creating and maintaining their own health and well being. During this workshop, you will become familiar with Ayurveda and how your choice of diet, lifestyle, and daily practices can keep you balanced and help maintain your health and vitality. 7.2 Contact Hours, \$145, INSTR: Tricia Sletten, E-RYT

Class ID: 23343 Sat, 11/10/12 9:00am – 4:00pm RM: A2554

Fundamentals of Acupressure and Shiatsu

This is a three-part introductory course in Self Health Acupressure. Acupressure is a form of hand therapy treatment which, like acupuncture, balances energy in the body. You will receive lecture material on the history, theory and techniques of acupressure. The primary focus of the class time will be spent on demonstrations and practice. You will also learn techniques for self-shiatsu. This mode of therapy will teach you to effectively locate energy and physical stagnation in your body. 7.2 Contact Hours, \$145, INSTR: Larry Caldwell, DC

Class ID: 23307

Tue, 11/13/12 – 11/27/12 6:30pm – 8:30pm RM: A2564

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 effective) as conventional medicine, herbalism is a science and art that can be successfully learned and utilized by the lay person. Through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves, you will learn to apply herbal therapy to support the constitution with reference to an array of conditions from A to Z, in consideration of guidelines as to indications, dosage, and contraindications. *Textbook available for purchase in class - 300: Herbs: Their Indications & Contraindications (A Materia Medica & Repertory) (2003). \$15, 3 Contact Hours and \$45 per class; 18 Contact Hours and \$240 for series*

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. Matthew is also the director of the Midwest School of Herbal Studies. Matthew has authored numerous articles as well as books.



Color Matrix

NEW

Learn how your energetic field resonates with the four elements Air, Water, Fire and Earth and which one represents the defining, primary element in your subtle energy field, your Alpha Element. Through an experiential learning process you will be introduced to the visual language of color energy and learn techniques to boost and balance your energy by knowing your Alpha and Omega Elements. Discover the elements of each of your personal energy levels: body, emotions, mind and spirit along with the color-energy that reflects and empowers core traits of your personality: Catalyst, Torchbearer, Pathfinder or Pragmatist. You will be guided through a holistic color assessment which will reveal your Color Matrix and receive an image of your Alpha Element™ color-energy along with a Color Matrix Profile description. 3.6 Contact Hours, \$59, INSTR: Marit Solheim Witt

Class ID: 23316 Sat, 12/1/12

9:00am – 12:00pm RM: A2556

Traditional Chinese Medicine

Learn the theory of acupuncture & Chinese medicine, see first hand demonstrations of acupuncture, cupping, moxabustion and tui na. The class will also provide the opportunity to experience a Chinese herbal medicine decoction. 7.2 Contact Hours, \$145, INSTR: Kristianne Seelye, M. Ac. O. M.

Class ID: 23347 Sat, 11/3/12

9:00am – 4:00pm RM: A2554

Naturopathic Medicine

NEW

Naturopathic medicine is a system of medicine that focuses on prevention and the use of non-toxic, natural therapies to empower an individual to achieve optimal health. In this tradition, health is much more than the absence of disease; it is the vitality that comes from a feeling of wellness. Learn basic naturopathic strategies to improve digestion, detoxification, and the stress response. 7.2 Contact Hours, \$145, INSTR: Paul Ratté, ND

Class ID: 23300 Sat, 12/1/12

9:00am – 4:00pm RM: A2554

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

Class ID: 23175 Mon, 10/29/12 6:30pm – 9:00pm RM: A2556

Class 2: The Constituents and Properties of Herbs

Class ID: 23176 Mon, 11/5/12 6:30pm – 9:00pm RM: A2556

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

Class ID: 23176 Mon, 11/19/12 6:30pm – 9:00pm RM: A2556

Class 4: Herbs for the Immune and Endocrine Systems

Class ID: 23178 Mon, 11/26/12 6:30pm – 9:00pm RM: A2556

Class 5: Herbs for Digestion and Elimination

Class ID: 23179 Mon, 12/3/12 6:30pm – 9:00pm RM: A2556

Class 6: Herbs for the Cardiovascular System

Class ID: 23180 Mon, 12/10/12 6:30pm – 9:00pm RM: A2556



homeopathy



Homeopathic Medicine

NEW

This foundational course will acquaint you with the theory and application of homeopathic medicine. Learn more about how and when to apply homeopathic treatment in both acute and chronic situations. As a whole system of healing, homeopathy offers deep curative action by enhancing the immune system and supporting the natural vital force. It can be used adjunctively in pre and post-operative treatment, curatively in infectious disease, with acute injuries and also prophylactically, as evidenced with numerous clinical studies. 7.2 Contact Hours, \$145, INSTR: Cilla Whatcott, RHom, H.D., CCH

Class ID: 23315

Sat, 10/27/12 9:00am – 4:00pm

RM: A2556

nutrition and diet

Adrenal Fatigue: Stress, Survival, Symptoms and Healing

NEW

Adrenal fatigue occurs when the amount of stress over extends 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. 2.4 Contact Hours, \$49, INSTR: Rhys Preston, DC

Class ID: 23286 Thur, 10/4/12

6:00pm – 8:00pm

RM: A2552

Habits of Healthy Eaters – Practical Nutrition

NEW

Much of the standard American diet is based on nutritionism, or eating nutrients instead of food. Nutritionism leads to confusion about what to eat. This class will cut through this confusion to discuss the basics of nutrition and provide practical steps to improve your health by eating real food. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

Class ID: 23284 Tue, 10/30/12

6:00pm – 9:00pm

RM: A2554

Balancing Female Hormones Naturally

NEW

Anybody confused about female hormones? Suffer from symptoms like hot flashes, insomnia, sweet and carb cravings, weight gain? Most female hormone problems are fixable – you should be the expert of the body you live in. This workshop will provide you with the tools to prevent and manage these symptoms. Your energy levels will improve and the fat will melt off! 2.4 Contact Hours, \$49, INSTR: Rhys Preston, DC

Class ID: 23287 Thur, 11/1/12

6:00pm – 8:00pm

RM: A2552

“This class was so much more than I expected! Wonderful!”

Homeopathy and Influenza

De-fuse your flu fears! Learn the history of epidemics and the track record of homeopathy. What does current scientific thinking say about immunity? How do flu shots work? What about high fevers? Come with your questions and learn how to use seven highly effective remedies to fortify yourself during the flu season. 3 Contact Hours, \$49, INSTR: Cilla Whatcott, RHom, H.D., CCH

Class ID: 23305 Tue, 9/18/12

6:30pm – 9:00pm RM: A2556

Homeopathy for Medical Professionals

NEW

Designed for medically licensed, as well as natural practitioners, this class will familiarize you with the origins of homeopathic medicine and teach you how to integrate the principles into conventional care. You will examine safety, efficacy, and practical application of homeopathy for acute and chronic conditions. Integrate these valuable tools into your care treatment choices when patients ask for safe, and highly effective, natural options. 3 Contact Hours, \$49, INSTR: Cilla Whatcott, RHom, H.D., CCH

Class ID: 23306 Wed, 11/14/12

6:00pm – 8:30pm RM: A2564

Beyond Gluten: Introduction to Digestive Health

NEW

Gluten intolerance is a trigger of chronic disease. This class will explore the role of digestive function beyond gluten elimination. Digestive dysfunction such as intestinal permeability, dysbiosis, refined carbohydrates, and stress is often underlying the gluten epidemic. Digestive function and simple strategies to improve digestive health will be discussed. 3.6 Contact Hours, \$49, INSTR: Paul Ratté, ND

Class ID: 23285

Tue, 11/27/12 6:00pm – 9:00pm RM: A2554

Strategies to Overcome Emotional Eating

NEW

Many people eat when they are stressed, sad or lonely. This course will help you understand why people eat from a place of emotions. You will gain strategies, techniques and specific nutritional plans that are designed to free people from emotional eating triggers and habits. 2.4 Contact Hours, \$49, INSTR: Taiha C. Wagner, LPN, TLE

Class ID: 23283

Thur, 11/29/12 6:00pm – 8:00pm RM: A2552



aromatherapy



Aromatherapy Foundations - Level 1 Certificate

This beginning level course in Aromatherapy teaches you the foundational information and skill set needed to begin using essential oils in safe, practical, and cost-effective ways. Course is supported by professional research and resources. After this course you will understand why Aromatherapy is the first choice in integrative care in health care settings and homes today. Essential oils are unique in that they work simultaneously on three levels of healing: therapeutically on the physical body, emotionally, and energetically – bringing healing and balance simultaneously. 14.4 Contact Hours, \$225, INSTR: Jodi Baglien, CA, CST

Class ID: 23322

Fri, 10/26/12 &
Sat, 10/27/12

8:30am – 4:30pm &
9:00am – 3:00pm

RM: A2554

Level Two will be offered in Winter/Spring 2013.

spring forest qigong

Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin. He developed his program after studying and practicing Qigong and Tai Chi with some of the world's most prominent and powerful masters. Master Lin found that there are thousands of Qigong exercises practiced in China and around the world and determined that most of these techniques were too complicated and time-consuming for the average person to learn and practice easily. He also recognized that learning, understanding and acceptance are increased when the meaning or impact of each exercise and technique is explained.

These Spring Forest Qigong workshops are a significant part of Master Lin's vision of creating "a healer in every family and a world without pain."

Chunyi Lin serves as the lead instructor and is a certified International Qigong Master. Founder of Spring Forest Qigong, he has taught over 120,000 students about its healing benefits. Master Lin may be assisted by other qualified instructors.



Free Information Sessions

Learn how Spring Forest Qigong (SFQ) is a simple and effective method for helping you heal physical and emotional pain and enhance the quality of your life and the lives of others.

Class ID: 23425 Tue, 9/25/12 6:30pm – 8:00pm RM: A2564

Class ID: 23426 Tue, 10/30/12 6:30pm – 8:00pm RM: A2564

Class ID: 23427 Tue, 11/27/12 6:30pm – 8:00pm RM: A1550



SFQ

SPRING FOREST QIGONG

“ Jodi has a passion for essential oils and it shows.”

