



Speakers Bureau

www.holisticmedicine.org

As part of our community outreach program, the American Holistic Medical Association (AHMA) is pleased to maintain the Speakers Bureau which was initially created by Mind-Body-Spirit Connection (MBSC) for educational purposes in northeastern Ohio. Workshops specifically designed for children are noted separately at the end of this document.

The AHMA Cleveland Speakers Bureau has coordinated a variety of workshops offered by holistic practitioners who will present to schools, libraries, hospitals, nonprofits and other community-service organizations free of charge. Similarly, those same practitioners will present workshops to for-profit corporations for \$100. Of this amount, \$50 is a tax-deductible donation to the AHMA (tax ID# 39-1307774), and the other \$50 is given as a thank-you to the presenter. Categories of integrative, complementary and alternative healing topics are included in the pages that follow.

Nonprofits: Please contact the speakers directly if you are interested in their presentations. If two or more speakers are shown, you have a choice from which to select. Be sure to reference the "AHMA Speakers Bureau" when you contact the speakers since many of them are paid for their presentations in other venues. If you send an email to the speaker, please mention AHMA in the subject line, so that he/she knows that this is a voluntary speaking engagement at no-charge to you.

For-profit Corporations: You can coordinate dates directly with the presenter, and make your \$100 check payable to AHMA at One Eagle Valley Court, Suite 201, Broadview Heights, OH 44147. If you have any questions, please call (440) 838-1010.

Category 1 - Introduction to Complementary and Alternative Medicine (CAM)

Introduction to Holistic Medicine and the Mind-Body-Spirit Connection

Are you concerned about health and wellness? Have you ever wondered about "holistic healthcare" or "alternative medicine" but didn't have an immediate need to investigate it further? Many today are taking control of their well-being by integrating complementary and alternative medicine (CAM) into conventional healthcare.

This workshop helps de-mystify complementary and alternative therapies and introduces you to the AHMA, a 30-year old nonprofit that relocated to Cleveland in 2008 in order to further its mission of helping transform healthcare to a more holistic model. You'll hear about our "Doctor Finder", a no-charge referral service and Holistic Health forum, a directory of holistic healthcare providers, educational programs, and much more.

Speaker: Donna Nowak, CH, CRT
Executive Director/CEO of the
American Holistic Medical Association
Cleveland, OH
Phone: 440-838-1010
Email: Donna@holisticmedicine.org
Web: www.holisticmedicine.org

Introduction to Complementary Healing Modalities

Perhaps you can think of this workshop as a "Holistic Sampler Plate". The goal of this presentation is to provide a general understanding of complementary and alternative medicine (CAM) and ideas on how to begin to select a modality and practitioner for individual needs.

An overview of complementary medicine will be presented, including ideas on how people can integrate CAM treatments with their western treatments, in addition to finding a complementary practitioner in their area. (The presenter will truthfully and diplomatically answer questions of comparison between complementary and western medicine, without simply stating that one is better than the other.)

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Speaker: JoAnne Scullin, LICDC, CHTP
Certified Healing Touch Practitioner/Educator
Westlake, OH
Phone: 440-331-1260
Email: JTS4HT@aol.com

Holistic Modalities: Tools for Evaluating Complementary/Alternative (CAM) Modalities and Criteria for Selecting Practitioners

What's right and who's right for you? The goal of this program is to provide attendees with some tools to determine if the modality they are considering is within the mainstream of complementary medicine and what qualifications are important to consider before selecting a practitioner. The presenter will provide reference sources about different modalities and other methods to help decide if something (or someone) is in your best interest. Also, suggestions will be given for finding CAM practitioners through Yellow Pages, Internet categories, list of various associations, online or printed directories, health expos and referral sources. In addition to locations, presenter will discuss important questions to ask a practitioner and sources for references, credentials, etc.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Current Research on Integrative Medicine

Support for Integrative Medicine continues to grow as more and more research studies confirm benefits of utilizing alternative approaches to health in conjunction with conventional medicine. The latest development in functional, nutritional, herbal and mind-body-spirit research will be discussed.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Category 2- Energy Medicine

Acupuncture as Energy Medicine (See Category 4)

Chakras & Subtle Energy Healing

The chakras are the interactive energetic centers in the body that receive, translate, interpret and transmit information to every system and every cell in it. They are points where the physical, energetic, and mental bodies unite, influencing one another. Chakras continually and simultaneously modulate all the vibrational fields of our existence--light, color, sound, touch, aromas, foods, ideas--everything that enters our sensory experience. This workshop will share ideas regarding ways that you may learn to work consciously with the chakra system to balance energy for healing and wellness.

Speaker: JoAnne Scullin, LICDC, CHTP
Certified Healing Touch Practitioner/Educator
Westlake, OH
Phone: 440-331-1260
Email: JTS4HT@aol.com

Color as a Healing Influence on Pain

Light is reflected all around us in vibrational frequencies we perceive as color. Colors influence our own vibrational frequencies, which we perceive as "how we feel". Those feelings are complex neurochemical responses that we do not need to fully understand in order to transform them. We can use colors to bring comfort, relaxation, and vitality to literally change our mood and perhaps our cells. The frontiers of science can explain how the subtle electro-magnetic energy of color works. You can learn how to put it to work for you. It is simple, effective and safe.

