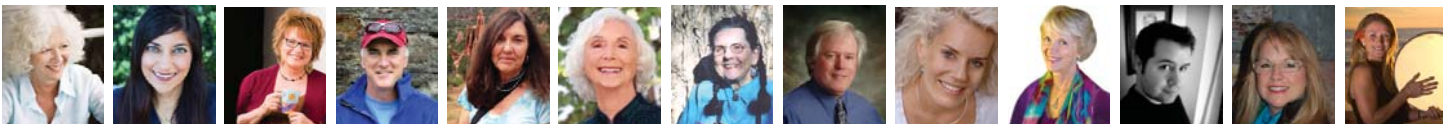


# Healing Beyond Borders

Educating and Certifying the Healing Touch®

*Celebrating Our Path  
Aiming Straight Into the Future*



Belleruth Naparstek    Shamini Jain    Kathleen Adams    Brian Luke Seaward    Lisa Anselme    Barbara Marx Hubbard    Vivian Rice    James Oschman    Cyndi Dale    Anne Day    Joel Anderson    Evie Caprel    Christine Stevens



**20th Annual Energy Healing Conference & Instructor Meeting**  
**General Conference October 6-9, 2016**

Pre-Conference October 5 & 6, 2016; Instructor Trainings October 3-5, 2016  
 DoubleTree by Hilton \* Colorado Springs, CO



# Healing Beyond Borders

Educating and Certifying the Healing Touch®

**VISION STATEMENT:** Spread Healing, Light and Love, Creating Wholeness on Earth.

**MISSION STATEMENT:** Our mission is to spread healing and light worldwide through the heart-centered practice and teaching of Healing Touch. It is fulfilled by this non-profit membership and educational organization which:

- Administers the Certification process for Healing Touch practitioners and instructors
- Sets international standards of practice and international code of ethics for practitioners and instructors
- Supports Healing Touch students, practitioners and instructors as they develop, practice and serve communities worldwide
- Promotes and provides resources in health care integration and research in Healing Touch
- Provides opportunities for promotion of and education about Healing Touch

## Purpose

The purpose of this annual conference is to provide continuing education for nurses, health care providers and others interested in healing, to strengthen the holistic approach of healing work including body, mind, emotion and spirit. The focus is to enhance self awareness, self care, and to increase the knowledge base of all who are interested in Healing Touch, holistic concepts, and energy therapies, thus enhancing healing, infinite potential and evolution of self, family, community and the world.

## About Our Theme **“Celebrating Our Path. Aiming Straight Into the Future.”**

Join us as we celebrate 20 years of dedicated world service! Collectively, we are touching countless lives, through the heart centered practice, sharing and teaching of Healing Touch. Through collaboration with all health care systems having efficacy, and calling upon both ancient and modern wisdom and energy healing practices, we support comfort, compassion, healing, wholeness, and transformation.

Our path forward is one of growth, optimism, passion, collaboration and continued service as we gather with like-minded individuals to Spread Healing, Light, and Love, Creating Wholeness on Earth, aiming straight into the future.



### 2016 Conference Program Committee

Joel Anderson PhD, CHTP; Lisa Anselme RN, BLS, CHTP/I, HNB-BC;  
Evie Caprel BA, CHTP; Mary-Cathrine Campbell RN, CHTP;  
Carrie Niewenhouws RN, BS, CHTP/I; Barb Schommer MS, RN, CHTP/I  
Anniversary and Logo art: Cat Miller

*“Healing” - “To Make Whole in Body, Mind, Emotion and Spirit”*

# Conference at a Glance - Schedule of Events

## PRE-CONFERENCE

### INSTRUCTOR TRAININGS

#### Monday, October 3, 2016

9:00am - 6:00pm Instructor Training Level 1\* (IT1) (day 1)

#### Tuesday, October 4, 2016

9:00am - 6:00pm Instructor Training Level 1\* (IT1) (day 2)

9:00am - 6:00pm Instructor Training Level 4\* (IT4)

#### Wednesday, October 5, 2016

9:00am - 5:00pm Instructor Training Level 1\* (IT1) (day 3)

9:00am - 5:00pm Instructor Training Levels 2, 3, 5\* (IT2, IT3, IT5)

(\*\*Prerequisites-Application Required. Contact HBB office\*\*)

#### Wednesday, October 5, 2016

##### Full and Half Day Pre-Conference Workshops

9:00am - 5:00pm Stress Management - 2 day (PC 2)

1:00pm - 5:00pm Healing Touch Review (PC 3)

#### Wednesday Evening, October 5, 2016

6:00pm - 7:00pm Presentation: Ute Indian Prayer Trees of the Pikes Peak Region followed by book signing (PC 1)

