

# Integrative Applications of Mind-Body Medicine

## Seeing with New Eyes - Enhancing Therapeutic Outcomes

Imagery, Mindfulness & Inquiry for Healing and Transformation

**A One-Day Intensive for Health-Care Practitioners**

**Facilitated by Nimrod Sheinman, ND**

**(One of Israel's most experienced and respected mind-body authorities)**

**When: Sunday, 14th September 2014, 9am - 6pm**

**Where: Centre 4 Inspiration, 8/875 Glenhuntly Rd, Caulfield**

**Cost: \$200**

**(Early Bird: \$180 – to be paid by 28 Aug)**

*The real voyage of discovery consists not in seeking new landscapes but in seeing with new eyes.*

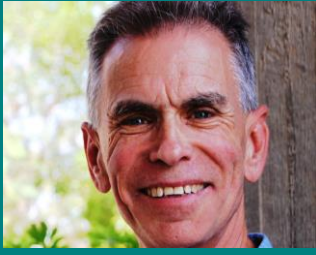
*Marcel Proust*

**Empowering the clinical session, the patient's engagement and the treatment outcome are among the greatest challenges in any given therapy. A powerful body of scientific and clinical evidence points to the unique contribution of mind-body medicine in this regard.**

This one day workshop for health care practitioners, led by one of Israel's mind-body medicine pioneers, will focus on the transformative potential of mind-body medicine and the integration of Imagery-based Practices and Mindfulness-based Dialogues. We'll review the most effective models to work with in exploring attitudes, beliefs, emotions and cognitions and their roles in the healing process.

### **Your Learning Outcomes:**

- Understand practical mind-body models and tools for your clinical practice
- Learn to integrate mindfulness, imagery and inquiry to foster patient engagement and empowerment
- Explore how to transform stress, pain and illness into processes of self-awareness, self-discovery, self-regulation and resilience
- Practice imagery-based principles for symptom exploration and transformation
- Discover hidden issues that may hinder the effectiveness of this work, and recognize the importance of trusting the process



**Nimrod Sheinman, ND**, is a world authority in mind-body medicine and one of Israel's most respected and experienced mind-body pioneers.

Over the last 25 years he has taught Mind-Body Medicine, Imagery-Based Therapy and Mindfulness Perspectives in Clinical Practice, in hospitals, universities, institutes and international conferences in the USA, Europe, Israel and Australia.

He was the Co-Founder of The Israel Center for Mind-Body Medicine and is the Co-Founder and Director of The Israel Center for Mindfulness in Education.

***Space is limited - so register soon!***

**For registration and payment details please contact Irma at:**

**[victoriaavenuewellbeing@gmail.com](mailto:victoriaavenuewellbeing@gmail.com)**

**Or call Irma at 0438 556 295**