

Pain Management: Approaching Physical and Emotional Pain through a Focused Mind

Healing Workshops for Patients, Caregivers and Professionals

"Most people begin to open to their life not because there is joy, but because there is pain." - Stephen Levine, Who Dies?

In this four hour workshop we will investigate why it is that we try our best to flee from our pain and suffering, when in fact, we could do the opposite, and gain a deeper understanding of our lives and the pain we find ourselves in. Moving towards the pain is what lessens our suffering because it is the resistance to not be where we find our self that creates more suffering. With increased acceptance we can learn to "be" with the event we are experiencing. Employing absurd self compassion when we are drowning in our own suffering is the beginning. Being vulnerable to the loss, grief and disappointment we can feel is never easy, but as some one once said, "The only way out, is through."

Meditation, awareness and visualization are all designed to help us travel the path to our authentic, powerful self, where we can encounter an interior strength we normally would never dream is housed within our very body.

In this class we will utilize techniques proven through time to guide us deep into our psyche, as well as writing exercises, where we can discover the courage and beauty that lies in opening to all that we experience in our life.

- *Learn how to be mindful with pain
- *Discover the courage within you to meet life's challenges
- *Increase acceptance and self compassion
- *Open to the possibility that pain can teach us more about our authentic ourselves

Testimonials from participants

"Christine is exceptional, honest, creative, focused. Not only an excellent teacher and facilitator, but a real person who can weave the personal and the groups needs into very difficult subject matter with grace and humor."



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

Sunday
June 4, 2017
1:00-5:00 p.m.
Registration Fee:
\$75/person

UNM employees may use their Tuition Remission benefit under Personal Enrichment.

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.

Please bring writing material and a mat or blanket to support you for yoga nidra (yoga sleep) a meditation done lying on the floor.

Please visit the Center for Life website at www.unmcf.org for additional information on this event as well as for other clinical and educational services.