7:30pm - 9:00pm Movie in Community with Presentation (PC 1) (Open to Public)

#### Thursday, October 6, 2016

##### Full Day Tour

8:30am - 2:30pm Seven Falls & Garden of the Gods (PreT1)

##### Full Day Pre-Conference Workshops

9:00am - 5:00pm (PC 2 cont.) (PC 4, ~~PC 5~~)

8:00am - 5:00pm Annual Instructor Workshop (PC 6)

(Open to CHTIs & Instructors-in-Training Only; Incl. Lunch)

##### Half Day Pre-Conference Workshops

1:00pm - 5:00pm (PC 7, PC 8, PC 9)

## GENERAL CONFERENCE

### Thursday, October 6, 2016

5:00pm - 6:00pm Meet and Greet Reception

6:00pm - 7:30pm Welcome and Opening Ceremony  
HBB Conference Committee, HBB Board

Welcome to the Land - *Vivian Rice*

Pinning Ceremony: New CHTPs

Drumming in the Future - *Christine Stevens*

7:30pm - 9:00pm Visual Keynote: *Brian Luke Seaward*

Book signing: *Brian Luke Seaward*

### Friday, October 7, 2016

7:00am - 8:00am Morning Workshops (Optional)

8:15am - 8:30am Announcements and Meditation

8:30am - 10:00am Keynote: *Cyndi Dale*

10:00am - 10:30am Refreshment Break & Exhibits

10:30am - 12:00pm Keynote: *Barbara Marx Hubbard*

12:00pm - 1:00pm Keynote: *Joel Anderson, Evie Caprel*

1:00pm - 2:00pm Box Lunch & Business Meeting Report

2:00pm - 3:00pm Keynote: *Anne Day*

3:30pm - 6:00pm Workshops (FRI 1, 2, 3, 4, 5, 6)

6:00pm - 7:30pm Dinner on your own

7:30pm - 9:30pm Keynote: *Christine Stevens*

### Saturday, October 8, 2016

7:00am - 8:00am Morning Workshops (Optional)

8:15am - 8:30am Announcements and Meditation

8:30am - 10:00am Keynote: *Shamani Jain*

10:00am - 10:30am Refreshment Break & Exhibits

10:30am - 12:00pm Keynote: *Belleruth Naparstek*

12:00pm - 1:00pm Presenter Book and CD Signing

Box Lunch

1:00pm - 2:30pm Keynote Workshop: *Belleruth Naparstek*

2:30pm - 3:00pm Break

3:00pm - 4:30pm Keynote: *Lisa C. Anselme*

4:30pm - 6:00pm Keynote: *Joel Anderson*

6:30pm - 7:00pm Reception

7:00pm - 8:00pm Banquet

8:00pm - 10:00pm Entertainment: *Jan Garrett & JD Martin and Gayan Gregory Long*

### Sunday, October 9, 2016

6:30am - 7:00am Sunrise Service

7:30am - 9:00am Workshops (SUN 1, 2, 3, 4, 5, 6)

9:00am - 10:15am Keynote: *Barbara Marx Hubbard*

10:15am - 11:00am Refreshment Break & Exhibits

11:00am - 12:30pm Keynote: *James Oschman*

12:30pm - 1:00pm Closing Ceremony:

*Christine Stevens and Vivian Rice*

## POST-CONFERENCE

### Sunday, October 9, 2016 Half Day Tour

1:30pm - 4:30pm Ute Indian Prayer Trees (PostT1)

### Monday, October 10, 2016 Full Day Tour

8:00am - 2:00pm Royal Gorge (PostT2)

Registration / Information will be open Wednesday, October 5 (PC1 2:00pm - 6:00pm)

Remainder Open Thursday, October 6 @ 8:00am - Sunday, October 9 @ 12:00pm

Healing Room available for exchanges from 8:00am - 7:00pm, Thursday through Saturday

Exhibitor Hall will be open Thursday, October 6 @ 2:00pm - Sunday, October 9 @ 1:00pm

(Note: specific daily hours will be posted on site at the event)

# Keynote Speakers



## **Belleruth Naparstek BCD**

Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series.

As *Prevention Magazine* noted, she has been quietly creating an underground revolution in mainstream health and mental health, by persuading major institutions such as Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, the U.S. Veteran's Administration, the U.S. Army and Marine Corps, scores of pharmas and nearly 2000 hospitals and wellness centers, to distribute her guided imagery recordings, in many instances free of charge.