Speaker: Rose Marie Fantelli, MA, PCC
Clinical Counselor, Energy Practitioner
Beachwood, OH
Phone: 216-556-5045
Email: rmfantelli@aol.com

Transformational Energy

Would you like to learn how to live each day in peace, joy and with abundant energy? This presentation will introduce you to a comprehensive mind, body, spirit approach to living called The Energy Equation. It will demonstrate how most of us overdraw our 'energy bank accounts' far too often resulting in fatigue, frustration and despair. The Energy Equation is a commonsense, easy-to-apply approach to help you reawaken positive attitudes, restore balance and create abundant energy for daily living.

Speaker: Susan Mikolic, RN
Stepping Stones, Eastlake, OH
Phone: 216-513-6098
Email: susan@steppingstonesmentalhealth.com
Web: www.steppingstonesmentalhealth.com

Transformational Energy: The Ten Principals of the Energy Equation (1.5 Hours)

It is within each person's power to create abundant energy for daily living and learn to live in peace, balance and harmony. This presentation will introduce you to a comprehensive mind, body, spirit approach to living called The Energy Equation. The presenter will demonstrate how to transform one's life by tuning into your body's natural flow of energy to neutralize stress. Attendees will be provided with a tool to monitor and manage daily stress called The Red Light Plan. The Energy Equation is a commonsense, easy-to-apply approach to help you reawaken positive attitudes, restore balance and create abundant energy for daily living.

Speaker: Susan Mikolic, RN
Stepping Stones, Eastlake, OH
Phone: 216-513-6098
Email: susan@steppingstonesmentalhealth.com
Web: www.steppingstonesmentalhealth.com

Discovering Your Personal Energy Field

The human body is a moving energy field in relationship to everything that is a part of it (all the systems, organs, cells) and to everything that comprises it (families, cities, continents, solar systems). We exist at levels beyond the obvious. We affect everything and everything affects us. We sense these levels and their relationship through our feelings, intuitions, gut instincts, etc. Research shows that even our thoughts affect other people.

This talk involves many experiential exercises to help us feel more connected to these less obvious fields of who we are and to experience our interconnectedness. Current consciousness research will be briefly addressed.

Speaker: Rose Marie Fantelli, MA, PCC
Clinical Counselor, Energy Practitioner
Beachwood, OH
Phone: 216-556-5045
Email: rmfantelli@aol.com

The Science Supporting Energy “Medicine”

This presentation reviews the more recent scientific discoveries that support the view that emotions and thought, both conscious and unconscious, affect the physical body and play a vital role in healing and wellness. The workshop begins to demystify how and why various protocols of energy “medicine” and energy psychology might work in a full body/mind spectrum.

Speaker: Rose Marie Fantelli, MA, PCC
Clinical Counselor, Energy Practitioner
Beachwood, OH
Phone: 216-556-5045
Email: rmfantelli@aol.com

Healing Touch™: An Introduction

Join a Certified Practitioner to learn about and experience Healing Touch, an energy medicine therapy. This modality can be used to complement conventional/allopathic medicine or as a standalone experience for health and wholeness of Mind/Body/Spirit. The goal of Healing Touch is to restore harmony and balance in the human energy system. This creates an optimal environment for the body's innate tendency of self-healing to occur. Research on Healing Touch has been supported and/or funded by hospitals, universities, professional organizations, private foundations, and the NIH's Center for Complementary and Alternative Medicine. It is endorsed by the American Holistic Nurses Association.

Speaker: JoAnne Scullin, LICDC, CHTP
Certified Healing Touch Practitioner/Educator
Westlake, OH
Phone: 440-331-1260
Email: JTS4HT@aol.com

Reiki: An Introduction

The goal of this program is to increase the overall understanding of Reiki and its benefits for a person's own inner healing work.

Attendees will be provided an overview of the history of Reiki, the supporting theory behind it, how it is administered, and some of the scientific research results investigating its effects. Demonstrations of Reiki will be offered to at least one person in the audience.

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478
Email: caroljspears@cs.com
Web: www.heartinhands.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Category 3- Manipulative & Body-Based Practices

Intro to Massage Therapy

The perception of massage as a treat or an indulgence is changing rapidly. A strong body of research indicates that massage therapy can assist in reducing stress, fatigue, depression and anxiety. It can also relieve pain, muscle tension and joint stiffness, as well as assist in recovery from injuries and surgical procedures. Even clients with repetitive motion conditions have shown marked improvement.

This presentation will: 1) share the history of massage, 2) provide an understandable physiological basis of why and how massage works, 3) discuss the importance of the simple touch of a warm hand in promoting comfort and healing, 4) review the benefits of massage, the many types of therapy available and which one is right for you. You'll also get tips on how to choose a practitioner for your special needs. Most importantly, you'll learn how to do self-massage to help you feel and function better on a daily basis.

