



Nature Care College

Healing from Chronic Illness

DESCRIPTION	This seminar is designed to give participants insights and practical tools in how to facilitate healing from chronic illnesses. Healing is seen as a multi-dimensional process that takes into account the physical, emotional, mental and spiritual aspects of our lives. The seminar will focus on how to integrate a number of different healing approaches into a contemporary lifestyle and the demands of family life. The seminar will also include presentation of the findings in Dr. Matthews' book – Journeys in Healing: How others have triumphed over disease and disability.
DURATION	7 hours – One Day Workshop
LEARNING OUTCOMES	At the completion of this workshop students should be able to: <ol style="list-style-type: none"> 1. Understand how physical symptoms are related to underlying psychological and emotional blocks. 2. Explain the scientific basis behind the approaches of bodymind medicine. 3. Describe how immune system functioning can be enhanced by healthy nutrition and eating habits. 4. Understand the role of our intuition in facilitating the healing process. 5. Experience a number of specific techniques that when practised regularly augment the body's natural healing ability.
TEACHING METHOD	Modified lecture, gentle stretching, meditation practices, audio-visual teaching aids.
ASSESSMENT	Attendance requirement only.
ATTENDANCE	100% minimum
PRE-REQUISITES	None
CO-REQUISITES	None
MATERIALS REQUIRED	Notebook, pen

TEXTBOOKS**Compulsory:**

Nil.

Recommended Reading / References:

1. Ayurveda and the Mind, David Frawley, Lotus Press, Winsconsin, 1996.
 2. Path to the Soul, Ashok Bedi, Samuel Weiser, York Beach, ME, 2000.
 3. Journeys in Healing, Shaun Matthews, Finch Publishing, Sydney, 2003.
 4. The Ayurvedic Cookbook, Amadea Morningstar, Lotus Press, Winsconsin, 1990.
 5. The Spirituality of the Body, Alexander Lowen, Macmillan, New York, 1990.
 6. You can conquer cancer, Dr. Ian Gawler, Hill of Content, Melbourne, 1984.
 7. I am that, Sri Nisargadatta Maharaj, Chetana Press, Bombay, 1973.
 8. The Body in Recovery, John P. Conger, Frog Ltd, Berkeley, 1994.
 9. Life, Health and Longevity, Robert Svoboda, Penguin, London, 1992.
 10. Mindbody Medicine, Daniel Goleman (editor), Choice, Sydney, 1995.
 11. Asana, Pranayama, Mudra, Bandha, Swami Satyananda Saraswati, Bihar School of Yoga, Mongier, 1993.
 12. Ayurveda – The Science of Self-Healing, Dr. Vasant Lad, Lotus Press, Wisconsin, 1984.
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COURSE OUTLINE

DAY 1

1. Understanding the link between the body, mind and spirit in healing from chronic illness.
 2. The four quadrants of holistic healing.
 3. The scientific basis behind bodymind medicine (psychoneuroimmunology)
 4. Demonstration of specific techniques to enhance immune system functioning.
 5. The role of our digestive capacity and healthy nutrition in facilitating healing.
 6. Creating a platform for greater wellbeing through healthy daily habits.
 7. The role of intuition in the healing process.
 8. Presentation of the findings of Dr. Matthews' book – Journeys in Healing, including specific case studies.
 9. The role of complementary health approaches in supporting the process of healing.
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Please be respectful of your fellow students and arrive on time for class. Please ensure all mobile phones are turned off prior to the commencement of class.

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