Recently she has been developing military-friendly resources with the help of the U.S. Army Surgeon General's office. The DCoE (Defense Centers of Excellence) has declared her guided imagery one of their Twelve Promising Practices.

Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date.

Her first book, *Staying Well with Guided Imagery* (Warner Books) is a widely used primer on imagery and healing. Her second book, *Your Sixth Sense* (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, *Invisible Heroes: Survivors of Trauma and How They Heal* (Bantam Dell), won the Spirituality & Health Top 50 Books Award. Highlighted in the 20<sup>th</sup> anniversary edition of their seminal book, *Courage to Heal*, Ellen Bass and Laura Davis call *Invisible Heroes* "the most useful book for trauma survivors to be published in the last decade".

Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.



## **Vivian Rice CN, CGP Tka Shoonkey Washitay We'en**

Vivian Rice began her professional career in 1964 as an LPN. Her experience working in hospitals as well as her personal experience with allergies motivated her to study and implement holistic healing methods.

She studied at the American Hygienic Society in Chicago, Dr Shelton's Health School in Texas with a focus on nutrition, with Paavo Airola, N.D. in Arizona and with N.W. Walker, Ph.D. in California. She became a Certified Hypnotherapist and later graduated as a massage therapist and foot reflexologist.

Vivian became a Certified Healing Dialogue Therapist in 1983, and has done extended independent studies in nutrition, herbology and applied kinesiology. She has had 50 years experience in natural healing with nutrition and herbs. In 1980, Vivian opened and continues to operate her own wholistic practice in Colorado Springs, Wild Rice Nutrition.

A nationally known ceremonialist, educator and speaker, she is an active member of the American Holistic Nurses Association, The American Herb Guild, and the Pikes Peak Herb Association.

Vivian lives what she teaches. In 1983, she honored her Seminole/Creek Indian blood by learning and living the Spirit Road that honors all of the Creator's life forms and their synergistic purpose. She was adopted by the Lakota White Hawk family in South Dakota in 1987.

# Keynote Speakers



**Barbara Marx Hubbard BA**

In 1945 the United States dropped atomic bombs on Japan, and the world caught its breath.

This pivotal event deeply impacted the young Barbara Marx Hubbard, who found herself asking President Eisenhower, “What is the meaning of our power that is good?” Barbara’s 40+ year inquiry and the answers she has found, offer invaluable assistance to us all at this time in our history. Despite the state of the world, we are truly on the threshold of great possibility, of our own conscious evolution.

*“There is no doubt in my mind that Barbara Marx Hubbard – who helped introduce the concept of futurism to society – is the best informed human now alive regarding futurism and the foresights it has produced.”~Buckminster Fuller*

Barbara Marx Hubbard has been called “the voice for conscious evolution...” by Deepak Chopra. She is the subject of Neale Donald Walsch’s book, *The Mother of Invention*. And many would agree she is the global ambassador for conscious change.

At her heart, Barbara Marx Hubbard is a visionary, a social innovator. She is an evolutionary thinker who believes that global change happens when we work collectively and selflessly for the greater good. She realizes that the lessons of evolution teach us that problems are evolutionary drivers, and crises precede transformation, giving a new way of seeing and responding to our global situation.

As a prolific author and educator, Barbara has written seven books on social and planetary evolution. She has produced, hosted, and contributed to countless documentaries seen by millions of people around the world. In conjunction with the Shift Network, Barbara co-produced the worldwide “Birth 2012” multi-media event that was seen as a historic turning point in exposing the social, spiritual, scientific, and technological potential in humanity.

In 1984 her name was placed in nomination for the Vice Presidency of the United States on the Democratic ticket, calling for a “Peace Room” to scan for, map, connect and communicate what is working in America and the world. She also co-chaired a number of Soviet-



**Shamini Jain PhD**

Dr. Shamini Jain is a psychologist, scientist and social entrepreneur. Dr. Jain is an Assistant Professor in the Department of Psychiatry at UC San Diego, where she is also Chair of the Center for Integrative Medicine’s Research Committee.

Dr. Jain is the Founder and Director of the Consciousness and Healing Initiative, a collaborative accelerator of scientists, practitioners, educators, innovators, and artists which exists to evolve the scientific understanding and real-world application of consciousness and healing practices, so that individuals and societies are empowered with the knowledge and tools to ignite their healing potential and thus lead more healthy, fulfilling lives.

Dr. Jain obtained her B.A. in Neuroscience and Behavior from Columbia University and her Ph.D. degree from the SDSU/UCSD Joint Doctoral Program in Clinical Psychology. She conducted her clinical residency at the La Jolla VA Hospital/UCSD, and her post-doctoral fellowship at UCLA’s Division of Cancer Prevention and Control Research.