Speaker: Karen Fink, RN, BSN, LMT, CLL
Massage by Karen
Lakewood, OH
Phone: 216-470-5925
Email: finkk@ccf.org

Introduction to Reflexology

What is reflexology? Is it the same as foot massage? Does it tickle? What is a session like? Reflexology is based upon the belief that specific points and areas on the feet and hands, even the ears, correspond with other parts of the body. Pressure from the practitioner's thumbs and fingers is used to massage, squeeze, or push on certain parts of the client's feet, hands or ears. The goal is to encourage a beneficial effect on other parts of the body, or to improve general health.

Speaker: Maebelle Algee
Reflexology Massage & Beyond
Cleveland, OH
Phone: 216-481-4354
Email: Algee2feet@aol.com

Touch for Health

A general overview will be presented on the various “healing touch” modalities offered by conventional/allopathic medicine and complementary and alternative medicine (CAM). Current research will be discussed regarding the effectiveness of these systems as part of the healing process. Attendees will hear about Healing Touch, Therapeutic Touch, Massage, Reiki, and other hands-on techniques that can provide pain relief, decreased stress and anxiety, quicker recovery after injury or illness, and much more.

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Category 4- Whole Medical Systems

Acupuncture as Energy Medicine

Learn about the theories behind this ancient healing tradition. Qi, which is translated as “energy”, is one of the key parts of the foundation of Traditional Chinese Medicine. In this workshop, the concept of Qi, along with the meridian system through which this energy flows, will be explored.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Jamie Starkey, RAc
Bedford, OH
Phone: 216-906-1981
Starkey@sscf.org

Benefits of Acupuncture

Modern science is beginning to confirm the benefits of acupuncture treatment. Learn about this ancient healing art along with the conditions it can effectively treat, including headaches, fibromyalgia, and allergies to name just a few. This class will debunk common myths about acupuncture and answer the most frequently-asked questions. You’ll also hear guidelines for locating an acupuncture professional.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Jamie Starkey, RAc
Bedford, OH
Phone: 216-906-1981
Starkey@sscf.org

Introduction to Traditional Chinese Medicine

Chinese Medicine--one of the oldest, most commonly used medical approaches throughout the world--has developed over 2,000 years to treat a wide range of conditions. Chinese Medicine principles including yin, yang, qi, tongue, pulse, acupuncture, organ systems and meridians will be discussed to give attendees a better understanding of the differences between Eastern and Western medicinal approaches.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Jamie Starkey, RAc
Bedford, OH
Phone: 216-906-1981
Starkey@sscf.org

An Introduction to Homeopathic Medicine

Discovered in 1810, homeopathy is a powerful and elegant healing system based on matching the symptom picture of the patient with the remedy picture of a potentized extract from a plant, mineral or animal tissue. The concept of “like cures like” will be discussed and the remedies for a simple first-aid kit will be described. Homeopathic medicine is ideal for treating all kinds of simple day-to-day problems that come up, without resorting to overly-powerful medications which typically stop the symptoms but suppress the healing process. A brief but fascinating history of homeopathic medicine will also be reviewed.

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

An Introduction to Naturopathic Medicine

The term “Naturopathy” was coined in 1902 from the combination of the 18th century European natural treatment philosophy called “Nature Cure” and “homeopathy”. Incorporating these healing techniques, as well as modern day science, naturopathic medicine mobilizes the body’s natural resources to heal the whole person. Naturopathic physicians are trained at four-year medical colleges and represent a growing number of the most thoroughly trained doctors in both allopathic pathology and natural treatment techniques.

The speaker will cover the six philosophical principles of modern naturopathic medicine. These concepts are important to understand how and why naturopathic medicine is a necessary complement to traditional Western medicine and ultimately, why integration of both types of medicine is ideal. Attendees will also learn various techniques that can be implemented into their daily life to support longevity and wellness.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Email: carol@correctbreathing.com
Web: www.correctbreathing.com

Category 5- Mind-Body Medicine

Therapeutic Art: New Ways of Seeing the World

According to Betty Edwards (*Drawing on the Right Side of the Brain*), the exercises in her book may be used “to open access by conscious volition to the right side of the brain in order to... see things in a different way... Creative solutions to problems, whether personal or professional, will be accessible through new modes of thinking and new ways of using the power of your whole brain... (See) things as they really are, in all their awesome, fascinating complexity”.

This workshop teaches an effortless process to facilitate a harmonizing balance between mind and body. The experience is similar to Frederick Frank’s *Zen Seeing, Zen Drawing*. Lecture includes slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: Do the exercises, feel the results. Additional exercises are available for home, school, office.

Speaker: Speaker: Kristen S. Boyesen
Art Experiences/Imagination Arts, Bedford
Phone: 216-577-9874
Email: WildernessArtist@sbcglobal.net
Web: www.Imagination-Arts.blogspot.com

Breathwork: Breathe Well, Be Well

The way that you are breathing can make you sick, but it can also make you well. Inhale...exhale... It’s what you do more than anything else, taking over 20,000 breaths a day. Breathing is the foundation for all other body systems. When it becomes dysfunctional, breathing can compromise your health, causing some of the most common bodily complaints such as sinus drainage, stuffy nose, chronic cough, chest tightness, shortness of breath, dry mouth, throat clearing and snoring. Even if you eat right, exercise and rest well, when your breathing is out of balance, you could still be at risk. Fortunately, we do have some voluntary control over our breathing and can make it appropriate for the needs of our body.

