

Online Proposals

LEAD PRESENTER

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Comprehensive List of Conference Presentations for LEAD Presenter:

The History of Mind/Body Medicine
Move Your Body, Balance Your Mind and Emotions
Ayurveda:
Music, Movement, Magic
Spirituality and Fitness
Body Wisdom
Creating a Sustainable Life

Presentation Title:

Taking Care of the Temple: 8 Spiritual Keys to Creating Holistic Health

Track: Mind-Body Wellness
Program Level: intermediate

Target Audience: Health Promotion Professionals
Program Type: Breakout Session

Have you presented or are you planning to present this program at other wellness-related conferences?

Recently I presented this as a keynote address for a women's conference called "Camp Experience" in Colorado.

Abstract:

Evidence from numerous studies demonstrates that people with strong spiritual beliefs are healthier, happier, and recover more quickly from illness and surgery. But as health promotion professionals we often ignore the spiritual dimension of wellness because we don't have tangible tools for presenting it. In this presentation, Dr. Deborah Kern exposes the original Aramaic translation of the Lord's Prayer as an effective and clear guideline for creating holistic health with eight distinct attunements.

Measurable Objectives:

Participants will be able to:

1. identify 8 key practices for creating holistic health
2. perform simple movements with each of the 8 attunements
3. create a health program for clients using these 8 key practices

Program Outline:

1. Explanation of the Aramaic translation of the Lord's Prayer.
2. Experience body movements that help participants remember each of the 8 key practices.
3. Discuss practical application in creating health programs.

35TH Annual National Wellness Conference
“Wellness Solutions that Work NOW: Best Outcomes Through Innovation, Caring, and Collaboration”
University of Wisconsin-Stevens Point, July 17-22, 2010

Program Bibliography:

Borysenko, Joan and Dveirin The Soul’s Compass
Dossey, Larry Healing Words
Douglas-Klotz, Neil Original Prayer
Douglas-Klotz, Neil Prayers of the Cosmos
Douglas-Klotz, Neil The Healing Breath
Errico, Rocco Setting a Trap for God

Program Relevance to Conference Theme:

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