



**New York
COLLEGE**
OF HEALTH PROFESSIONS

Continuing Education Courses Spring 2007 (February – May)

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***Spring 2007 Continuing Education Schedule* Classes Open to the Community**

1. CPR and Basic Life Support Certification Course

By: Dominic Thorne, E.M.T.-CC

American Heart Association 2-Year Certification in CPR. Class will also include training in: BLS (Basic Life Support) and AED (Automatic External Defibrillation) for Health Care Providers, CPR and Heimlich Maneuver for infants, children and adults, Barrier Devices and a written examination.

- **Class open to: Everyone in the Community**
- **Date: Friday April 13th 5-8pm**
- **Fee: (includes card) \$90.00**

2. First Aid Certification Course

By: Dominic Thorne, E.M.T.-CC

American Heart Association 2-Year Certification in First Aid and is OSHA and Coast Guard Approved. This course will train you to give immediate care before the ambulance arrives. You will learn to deal with emergencies and injuries, including environmental injuries. You will also learn general principles to protect yourself while caring for others.

- **Class open to: Everyone in the Community**
- **Dates: Saturday April 14th 10-1pm**
- **Fee: (includes card) \$60.00**

3. Atlantean Healing Temple (Meditation)

By: Ronnie Mandell, RMT

Please join Ronnie Mandell for "A Guided Imagery Meditation" that was created to release blocked and stored mental, emotional, physical and spiritual pain. This is an extraordinary opportunity not to be missed.

During the seminar students will learn to:

1. Sever etheric cords of fear to Mother, Father, Siblings, Spouses, Ex-spouses, Lovers, Ex-lovers, Partners, Ex-partners and other challenging relationships
 2. Sever etheric cords to addictions – substances, behaviors or repetitive negative patterns
 3. Sever etheric cords that are holding you to the effects of past Karma
 4. Awaken your Divine Purpose
 5. Sever etheric cords to vows of poverty, self-denial, self-punishments, self-abuse, self-sabotage, and more
 6. Open, clear and balance "8" Chakras
 7. Focus on creating what you desire – instead of wallowing in fear
 8. Sever cords to unforgiveness
 9. Fall back in love with Life itself
- **Classes open to: Everyone in the Community (minimum age 14 yrs)**
 - **1 day workshop – Date: Friday April 13th 7-10pm**
 - **Fee: \$40.00**

4. Reiki

By: Ronnie Mandell, RMT

Reiki (Ray-key) is a sacred Tibetan healing energy technique used to restore balance to one's physical, emotional, mental and spiritual bodies. Reiki speeds up the healing process while it supports the body's natural ability to heal itself. It is a powerful yet gentle non-invasive energy that eliminates stress and promotes a state of deep and total relaxation. When one enters that state, their healing begins.

- **Class open to: Everyone in the Community**
- **Reiki Level 1 – Dates for 1 day workshop:
Saturday April 28th 10-5pm or
Saturday May 19th 10-5pm**

- **Fee: Early Registration Level 1 \$195.00 and \$30 for workbook; After April 21st, or May 12th \$220.00**

5. Integrating Feng Shui for Your Health and Wellness

By: R.D. Chin, BSCE

Feng Shui is not just about moving your furniture or adding crystals or mirrors to your space. Feng Shui is really a philosophy of enhancing your health and well-being of yourself and creating a balance in our physical space. Please come join R.D. Chin and experience a very unique approach to integrating Feng Shui as part of your life. Beginning our session with simple qigong exercises, we will study the interrelationships of how our spiritual health affects our physical health and stress from living in our concentrated urban environment. Our studies will include the use of Ba-Gua looking at organs of our body, body parts, related illnesses and the Five Elements. In addition, we will learn simple cures – comparable to doing acupuncture for our physical space to support and adjust our environment to reduce stress and create harmony and balance for our soul.

R.D. Chin, BSCE, is a feng shui consultant, combining his professional background as an architect, civil engineer and interior designer. He spent fifteen years studying with the world renowned feng shui master, Lin Yun. His approach to feng shui incorporates simple qigong exercises, meditations and visual presentations as well as design concepts learned while training as an architect under the late master architect, Paul Rudolph. He is the author of Feng Shui Revealed. He maintains an international feng shui architectural and design practice which includes many residential and commercial consultations, including a proposal for the World Trade Center Memorial Competition.