Efficient breathing is especially effective for asthma, allergies, sleep apnea, and chronic fatigue, as well as a variety of stress-related conditions such as panic attacks, insomnia and hypertension. Return to a more active life by learning better breathing at all levels. Discover the definition of proper breathing and how it impacts your body. So... How is your breathing?

Speaker: Carol Baglia
Correct Breathing Concepts, LLC
Mentor, OH
Phone: 440-357-5834

Conscious Living

According to Penney Pierce in *The Intuitive Way, A Guide to Living from Inner Wisdom*, “By noticing things, you connect with your world. Connectedness spawns intuition.”...“When mind, body and spirit are unified, when you direct your attention outward, you’ll experience life as a unified field of boundless, free-flowing energy and knowledge.”

Imagination Arts is a fun and relaxing approach to connecting with the world. Increase cognitive awareness and set the stage for “aha” moments and innovative problem solving through easy observational and participatory exercises: an effortless process that facilitates a harmonizing balance between mind and body.

Speaker: Speaker: Kristen S. Boyesen
Art Experiences/Imagination Arts, Bedford
Phone: 216-577-9874
Email: WildernessArtist@sbcglobal.net
Web: www.Imagination-Arts.blogspot.com

Spirituality: The Key to Healing

This workshop will help attendees see the impact of four emotions on their mind, body and spirit: Fear, Anger, Guilt and Shame. People who are consumed by these emotions are often impacted physically with stress symptoms and related conditions such as headaches, irritable bowel syndrome, insomnia, fatigue, etc.

Mentally, people may be plagued with negative thoughts; they may escape through work, volunteering, overextending themselves, or seeking to please and be all things to all people. Spiritually, they may experience isolation, believing no one knows how they feel, lacking purpose, sensing little meaning and direction in their lives. Usually, these people need to learn how to forgive themselves and others. It is not uncommon that people believe others forgive them. They just don't know how to forgive themselves. This class will help!

Speaker: Jane Ehrman, M.Ed., CHES
Associates in Wellness, Brunswick, OH
Phone: 440-213-1872
Email: jane.ehrman@gmail.com
Web: www.imagesofwellness.com

Accessing Personal Healing Imagery

Guided imagery has been established as a means of promoting healing in hospitals. Personal Healing Imagery is another way to use imagery. It differs because it evokes an *individualized* inner healing wisdom that creates a state of unified consciousness between the mind and body. Imagine! It is as simple as asking the body if and how it can heal itself. Research in brain plasticity supports this idea. Learn about the simple language that both our minds and bodies can understand and how to interpret it during an experience of stress and disease.

Speaker: Rose Marie Fantelli, MA, PCC
Clinical Counselor, Energy Practitioner
Beachwood, OH

Phone: 216-556-5045
Email: rmfantelli@aol.com

Phone: 216-470-5925
Email: finkk@ccf.org

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Introduction to Hypnosis for Healing

This workshop will provide information about how hypnosis can be used for mental, physical, emotional and spiritual healing. Statistics show that up to 85% of doctor visits are due to stress-related illnesses and conditions. This class will help attendees understand how stress affects their mind, body and spirit and will also explain how hypnotherapy can be used to help change negative behaviors.

Hypnosis/guided imagery can be used for cognitive restructuring (reframing) to change or improve the way people look at themselves. It can also be used to change their perceptions of a situation or illness. This, of course, affects the individual *physically*, with reduced symptoms of stress; *mentally*, with improved confidence, self-nurturing, positive outlook, negative thought-stopping, etc.; and *spiritually*, with greater self-knowledge, sense of purpose, direction and meaning in life. All result in enhanced quality of life.

Speaker: Jane Ehrman, M.Ed., CHES
Associates in Wellness, Brunswick, OH
Phone: 440-213-1872
Email: jane.ehrman@gmail.com
Web: www.imagesofwellness.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Laughter for your Well-being

If you thought that laughter was contagious before, just wait until you experience this. It's one thing you will want to catch! Imagine relieving pain, becoming more energized, and improving your immune system (allowing you to feel and become healthier). Imagine all this without taking a pill, traveling to the doctor's office or being sore after an "exercise session".

Learn about the benefits of laughter, and participate in an uproarious session of laughter exercises. See how good you feel, almost immediately. The session includes a repertoire of attitude-changing habits called, "The Good-Hearted Living Program" to allow you to enjoy life and laugh more fully and more often. An ability to breathe, perform gentle stretches, and a willingness to actively participate in laughter exercises is all that is needed. This class can be modified for all levels of fitness and health.

Speaker: Karen Fink, RN, BSN, LMT, CLL
Massage by Karen
Lakewood, OH

Meditation: Its Uses and Benefits in Health

This workshop will provide an overview of the uses and benefits of meditation in relation to health. The presenter will provide an overview of the medical research on the benefits of meditation and the changes in the brain and body when one is meditating. She will also teach at least three different techniques that people can easily incorporate into their daily lives.

