

# Science of Healing: Energizing Whole Person Health - Homestudy Online

## Course Description

The Science of Healing: Energizing Whole Person Health is an 8 week immersive course brought to you by the Consciousness and Healing Initiative (CHI), a non profit collaborative that advances the science and practice of healing. Bringing the world of healthcare and spirituality together, the course will target healthcare workers, students, and spiritual science enthusiasts. The course will begin on September 24, 2022 and will be delivered online, with live zoom sessions every week, as well as pre-recorded material.

This unique, transdisciplinary, evidence-based course on the Science of Healing brings together the world's leading researchers, healing practitioners and luminary whole person health educators, to share the scientific truth on our ability to heal ourselves and others, share key practices for self-healing, and empower us to realize our fullest healing potential.

Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

## The Details

*When:* September 25-November 18th\*

Live Q&As are on Thursdays beginning Sept 29th; the last live Q&A is November 17th

\*The course can be taken at your own pace, asynchronous style. Live Q&As are optional.

*Where:* Homestudy online

*Cost:* \$572 for 21 CE credits (\$497 for no CE credits)

*Faculty:* Dr. Shamini Jain

Guest faculty include Deepak Chopra, Bruce Lipton, Gregg Braden, Donna Eden, Cyndi Dale, Dawson Church and many more!

## Learning Objectives

### Module 1:

- Identify different views of consciousness put forth by Western clinical psychology and cognitive neuroscience.
- List three different aspects of consciousness described by psychologist Carl Jung.
- Discuss how Western philosopher David Chalmers' view of consciousness and the "hard problem".
- Describe the term, "qualia" and its relationship to theories of consciousness.

- Describe ancient indigenous philosophies' view of consciousness, the biofield, and its relationship to healing.

### **Module 2:**

- Compare and critique historical views of the mind-body connection according to Aristotle, to the present day.
- List 17th century scientists who proposed theories of vitalism to help explain biological phenomena.
- Discuss how and why vitalism in the 18th century fell out of favor in western science.
- List specific healing and health phenomena that pathogenesis and reductionism cannot account for.
- Explain why Cohen and Ader's seminal study on conditioned immunosuppression gave rise to the field of psychoneuroimmunology.
- Define the term "biofield" and describe how it relates to consciousness and healing.

### **Module 3:**

- List the 8 limbs of yoga according to Indian philosopher Patanjali.
- List clinical conditions and symptoms for which yoga appears to be helpful, based on systematic reviews.
- List clinical conditions and symptoms for which meditation appears to be helpful, based on systematic reviews.
- List clinical conditions and symptoms for which tai-chi and qigong appear to be helpful, based on systematic reviews.
- Describe the underlying physiology that is impacted by mind-body practices that may confer benefits to cardiovascular and immune health.

### **Module 4:**

- Describe how King Louis' desire to debunk Mesmer's claims led to early creations of the randomized controlled trial.
- List possible factors that may influence clinical outcomes that do **not** relate to a placebo response.
- List five elements of placebo response that have been investigated in research studies.
- Explain physiological pathways that have been uncovered in placebo analgesia.
- List clinical conditions in which placebo effects have been found to be clinically significant.
- Design a protocol by which placebo elements can be used to help enhance self-healing outcomes.

### **Module 5:**

- Describe two randomized controlled trials conducted with cancer patients and survivors with biofield therapies, including their resultant effects on those patients
- List types of biofield therapies currently used by patients in clinic and community settings today
- List types of energy psychology practices currently used by mental health professionals

- List clinical conditions for which, based on systematic reviews and meta-analyses, biofield and energy psychology therapies have been found to be efficacious.

#### **Module 6:**

- Describe how biofield science research and bioelectromagnetics are being applied to regenerative medicine.
- List three independent studies that have shown effects of biofield therapies on cellular outcomes.
- Identify two independent studies that have shown effects of biofield therapies on tumor spread and related cellular outcomes in mouse models of cancer.
- Identify, discuss, and critique three different theories of “mechanism” by which biofield therapies might affect physiological outcomes in humans, animals, and cells.

#### **Module 7:**

- Discuss the early history of biofield devices in ancient Egypt and the 1900s.
- Identify three different types of biofield devices that are currently used in clinical practice today to foster health and reduce symptomatology in patients with mental health disorders.
- Identify and critique three different types of commercially available devices that purport to measure the human biofield.
- Compare the evidence behind three non-invasive brain stimulation devices for reducing symptoms in depression.
- Describe three different types of biofield devices that are currently used on the body to reduce pain.

#### **Module 8:**

- Assess and critique current models of “whole-person-health” and identify key areas for improvement in medicine.
- Describe how ongoing discoveries in biofield science might aid in technology development that aids in preventive medicine.
- Demonstrate the dimensions and utility of a whole-person-health assessment in the clinical interview process.

## **21 CE Credits**

### **Information on Continuing Education Credit for Health Professionals**

- CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the American Psychological Association to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.
- The California Board of Behavioral Sciences accepts CE credits for LCSW, LPCC, LEP, and LMFT license renewal for programs offered by approved sponsors of CE by the American Psychological Association.

- LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association.
- SCA is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California. RNs must retain their certificate of attendance for 4 years after the course concludes.
- For questions about receiving your Certificate of Attendance, contact Consciousness and Healing Initiative at [admin@chi.is](mailto:admin@chi.is).

For questions about CE, contact Spiritual Competency Academy at [info@spiritualcompetencyacademy.com](mailto:info@spiritualcompetencyacademy.com).