Exploring Aromatherapy in Healthcare

NEW

Take a tour of the world of Clinical Aromatherapy with a professional Aromatherapist. Learn why it has become the first choice of integrative health care options. Get an inside view of how essential oils are used in medical, holistic and comfort care settings. 2.4 Contact Hours, \$69, INSTR: Jodi Baglien, CA, CST

Class ID: 23317 Mon, 9/24/12

6:00pm – 8:00pm

RM: A2562

Jodi Baglien, CA, CST, is certified in both clinical aromatherapy and shiatsu therapy, Jodi has worked in private practice for over 10 years and is the “go to resource” for hands on aromatherapy training and resources as the regional director and chair of the education committee for the Alliance of International Aromatherapists.



Recommended textbook: “*The Complete Guide to Aromatherapy*”

2004 (2nd edition) by Salvatore Battaglia. Available at major

textbook retailers. **Note:** Oils and supplies are available for purchase in class, but not required.

Level I Workshop

In Level 1, you will learn Qigong as a form of meditation exercises that will help you increase self-awareness, build internal energy and develop a healthy body physically and spiritually. These techniques will help you to relieve physical pain, stress, depression and are simple, effective and easy to learn. .7 CEU, \$195

Class ID: 23417 Fri, 9/14/12

8:30am – 4:30pm

RM: A2566

Class ID: 23418 Fri, 10/12/12

8:30am – 4:30pm

RM: A2566

Class ID: 23419 Fri, 11/16/12

8:30am – 4:30pm

RM: A2566

Class ID: 23420 Fri, 12/7/12

8:30am – 4:30pm

RM: A2566

Level II Workshop

Spring Forest Qigong Level II is available to those who have completed Spring Forest Qigong Level I. Learn to increase your own internal energy and to scan the body to find energy blockages, which are believed to be the root of sickness. You’ll learn the healing techniques of “sword fingers” and “thunder palms”. 1.15 CEU, \$245

Class ID: 23421 Sat, 9/15/12 &

8:30am – 5:00pm

Sun, 9/16/12

8:30am – 12:30pm

RM: A2566

Class ID: 23422 Sat, 10/13/12 &

8:30am – 5:00pm

Sun, 10/14/12

8:30am – 12:30pm

RM: A2566

Class ID: 23423 Sat, 11/17/12 &

8:30am – 5:00pm

Sun, 11/18/12

8:30am – 12:30pm

RM: A2566

Class ID: 23424 Sat, 12/8/12 &

8:30am – 5:00pm

Sun, 12/9/12

8:30am – 12:30pm

RM: A2566

Learning manuals are provided for Level I and II workshops.



BALANCE • ENERGY • MOVEMENT • EMPOWERMENT

feng shui



Conversations with Your Home

In a conversation we often tell, ask, listen, share, perceive, translate, misconstrue, clarify...some of which is spoken and much of which is not. In this workshop, Carole Hyder reveals that you and your home have conversations, everyday and for a lifetime. Are they meaningful, intentional and supportive? Find out how you can tap into the enveloping and conscious energy that happens to come to you in a powerful spatial format, your home. You will walk through exercises that will open your eyes to the enormous possibilities that your home offers to support your dreams. Your home's energy can help you feel whole and safe so that you can live your ideal life. Learn to have "conversations with your home." 3.6 Contact Hours, \$99 (includes Carole's book "Conversations with Your Home" - \$18 value), INSTR: Carole Hyder, MA



Class ID: 23190 Wed, 9/19/12 6:00pm – 9:00pm RM: A2556

Feng Shui for the Holidays

NEW

Holidays can be overly busy, complicated and downright stressful. By incorporating Feng Shui principals into your holiday's season, you will be able to enjoy them more, create an atmosphere of harmony and celebrate the season! 2.4 Contact Hours, \$49, INSTR: Sheree Vincent

Class ID: 23334 Thur, 11/8/12 6:00pm – 8:00pm RM: A2552

Your Abundance Mindset:

Cultivating a Richer Life



Learn as two energy experts define the symbolic importance of money in your life through their amazing EnRichment™ process. Best-selling authors and nationally recognized experts Cyndi Dale and Carole Hyder will help you see if there are blocks that keep you from accepting physical and spiritual blessings. We'll plunge the depths to unearth ways you or others might be sabotaging your deserved abundance and then help you construct an energetic and practical plan for creating financial flow. 4.8 Contact Hours, \$99

Saturday, October 27, 2012 • 8:30am – 12:30pm

Tuition includes the EnRichment™ Workbook – tips and techniques to help continue your manifesting process, and an EnRichment™ Webinar – an opportunity for you to continue building your abundance blueprint. Monday, November 5, 2012, 6:00 - 6:50pm.

Is There a Glass Ceiling in My House? Feng Shui for Your Life Path

NEW

Our space is a reflection of our life. All of our goals and obstacles are present in our surroundings. Where am I going? What am I doing? Am I the one holding myself back? There are many clues in your living space about your life path and career goals. Learn how to read these clues and judge if something is no longer working for you. We will learn to distinguish the difference and learn how to use space to focus on your goals. We will discuss how to create work areas (at work and at home) that are conducive to your needs and goals. Whether you are an artist or in the corporate world, this workshop will shed light on how to make you more effective in your life's work. 2.4 Contact Hours, \$49, INSTR: Susan Shehata

Class ID: 23191

Wed, 9/26/12

6:00pm - 8:00pm

RM: A2564

Peaceful Passages: Feng Shui for Hospice Care

This course is intended for hospice workers and people who are providing hospice care in their home for a loved one or any individual interested in learning more as this area touches most people's lives at some point. Learn how the concepts of Feng Shui apply to creating space for home hospice care in a way that supports both the patient and the caregivers. The course is designed with infinite appreciation and gratitude for hospice workers and those providing care in their home for a dying loved one. 2.4 Contact Hours, \$49, INSTR: Char Tarashanti, WWC, CHT

Class ID: 23321

Thur, 10/18/12

6:00pm - 8:00pm

RM: F2235

Optimizing Your Career

NEW

Looking to create success in your work? Do you feel you're not at your full potential? Learn to apply the Feng Shui principles and specific tips and techniques that will influence a more harmonious and productive environment. By applying this art, you can create intentional change and positive energy flow. Watch your work become fulfilling, productive and prosperous. 2.4 Contact Hours, \$49, INSTR: Julie Delene, WWC, CBW

Class ID: 23345

Wed, 10/17/12

6:00pm - 8:00pm

RM: A2564

Are you ready to rewrite your
"money plan" so it reflects the
richness—body, mind, and soul
—you long for?



MasterMind Enrichment Series

Only seven people who have completed the "Your Abundance Mindset" workshop will be accepted into this program. Participants will meet Carole Hyder and Cyndi Dale three times. They will receive personalized, hands-on assistance with their learning goals. See website for more information about this unique program.

energy medicine certificate



The **Energy Medicine Certificate** introduces the philosophies and descriptions of energy anatomy and energy healing. To earn the certificate, you must take all seven classes. However, you can also choose to enroll in individual classes.

Class 1: The Holistic Process: What Is Energy Work

Learn the exciting fundamentals of energy, both physical (measurable) and subtle (immeasurable). Learn the major energetic systems and how they work, as well as the leading-edge research substantiating their existence and functions. Learn what diseases, conditions, and lifestyle issues are best addressed by which modalities. 8.4 Contact Hours, \$145

Class ID: 23196 Sat, 10/6/12 9:00am - 4:00pm RM: A2556

Class 2: The Tools of the Energy Trade

Just as an electrician requires a tool kit, so does an energy worker need his or her own toolbox. What's in the energy worker's toolbox? The tools of the trade are covered in this dynamic workshop. 8.4 Contact Hours, \$145

Class ID: 23197 Sat, 11/10/12 9:00am - 4:00pm RM: A2556

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

energy work

Energetic Boundaries for Caring Professionals

The most challenging part of being a helping professional is that we care. Learn to keep your energy clear and strong while you help others. The key to professional success and personal happiness is establishing and maintaining a very important type of boundary--an energetic boundary. This two-part series explains the presence of these boundaries, the dangers of their collapse or inefficiencies, and most important, showcases easy and effective ways to bolster your boundaries. This course is designed for health care practitioners, nurses, teachers, social workers, therapists, caregivers, massage therapists, and holistic healing practitioners. Recommended reading: *Energy Boundaries* by Cyndi Dale. 7.2 Contact Hours, \$145, INSTR: Kay Grace, CAEH and Cyndi Dale, MTAEH

Class ID: 23229 Tue, 10/2/12 & 10/9/12 6:00pm - 9:00pm RM: A2566

Class 3: Energy Anatomy: Channels

Learn about the two main energy channels, the meridians and the nadis, that support and determine our physical, mental, emotional, and spiritual well being. Learn the historical and scientific evidence of these carriers of healing and thought as you gain ways to apply this information in energy work.
8.4 Contact Hours, \$145

Class ID: 23198 Sat, 12/8/12 9:00am - 4:00pm RM: A2556

Class 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. Covered are topics including geopathic stress, electro-pollution, auric fields, and morphology. 8.4 Contact Hours, \$145

Class ID: 23199 Sat, 1/19/13 9:00am - 4:00pm RM: A2556

Class 5: Energy Anatomy: Centers

See website for description. 8.4 Contact Hours, \$145

Class ID: 23200 Sat, 2/9/13 9:00am - 4:00pm RM: A2556

Class 6: Energy Healings

See website for description. 8.4 Contact Hours, \$145

Class ID: 23201 Sat, 3/9/13 9:00am - 4:00pm RM: A2556

Class 7: Energy Work Practices

See website for description. 8.4 Contact Hours, \$145

Class ID: 23202 Sat, 4/13/13 9:00am - 4:00pm RM: A2556

“The Energy Works certification course left me with approachable, easy-to-use techniques for incorporating energy work into my facials. It provided me with techniques to ease tension and allowed me to speak with more expertise about what I was doing with my clients. I have also noticed that my clients have really responded to the changes I have made since getting certified. This certification process has enhanced my skills and has made me more reputable in my field.”