American Citizen Summits, introducing a new concept called “SYNCON” to foster synergistic convergence with opposing groups. In addition she co-founded the World Future Society, and the Association for Global New Thought.

Barbara Marx Hubbard is not an idealist, nor does she believe that social and planetary change is simple. But she does believe that humanity has the tools, fortitude, and resolve to take the leap towards conscious evolution.

Her books include: *The Hunger of Eve: One Woman’s Odyssey toward the Future*; *The Evolutionary Journey: Your Guide to a Positive Future*; *Revelation: Our Crisis is a Birth –An Evolutionary Interpretation of the New Testament*; *Conscious Evolution: Awakening the Power of our Social Potential*; *Emergence: The Shift from Ego to Essence*; *52 Codes for Conscious Self Evolution and Birth 2012 and Beyond: Humanity’s Great Shift to the Age of Conscious Evolution*.

# Keynote Speakers



**Jim Oschman PhD**

Professor Jim Oschman is the author of a groundbreaking series of articles on “healing energy” published in the *Journal of Bodywork and Movement Therapies*. These articles have now been developed into two books, *Energy Medicine: The Scientific Basis* and *Energy Medicine*

in *Therapeutics and Human Performance*. These two books give the most skeptical academic scientists a theoretical basis for exploring the physiology and biophysics of energy medicines.

Dr. Oschman has both the academic credentials and the background in alternative therapies to carry out his explorations. He has degrees in Biophysics and Biology from the University of Pittsburgh. He has worked in major research labs around the world. These include Cambridge University in England, Case-Western Reserve University in Cleveland, Ohio, the University of Copenhagen, Northwestern University in Evanston, Illinois, where he was on the faculty, and the Marine Biological Laboratory in Woods Hole, where he was a staff scientist. His many scientific papers have been published in the world’s leading journals. And, to learn about the theories and practices underlying complementary methods, Jim has both taught and attended classes at various schools around the world, and experienced a wide range of bodywork techniques. This has brought Jim some distinctions, including acting as President of the New England School of Acupuncture, and a Distinguished Service Award from the Rolf Institute. Jim continues his research and writing in Dover, New Hampshire, where he is President of Nature’s Own Research Association.

Dr. Oschman is a member of the Scientific Advisory Board for the National Foundation for Alternative Medicine in Washington, DC, USA. On November 16, 2002, Jim was presented with the Foundation’s Founders Award at a ceremony held at the Madison Hotel in Washington, DC. Jim is a member of the Scientific Advisory Board for the National Foundation for Alternative Medicine; which is currently focused on researching electromagnetic devices for treating cancer. This is the only organization that sends scouts throughout the world searching for alternative therapies with the goal of subjecting these methods to scientific investigation and reporting the results to the American public on its web page.



**Cyndi Dale BA, Reiki Master**

Cyndi Dale has been a natural intuitive since she was young, and passionately offers these gifts to help people open their “essential energy,” the powers and perspectives unique to them. On a daily basis, she works with individuals and

groups, serving as an intuitive coach and an energy healer. Clients are commonly referred by health care professionals. Cyndi works with thousands of people a year, in the US and internationally, because once an individual understands their own essence, they can tap into the energies of—and beyond—the world, and live a life of deep fulfillment and joy.

As an author, Cyndi marries her gift of healing with a laser-focused intellect. Her books to-date includes the bestseller, *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*, published by Sounds True. It has won four internationally recognized Publisher’s Awards. Her other acclaimed books include *New Chakra Healing*, now published in over twelve languages and revised in an all new edition *The Complete Book of Chakra Healing; Advanced Chakra Healing: The Four Pathways Approach; Everyday Clairvoyant; Kundalini: Divine Energy, Divine Life; Attracting Prosperity Through the Chakras; Attracting Your Perfect Body Through the Chakras; Advanced Chakra Healing: Heart Disease, Advanced Chakra Healing: Cancer, The Littlest Christmas Star, and Illuminating the Afterlife*.

Cyndi offers trainings, classes and apprenticeship programs including a seven-class certificate program, “Energy Works: The Subtle Body Certificate,” which is also being developed for on-line learning. She is also noted for her one-year Apprenticeship Program, an in-depth developmental process of the spiritual gifts; and training in clairvoyance, clairaudience, and healing. Beyond the U.S., Cyndi has presented seminars and workshops in Russia, England, Wales, Amsterdam, Iceland, Scotland, and has led groups across South and Central America and into Africa.