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478
Email: caroljspears@cs.com
Web: www.heartinhands.com

Meditation through Observation

Attain a natural, peaceful meditative state while being fully awake and alert. Forget your notions about meditation! The exercises introduced in this class are more like entertainment than an approach to restructuring your life. Producing results in as little as five minutes, the technique can be used as a refreshing break at the office, daily practice, or with a group to focus attention before a meeting. The exercises are similar to Frederick Frank's *Zen Seeing, Zen Drawing: Meditation in Action*.

"Meditation through Observation" teaches an effortless process to facilitate a harmonizing balance between mind and body. Lecture includes slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: Do the exercises, feel the results. Additional exercises are available for home, school, office.

Speaker: Speaker: Kristen S. Boyesen
Art Experiences/Imagination Arts, Bedford
Phone: 216-577-9874
Email: WildernessArtist@sbcglobal.net
Web: www.Imagination-Arts.blogspot.com

Music As Medicine

Therapeutic music is used in a prescriptive manner, according to the patient's immediate and changing needs. Specific types of musical modes, tempos, rhythms, and other aspects are selected by a trained Music Practitioner, based on consultation with the care-giving staff at medical facilities, the Practitioner's training, and experience. The presenter will discuss recent medical research on music as medicine, and give a demonstration using a small traveling harp.

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478

Email: caroljspears@cs.com
Web: www.heartinhands.com

Introduction to Regression Therapy

Regression means to “go back” or to return to something. This workshop will discuss how regression can be used as a therapeutic tool to access historical records in the subconscious or unconscious mind to help facilitate the healing process in the present. This workshop will answer questions such as:

- 1) What is regression therapy?
- 2) How does a professional help you using regression as a therapeutic tool?
- 3) How can regression identify and use “causal factors” to eliminate the effects of life challenges?
- 4) How can it allow the natural healing process to occur?

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Of the Spirit

The goal of this workshop, profiling The Energy Equation, is to provide information on how spiritual health and balance are reflected in physical health. The Energy Equation principals guide you on integrating spiritual practices into your daily life as part of an overall mind, body, spirit approach to wellness, balance and peaceful living.

Speaker: Susan Mikolic, RN
Stepping Stones, Eastlake, OH
Phone: 216-513-6098
Email: susan@steppingstonesmentalhealth.com
Web: www.steppingstonesmentalhealth.com

Managing Stress: Transforming Life for Busy People - It's Simple but Not Easy

Stress comes from many sources: at work, at home, just about anywhere. Managing and balancing stress is an important part of living a healthy life. Learn the physical, emotional and behavioral signs of stress. Learn strategies to manage and balance stress at work and in your personal life: strategies for taking care of self, strategies for managing your mind, and basic strategies for life.

Speaker: Rebecca Bode, Ph.D., C.S.P.
HealthStyles, LLC
Novelty, Ohio
Phone: 440-338-1538
Email: rebecca@yourhealthstyles.com
Web: www.yourhealthstyles.com

Relieve Stress with Imagination Arts™

Imagination Arts is a fun and relaxing approach to helping people experience a deeper sense of inner peace and joy through the exploration of their vast untapped brain power. Producing results in as little as five minutes, the technique can

be used as a way to entertain children who are about to bounce off the walls or to replace impatience at a stoplight with a sense of calm. Daily practice can help you to free yourself from knee-jerk reactions by acquiring the ability to calmly interact with the world around you. The exercises are based on the book *Drawing on the Right Side of the Brain* by Betty Edwards.

Imagination Arts™ teaches an effortless process to facilitate a harmonizing balance between mind and body. Lecture includes slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: Do the exercises, feel the results. Additional exercises are available for home, school, office.

Speaker: Kristen S. Boyesen
Art Experiences/Imagination Arts
Bedford, OH
Phone: 216-577-9874
Email: WildernessArtist@sbcglobal.net
Web: www.Imagination-Arts.blogspot.com

Right-Brain Workout

Betty Edwards, in *Drawing on the Right Side of the Brain*, says that our culture trains us into left-brain dominance to keep up with our fast-paced world. The left-brain is the assembly-line task-master. Edwards introduces simple exercises to gain access to the imaginative right side of the brain, the source of feelings of inner peace, global thinking, free association, and “aha” moments. Right Brain Workout unlocks the doors to your imagination! With regular practice of the exercises, “non-artists” are able to experience the bursts of imagination that artists, inventors, writers and other creative people depend on for innovation and creativity. The talk will relate how neuroscientist Jill Bolte Taylor (*My Stroke of Insight*) changed her life with right-brain activity.

Imagination Arts™ teaches an effortless process to help bring your left-brain and right-brain into balance so you have more brain power in your life. Lecture includes slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: Do the exercises, feel the results. Additional exercises are available for home, school, office.