– Savita Bettaglia – Licensed Aesthetician



healing touch



Healing Touch is an international educational program in energy based medicine therapy . As a professionally accredited program, the curriculum encompasses increasing levels of practice and techniques, standards of care, code of ethics and scope of practice. Healing Touch is endorsed by the American Holistic Nurses Association. Practitioners and instructors are certified through an independent certification process. When you complete the entire Healing Touch Program, you may apply for certification. Healing Touch Certified Practitioners are universally recognized as having achieved a professional level of energetic therapy competence. See our website for additional information.



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.

Reiki Energy Therapy Level 1

Reiki Energy Therapy is a simple, natural and safe method of therapy that uses life force energy transmitted through a practitioner's hands that offers physical pain reduction and profound relaxation. Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy. These courses are taught using traditional Usui Reiki form. Please bring a bag lunch and pillows, towels, and/or mat. 8.4 Contact Hours, \$150, INSTR: Lucille Crow, RN, RM, CHT

Class ID: 23301 Sat, 10/6/12 8:00am – 4:00pm RM: C3061

Class ID: 23302 Sat, 10/27/12 8:00am – 4:00pm RM: C3061

Reiki Energy Therapy Level 2

This class provides advanced skills in Reiki Energy Therapy, increasing the power and versatility of the use of the therapy. The practitioner develops abilities to handle more complex situations and techniques to strengthen and enhance the therapy. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. The course is taught using the Traditional Usui Reiki form. Please bring a bag lunch. *Prerequisite: Certification in Reiki Energy Therapy 1.* 8.4 Contact Hours, \$150, INSTR: Lucille Crow, RN, RM, CHT

Class ID: 23303 Sat, 11/10/12 8:00am – 4:00pm RM: C3061

Healing Touch International (HTI) Level 1 **NEW**

Healing Touch is relaxing, nurturing energy therapy which uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being. It enhances the body's natural ability to heal. The class is open to anyone who desires to study energy therapy with a commitment to help others. Works in complement with standard medical care and other health care systems. Healing touch is safe for all ages. Upon completion of Level 1, students are eligible to apply for consideration to become a certified Healing Touch Practitioner. For more information, visit our website. 19.2 Contact Hours, \$295 (workbook included), INSTR: Barb Schommer, RN, MS, CHTP, CHTI

Class ID: 23344 Fri & Sat, 10/12/12 & 10/13/12 8:00am – 4:30pm

RM: A2554

Barb Schommer, RN, MS, CHTP, CHTI comes into healing and energy work with 30 years experience as a public health nurse. As a Certified Healing Touch Practitioner she assists people in their self healing Journey. She is intrigued by the energetic aspect of primary prevention, and combines her prevention skills with Healing Touch in assisting people to prevent and/or relieve disease.



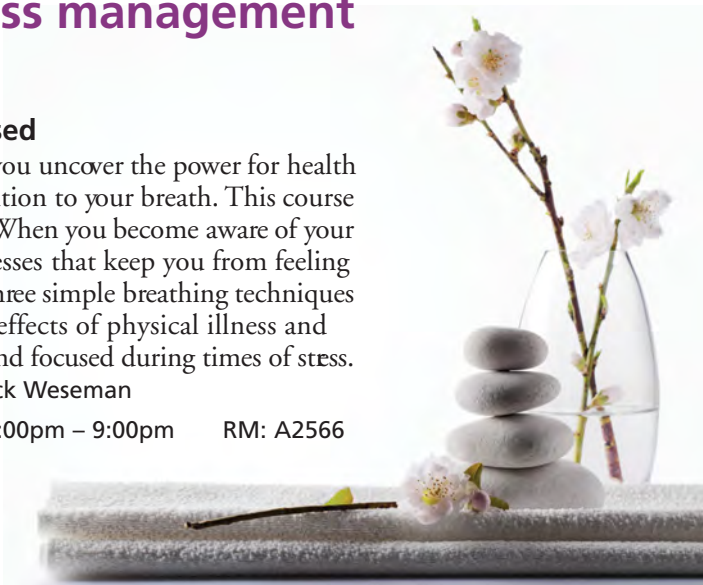
Lucille Crow, RN, RM, CHT is a speaker and educator, R.N., Reiki Master and Certified Hypnotherapist. Lucille brings a wealth of experience, knowledge and wisdom to provide a powerful perspective to her work. As an R.N., she worked in cardiovascular research at Stanford University and the University of Minnesota.

stress management

Introduction to Breathwork Staying Calm, Cool and Focused

This introductory course will help you uncover the power for health and wellness by simply paying attention to your breath. This course will be interactive and experiential. When you become aware of your breath you begin to unlock the stresses that keep you from feeling energized and alive. You will learn three simple breathing techniques for relieving stress, reducing the effects of physical illness and understand how to stay calm, cool and focused during times of stress. 3.6 Contact Hours, \$49, INSTR: Patrick Weseman

Class ID: 23309 Tue, 11/27/12 6:00pm – 9:00pm RM: A2566



heartsight® series I



Are you ready to awaken your intuitive abilities and explore your life purpose? The HeartSight® Method of transformation helps you to use your intuitive gifts, personally and professionally. This course is especially valuable to healthcare workers and individuals who work in patient care. The intention of this five part series is to harmonize body and soul to enhance the power of your intuition, creativity and energy. Through experiential learning, you will be given tools to expand your heart consciousness, reclaim your intuitive gifts and trust your sacred truth. 18 Contact Hours and \$275 for entire series

You may choose to take one or all of the five HeartSight® Series I courses. To register online for entire HeartSight® Series I select "View Course Series" at <http://normandale.augusoft.net>

Class 1: Your Authentic Self

Are you searching for the real you? Learn how to tune into your authentic self and gain access to your inner wisdom. Through experiential learning, you will begin to discern the voice of the intellect from the voice of the soul and make decisions from your center of Knowing. Learn and practice concepts such as Grounding and Centering and learn the Three Ways of Knowing – Head, Heart and Gut. 3.6 Contact Hours, \$65

Class ID: 23289

Wed, 9/19/12

6:00pm – 9:00pm

RM: A2564

Maureen Pelton MSW, LICSW has spent 25 years using her intuitive gifts and scientific applications as an integrative psychotherapist, professional coach, teacher, speaker and organizational consultant. She has taught at the Center for Spirituality & Healing at the University of Minnesota and The Penny George Institute for Health & Healing.

Healthcare and Wellness Online Learning



Normandale's online courses and certificate programs are taught by expert instructors, many of whom are nationally known authors.

New Courses and Certificates are always being added!

To see course descriptions and register
<http://normandale.augusoft.net>

Our online courses and certificate programs offer the convenience and flexibility to fit with your schedule.

Classes start as low as \$95.

Class 2: Stepping into Your Energy Body

Do you wish you had more energy? Learn to access your Energy Body and play with your energy fields. Learn about the impact of energy on your physical, emotional, mental and psycho-spiritual states. Explore your health through the Energy Centers and develop skills to care for your Energy Body. 3.6 Contact Hours, \$65

Class ID: 23290 Wed, 9/26/12 6:00pm – 9:00pm RM: A2556

Class 3: Maintaining Boundaries & Emotional Integrity

Do you feel overly sensitive to others' feelings or thoughts? Experience how to maintain healthy emotional boundaries. Practice using your intuitive gifts of feeling and sensing without losing yourself in the process. Learn to strengthen your uniqueness while staying connected to others. 3.6 Contact Hours, \$65

Class ID: 23291 Wed, 10/3/12 6:00pm – 9:00pm RM: A2556

Class 4: Shadow Parts and the Law of Resonance

Do you feel stuck at times and don't know why? Your unconscious mind may be drawing to you what you need to change about yourself. Understanding the concepts of Mirroring and the Law of Resonance will help you transform the obstacles being created by your unconscious beliefs and conditioning (Shadow Parts). Learn skills to clear the Shadow Parts so you may manifest the life you want to live. 3.6 Contact Hours, \$65

Class ID: 23292 Wed, 10/10/12 6:00pm – 9:00pm RM: A2556

Class 5: Intentions and the Law of Attraction

Are you wondering how the Law of Attraction really works? Come learn about the power of intention and the willingness to receive. Gain skills and strategies for personal empowerment through the paradigm of self-responsibility and choice. Explore tools for attracting and receiving what you need to live your life purpose. 3.6 Contact Hours, \$65

Class ID: 23293 Wed, 10/17/12 6:00pm – 9:00pm RM: A2556



Sponsored by
Normandale's Integrative Health Education Center

Learning Well
on Edge Talk Radio



Host Maureen Pelton

Join Maureen Pelton as she shares her wisdom and insight. You'll hear from national and local health & wellness leaders who will inspire you towards transformation and your authentic self.

NEW! Call in with questions for both Maureen and guest expert!

To learn more about our radio show, visit our website.

6:00PM - first Tuesday of every month

www.blogtalkradio.com/edgemagazine or call 714-364-4750.

emotional freedom techniques



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

Emotional Freedom Techniques Basics

This course provides an overview and hands-on practice of Emotional Freedom Techniques, a self-help method that is used worldwide to help eliminate stress, fear, anger, sadness, cravings, chronic pain and much more. The procedure involves tapping acupuncture points to release negative emotions and restore well-being. It is self-applied, easy-to-learn and will have permanent positive benefits. 2.4 Contact Hours, \$59, INSTR: Valerie Lis, EFT, MA

Class ID: 23195 Thu, 9/27/12 6:00pm – 8:00pm RM: A2552

Interactive Tapping™ for Recovery!

