

Healing Workshops for Patients, Caregivers and Professionals

"The hidden conversation within our bodies impacts our mood, our choice, and our overall health." -Emeran Mayer, MD, The Mind-Gut Connection.

One of the most debilitating results of being ill is the loss of power. The vulnerability that ensues is alarmingly uncomfortable and can create fear, anger, and difficulty in the decision making process. This stress impacts the body's ability to heal by creating a compromised immune and nervous system.

We will begin by identifying the language that we choose during times of stress and illness. Taking a conscious look at the words we choose can have a profound effect on the psychological well being of a patient, as well as impact the body's ability to heal. You will discover the language that best serves you through open conversation, writing and meditations designed to reveal your body/mind intuitions around words. Seven components that support healthy communication will be presented and used as a template to further uncover successful communication skills.

As a patient or caregiver, we will learn the questions to ask and skillful ways to approach our doctor so we receive the best care they can offer. Through writing and awareness exercises we will examine the repercussions that fear, anxiety, shame and medical trauma can have on our ability to be empowered. We will explore how we can develop our own authority while speaking with our doctors, thus finding our own empowered self. We will look for solutions that build stronger trust, communication and healthy outcomes within the partnership of you and your physician.

- *Discover language that best serves you and your health
- *Develop successful communication skills
- *Learn the best way to ask questions of your doctor for better outcomes
- *Enhance your self-authority in a meaningful and generous way

"Very helpful, practical guideline for improving communication during medical encounters. It will certainly contribute to better outcomes."

"Christine is a gracious healer. I am so grateful for her willingness to share her life experiences, talents and skills in guiding me to increase my awareness and choice of language when discussing my own healing with others."

"Christine brings her life experience to her work in a beautiful honest way. The workshop is safe and nurturing."



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

9:00 a.m.-1:00 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.