Cyndi holds a BA Summa Cum Laude in English and Philosophy. Her training has encompassed studies in shamanism and healing modalities across the world, taking her into the Peruvian, Belizean, Hawaiian, and Costa Rican jungles, the Moroccan sands, the Venezuelan savannahs, the glaciers of Iceland, and other exciting places. She seeks to unify the world’s most vital spiritual messages, encouraging understanding and community among all peoples.

# Keynote Speakers



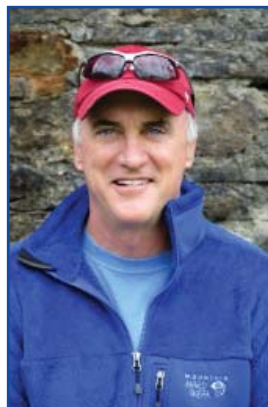
## Christine Stevens MSW, MA, MT-BC

Christine Stevens is an internationally acclaimed speaker, author, and music therapist. Holding masters degrees in both social work and music therapy, Christine inspires people all over the world with her message of music for holistic health, spirituality and wellness.

Christine is the author of *Music Medicine*, *The Healing Drum Kit*, and *The Art and Heart of Drum Circles* book and DVD. She has recorded two play-along CDs; *Reviving Rhythms*, and *Drumming Up Diva*.

Christine is the founder of UpBeat Drum Circles, offering diversity training, teambuilding, and wellness presentations world-wide. She has trained facilitators and led workshops in more than twenty countries, including Iraq, Hong Kong, Brazil, South Africa, Japan, and Western Europe. Christine trains HealthRHYTHMS facilitators throughout the United States, England and Japan through Remo, the world's largest drum company. A leader in the music and wellness movement, Christine also serves on the editorial board of *Explore: A Journal of Science and Healing*.

Christine's work in Iraq was recently featured in the book and DVD *Discover the Gift*. Televised media credits include: PBS, NBC, KABC-Los Angeles, KTLA - Los Angeles, Tournament of Roses Parade, London Tonight, Living Better TV, Discovery Health, & Hong Kong News. As a contributing writer, Christine's has been featured in *Fitness Magazine*, *Spirituality & Health*, *Body & Soul*, *Fast Company*, *First for Women Magazine*, *The Oriental News*, *The Christian Science Monitor*, *US News & World Report*, *Yogi Times*, and *Natural Beauty and Health*.



## Brian Luke Seaward PhD

Brian Luke Seaward is a renowned and respected international expert in the fields of stress management, mind-body-spirit healing and corporate health promotion. He is respected throughout the international community as an accomplished teacher, consultant, motivational speaker, author, award-winning filmmaker, visionary, and mentor. The wisdom of Brian Luke Seaward, a TEDx speaker, can be found quoted in PBS specials, college graduation speeches, medical seminars, boardroom meetings, church sermons, and keynote addresses all over the world. His corporate clients include Hewlett Packard, Procter & Gamble, Conoco Oil, Motorola, Quaker Oats, John Deere, BP-Amoco, Blue Cross/Blue Shield, Maxtor-Seagate, Organic Valley Dairy, US ARMY, and many others. Dr. Seaward has authored more than fourteen books, including the classic best sellers, *Stand Like Mountain*, *Flow Like Water*, *The Art of Calm and Stressed Is Desserts Spelled Backward*, as well as the top-selling college textbook, *Managing Stress*.

An extremely popular speaker at various conferences from the National Wellness Institute, American Journal of Health Promotion and the Institute of Noetic Sciences to the National Fibromyalgia Association and Healing Touch International (Healing Beyond Borders), Luke leaves everyone inspired, educated and entertained. Through it all, he reminds us, stress knows no demographic boundaries.

His colleague and mentor Larry Dossey, M.D. says, "*Dr. Seaward daringly goes beyond the usual approach to the subject (of stress) to speak of the soul and of human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions of life's meaning are addressed.*"

Former Good Morning America host, Joan Lunden says, "*Luke's words have touched my life profoundly and helped me to find grace and dignity, the patience and compassion needed to navigate my ever-changing course. They have helped me understand that it is the way I choose to see the world that I will create the world I see.*"

# Keynote Speakers



**Lisa C. Anselme  
RN, BLS, HN-BC, RM, CHTP/I**

Lisa Anselme has been a Registered Nurse for nearly 40 years and a passionate and dedicated advocate, practitioner and visionary for holistic and integrative health and biomedical ethics for more than 25 years. A long time consultant to health care facilities in integrative health,

she is Executive Director for Healing Beyond Borders.

Lisa holds a Bachelors degree in Liberal Studies from the University of Iowa and pursued graduate coursework in Biomedical Ethics. She has co-taught biomedical ethics to University of Iowa medical students under the tutelage of bioethicist Dr. Robert Wier and served on panels for ethical decision making at the University of Iowa and on the Ethics Committee for Healing Touch International./Healing Beyond Borders.