NEW

Our addictions are connected to our emotions and fueled by our biochemical imbalances, which trigger biochemical responses. These responses are major contributors to most addictions and compulsions. Interactive Tapping™ is tapping on prescribed points which send an electrical impulse to the part of the body, which “neutralizes” the emotion. Individuals experience a state of calm and peace which is essential for successful recovery. Join Cathryn Taylor, bestselling author of *Inner Child Workbook* and experience how to tap to recovery. 3.6 Contact Hours, \$59, INSTR: Cathryn Taylor, MA, MFT, LADC

Class ID: 23192 Sat, 11/3/12 9:00am - 12:00pm RM: A2562

movement and body work

Nordic Walking For Body Mind and Spirit

NEW

Make your walk the best walk it can be - make it a Nordic Walk! From beginning walker to experienced runner the simple addition of Nordic Walking poles turns your walk into an all body workout. You will burn more calories, increase your heart rate, support your lower joints and engage up to 90% of your body's muscles in weight bearing exercise. It's fun, it's easy and it's social. 7.2 Contact Hours, \$59, INSTR: Linda Lemke, C-PSIA, CNWIT

Class ID: 23187 Tue, 10/9/12 – 10/23/12 6:00pm – 8:00pm RM: A1570

EFT: Level 1 & 2 Certificates

These hands-on workshops are part of the required training for certification as a practitioner through EFT Universe. You will learn the core concepts of EFT through step-by-step instruction, demonstration, and supervised hands-on practice. The workshops are designed to build your skills and confidence and are also intended for those who simply want to learn about and become more proficient with EFT in a supervised environment.

Level 1 Certificate:

19.2 Contact Hours, \$350

Class ID: 23193

INSTR: Valerie Lis

Sat, 10/13/12 & Sun, 10/14/12

8:00am – 4:30pm

RM: A2556

Level 2 Certificate:

19.2 Contact Hours, \$350

Prerequisite: EFT Level 1 or prior approval by the instructor.

Class ID: 23194

INSTR: Valerie Lis

Sat, 11/17/12 & Sun, 11/18/12

8:00am – 4:30pm

RM: A2556

Valerie Lis, EFT, MA, an Emotional Freedom Techniques practitioner and trainer. Valerie has conducted training sessions and workshops on EFT since 2002. She also teaches college students and health professionals about the field of Integrative Health and frequently presents at conferences.



Veterans: New Options for PTSD and Wartime Trauma

NEW

Emotional Freedom Techniques (EFT) is an effective self-help tool for the after-effects and treatment of wartime trauma. Participants will work through a minor stressful event using the Basic EFT Tapping Formula. Information will be provided on a clinical study that offers six free sessions for qualifying veterans. 2.4 Contact Hours, \$59, INSTR: Valerie Lis, EFT, MA

Class ID: 23342

Wed, 11/14/12

6:00pm – 8:00pm

RM: C1012

Yoga

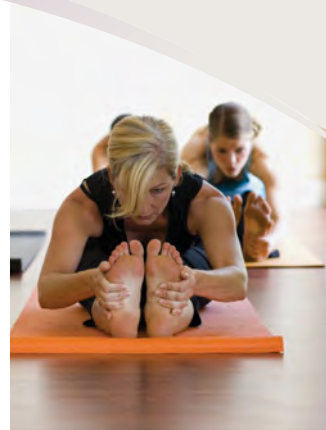
Yoga offers health maintenance, enrichment, musculoskeletal support and much more. Learn and practice yoga postures and simple movements that enhance your ability to relax and renew. You'll enjoy better posture, improved body composition (strength and flexibility), healthier breathing habits, and a sense of well-being. Wear comfortable clothing and bring a mat. 4.8 Contact Hours, \$49, INSTR: Marcy Lundquist, MA

Class ID: 23358

Mon, 10/15/12 – 11/5/12

5:30pm – 6:30pm

RM: A1560



sound healing mastery certificate



In this groundbreaking series, learn the art and science of Sound Healing as well as gain practice with the tools – Tibetan bowls, tuning forks, crystals, drums, color, sacred geometry, music, movement and your own voice. Sound healing has been around for thousands of years. From tribal or ecstatic dance, to rhythm, drums and the didgeridoo of the Australian Aborigines, these ancient sounds connect us to the earth. 62.4 Contact Hours and \$975 for certificate (classes 1-8).

Introduction to Sound Healing Basics

Discover how sound healing is emerging as a highly respected and invaluable treatment method. Learn to use basic sound healing tools to clear mental, physical and emotional roadblocks. Experience an introduction to multiple sound healing tools and instruments to create a circle of healing sound. 2.4 Contact Hours, \$49

Class ID: 23323 Fri, 9/14/12

6:00pm – 8:00pm

RM: A2554

Introduction to Sound Healing is a prerequisite for classes 1-8.

Class 1: The Healing Power of Sound – Foundation

Gain an overview of the chakras and the Human Energetic System as it relates to sound healing. You'll experience giving and receiving mini sound sessions, and learn simple yet powerful practices to incorporate into everyday life, including the use of your own unique sound signature. 8.4 Contact Hours, \$145

Class ID: 23325 Sat, 9/15/12

9:00am – 4:00pm

RM: A2562

Class 2: Sounding the Earth – Drums, Dance & Didgeridoo

Shamans have used drums to anchor those traveling into other dimensions, while others have used drums to call in a state of being, create a ritual, raise energy, or to release stuck or stagnant energy. Learn to use drums, movement and music to feel more grounded.

7.2 Contact Hours, \$145

Class ID: 23326 Sun, 9/16/12

9:00am – 3:00pm

RM: A2562

Class 3: Voice I – Your Soul Signature

Learn to recognize and honor your authentic Voice. Use your voice to shift your energy with sound toward greater harmony and purpose. We'll explore the ancient art of chanting and sacred mantras. 8.4 Contact Hours, \$145

Class ID: 23327 Sat, 10/13/12

9:00am – 4:00pm

RM: A2562



Kay Grace, CAEH is a graduate of a four year certification program in advance energy work from Inner Focus School. She has also studied Sound Healing extensively with Jonathan Goldman and Sound Accord Healing School. A published singer & songwriter, Kay is a member of Healing Touch International, the International Sound Healers Association, and ABMP.

“ This course goes beyond
learning the fundamentals of sound. ”

Class 4: Voice II – As a Healing Tool

Your voice is the most powerful of all the sound healing tools. Learn how to tone to clear and balance the energy centers in yourself and others. We'll cover using the voice as a diagnostic tool, and an introduction to overtone singing, also known as vocal harmonics. Learn to use your voice effectively without hurting your throat or vocal cords. 7.2 Contact Hours, \$145

Class ID: 23328 Sun, 10/14/12 9:00am – 3:00pm RM: A2562

Class 5: Singing Metals – Tibetan Bowls, Chimes & Tuning Forks

Tibetan Bowls are used to balance energy centers, clear blocks and entrain a person into a state of peace and calming. These amazing metal singing bowls can also be used to determine where a block may be in the energy system. Tuning forks, metal chimes and Ting-Shas are additional healing tools from the singing metals family. Learn to use tuning forks on the body at acupuncture points, as well as off the body, in the energy field. 8.4 Contact Hours, \$145

Class ID: 23329 Sat, 11/17/12 9:00am – 4:00pm RM: A2562

Class 6: Sounding the Light – Color & Clarity

Learn to use sound, light and color together to create a powerful healing effect. Many healing systems connect specific colors to specific chakras or energy centers, and specific sounds to certain colors. 7.2 Contact Hours, \$145

Class ID: 23330 Sun, 11/18/12 9:00am – 3:00pm RM: A2562

Class 7: Crystal and Clairaudience

Our bodies contain “crystalline structures,” as bones, and the myelin sheaths of the nervous system. This is why using crystals are so powerful as a sound healing tool – it affects us “bone deep” Learn to use crystals with sound for healing and to develop your intuition. 8.4 Contact Hours, \$145

Class ID: 23331 Sat, 12/8/12 9:00am – 4:00pm RM: A2562

Class 8: Ethics and Building a Sound Healing Practice

You will learn how to conduct a complete Sound Healing session with a friend or client. We'll cover the ethics of vibrational therapy in more depth. *Students must take this entire series in order to take Ethics & Sound Healing Practice.* 7.2 Contact Hours, \$145

Class ID: 23332 Sun, 12/9/12 9:00am – 3:00pm RM: A2562

sound therapy

Drum It Up with HealthRhythms®

NEW

In this three part series, you will discover your personal rhythm with HealthRHYTHMS® group empowerment drumming and wellness exercises. Group drumming is an evidenced based wellness program that promotes relaxation and boosting of the immune system. No experience necessary and drums will be provided. 7.2 Contact Hours, \$89, INSTR: Cheri Bunker, MT-ASCP

Class ID: 23333

Tue, 11/13/12 – 11/27/12 6:00pm – 8:00pm RM: A2556



meditation and mindfulness



Joy of Living

The Joy of Living program offers a learning path of meditation practice that can be followed by anyone. Though rooted in the ancient Buddhist teachings of Tibet, the practices taught are not religious in nature. This program addresses the basic functions of the mind, such as mindful awareness and the movements toward happiness and away from stress and suffering. The Joy of Living program presents the ancient wisdom of Tibet in a fresh, engaging manner. The lessons weave together personal and real life experiences with modern scientific research, relating both to the practice of meditation.