- **Classes open to: Everyone in the Community**
- **1 day workshop – Date: Saturday May 19th 10am-5pm**
- **Fee: Early Registration \$140.00; After May 12th \$150.00**
- **Equipment: Bring \$5.00 for workshop notebook**

6. Clutter to Clarity

By: Debra Schwartz

Very often your physical space is indicative of some degree of turmoil or chaos within your inner space. Clutter and disorganization causes energy blocks that affect every part of our lives. One of the opportunities of getting organized is being able to focus on the big picture, discover what supports you and eliminate all else. Being and staying organized on a daily basis becomes part of your spiritual practice, creating a calmer more balanced sense of self and control over your life, instead of your “stuff” controlling you. We will look at many tools including Feng Shui.

Join us in this interactive workshop where you will learn:

1. Ways to handle your clutter and how to “change your mind” about managing your life
2. Routines, systems and new habits for coping with clutter and how to keep it all in perspective
3. Potential benefits along with a calmer and more balanced life, include:
 - a. Increase in income
 - b. Expand and create new business

- c. Create more time for personal projects, friends and family
 - d. Enhance your sense of well being
4. A brief introduction to *feng shui*, the ancient Chinese art of placement. Recognize where the blocks are in areas of your life and how to eliminate them through the practice of feng shui.
- **Class open to: Everyone in the Community**
 - **2 Day Workshop – Dates: Saturday and Sunday: April 21 – 22, 10:00 am – 4:00 pm**
 - **Fee: Early Registration \$250.00; After April 14th \$275.00**
 - **Note: Please Bring a Challenge and/or project to work on.**

7. Stop Smoking Now!

By: Dr. Rong-Da Zhu

Nicotine addiction is one of the most common addictions in today's society. Physical discomfort, the basic experience of nicotine addiction, is caused by the spasmodic vasoconstriction that follows 20-30 minutes after smoking a cigarette. The sense of smell and taste are often diminished. During withdrawal from nicotine addiction, people may experience headaches, irritability, cravings, drowsiness and increased appetite. One acupuncture treatment may terminate these physical withdrawal symptoms allowing individuals to quit smoking.

- **Treatment open to: Everyone in the Community**
- **Date: First Friday of every month**
- **Time: 5:00 pm – 7:30 pm**
- **Fee: \$250.00 (also includes three free boosters if necessary)**

Classes For Health Care Professionals (LMT, PT, OT, RN, MD, DC, LAc) and New York College Students

1. Lymphatic Drainage Theory

By: Bonnie Taub, BS, BPS, LMT, HHC

This workshop is an introduction to the lymphatic system and how it works in the body. You will learn to work directly on the lymphatic fluid, how to open up the main nodes, and learn a full face protocol. You will receive a study guide that covers the lymphatic system, its functions, applications, contraindications, and face protocol.

Bonnie Taub has been a Licensed Massage Therapist since 1998; nationally certified by NCBTMB since 1993 and is a member of the adjunct faculty of New York College.

- **Class open to: LMT, PT, OT, RN, MD, DC, LAc and NY College students**
- **1 day workshop – Date: Saturday April 21st 9-4pm**
- **Fee: Early Registration \$80.00; After April 14th \$100.00**
- **CE credits: 6 hours through NCBTMB, 6 contact hours through NYSNA**

2. An Overview of Western Psychiatric Diagnoses and Their TCM Patterns and Treatment: An Advanced Certification in TCM Psychiatry

By: Tom Nash, MA, MS, LAc, CAC

With the various forms of depression and anxiety disorders at epidemic levels and people looking for alternatives, less invasive methods of treatment, TCM practitioners are positioned in a great place to assist in the healing process. This two day advanced training will offer the TCM practitioner additional information of Western Psychiatric Diagnoses and Their TCM Patterns and Treatments. Learn strategies and techniques that can enhance your TCM practice.