Lisa is a Certified Healing Touch Practitioner and Instructor through Healing Beyond Borders (1996), Certified Holistic Nurse through the American Holistic Nurses Association (1996), Reiki Practitioner and Instructor (1996) and held certification as a Clinical Transplant Coordinator for many years. She teaches levels one through five HTI Healing Touch Certificate Program within the USA and internationally. As a nurse clinician specialist at the largest teaching and research hospital within the USA for over 20 years, she has expertise in the clinical areas of pediatrics, nephrology, transplantation, and biomedical ethics.

Lisa has published in professional health care journals and presented widely to both professional and lay audiences on the topics of nephrology, transplantation, holistic and integrative practice and health care, energy therapies, and biomedical and energy ethics. She is editor of Healing Beyond Borders' quarterly publication *Perspectives in Healing*, co-author and co-editor of the book *Healing Touch: Enhancing Life through Energy Therapy* (2014), Past President and co-founder of LifeSpark Cancer Resources and Energy Partners program, (Denver) and an instructor in the Holistic Health Program at Red Rocks College, Denver, CO. Lisa maintains a private practice in Holistic Nursing and Energy Therapies in Lakewood, CO.



**Joel Anderson PhD, CHTP**

Joel G. Anderson holds a PhD in Nutrition from the University of North Carolina-Greensboro and a Bachelor of Science Degree in Biology from the University of North Carolina-Wilmington. He completed a T32-funded postdoctoral research fellowship in the conduct of clinical studies and research with human

subjects at the University of Virginia Center for the Study of Complementary and Alternative Therapies. As a fellow, Dr. Anderson served as a co-investigator on several clinical studies involving the use of complementary therapies in chronic disease populations. In addition, as a postdoctoral fellow he conducted secondary data analyses to examine the use of complementary therapies by persons with chronic diseases.

He is a Certified Healing Touch Practitioner and a member of the Board of Directors and the Research Director of Healing Beyond Borders. Dr. Anderson is an active member of the International Dementia Scholars Collaborative, the Gerontological Society of America, and the American Society for Nutrition. He is a member of the Kappa Omicron Nu honor society and Sigma Xi Scientific Research Society. Dr. Anderson serves on the editorial board of the *Journal of Integrative Medicine & Therapy*.

In 2014, Dr. Anderson was named one of the 100 Inspiring Nursing Professors to Watch by the Online LPN to RN blog. In 2012, he was an invited fellow at the 12th Annual Summer Institute on Randomized Behavioral Clinical Trials sponsored by the Office of Behavioral and Social Sciences Research at the National Institutes of Health, and the 6th Annual Mary Frances Picciano Dietary Supplements Research Practicum sponsored by the Office of Dietary Supplements at the National Institutes of Health.

Dr. Anderson's research program focuses on non-pharmacological interventions for symptom management and caregiver support, with an emphasis on dementia care. This focus includes an exploration of family quality of life and the psychosocial impacts of dementia caregiving in an effort to develop tailored intervention strategies to alleviate caregiver burden. He is currently involved in several studies to examine family quality of life in dementia and to ascertain issues related to caregiver burden and caregiver support.

Additionally, Dr. Anderson is collaborating with nursing researchers at the Inova Health System in Northern Virginia on several projects involving the effects of Healing Touch on patient-centered outcomes in the acute care setting.



# Keynote Speakers



## Evie Caprel BA, CHTP

Evie is passionate about health and well-being and empowering others to embrace healthy lifestyle choices. She is also an author, speaker and business and marketing expert.

She's been an entrepreneur since launching her first special events and public relations company at 26. She operated this company for 11 years before deciding to spend precious time with her young children. Wanting to venture back into the workforce, and after using several integrative health modalities to assist her son heal from asthma, her path led her to Healing Touch. She has been a CHTP since 2006 and is in private practice. She currently serves as Vice President on the Healing Beyond Borders' Board of Directors, and is Marketing Chair. Evie has also served on several other Boards and has been national marketing director for a private company as well as a marketing consultant for associations.

Evie has worked with the Integrated Health Advocacy Program (IHAP) offering participating employees and family members a holistic approach to manage challenging or continuing multiple healthcare needs, as well as given dozens of presentations for Blue Cross Blue Shield, Cigna, Hooper Homes, Healthways, Staywell, and Red Brick wellness companies, and presents at national and international Conferences.