The Joy of Living program contains three levels:

- Calming the Mind
- Opening the Heart
- Awakening Wisdom

Joy of Living Level I: Calming the Mind

NEW

In the first level of the Joy of Living, you will see how awareness meditation can be used to create a peaceful mind and joyful heart. Awareness meditation allows us to use any situation or experience, even difficult emotions and physical pain, as a gateway to inner peace. This two-day workshop is designed to help you learn and practice mindful meditation. We will explore the landscape of our experience with mindful awareness, learning how to use the body, sensory experiences, thoughts, emotions, and even awareness itself as support for meditation. 16.8 Contact Hours, \$195, INSTR: Edwin Kelley

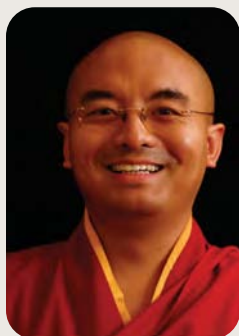
Class ID: 23346 Fri & Sat, 11/2/12 & 11/3/12 9:00am - 5:00pm **RM: A2566**

Materials include: *Calming the Mind: A Guide to the Joy of Living Level I Handbook*; *An Introduction to Meditation* with Yongey Mingyur Rinpoche DVD; *Calming the Mind* MP3 CD

Cultivating Mindfulness

Research proves that the practice of mindfulness promotes the sculpting of the brain's circuitry for living in the present moment and becoming more aware of the mind-body connection. Mindfulness is a "state of enhanced awareness" and can increase "self-regulation" - the ability to be aware of our attention and emotions and direct them consciously. This workshop will teach you easy and practical skills to manage your stress, techniques to quiet the mind, calm the body, regulate emotions and improve focus and concentration. You'll discover the latest findings in the field of neuroscience that support our ability to transform our brains with simple practices and best of all, walk away with concepts and tools for everyday use. 4.8 Contact Hours, \$89, INSTR: Maureen Pelton, MSW, LICSW

Class ID: 23181 Wed, 11/7/12 – 11/14/12 6:00pm – 8:00pm **RM: A2556**



Yongey Mingyur Rinpoche, founder of the Joy of Living program

Yongey Mingyur Rinpoche, founder of the **Joy of Living** program is considered a rising star among the new generation of Tibetan Buddhist masters.

In addition to extensive training in the meditative and philosophical traditions of Tibetan Buddhism, Mingyur Rinpoche has also had a lifelong interest in Western science and psychology. In 2002, Mingyur Rinpoche and a handful of other long-term meditators were invited to the Waisman Laboratory for Brain Imaging and Behavior at the University of Wisconsin. The results of this groundbreaking research were reported in many widely read publications, including National Geographic and Time.

Currently, Mingyur Rinpoche teaches and travels throughout the world, with Tergar Meditation Centers on four continents. His best-selling book, *The Joy of Living: Unlocking the Secret and Science of Happiness*, debuted on the New York Times bestseller list and has been translated into over twenty languages.



Edwin Kelley, Tergar International Instructor first became interested in Buddhism in 1975 when he attended a meditation retreat near Perth, Australia. In 1992, he went to Burma to attend a six-month intensive retreat with the renowned meditation master Chanmyay Sayadaw. While practicing in Burma he was ordained temporarily as a Theravada Buddhist monk. He then served in leadership roles for one of America's best known meditation retreat centers for nearly 20 years. Edwin became a student of Mingyur Rinpoche in 1998. He has a post graduate diploma in Buddhist Studies from the University of Sunderland in the UK.

Taoist Healing & Transformation Meditation

Join Certified Universal Tao Instructor Bryan D. Bertsch for an inspiring series of self-healing meditation techniques. You will learn "The Inner Smile" and "MicroCosmic Orbit," which are part of the Universal Tao System as taught by Master Mantak Chia. These techniques teach you how to transform everyday stress into vitality and balance negative emotions with positive ones to create internal harmony. Learn how to relieve chronic pain, detoxify your system, increase your energy and enjoy better health. 4.8 Contact Hours, \$89, INSTR: Bryan Bertsch

Class ID: 23304

Tue, 10/9/12 & 10/16/12

7:00pm – 9:00pm

RM: A2556



hypnotherapy certification



This three-part Hypnosis Certification training is designed for healthcare professionals such as LMFT, LICSW, MSW, physicians, dentists, RNs, Nurse Practitioners or others who desire to bring the mind/body techniques of Hypnotherapy into their practice.

The effective use of hypnosis is wide-ranging in medicine and has thousands of articles documenting the effective uses with: Fibromyalgia, Irritable Bowel Syndrome (IBS), Hypertension, non-pharmacological anesthesia, Tinnitus, Pain Relief, Anxiety and Panic disorders, Asthma, Insomnia, Enuresis, Cancer, AIDS, Hepatitis C, and Diabetes.

All classes in this series will meet off-campus. Check website for location. **Course Text:** *The Art of Hypnosis* by C. Roy Hunter will be available for purchase on first day of class and is used for all three modules

Jody Kimmell, CHt, MNLP, is a certified Clinical and Medical Support Hypnotherapist and Master NLP Practitioner. Jody received his training at the acclaimed Hypnotherapy Academy of America (HAA) in Santa Fe, New Mexico where he learned techniques and processes from world-renowned hypnotherapist and founder of the American Council of Hypnotist Examiners, Gil Boyne. His purpose as a hypnotherapist is to help clients connect to, and use, the resources within themselves to live a more satisfying life by teaching clients tools to use along with the innumerable resources of their subconscious mind through the natural, yet altered state of hypnosis.

hypnosis

Medical Hypnosis

NEW

This course is ideal for the healthcare professional as it provides an understanding of hypnotic modalities, the benefits and scope of medical hypnosis, when it is beneficial to the patient, how and when to induce the hypnotic state, recognize and terminate the hypnotic state and the power of suggestion. You will learn about the current state of research and what hypnosis does to create optimal healing conditions in the body and mind as well as a method to teach your patients self hypnosis for self care. This class serves as the basis of understanding needed to pursue further training and certification in the growing field of medical hypnosis. 7.2 Contact Hours, \$129, INSTR: Cindy Locher, CI, BCH, MNLP

Class ID: 23339

Tue, 12/4/12 & 12/11/12

6:00pm – 9:00pm

RM: A2554

Hypnotherapy Certification

NEW

Upon completion, you will be a Certified Hypnotherapist. The Certification is broken into three modules – Module 1: Introduction, Module 2: Intermediate and Module 3: Advanced. Completion of all three modules will qualify graduates for memberships in IACT (International Association of Counselors and Therapists) or the APHP (Association for Professional Hypnosis and Psychotherapy).

180 Contact Hours for the certificate or 60 per class
\$2,085 for the certificate or \$795 per class

Module 1: Introduction to Hypnotherapy

This is a foundational class, and is a prerequisite for future hypnosis training.

Class ID: 23407 Sat – Tue, 9/15/12 – 9/18/12 9:00am – 6:00pm

Module 2: Intermediate Hypnotherapy

Class ID: 23408 Sat – Tue, 10/6/12 – 10/9/12 9:00am – 6:00pm

Module 3: Advanced Hypnotherapy

Class ID: 23409 Sat – Tue, 11/3/12 – 11/6/12 9:00am – 6:00pm

See website for class descriptions and prerequisites.

Cindy Locher, CI, BCH, MNLP, is a Board Certified Hypnotherapist practicing in Apple Valley, MN. An author and recognized expert in the field, she speaks and teaches hypnosis at both national and international conferences and is a frequent contributor to numerous publications. Cindy is a graduate of the Hypnosis Motivation Institute and Center for Behavioral Sciences in Los Angeles, a member of the American Hypnosis Association and the International Association of Counselors and Therapists.



Self Hypnosis – Part 1

Self Hypnosis is an easy to learn and an extremely powerful tool for self improvement and healing. This introductory and experiential workshop will teach you what hypnosis is, some history, the mechanics of self hypnosis and how to use it for a variety of reasons. You will experience self hypnosis in class and be given detailed instructions for practice at home to get the results you want such as improving self-esteem, reducing stress, improving concentration, quitting smoking, releasing excess weight, relieving insomnia, enhancing creativity and reducing pain. 3.6 Contact Hours, \$49, INSTR: Cindy Locher, CI, BCH, MNLP

Class ID: 23340 Thur, 11/8/12 6:00pm – 9:00pm RM: A2554

Self Hypnosis - Part 2

NEW

This class focuses on the components of the self hypnosis session, including inductions, deepeners, writing effective suggestions and trance termination. Extra time dedicated to practice of self hypnosis and writing suggestions. 3.6 Contact Hours, \$49, INSTR: Cindy Locher, CI, BCH, MNLP

Class ID: 23341 Thur, 11/15/12 6:00pm – 9:00pm RM: A2554

self mastery certificate



Self Mastery is necessary in the world today . When you master the self you master the world. Clarity and certainty are attainable once the powers of the mind, body , heart and spirit are harnessed. Entire series \$129 or \$49 per course.

Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warrior ship and neither are most martial arts and fighting styles. Warrior ship is a way of life, a constant choice, a sculpting of mind, body, heart and spirit. A path that guides people to leading a more fulfilled life, it can be fierce, defiantly on the edge, immensely rewarding, committed and powerful. Perception is not only the ability to see what is, it is also the ability to change it with a perceptual shift of self and reality. You are what you think. This training will help you to see inside, outside, and beyond the box. 3.6 Contact Hours, \$49, INSTR: Hanakia Zedek

Class ID: 23184 Mon, 11/5/12 6:00pm – 9:00pm RM: A2562

Class 2: Expanding Awareness and Sensitivities

Awareness is the deepest form of knowing, one of the intuitive gifts, and can provide us with a direct link to the universal silent knowledge that's rich and deeply filled with wisdom and understanding. Sensitivity is the depth of feeling, and development in this area allows you to truly see things from other perspectives more clearly. Learn how to enrich your relationships in all areas of your life. 3.6 Contact Hours, \$49, INSTR: Hanakia Zedek

Class ID: 23185 Mon, 11/19/12 6:00pm – 9:00pm RM: A2562

creativity and personal development

Developing Insight and Intuition

NEW

By slowing down the fast pace of our busy lives, we can reduce our stress. This also helps us to enhance our intuition and develop a deeper connection with others. Discover how we can connect with our intuition and recognize that we no longer have to look outside of ourselves for answers and external pathways to happiness. By connecting to a depth that is often untapped by the majority of people, we can become happier, more successful, and more peaceful. 2.4 Contact Hours, \$49, INSTR: Deanna Reiter, MA

Class ID: 23352 Tue, 12/4/12

7:00pm – 9:00pm

RM: A2556

“This class is one of the absolute best. Hanakia Zedek ignited the warrior passion in not only me, but in all who attended.”