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Wellness and Rehabilitation Activity

This is a workshop to help relieve stress, reduce pain, exercise the brain and activate intuition. Interesting objects are used for observation and meditation, and, without looking at the paper, participants do *Recorded Eye Movement™* drawings. After the observational/recording period, the drawing is a fun surprise! No art experience needed. The award-winning Daniel Goleman (*Social Intelligence*) points out that we create new brain cells with new activities. Imagination Arts exer-

cises develop hand-eye coordination in new ways and encourage the concept of “letting go” of an outcome.

“I get relief from the severe pain while doing art, my memory... is improving, and (my) depression ... is lifting.” ...”
(Feedback from a stroke and broken neck survivor doing art and Imagination Arts™)

Learn an effortless process to facilitate a harmonizing balance between mind and body. Lecture includes slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: Do the exercises, feel the results. Additional exercises are available for home, school, office.

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Category 6 – Biologically-Based Practices

Introduction to Herbology for Healing

As more and more people are beginning to integrate herbal supplements into their personal health regime, it becomes increasingly important to be aware of possible drug-herb interactions. Some of the more common interactions will be discussed, as well as resources for checking for possible drug-herb interactions.

Quality of supplementation of herbs is especially important because using a product of nature can lend inherent variability to results. Discussion of how to locate a high-quality supplement will also be discussed.

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Eating for Health: Choices for Nutrition

Nutrition is a fascinating and extensive subject. What we eat each day plays a crucial role in our state of health. It is fuel for the body, similar to gasoline which powers the engine of an automobile. It is important to gain knowledge regarding your fuel choices (both food and nutritional supplements) for several reasons. Certain supplements can cause harm if taken in doses that are too high. Some forms of supplements are more absorbable than others; and, many nutritional supplements are more effective when taken alongside other supplements. Most importantly, we can gain necessary nutrients from our food if we make lifestyle changes that promote healthy eating habits. During this workshop we will discuss these topics and why it is important to let your professional healthcare providers know which nutritional supplements you are currently taking.

Speaker: Tamara Macdonald, N.D., RAc

Brunswick, OH
Phone: 330-460-5155
Email: drtamara@northcoastnaturalhealth.com

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Category 7 – Diagnosis Category/Other

Integrative Modalities for Cancer Treatment and Recovery Issues

The goal of this program is to provide information about complementary and alternative Medicine (CAM) modalities that have been shown to be helpful for people with cancer. The presenter will share a general overview of mind-body-spirit modalities that have been shown, either through medical trials or by good anecdotal situations, to enhance cancer treatment and recovery and related issues.

Speaker: Jane Ehrman, M.Ed., CHES
Associates in Wellness, Berea, OH
Phone: 440-213-1872
Email: jane_ehrman@gmail.com
Web: www.imagesofwellness.com

Speaker: Tamara Macdonald, N.D., RAc
Brunswick, OH
Phone: 330-460-5155
Email: drtamara@drtamaramac.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Introduction to Detoxification

Our bodies are constantly attempting to remove the by-products of our metabolism, along with the 87,000+ registered synthetic chemicals that are in our environment. Scientists have found toxic compounds all over our planet, in polar bears in the Arctic, and in orca whales in the Pacific. EPA studies of chemicals stored in the fat of humans have shown that 100% of those tested had dioxins, PCBs, and dichlorobenzene.

Almost all diseases can be linked to some blockage in the normal detoxification pathways that attempt to keep these compounds out of our bodies. In this course, we will describe these major pathways and how to keep them open, to allow quick removal of any toxin that comes our way. From heavy metals to drugs in our water supply, discover how to battle these harmful substances. You can protect yourself!

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Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Meridian Assessment Technology

Meridian Assessment Technology has been called the future of medicine. By electronically analyzing the changes in skin resistance over specific acupuncture points, a practitioner can help determine what changes in energy flow through the acupuncture meridians are occurring. Depending on the point of readings, degeneration or inflammation of various issues can be treated using exact frequencies, and brought into exact balance, as determined by the computer. The latest research in computerized electro-dermal screening techniques will be discussed.

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Metabolic Typing

There is no diet that fits everyone's needs, and discovering one's ideal diet and lifestyle opens up our lives to more energy, creativity and fulfillment. The road to health is a different journey for all of us. By monitoring specific biomarkers that accurately analyze all the intricate workings and functions of the body on a day-to-day basis, we can each achieve our own optimal health. Metabolic typing involves balancing five basic parameters including: tissue pH, nervous system function, mineral and electrolyte levels, glucose and fat utilization, and nutrient storage. Disease symptoms can often disappear just by balancing these basic metabolic functions. In this course, you will learn some simple ways to monitor your own health, and determine if you're on the right road to health, or stuck in a cul-de-sac!

Speaker: John Sherman, N.D.
Cleveland Heights, OH
Phone: 216-707-9137
Email: Johnshermannd@gmail.com

Color as a Healing Influence on Pain – Please read description in Category 1

Alternatives for Stress Management

Could the stress you experience be harming your health and well-being? The answer is a definite YES. Pressure at home or work can result in aches and pains, depression or anxiety, lack of energy and other chronic or acute ailments. Stress may also arise from within, effecting you on a mental, emotional, physical or spiritual level.

