



Please fill out this application completely and return to CIMEvents@SOM.Umaryland.edu with the headline: **HEALING PATHWAYS**

Bonnie Tarantino will schedule a phone interview with you within two weeks of receiving your application.

Thank you,
CIM TEAM



UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE
CENTER FOR INTEGRATIVE MEDICINE

Healing Pathways

An Integrative Training for the Healthcare Professional

Application for April 2017

For additional information, please contact:

Email: CIMEvents@SOM.UMaryland.edu

Phone Number: 410.706.6179

Website: <http://www.cim.umaryland.edu/>

Course Objectives

The University of Maryland School of Medicine Center for Integrative Medicine Healing Pathways training is designed to prepare health care professionals, and non-healthcare professionals with special admittance, to use integrative tools in the health care setting. Hospitals and many institutions are seeking easy and effective ways to bring integrative medicine into the workplace and to their patient population. Nurses, social workers, physical and occupational therapists, chiropractors, and psychologists are encouraged to consider this training.

Additionally, high stress work environments put healthcare providers at risk of compassion fatigue and burnout. Our healing pathways training is an introduction to self-care tools including Reiki, Writing for Wellness, and mentoring to help increase empathy, build resilience, increase self-reflection, and prevent burnout. We will bring you back to a deeper sense of peace, balance and comfort that will benefit you and your ability to help your patients.

The program includes 30+ hours of training in gentle integrative techniques followed by a prana yoga session to strengthen and infuse the body with vibrant energy.

By the end of course you will be able to:

- Ability to elicit the relaxation response through guided imagery, visualization, and meditation.
- Practice a daily yoga routine
- Practice proper breathing techniques
- Demonstrate their ability to tone and use healing sound.
- Lead students into deep meditation using body scanning
- Demonstrate use of reiki on themselves, both physically and through long distance techniques, as well as be able to perform a reiki treatment on others

Instructors

Bonnie Tarantino, MFA has worked for the University of Maryland School of Medicine Center for Integrative Medicine for over 10 years as their Director of Yoga Programs. Bonnie started practicing yoga at age 18 and has studied in the Sivananda Yoga, Prana Yoga and Thai Yoga traditions. Bonnie blends yoga with Reiki and has been a practicing Usui and Karuna Reiki Master for over 15 years. Bonnie has trained hundreds of health care professionals in Reiki and yoga, and she has published research revealing the importance of training health care professionals in self-care using integrative tools. Prior to working for the Center, Bonnie owned and operated her own yoga and wellness studio in Storrs, CT. Bonnie has been a member of the Yoga Alliance since its inception in 1999.

Training Dates

For 6 weeks, the class will meet every Wednesday from 9:30am - 12:30pm. Two, full-day Reiki retreats are required to attend.

Class materials include a Healing Pathways course manual, Reiki manual, and online access to weekly meditations and yoga practices. Students are expected to read and listen to resources provided and attend all classes.

Schedule of Classes

Start Date: April 5, 2017

- April: 5, 12, 19, & 26 (*April 19th, Reiki Level I*)
- May: 3, 10, 17, & 24 (*May 10th, Reiki Level II*)

Graduation Date: May 24, 2017

Cost of Training

UMMS Students	\$800.00
UMMS Faculty and Staff	\$1,000.00
Public (Non-UMMS HCP)	\$1,200.00

**Fees for Reiki Level I and II are included.*

***UMMS students, faculty and staff will have priority for the 12 available spots.*

Location

Classes are held at Karme' Holistic Wellness Center & Studio
3501 N. Rolling Rd, 21244 Windsor Mill, MD

Thank you for your interest in the University of Maryland School of Medicine Center for Healing Pathways training. In order to ensure the best training possible, we require you to fill out this application. Please answer these questions thoroughly and honestly.

Applicant Information

Name _____

Address _____

City, State, Zip _____

Date of Birth _____ Gender _____

(Please check off your preferred way to contact you)

Work email _____ Home email _____

Cell Phone _____ Work Phone _____

Other Information

Are you currently a UMMS Student, Faculty or Staff?

If so, please list the school, the department and title _____

If not, please list your current form of employment _____

Are there any disabilities, illnesses, or conditions that we need to be sensitive to or that may affect your full participation in this program? _____

Training/Experience

Please list any integrative training you have attended and/or certifications

(i.e., acupuncture, aromatherapy, meditation)

How do you plan on using these new skills in your life and work?

In your organization, do you currently play a role in bringing integrative tools into your workplace? _____ If so, how? _____

If not, do you see a need for this in your work environment?

Requirements for Program Completion:

This training requires an 8-week commitment from you. The following chart lists in detail the 30+ hours of training requirements. For it to be effective, your attendance is crucial and mandatory.

Requirements	Date and time
6 - required 3-hour classes	April 5 th - May 24 th 2017
2 Hours of Mentoring	Mentored by Bonnie
Reiki level I	Wednesday, April 19 th 10am - 5pm
Reiki Level II	Wednesday, May 10 th 10am - 5pm
1-page Paper:	May 24, 2017 <i>(Due on last day)</i>
Presentation of Vision board	May 24, 2017 <i>(Due on last day)</i>
Quiz of Reiki symbols	

Signature _____ Date _____