Class 3: Developing Your Natural Abilities

Cultivate your natural abilities; those that you are born with and those that are developed throughout your life. Focusing on your strengths allows you to ride through the ups and downs of life in a more fluid manner, thriving rather than just surviving. After completing this course, you will be able to navigate the world, people and experiences with greater clarity and feel more empowered. 3.6 Contact Hours, \$49, INSTR: Hanakia Zedek

Class ID: 23186 Mon, 11/26/12 6:00pm – 9:00pm RM: A2562

Hanakia Zedek, MTAEH is a well known and respected Public Speaker, Shaman, Mystic, and Musician. He has 40+ years of hands on experience in the Metaphysical, Psycho~Spiritual, Magical, Esoteric, Healing and Martial Arts. Hanakia is the author of "TaoZen Verses."



The Philosophy of Nothing: Accessing the Essence of Self and Universe

NEW

This course offers the opportunity to access, understand and utilize the everyday application of ancient knowledge and wisdom. It explains why the universe is at the heart of so many systems of understanding. Gain information about other belief systems and learn what is common and unique to your own values and life experience. 3.6 Contact Hours, \$59, INSTR: Hanakia Zedek

Class ID: 23350 Thur, 10/25/12 6:00pm – 9:00pm RM: A2552

Multidimensional Human Design Systems **NEW**

Come learn about ancient systems that contain powerful information designed to help you gain a deeper understanding of yourself and how you relate to the world. Multidimensional Human Design Systems (MHDS) is a sacred synthesis combining elements of Eastern and Western Astrology, the Judaic Kabbalah, the Hindu Chakra system, the Tao-Chinese I'Ching and quantum physics. INSTR: Maureen Pelton, MSW, LICSW

Level 1: 2.4 Contact Hours, \$59

Class ID: 23354 Mon, 10/1/12 6:00pm – 8:00pm RM: A2556

Level 2: 2.4 Contact Hours, \$59

Class ID: 23355 Mon, 10/8/12 6:00pm – 8:00pm RM: A2556

Prerequisite: Mutidimensional Human Design Level 1



creativity & personal development



Introduction to Numerology

Numerology is the key to unlocking the wealth of information contained in your birth date and name, revealing a blueprint of your life path and character. The spiritual science of numerology offers you guidance as you navigate your way through all areas of life. Putting it into practice can inspire creativity; enhance your self-understanding and spiritual development. In this course you will learn how to apply numerology in many practical ways in your daily life. 9 Contact Hours, \$125, INSTR: Susan Shopek

Class ID: 23351

Thu, 10/2/12 – 10/16/12

6:00pm – 8:30pm

RM: A2554

Unblocking the Creative Flow

Elizabeth Diamond Gabriel works with you to inspire your own natural creative expressions in a fun atmosphere of acceptance and support. Every one of us is in some way, an artist. This is a time to simply jump in and play with the images, the sounds and the colors that spontaneously come forward in the world of art making! *See required art supply list on our website.* 3 Contact Hours, \$49, INSTR: Elizabeth Diamond Gabriel

Class ID: 23288

Mon, 11/26/12

6:00pm – 8:30pm

RM: F2250

Healing Your Heart: A Journey towards Living an Authentic Life

NEW

When we get quiet and access what we hold in our hearts, we connect to our own and greater wisdom. Often in our busy lives we let our mind take over and operate independently of our Heart, reverting to survival mentality of fear, power, greed and control. Our heart, is where we find strength, courage, compassion, and love. In this workshop you will be given an opportunity to work with and transform old patterns and habits that no longer serve you. 3.6 Contact Hours, \$59, INSTR: Cindy Libman LICSW, LMFT, CAEH

Class ID: 23357

Sat, 11/10/12

9:00am – 12:00pm

RM: A2562

Animals: Helpers and Healers

This course presents an overview of the relationship between people and their pets. Explore how our pets affect our lives, from serving as companions and helpers to their documented influence on our health and emotional well-being. You will learn about the roles and influences of animals in our lives by investigating the physical, emotional and spiritual aspects of human-animal relations and also an understanding of your pet's point of view and how to take care of our pets. 2.4 Contact Hours, \$49, INSTR: Mary Stoffel, MA

Class ID: 23308

Thu, 10/11/12

6:30pm – 8:30pm

RM: A2552



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 952-358-7032. 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 952-358-7037 or TTY 952-358-7032

Easy and Effective Astrology: Discovering Yourself through Your Natal Chart **NEW**

There is a natural order to people's personalities, their drives, their challenges, their souls. The natal chart (astrological birth chart) is a great tool to have a greater understanding of the innate nature of yourself and of the other people you interact with. You will learn an overview of what astrology is, the philosophy behind the benefits of natal astrology, and basic knowledge of how to read and understand a natal chart. 3.6 Contact Hours, \$49, INSTR: Duncan Metzger

Class ID: 23348 Thu, 10/25/12 6:00pm – 9:00pm RM: A2556

Releasing Sabotage: The 9 Scoundrels **NEW**

Have you ever rigged up something broken and continued to use it when it is ineffective and possibly dangerous? Do you put other people's needs before your own? Do you have negative thoughts? Do you complain? If so, there are subtle patterns of sabotage, also known as The Nine Scoundrels that are negatively affecting you and keeping you from creating your ideal reality and excelling in all aspects of your life. By being aware of these patterns and releasing them, you gain the freedom and power to live a life of joy, success, prosperity, peace and health. 3.6 Contact Hours, \$59, INSTR: Deanna Reiter, MA

Class ID: 23356 Tues, 10/30/12 6:00pm – 9:00pm RM: A2556

Photo Reading: Learn More, Read Faster, Build a Better Brain

Learn to process information the way the brain is designed—using the whole mind. In this course you will process written information through the five step process of PhotoReading®. You will achieve immediate results from this highly interactive, experiential course. Experience the way reading ought to be—empowering, fun and faster—even in subjects where you might lack confidence. Graduates of the class increase their reading speeds, comprehension, and improve their ability to learn anything. 18 Contact Hours, \$245, INSTR: Cheryl Hiltibran, M.Ed., CMALT-III

Class ID: 23349

Sat, 11/17/12, 8:30am – 4:30pm & Sun, 11/18/12, 8:30am – 3:30pm RM: A1550

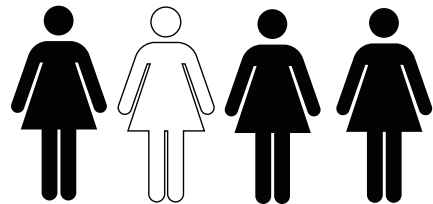
Safety Training and Self Defense **NEW**

Some estimates indicate that two million Americans are victims of violent crimes each year. Empower yourself by mastering simple and effective techniques to ensure that you don't become one of them. Learn how to prevent, escape, and defend yourself from any attacker—regardless of your size or fitness level.

Developed through a combination of research and real-world experience, we are aware of no other course that offers this much valuable training in a compressed timeframe. 3.6 Contact Hours, \$69, INSTR: Alan Horner

Class ID: 23359

Thur, 10/11/12 5:30pm – 8:30pm RM: A2556



No, Not Me!



Tai Chi Energy

NEW

This course combines two contrasting Tai Chi styles, Chen and Sun, into a fun and easy routine. Using the fast and slow movements and powerful spiral force of Chen combined with Sun Style's unique qigong and agile footwork, Dr. Paul Lam has put together 16 forms which complement each other and build internal energy. *Previous experience with any Tai Chi style is recommended.* 7.2 Contact Hours, \$59, INSTR: Russ Smiley, PhD

Class ID: 23151

Tue, 9/18/12 - 10/23/12

7:00pm - 8:00pm

RM: S2330

Tai Chi Pushing/Sensing Hands

NEW

Sense/push hands training uses various patterns and partner exercises to develop sensitivity to an incoming force. Learn to apply Tai Chi principles to maintain your equilibrium. Sensing hands exercises develop mobility and sharpen your ability to anticipate your partner's intent. 2.4 Contact Hours, \$20, INSTR: Keith Root

Class ID: 23147 Sat, 9/15/12

2:00pm - 4:00pm

RM: A1560

Class ID: 23148 Sat, 10/20/12

2:00pm - 4:00pm

RM: A1560

Class ID: 23149 Sat, 11/10/12

2:00pm - 4:00pm

RM: A1560

Class ID: 23150 Sat, 12/8/12

2:00pm - 4:00pm

RM: A1560

tai chi certification programs

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, Tai Chi instructors, advanced Tai Chi students and healthcare professionals.

Tai Chi for Arthritis – Teacher Certification 1

This course is endorsed by many arthritis foundations worldwide. The certification is "Tai Chi for Arthritis". *Note: An instructional DVD will be sent prior to the workshop.* 16.8 Contact Hours, \$240, INSTR: Russ Smiley, PhD

Class ID: 22773 Sat & Sun, 11/17/12 & 11/18/12 8:30am - 4:30pm

RM: S2330

Tai Chi for Arthritis – Teacher Certification 1 Update

The Tai Chi Update is required every 2 years to keep one's skills and knowledge current. Time will be spent reviewing the 12 Tai Chi for Arthritis movements and reviewing instructional training and theory. *Prerequisites: Tai Chi for Arthritis – Teacher Certification 1 or 2.* 9 Contact Hours, \$85 (or \$175 for both the TCA 1 update and TCA 2), INSTR: Russ Smiley, PhD

Class ID: 22774 Sat, 11/17/12

8:30am - 4:30pm

RM: S2330

Tai Chi for Arthritis – Teacher Certification 2

This workshop is open to any one who has completed the Tai Chi for Arthritis Teacher Certification (Leader's Course) by Dr. Paul Lam or his authorized trainers. *Prerequisites: Tai Chi for Arthritis – Teacher Certification 1.* *Note: An instructional DVD will be sent prior to the workshop.* 7.8 Contact Hours, \$120 (or \$175 for both the TCA 1 update and TCA 2), INSTR: Russ Smiley, PhD

Class ID: 23136 Sun, 11/18/12

8:30am - 4:30pm

RM: S2330

Primordial Qigong (Hunyuang Gong)