Now she and her business partner (and husband) Tom blend their business knowledge and expertise in entrepreneurship and leadership development to help business owners reach new pinnacles through their BreakThrough Moments Methodology. Balancing business acumen with techniques that remove blocks and open possibilities, this methodology provides sustainable access to generate a life of mindfulness, and at the same time, positively impacts the bottom line.

## Anne Day BSN, MA, CMT, HN-BC, CHTP/II

Anne Day has been a visionary in helping to build two holistic health centers in Lakewood, Colorado. She is the past President and Charter Member of Healing Touch International, (now Healing Beyond Borders) and was a member of the HTI Board of Directors for over 8 years. Anne has been a member of the American Holistic Nurses Association since 1988. She founded Healing Touch Hawaii in 1996 and is actively teaching and supporting HT classes in Hawaii, as well as classes on the mainland of the US, and internationally. She has been a lead instructor for Healing Touch since 1990, teaching Levels 1 – 5, and assisted Janet Mentgen in the development of the curriculum for the Practitioner levels of Healing Touch.



Anne has over 40 years experience as a holistic nurse and health educator. She has a Bachelors Science in Nursing from the University of Minnesota School of Nursing, a Masters of Arts in Health and Wellness from Boulder Graduate School, is a Certified Healing Touch Practitioner and Instructor, Certified Holistic Nurse, Massage Therapist, Certified Journal Instructor, and a recognized speaker and leader in the areas of healing, holism, journaling and presence.

Anne is dedicated to bringing Healing Touch and other integrative therapies into mainstream health care. She is passionate about teaching others to connect with their inner healing potential. Her private practice includes Healing Touch, therapeutic massage, wellness counseling and guided imagery for healing.

## Aiming Straight Into the Future

*with Healing Beyond Borders' Core Values*

*Integrity \* Heart Centeredness \* Respect of Self & Others \* Self Care  
Service \* Community \* Unconditional Love*



## Featured Pre-Con Speaker



### Kathleen Adams LPC

Kathleen (Kay) Adams LPC is a best-selling author, speaker, licensed psychotherapist and visionary. Her first book, *Journal to the Self*, is a classic that has helped define the field of journal therapy.

She has also written *The Write Way to Wellness: A Workbook for Healing and Change*, *The Way of the Journal*, *Mightier Than the Sword*, *Scribing the Soul* and *Your Brain on Ink: A Workbook on Neuroplasticity and the Journal Ladder*.

Kay is a beloved teacher whose innovative work has helped hundreds of thousands of people heal, change and grow. With more than 40,000 clinical hours in the field, Kathleen Adams is among the most experienced and respected journal therapists working today. Her dynamic presentation style is fluid, clinically grounded, intuitive and engaging. She is the voice of journal therapy at conferences, hospitals, mental health agencies and seminars around the world. A tireless advocate for the healing power of writing, Kay is a three-time recipient of the National Association for Poetry Therapy's Distinguished Service Award. She was a finalist for the first Season for Nonviolence Peacemaker Award in Colorado for her work bringing journal therapy to populations as diverse as people with HIV/AIDS, breast cancer survivors, recovering addicts, and survivors of violent crime.

In an About.com poll, Kathleen Adams was listed (with Anais Nin and Anne Frank) as one of the three most significant influences on contemporary journal keeping.



## Pre-Conference Guided Tour

### PreT1 - Seven Falls and Garden of the Gods

8:30am - 2:30pm (Box Lunch included)

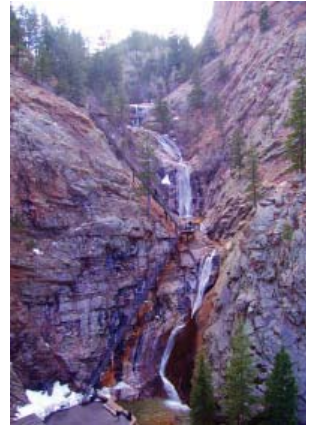
Thursday, October 6

3 contact hours

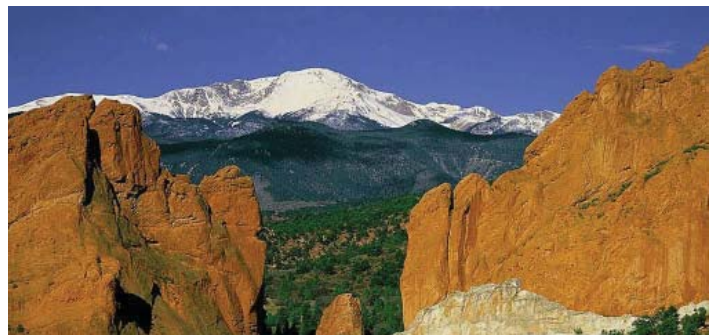
(30 participant minimum - Must register by Sept. 20)

