

MOLOKAI, HI

# *The Healer Within*



MAY 22-28, 2011

## A CME/CE LEARNING EXPERIENCE



**Hui Ho'olana,**  
**Hawaiian for “inspiration up from the heart”**, is the perfect setting for relaxation, learning and retreat. It is a small intimate setting where we will be the only group using the center ensuring privacy and serenity. Molokai is the birthplace of the Hula, and home to some of Hawaii's most sacred pools. The staff of the Hui provides an atmosphere of Hawaiian hospitality and gourmet nutritious meals. Massage sessions are available from the world class Hui massage therapist. Nature trails, ocean views and perfect weather create the backdrop for this vacation and learning experience.

## A CME/CE LEARNING EXPERIENCE



**Nita Gage** is a clinical psychologist who has been teaching and facilitating transformational workshops for psychologists, physicians, nurses, addiction counselors and lay people for 15 years. She is the author of the book *Women in Storage: A Neuroimaginal Journey of Self Discovery*, about transitional times in women's lives as

**Lee Lipsenthal** is an internist with postgraduate training in cholesterol disorders and served as the Medical Director of the Preventive Medicine Research Institute in Sausalito with Dean Ornish, California for ten years. Lee consults with major medical centers, health research organizations, and corporations on health and wellness. He also teaches workshops and faculty, world-wide in the area of practitioner health and relationships, working with major organizations such as Kaiser-Permanente, Cleveland Clinic, the American Medical Association as well as many large universities, hospitals and medical groups. He is the Author of "Finding Balance in a Medical Life" as well as a chapter contributor to many medical textbooks. Lee is the past President of the American Board of Integrative Holistic Medicine and is a certified shamanic breathwork facilitator.

### **The Healer Within**

provides tools to evaluate and understand the issues of our emotions in our work and home lives. It will combine discussions and experiential exercises designed to rejuvenate your mind, body and soul. You will leave with an understanding of the unique stresses that care givers and their families live with, and practical methods for changing the balance of your life.

### **You will be able to**

- Understand the relationship of stress and health
- Modify your stress responses
- Apply various communication techniques in your work and home lives
- Evaluate the aspects of your personality that helps and hinders your progress, personal growth and patient care
- Adapt action planning tools to create changes in your life.

### **Enjoy**

Three fabulous meals per day  
Beautiful beaches and hiking trails  
The quiet of an undeveloped island  
Massage and body work  
Time to read and contemplate

### **Program Charge**

\$1800 includes all meals, program materials and 3 meals a day.

**To register  
Contact Lee Lipsenthal  
at [Lipsenthal@aol.com](mailto:Lipsenthal@aol.com)**

# May 22-28, 2011

## Your learning journey

### Sunday

3:00 -6:00

Arrival and Pupus on Lanai  
Dinner and opening Circle

### Monday - morning only

#### **The Heart of Healing**

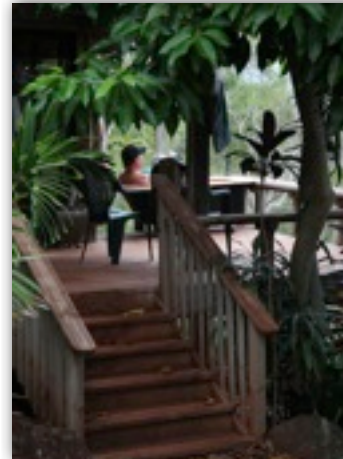
This session will focus on the heart, both physical and metaphoric. The participant will learn that the heart is the center of healing and begin to practice heart based techniques based in the work of HeartMath, core values exercises, identifying the joys in life and loving kindness meditation.

Evening - Dropping into your body

### Tuesday - all day

#### **Transpersonal healing & Shamanic Consciousness in Everyday Life**

This day is spent exploring transpersonal experiences from the historical, theoretical and experiential perspectives. The intention is to help you access your inner healing capacity. The goal is to aid you in understanding the depths of clinical issues for yourself and therefore increase your ability to bring understanding, empathy and spiritual healing modalities to your patients/clients. Following on the theoretical foundation of transpersonal work, the experiential sessions will ground the theory into practice.



### Wednesday - Morning only

#### **Forgiveness**

This session will teach you about forgiveness and it's effect on health and relationships. Information and experiential exercises will be part of this session. Evening - Drum based journey - The Yurt

### Thursday - All day

#### **Psychosynthesis: Becoming Whole**

This dynamic revolves around the concept and application of sub-personality theory. This concept works with the many different roles we play during the day, how they developed and how some of them help or hinder our function and relationships.

In completing this

process you have the opportunity to understand your motivations and why you get (or don't get) satisfaction from your work and work based relationships.

Afternoon - Group Breathwork journey

### Friday - Morning only

#### **Moving Forward: Connecting the Pieces towards Change**

This session will help you to see how your personality structure can hinder or help you to move forward towards set goals. The tools and processes used have been derived from organizational development programs in the corporate world.

### Saturday - 9 - 11:00 AM

#### **Action Plan Review and Gratitude**

Each participant will share their action plan with the group; followed by closing circle and departure.



**To register**  
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**at [Lipsenthal@aol.com](mailto:Lipsenthal@aol.com)**