NEW

Like many qigong systems, the movements are related to the Thirteen Postures of Tai Chi and offers a method for correcting imbalances in the body. This course is based on exercises generally attributed to Hu Yaozhen (a Daoist priest) and his disciple, Master Feng Zhigiang. 7.2 Contact Hours, \$59, INSTR: Russ Smiley, PhD

Class ID: 23152 Tue, 9/18/12 - 10/23/12

8:00pm - 9:00pm

RM: S2330

TAI CHI COURSES

ABC's of Tai Chi	Time	Instructor	Fee
Class ID: 22760 Thu, 9/13/12 - 10/18/12	7pm – 8pm	Root	\$59
Class ID: 22761 Thu, 10/25/12 - 12/6/12	7pm – 8pm	Root	\$59
Beg Tai Chi for Health and Arthritis			
Class ID: 22765 Mon, 9/24/12 - 10/29/12	7pm – 8pm	Root	\$59
Class ID: 22766 Mon, 11/5/12 - 12/17/12	7pm – 8pm	Root	\$59
Class ID: 22763 Sat, 9/15/12 - 10/20/12	10:30am – 12pm	Smiley / Gonzales	\$59
Class ID: 22764 Sat, 10/27/12 - 12/15/12	10:30am – 12pm	Smiley / Gonzales	\$59
Arthritis Refresher Workshop			
Class ID: 23153 Sat, 11/3/12 - 11/3/12	2pm – 4pm	Root	\$35
Tai Chi Fan In-Depth Workshop – NEW			
Class ID: 23145 Sat, 10/13/12	1pm – 3pm	Ebeling	\$20
Class ID: 23146 Sat, 12/1/12	1pm – 3pm	Ebeling	\$20
Sun Style Competition 73 Forms – NEW			
Class ID: 22769 Wed, 9/19/12 - 10/24/12	8pm – 9pm	Ebeling	\$59
Class ID: 22770 Wed, 11/7/12 - 12/19/12*	8pm – 9pm	Ebeling	\$59
Sun Style 97 Form			
Class ID: 22767 Sat, 9/15/12 - 10/20/12	9am – 10am	Smiley / Gonzales	\$59
Class ID: 22768 Sat, 10/27/12 - 12/15/12*	9am – 10am	Smiley / Gonzales	\$59
Yi Chuan			
Class ID: 23143 Thu, 9/13/12 - 10/18/12	8pm – 9pm	Root	\$59
Class ID: 23144 Thu, 10/25/12 - 12/6/12*	8pm – 9pm	Root	\$59
Tai Chi 5 Animal Frolics – NEW			
Class ID: 22771 Wed, 9/19/12 - 10/24/12	7pm – 8pm	Ebeling	\$59
Class ID: 22772 Wed, 11/7/12 - 12/19/12	7pm – 8pm	Ebeling	\$59
Yang Style 40 Form			
Class ID: 23137 Mon, 9/10/12 - 10/15/12	8pm – 9pm	Root	\$59
Class ID: 23138 Mon, 10/22/12 - 12/3/12	8pm – 9pm	Root	\$59
Class ID: 23139 Sat, 9/8/12 - 10/13/12	10:30 – 11:30am	Root	\$59
Class ID: 23140 Sat, 10/20/12 - 12/8/12	10:30 – 11:30am	Root	\$59
Yang Style 108 Form – Adv Tai Chi			
Class ID: 23141 Sat, 9/8/12 - 10/13/12	8:30 – 10am	Root	\$75
Class ID: 23142 Sat, 10/20/12 - 12/8/12	8:30 – 10am	Root	\$75

An Ounce of Prevention is Worth a Pound of Cure



Sue Sheppard

As healthcare providers continue to look for new ways to improve care and lower costs, interest in complementary care is increasing. Normandale Community College is one of the most sought-after providers of Integrative Health training in the upper Midwest. Its programs and certifications offer professionals the opportunity to complement their expertise.

“As we work closely with our healthcare partners, we see more hospitals, clinics and other providers adopting a holistic approach to patient care helping to reduce healing time and stress.” says Sunny Ainley, Associate Dean of Health and Wellness at Normandale.

Many students have had transformational experiences as a result of the integrative training programs. Sandy McGurran has been a medical social worker for the past 20 years. Five years ago, she took her first Reiki Energy Therapy course at Normandale. McGurran notes that her exposure to Reiki has dramatically changed her practice of care. In her current role as a social worker and care manager for Healthcare and Hospice at Fairview, she works with patients who are recovering from an illness or suffer from pain, anxiety or depression.

“When I started using Reiki with my patients and realized the dramatic effect it had, I knew I had to pursue it further” said McGurran. “Reiki can be done in as little as a couple of minutes and it has made a significant impact on my patients, helping many of these patients to get to a place of peace and relaxation.”

Sue Sheppard is the Homecare Director for Fairview Homecare and Hospice. Sheppard has long been an innovator and proponent of care that focuses on the whole person. For the past five years she has been taking classes and earning certifications at Normandale, including Reiki, Qigong and Feng Shui.

“I thought the learning environment at Normandale was great,” said Sheppard. “I felt coming in that the courses would be higher quality and taught in a controlled environment, and they were. The other part that is amazing is the wide variety of courses Normandale offers. I am drawn like a magnet to continually take more.”

Sheppard has been at Fairview for 10 years and in the field for 25. She views these courses as a perfect opportunity to gain expertise and to offer this learning to her employees.



Nancy Crowell

Article written by
Steven Geller

Photography by
Katie Heymer

“My focus has been to introduce these techniques in the home care arena,” said Sheppard. Interested in increasing the value and depth of care, Sheppard explains that “we have carried this forward by teaching hand massage and Reflexology to our home health aid workers, and healing touch to our hospice volunteers,” always with a focus on improving client care.

Nancy Crowell has been a Vascular Nurse Clinician at Fairview Health Services for close to 15 years, working with patients before and after surgery for peripheral vascular disease. In 2006, she picked up a book about Qigong and immediately fell in love with it, leading her to take the Spring Forest Qigong and Aromatherapy training at Normandale.

“These classes were offered in a variety of great settings, and I really enjoyed interacting with both the students and the instructors.” Crowell continues to utilize integrative care in her work and is energized by the results “Qigong and Aromatherapy often accelerate the healing in my patients.”

“When you look at the big picture, care is moving to whole-person care,” says Normandale Integrative Health instructor Sheila Judd. “Integrative therapies tie into whole-person care, whether it is from an emotional, mental or physical standpoint. This empowers patients to be able to play a bigger role in their own well-being.” Judd adds that integrative therapies also help medical professionals with self-care to cope with their own stress as well as bringing healing energy to the workplace for others.

As integrative practices continue to be adopted by healthcare providers, the type of insights, skills and passions seen in Sheppard, Crowell and McGurran will be ever more needed. Integrative practitioners are naturally suited for such leadership, given their training and commitment to optimizing health, treating wholly and utilizing natural approaches to support healthy partnerships between patients and caregivers.



Sandy McGurran

“When I started using Reiki with my patients and realized the dramatic effect it had, I knew I had to pursue it further” said McGurran.

healthcare and medical



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

Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures and four to five clinicals. Clinicals will be in a sub-acute setting and scheduled one week prior to class start date. *See website for health status, security and textbook requirements.* 150 Contact Hours, \$860, INSTR: Debra Condon, MSN, RN

Class ID: 23282

Sat, 9/15/12 – 11/17/12
(no class 10/20/12)

8:00am – 12:00pm RM: S2333

Medical Administrative Assistant

WIA Approved

The Medical Administrative Assistant online training program helps students gain specialized skills and knowledge. Students learn how to effectively manage front desk reception, patient scheduling, insurance and billing, practice finances, and more. Upon graduation, students will be prepared to enter the workforce and pass the Certified Medical Administrative Assistant exam (CMAA) offered by the National Healthcareer Association. The online learning platform provides 24/7 access to the curriculum and interactive learning tools. Students have access to all the necessary curriculum and materials, integrated software, IT help desk, personalized student support and career guidance to complete the program, prepare for the CMAA exam and transition to employment. 240 Contact Hours, \$1,475

Class ID: 23159 Online class - start anytime



Dental Health Professional

Normandale offers courses for the dental hygienist and dental assistant to help keep skills sharp and to fulfill continuing education requirements. For our Fall 2012 course offerings, please visit: <http://normandale.augusoft.net> or call 952-358-8343.

Healthcare Provider CPR - Renewal

This 4-hour course is a review of the skills and knowledge covered in the American Heart Association's (AHA) CPR for the Professional Rescuer course. Skills include Adult, Child and Infant CPR. Upon successful completion of the course, an American Heart Assoc. Healthcare Provider course completion card will be issued. *Who Should Attend:* Dental Assistants, Dental Hygienists, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. 4.8 Contact Hours, \$56, INSTR: Bob Hansen

Class ID: 23311	Sat, 9/22/12	8:00am – 12:00pm	RM: A1570
Class ID: 23312	Sat, 10/13/12	8:00am – 12:00pm	RM: A1570
Class ID: 23313	Thur, 11/1/12	5:30pm – 9:30pm	RM: A1570

First Responder Refresher

This 16-hour course enables the currently certified or recently expired First Responder to renew certification. The course meets or exceeds the guidelines set forth by the United States D.O.T. and the State of Minnesota EMS Regulatory Board. Upon successful completion of the course, the participant will be re-certified as a First Responder by the State of Minnesota EMS Regulatory Board. National Registration of First Responders is available to participants. 19.2 Contact Hours, \$145, INSTR: Bob Hansen

Class ID: 23314	Sat & Sun, 10/13/12 – 10/14/12	8:00am – 4:30pm	RM: A1570
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Bob Hansen, MA, EMT, RT, PS worked in Law Enforcement as an Emergency Medical Technician for many years bringing practical and relevant experience to the classroom.