Tom Nash, MA, MS, LAc, CAC is a member of the full-time faculty and Administrative Clinic Director in the Graduate School of Oriental Medicine at New York College of Health Professions. Prior to his study of Acupuncture and Herbal Medicine, he worked for more than twenty years in the field of mental health and addictions as a clinician, supervisor, program director and teacher. He is co-author of the books Psychodrama in the Treatment of Addictions and The A.C.O.A. Syndrome, and has published several articles in professional journals including the Journal of the Maryland Medical Association.

- **Classes open to: LMT, PT, RN, OT, MD, DC LAc, and NY College Students**
- **2 day workshop – dates:**
Saturday and Sunday April 14th & 15th 9:30-4:30pm
- **Fee: Early Registration \$250.00; After April 7th \$300.00**
- **Equipment needed: None**
- **CE/PDA credits: 13 hours PDA points through NCCAOM**

3. Moxibustion Workshop

By: Robin Choi LAc Dipl. Chinese Herbology (NCCAOM)

Moxa is the terminal stimulation of areas, channels and points on the body. This modality is applied in order to stimulate blood and energy flow to these areas identified during assessment. (Knowledge of acupuncture points is recommended). Moxibustion is a traditional Chinese herbal therapy of burning moxa sticks or cones containing the herb mugwort over penetration heat. Actions, indications and contraindications will be discussed. Moxibustion has been shown to improve Qi and blood flow, enhances immune system functions, and promotes red blood cell production and Central Nervous System balance.

Robin Choi is a Licensed Acupuncturist as well as a Diplomate in Chinese Herbology.

- **Classes open to: LMT, PT, RN, OT, MD, DC, LAc, and NY College Students**
- **1 day workshop - Date: Saturday, April 14th, 10-4pm**
- **Fee: Early Registration \$125.00; After April 7th \$150.00**
- **CE/PDA Credits: 5.5 PDA points through NCCAOM, 5.5 contact hours through NYSNA, 5.5 hours through NCBTMB**

4. Pregnancy Massage

By: Irma Callahan, L.M.T., BPS

Pregnancy is a time of major change in a woman's life and body. The benefits of massage during pregnancy include emotional support, relaxation and stress reduction, immune enhancement; increased blood and lymph circulation; reduction of leg edema, and relief of muscle spasms. Experiencing these techniques during this period will also enhance the mother's ability to touch her own baby in a loving, nurturing manner. This workshop will demonstrate the techniques of European and Amma massage for treatment of LBP, leg edema, digestive and elimination problems and emotional stress of pregnancy; specific indications and contraindications will be discussed. Irma Callahan is a Licensed Massage Therapist and is certified in pregnancy massage and has been practicing and teaching massage techniques for more than 10 years.

- **Class open to: LMT, PT, OT, RN, MD, DC, LAc and NY College Students**
- **1 day workshop - Date: Saturday July 28th 9:00-5pm**
- **Fee: Early registration \$135.00 After July 21st \$150.00**
- **Equipment: Bring 3 bed pillows with cases and 1 set of linens**
- **CE credits = 7 hours through NCBTMB, 7 contact hours through NYSNA**

5. Lomi Lomi – Hawaiian Massage

By: Bonnie Taub, BS, BPS, LMT, HHC

Lomi Lomi is an ancient Hawaiian bodywork, which was practiced by Kahunas and was their secret alone. Only very recently was this sacred knowledge shared with others. This technique utilizes a combination of unique forearm strokes while the practitioner seems to flow around the table in simple, rhythmic hula steps. Gliding over the body in a continuous, rhythmic pattern, Lomi Lomi helps to release and transform emotional tension in the body and realign the body with the breath and the spirit.

Bonnie Taub has been a Licensed Massage Therapist since 1998 and nationally certified with NCBTMB since 1993. Bonnie has been an instructor of Massage Therapy since 1999 and has studied Lomi Lomi since 1992.

- **Class open to: LMT, PT, OT, RN, MD, DC, LAc and NY College students**
- **2 day workshop – Dates: Saturday and Sunday May 5th & 6th 9-4pm**
- **Fee: Early Registration \$250.00; After April 28th \$275.00**
- **Equipment needed: Bring a set of linens, 2 towels (1 large to cover the body and 1 small to cover the chest area), oil or lotion**
- **CE credits: 12.5 hours through NCBTMB, 12.5 contact hours through NYSNA**

6. Empowering Ethics: An Ethical Guide for Today's Healthcare Professional

By: Stephanie Florman, B.A., B.S., M.S.

