

Healing Workshops for Patients, Caregivers and Professionals

“ Anyone aching to ease the pain of a sick friend or loved one can tap into the immense power of caring and compassion by learning to become unconditionally present to the patient rather than to the disease.”

-Jeff Kane, M.D., The Healing Companion

In this four hour class we will bring awareness to our comfort level with illness, suffering and death. We will investigate where our different belief structures of illness/death arise (family dynamics, life experiences, society). We will explore these conditioned responses so we can gain greater understanding of our physical and emotional feelings while in the presence of illness or death, thus creating more space for compassion and forgiveness. Meditation, writing and interpersonal exercises will be utilized in a supportive and safe environment. Using these tools will allow honest inquiry to reveal our strengths and teach us how to employ these strengths to support our self and others during painful circumstances.

- *Bring awareness to your comfort levels with illness/death
- *Gain greater understanding of physical and emotional feelings while witnessing illness/death
- *Be more present as a nurse, loved one, or friend with those suffering
- *Create more space for compassion and forgiveness

Please bring writing materials.

Testimonials from participants

“I was surprised to realize how my childhood experiences were affecting my attitudes and interactions with illness and death. This awareness will improve my interactions and effectiveness interacting with friends and patients in these situations.”

“Christine is so positive in her approach to difficult topics. I enjoyed the exercises we did in the workshop. Christine has helped me on my way to healing myself after a serious illness.”

“Christine’s workshop on compassionate dying was deep and meaningful. She created a comfortable space to explore deep issues in a safe and even light way. She brought levity and lightness which helped me go deep. Thank you!”



Christine Sherwood, LMT, DHM, began her career in the healing arts as a massage therapist in 1991. By 1995 she was teaching massage and eventually created her own CEU class taking it nationwide. Dedicated to enhancing her knowledge of healing, she received a doctorate in Homeopathy, and continues to deepen her practice in Ayurveda, yoga and meditation. After a late-stage cancer diagnosis, Christine retreated for seven years to heal, discovering the vast difference between being “cured” and being “healed”. Being healed defined as finding peace, acceptance, and a meaningful purpose in life. During this time she discovered herself as a writer. Christine published two books on healing: *Help Me Remember Who I Am* (poetry) and *Fire & Ash: The Alchemy of Cancer* (prose). Along with teaching, Christine facilitates retreats for women who have/had cancer at Ghost Ranch called Holding Courage. www.christine-sherwood.com

Saturday
June 3, 2017
2:00-6:00 p.m.
Registration Fee:
\$75/person

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Courses are subject to Personal Enrichment provisions of the UNM Education Benefits Policy. Personal Enrichment courses are taxable and subject to withholding. Please ensure you have available Personal Enrichment money before registering for the course.

To register, please call
 (505) 925-4551 or
 e-mail: mmhale@unmmg.org.