Learn how to take control of your health and maximize your well-being by integrating complementary and alternative medicine (CAM) into your healthcare program. This presenta-

tion will introduce you to many possibilities for minimizing stress, with a focus on the importance of addressing mind, body and spirit.

Speaker: Jane Ehrman, M.Ed., CHES
Associates in Wellness, Berea, OH
Phone: 440-213-1872
Email: jane_ehrman@gmail.com
Web: www.imagesofwellness.com

Speaker: Susan Mikolic, RN
Stepping Stones, Eastlake, OH
Phone: 216-513-6098
Email: susan@steppingstonesmentalhealth.com
Web: www.steppingstonesmentalhealth.com

Speaker: Thomas Muzic, CH
The Center for Universal Development
Cleveland, OH
Phone: 440-454-1245
Email: Tmuzic@aol.com

Massage & You: Combating Stress on the Job

Could the stress you experience on the job be harming your health and well-being? The answer is a resounding YES. For example, pressure from multiple deadlines and working long hours for the same or less pay places extreme demands on our bodies, especially the nervous system. Is it any wonder that we experience aches and pains, depression, anxiety, and acute or chronic ailments to a larger degree today than in the past?

This presentation will assist you in learning important self-care techniques to decrease the stress response, both at work and at home, even though you may not be able to decrease the daily stressors that bombard you. You will learn the simple physiological basis of the stress response, techniques to combat it, the benefits of massage, and some simple, yet profound massage techniques, that can be used to assist in the relaxation response. Explore the possibility that you can decrease the effects of a stressful work situation with simple and easy massage techniques that have been known for centuries.

Speaker: Karen Fink, RN, BSN, LMT, CLL
Massage by Karen
Lakewood, OH
Phone: 216-470-5925
Email: finkk@ccf.org



Workshops for Children and/or their Parents

Children have a natural curiosity and open mind that allows them to especially benefit from a holistic approach to life. The following workshops and presenters have been specifically reviewed and approved for children of various ages. Please contact the speakers directly if you are interested in their presentations. If two or more speakers are shown, you have a choice from which to select. Be sure to reference the “AHMA Speakers Bureau” when you call the speakers since many of them are paid for their presentations in other venues, but they are volunteering to assist in the educational efforts of Mind-Body-Spirit Connection, and there is no charge to you.

An Introduction to Complementary Healing

Modalities for Children (for parents of children ages 6-18)
Perhaps you can think of this workshop as a “Holistic Sampler Plate”. The goal of this presentation is to provide a general understanding of complementary and alternative medicine (CAM) and ideas on how to select a modality and practitioner for your child’s needs.

An overview of complementary medicine will be presented, along with ideas about how CAM treatments can be integrated with western (conventional) medical treatments and how to find a complementary practitioner in your area. A resource list of how to find qualified practitioners will be provided.

The speaker will be prepared for questions about comparison of complementary medicine to western medicine and will answer diplomatically and truthfully without simply stating that one is better than the other.

Speaker: Michelle Martin, Ed.S.
Insight Learning & Wellness Center
Cleveland, OH
Phone: 216-765-4470
Email: ilcmartin@aol.com
Web: www.insightwellness.org

Complementary/Alternative Healing Methods for Children - Current Research Shows Promising

Answers (for parents of children ages 6-18)
The use of complementary and alternative (CAM) methods of healing has become widely accepted for adults in recent years, and on the horizon the exciting promise for children is now clearly visible. Currently, the use of CAM methods is being proven to be greatly beneficial in reducing symptoms such as hyperactivity and promoting greater social and emotional health and learning for children/adolescents with ADHD and autistic spectrum disorders. Results of research taking place locally, and by the National Institute of Health, and other

agencies such as the Touch Institute in Florida will be presented.

Speaker: Michelle Martin, Ed.S.
Insight Learning & Wellness Center
Cleveland, OH
Phone: 216-765-4470
Email: ilcmartin@aol.com
Web: www.insightwellness.org

Energy Fields, Auras, and Chakras (Ages 6 -18)

The purpose of this workshop is for children to sense their energy fields and to have FUN! Children have a natural awareness of healing energy and may often see it; they are very close to the flow of life, and it is easy for them to learn about and appreciate the subtle energy of their own auras and chakras.

In this class, children will get in touch with subtle energy, and experience it first hand. They will learn about their colorful auras and charkas, as well as use art work to show how they “see” their energy fields. This will be a fun, interactive workshop.

For the older students, the class will include discussion of how their energy fields affect their physical, mental, and emotional well-being.

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478
Email: caroljspears@cs.com
Web: www.heartinhands.com

Meditation (Ages 6-18)

Children and teens in today’s world live with internal and external stressors that affect their physical, emotional, mental, and spiritual well-being. Meditation is a time-tested technique to help us, at any age, cope with these stressors and live happier, healthier lives.