pharmacy

Pharmacy Technician

WIA Approved

The Pharmacy Technician training program is designed to help students gain the knowledge and skills necessary to work as pharmacy technicians and prepare to sit for the PT CB national certification exam. Pharmacy technicians work in retail, hospital, and clinic pharmacies. They assist pharmacists in formulating, labeling, and dispensing medications. Numerous exercises and assessments throughout each of the 14 modules ensure that students master each concept before moving on, and knowledgeable student support advisors are available from start to finish. This program is designed to be completed in 6 months or less, with approximately 285 hours of instruction. Program provides career and graduate services to help you identify job opportunities, develop your resume and interviewing skills and perhaps obtain a letter of recommendation to show prospective employers. The pharmacy technician profession is a good starting point for those interested in becoming a pharmacist, nurse, or other healthcare professional. 285 Contact Hours, \$1,975

Class ID: 23158 Online class - start anytime

28% job growth is expected in MN by 2019 for pharmacy technicians.



professional development



Integrative Healing for Long Term Care Professionals

NEW

Integrative Health & Healing focuses on the whole person healing concept of body, mind, and spirit. This class provides an overview of Integrative Health, the whole person healing model, definitions, and benefits of various holistic therapies. You will also experience “energy” and a variety of holistic modalities. Part of the training will focus on the importance of self-care for your own balance of body, mind and spirit so that you can enhance your healing presence and care of your residents. You will learn what is necessary for successful implementation of integrative therapies into long term care facilities. 3.6 Contact Hours, \$59, INSTR: Sheila Judd, MA

Class ID: 23319

Thur, 11/29/12

6:00pm – 9:00pm

RM: A2556

Connecting The Circle – Living Consciously into Dying Consciously

NEW

Learn how to live more fully and peacefully through acceptance of and preparation for your death. This “secret” was well known and practiced in ancient times. Through the use of film, journaling, guided meditation, small and large group discussion, participants will begin to discover the sense of peace and well-being that comes from a direct and compassionate approach to dealing with death. This course will provide options and opportunity for involvement in caring for loved ones and expands on hospice services, and offers environmentally sustainable alternatives to current mainstream practices. 2.4 Contact Hours, \$49, INSTR: Char Tarashanti

Class ID: 23318 Thur, 11/1/12

6:00pm – 8:00pm

RM: A2556

Cultural Competence for Healthcare Professionals

Health care providers in the U.S. and Minnesota are faced with an increasingly diverse population. Cultural competence is needed to close the gap on health disparities by providing competent care and understanding of rituals, family roles, health behaviors, nutrition and folk remedies. Learn how to communicate effectively with diverse groups and what barriers prevent culturally competent health care. 9.6 Contact Hours, \$79, INSTR: Vicki Erdmann, MS, RD

Class ID: 23183 Sat, 11/3/12 & 11/10/12

8:30pm – 12:30pm

RM: A2570

american sign language

Learn skills for conversing in American Sign Language. These classes will emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills.

American Sign Language 1

1.2 CEU, \$99, INSTR: Jamey Guille

Class ID: 23161 Wed, 9/26/12 – 10/31/12

6:00pm – 8:00pm

RM: A2566

American Sign Language 2

1.2 CEU, \$99, INSTR: Jamey Guille

Class ID: 23162 Wed, 11/7/12 – 12/12/12

6:00pm – 8:00pm

RM: A2566

Body Signals: Developing a Relationship With Your Body & Your Self

You are invited on a journey of discovery. Learn to listen to your body's messages, and through your body, your own unique wisdom. You will learn three ways to listen to your body's signals, and experience how those signals relate to feelings, thoughts and your spiritual nature. You will leave with a plan to help you develop the relationship with your body, and through it, your Self. With consistent application of the tools, you'll experience decreased pain, increased energy, and a growing sense of wellness. 3.6 Contact Hours, \$49, INSTR: Margaret McRaith, MA, PT

Class ID: 23310 Wed, 12/5/12 6:00pm – 9:00pm RM: A2556

Homeopathy for Medical Professionals

NEW

See page 37 for course description.

Sound Healing Therapies for the Medical Professional

NEW

Learn why sound healing therapies and techniques are rapidly gaining attention as an effective complementary care modality, and experience for yourself the powerful effects of sound to calm the nervous system, reduce pain and stress, and promote more rapid healing after surgery or other health challenges. Explore a variety of sound therapy protocols which can easily be learned and delivered in a medical or professional health care environment, from hospitals and clinics, to dentist's offices, physical therapy and chiropractic settings. 3.6 Contact Hours, \$59, INSTR: Kay Grace

Class ID: 23320 Thur, 10/4/12 6:00pm – 9:00pm RM: A2556

Obstacles to Holistic Healthcare in Dentistry

NEW

Learn how holistic dentistry is different from conventional dentistry and how they may interfere with each other. You will also learn how to receive more holistic dentistry from a conventional dentist. Topics include mercury fillings, root canals, fluoride and bone cavitations and the possible options a holistic dentist gives a patient in their dental care. 3.6 Contact Hours, \$59, INSTR: Betty Jo Arnett

Class ID: 23360 Thu, 11/15/12 6:00pm – 9:00pm RM: A2552

Naturopathic Medicine

NEW

See page 3 for course description.

American Sign Language 3

1.2 CEU, \$99, INSTR: Jamey Guille

Class ID: 23163

Thur, 9/13/12 – 10/25/12 6:00pm – 8:00pm RM: A2566

American Sign Language 4

1.2 CEU, \$99, INSTR: Jamey Guille

Class ID: 23164

Thur, 11/1/12 – 12/20/12 6:00pm – 8:00pm RM: A2566

See website for textbook requirements.



medical coding/billing & transcription



Valuable supplemental textbooks are included in course fee. (approx. \$300 value)

Inpatient/Outpatient Medical Coding & Billing

WIA Approved

The Inpatient/Outpatient Medical Coding and Billing Training Program is a comprehensive independent study online program designed for the individual 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, CCS and CCS-P certification exams administered by AHIMA. 640 Contact Hours, \$2,650

Class ID: 23154

Online class - start anytime



Medical Transcription

WIA Approved

Medical transcription is the process of transcribing the dictated audio reports of doctor-patient interactions. These transcribed reports become part of the patient's permanent medical record and are vital to ensuring proper and consistent patient care. This online program helps you develop the knowledge and skills of quality medical transcriptionists, specifically focusing on keyboarding, language and grammar, and medical terminology. 570 Contact Hours, \$2,250

Class ID: 23157

Online class - start anytime



Medical Transcription Editor

WIA Approved

The Medical Transcription Editor online program will focus on editing and formatting physician-dictated medical records, fixing grammatical errors and improving content in an efficient and accurate manner. The program also emphasizes practical experience, and by completion, you will have transcribed hundreds of authentic dictations, preparing for a quick and successful transition to the workplace. 640 Contact Hours, \$2,675

Class ID: 23156

Online class - start anytime



Free Laptop!

You will receive a free laptop if you enrolled in one of the following medical career programs before October 31, 2012.

- > Medical Coding & Billing
- > Medical Transcription and/or Editor

FREE
Medical Career
Information Sessions

Hennepin South Workforce Center:

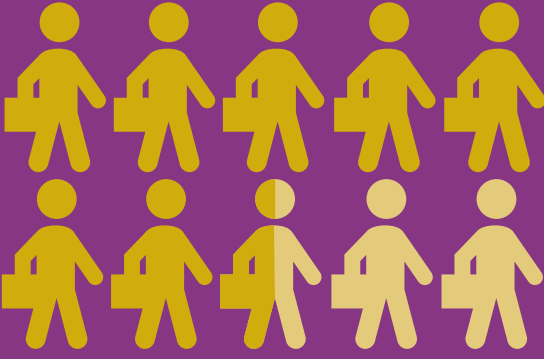
September 19 1:00pm - 3:00pm

Normandale Community College, RM A2566:

September 19 6:00pm - 8:00pm

To register, visit <http://normandale.augusoft.net> or call (952) 358-8343

Wanted: Health IT Professionals



85%

of professionals who completed the MnHIT program during its first year have found employment

Normandale's MN Health Information Technology (MnHIT) graduates are **IN DEMAND**. Professionals who have completed the MnHIT program are working for great companies like OptumHealth, Allina, UnitedHealth Group, HealthPartners, Mayo Clinic, Medtronic, TEK Systems, Prime Therapeutics and others.

Developed through a federal grant, the MnHIT program is designed for those who have education or work experience in healthcare, health information management (HIM), information technology (IT), quality and process improvement, business analysis or are currently working in HIT.

The training is delivered 100% online with direct instructor support. In addition to the flexibility, our MnHIT learners appreciate learning in a virtual community with other professionals. Check out testimonials from recent MnHIT graduates on www.mnhealthit.com.

HIT encompasses a broad range of technologies related to managing and sharing patient and business information electronically. It's an ideal career for people who enjoy problem solving and analysis and are interested in working in the healthcare industry.

It is predicted that 1 out of 9 jobs in the nation will be in healthcare by 2020 so give your career a boost and be **IN DEMAND** with this 6-month, workforce training program.

Substantial financial scholarships are available to those who meet the program qualifications.

Visit www.mnhealthit.com or join us for a **Free Information Session at Normandale Thursday, September 6**

See website for details or call 952-358-8343



training is delivered



100%
online

6 month



workforce
training
program

Applications are now being accepted.

Companies expect to increase IT staff by **66%** next year, according to HIMSS, a leading national health IT association.



The Joy of Living Series

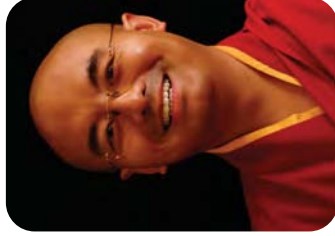
Developed by Yongey Mingyur Rinpoche, this workshop is a learning path to meditation to help you move towards a peaceful mind and joyful heart and away from stress and suffering.

**Joy of Living Level I:
Calming the Mind
Friday & Saturday, November 2 & 3**

Normandale Community College RM: A2566

For more info or to register:

<http://normandale.augusoft.net> or call 952-358-8343



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Normandale's Integrative Health Education Center

Learning Well on Edge Talk Radio

Learning Well...bringing joy, inspiration and transformation to your life!

See page 15 for details.



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