This class will explore the ethical model of guiding the healthcare professionals of today. By using the five step empowerment model, students will be shown how to practice and

maintain extreme professionalism while developing and maintaining their own authentic style in the healing arts.

Class objectives: The Five Step Ethical Empowerment Model

1. Build the Foundation: Explore the major elements of a therapeutic relationship and the role of today's healthcare professional.
2. Develop the Skills: Focus on developing communication, interpersonal relationships, time management and money management skills
3. Address Potential Obstacles: Understand the importance of boundaries; common defense mechanisms used by clients; consequences of dual relationships; distinction between sex, touch and intimacy; and inappropriate conduct
4. Be the Model: The importance of being proactive, creating ethical policy and procedures and practicing extreme self-care
5. Inspired Action Plan: Create a personal ethical plan of action to keep practitioners empowered
 - **Class open to: LMT, OT, PT, RN, MD, DC, LAc and NY College Students**
 - **2 day workshop: Saturday, April 21st & 28th 9-1pm each day**
 - **Fee: Early Registration \$125.00; After April 14th \$150.00**

7. Hot Stone Massage

By: Irma Callahan, LMT, BPS

For centuries hot stones have been used in the sacred healing rituals of ancient cultures and civilizations. Come learn this healing art. Stone Massage uses heated stones to deliver a relaxing, deep tissue treatment. It is a powerful and transforming experience that your clients are guaranteed to love. Massage therapists enjoy working with stones, and appreciate the fact that the heat of the stones does most of the work, thereby decreasing stress on the therapist's thumbs and wrists. Learn proper care of the stones and acquire a working knowledge of treatment protocols and techniques. Irma Callahan is a Licensed Massage Therapist and a Certified Stone Massage Instructor.

- **Class open to: LMT, PT, OT, RN, MD, DC, LAc and NY College Students**
- **1 day workshop – Days: Saturday April 14th 9:00-5pm or
Saturday June 23rd 9:00-5pm**
- **Fee: Early Registration \$125.00; After April 7th or June 16th \$150.00**
- **Equipment: Bring set of basalt stones, 12" electrical skillet, 2 sheets, 3 bath towels, small bucket, plastic or wood slotted spoon, tongs, grape seed oil. Bring 1 set of linens.**
- **CE credits = 7 hours through NCBTMB, 7 contact hours through NYSNA**

New York College of Health Professions follows all federal guidelines regarding the **American Disabilities Act** (42 USCG Section 12101, et. Seq.) and with Title VII of the **Civil Rights Act**, as amended (42 USC 200e, et. Seq.) including the appropriate accommodations for the teaching learning process and examination process.

Refund Policy: To cancel registration for a class, contact the Continuing Education Office by phone at (516) 364-0808 x358.

Please state the course title and date of the course you wish to cancel. Those who notify us of cancellation before the 14th business day prior to the start of the class will receive a refund for the cost of the course, less a \$20 processing fee per class. No refunds or credits will be issued at this time. If a class is cancelled because minimum enrollment has not been met, all pre-registered students will be notified by telephone or e-mail at least five days prior to the start date and a full refund will be issued. In case of cancellation due to school closure, severe weather conditions, instructor illness or other unforeseen emergencies, all pre-registered students will be notified as soon as possible and full refunds will be issued.



NATIONAL CERTIFICATION FOR THERAPEUTIC MASSAGE AND BODYWORK

Approved Provider for Continuing Education Credits – 025639-00. CE credit hours are listed with the course descriptions of the approved courses. Certificates of Completion will be issued to participants who complete course objectives and attendance requirements.

National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

Approved Provider for Professional Development Activity (PDA) points – ACHB 022. PDA points are listed with course descriptions of the approved courses and attendance requirements.

New York College of Health Professions is an approved provider of continuing nursing education by the **New York State Nurses Association**, which is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

It has been assigned code 5YEHZQ-04-PRV-04.