A child's or teen's ability to quiet the mind and reach an inner place of peace may help with learning, social behavior, self-esteem, and sleep problems. Obtaining experience early in life about how to meditate will be a valuable, lifelong tool. Students in this class will learn simple meditation techniques and experience guided imagery. An opportunity to take part in art work will help participants express what they *experienced during the meditations*

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478
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Music as Expressive Therapy (Ages 7-18)

Class size limited to ten participants

Music has universal appeal to children. Part of this presentation will be spent in having the children experience therapeutic harp music played live, as they learn how therapeutic music is used as expressive therapy. Then the participants will take part in playing simple musical instruments, which will help them to:

- Express inner feelings
- Relax, become more calm and centered
- Relieve stress
- Relate better personally to others
- Improve concentration and learning
- Deal with pain, discomfort, or symptoms of an illness, or from the treatments for an illness
- Promote their own inner healing
- Integrate other healing modalities (medical, physical, psychological)
- Increase creativity
- Improve sleep patterns
- Increase spiritual awareness

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Parent Child Bonding

There are very few activities parents and children can do together where both parent and child are equally challenged, equally experiencing something new, equally vulnerable. Such a sharing between parent and child creates new bonds of closeness, awareness, and understanding of each for the other. Imagination Arts™ is a fun and relaxing approach to connecting with the world and with each other. The easy observational and participatory exercises facilitate a harmonizing balance between mind and body while providing an opportunity to share a new experience together as a family.

Lecture: short slide show, motivational talk, explanation of the process, why it works, benefits. Experiential: do the exercises, feel the results. Additional exercises are available for home, school, office.

Speaker: Speaker: Kristen S. Boyesen

Art Experiences/Imagination Arts, Bedford
Phone: 216-577-9874
Email: WildernessArtist@sbcglobal.net
Web: www.Imagination-Arts.blogspot.com

Reiki (Ages 7-18)

Children have a natural awareness of healing energy and may often see it; they are very close to the flow of life, and it is easy for them to learn about and appreciate subtle energy healing methods, such as Reiki.

In this class, children will get in touch with subtle energy and experience it firsthand. They will learn about the story of how Reiki was rediscovered and how it is used today. Those who want to experience receiving Reiki will get a chance to relax and have a quick Reiki treatment. This will be a fun, interactive workshop for children who have an awareness of their energetic being.

Speaker: Carol J. Spears, MS, CMP, CD
Heart in Hands, Stow, OH
Phone: 330-929-4478
Email: caroljspears@cs.com
Web: www.heartinhands.com

Therapeutic Martial Arts (for parents of children ages 3-18) - "The Zen of Tae Kwon Do for Children and Teens with Attention, Learning, Emotional & Behavioral Issues"

The practice of any martial art in the true eastern tradition can serve as a calming, grounding, and integrating experience. The value for children who are at risk due to common disorders such as ADHD and depression or anxiety is often reported to be *life changing*.

Experts in these fields agree that certain ingredients are crucial for positive effects; these factors will be discussed. The blending of mind and body expands the limits of "talk therapy". As one reaches a "zone" state, similar to meditation, they are able to process non-verbally. The potential physical and emotional benefits of practicing martial arts will be explained and suggestions to parents in selecting a type of martial art, and place of study for their child will be offered.

Speaker: Michelle Martin, Ed.S.
Insight Learning & Wellness Center
Cleveland, OH
Phone: 216-765-4470
Email: ilcmartin@aol.com
Web: www.insightwellness.org

Equipping Children to Manage Stress Effectively (Ages 7+, teachers and parents)

Note: This workshop requires a minimum 60-90 minutes

This presentation will explain types of stress: eustress, distress and chronic stress; how stress affects body/mind and

spirit; and the impact of unmanaged stress to body/mind and spirit. Participants will also receive information on a variety of ways to manage stress through relaxation and coping techniques such as breath work exercises, imagery, progressive and passive relaxation, autogenic training and cognitive restructuring. Specific information will be given to address the role that parents and teachers play in helping children deal effectively with stress. The presentation includes an experiential piece in which participants have the opportunity to learn a simple breath work exercise, do imagery and passive relaxation.

Speaker: Jane Ehrman, M.Ed., CHES
Associates in Wellness, Berea, OH
Phone: 440-213-1872
Email: jane.ehrman@gmail.com
Web: www.imagesofwellness.com

Test Stress: A Barrier to Success (Teachers and parents of school-age children; children grades 3-12)

Note: This workshop requires a minimum 60-90 minutes

This presentation focuses on the effects of unmanaged stress that school-age children experience related to test taking. Because of proficiency exams, routine tests and quizzes, entrance and other academic exams, children have significant pressure from parents, teachers and themselves to do well.

This talk will help adults understand: 1) the short- and long-term effects of this stress to body/mind; 2) how the cycle of test anxiety develops; 3) mind/body relaxation, 4) cognitive restructuring and coping techniques to help children approach test taking more positively and comfortably, and help them achieve scores that accurately reflect their true ability. Participants will have the opportunity to purchase a guided imagery CD which focuses on enhancing test-taking performance.

Speaker: Jane Ehrman, M.Ed., CHES
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www.holisticmedicine.org

The American Holistic Medical Association is a 501(c)(3) nonprofit educational service organization that is helping transform healthcare to a more holistic model through the integration of all aspects of wellbeing: physical, mental, emotional, spiritual, environmental and social.