### PreT1 - Seven Falls

Seven Falls has been called "the Grandest Mile of Scenery in Colorado". The tour will pass between the towering Pillars of Hercules, where the South Cheyenne Canyon narrows to 42 feet. As you continue along the box canyon, you will see unique rock formations through the mountain foliage, leading to the cascading falls. The wildlife within the canyon



is abundant. Native hummingbirds dart in and out of the pines, shining rainbow trout flash in the crystal clear pond, and if you are lucky, you may even get a glimpse of a Water Ouzel, a rare bird that nests beneath waterfalls. A new express elevator which tunnels 170 feet into the mountainside will whisk you 130 feet up, through the mountain itself to the Eagle's Nest Platform, with the best view of the seven separate falls as they splash and tumble 181 feet down the sheer granite cliff. Beside the falls, a 224-step stairway leads to a mile-long nature trail and a panoramic overlook of both Colorado Springs and the eastern Colorado plains.



### Garden of the Gods

Dedicated as a public park in 1909, this 1,350 acres located in the foothills of the Rocky Mountains, is a national landmark. Garden of the Gods is a landscape of spectacular cathedral-spired red sandstone rocks, many over 300 million years old that are bordered by the edge of Pike National Forest. Exquisite views of Pikes Peak arise from within the Garden. The tour stops at the Trading Post, established in 1900, offering southwestern art gallery, Navajo rugs, Pueblo pottery, native handmade flutes and sandpaintings. The Garden itself was home to the ancestors of the Ute people and was considered holy ground to the Native American Indians, a place of peaceful exchange between all tribes.

## Pre-Conference Presentation and Premier Movie Public Screening

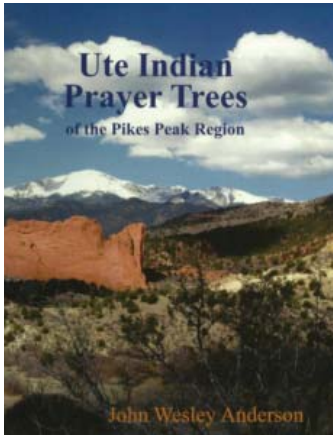
Wednesday, October 5, 2016 (Additional Fee) (Light Movie Snacks) - 2.5 contact hours

6:00pm - 7:00pm Ute Indian Prayer Trees Presentation

7:30pm - 9:00pm Movie Premier: Death Makes Life Possible

### Ute Indian Prayer Trees (PC1)

John W Anderson MBA, Author, Artist, Consultant



The Ute were the indigenous people of the Pikes Peak Region who skillfully modified trees for navigational, spiritual, burial, medicinal, nutritional and educational purposes. The Ute name for Pikes Peak was Tava, meaning the Sun Mountain. Tava was the most sacred of all the Shining Mountains for the Ute believe the Creator allows the day to start there

first and each day is a gift from the creator.

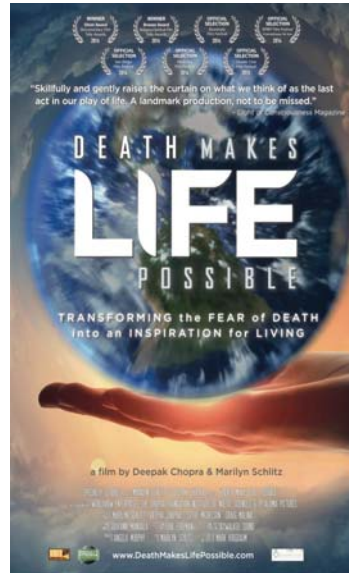
“At the heart of the Shining Mountains stands a mountain the ancient Ute knew as Tava, the Ute word for Sun. It was the most sacred of all places to the Ute because the sun, which gives forth life from the Creator, always rose there first. The Ute believed that at the beginning of time, the Creator made the Shining Mountains; then, He created the animals, and when He was finished He created The Nuche, The People.”

John W. Anderson is an author, artist and consultant. He retired from Lockheed Martin in 2012 to launch a small consulting business allowing him the freedom to pursue his love of history, writing and the arts. He completed an MBA while working as a police officer with the Colorado Springs Police Department and retired at the rank of Sergeant in 1995. Although John has travelled around the world, including several adventures on a catamaran sailing the Caribbean, three corporate security assignments into a combat zone on the Horn of Africa and landing on an aircraft carrier at sea in the Pacific Ocean, he is most fascinated by the rich history and art he has discovered in his own backyard in the American Southwest.

This presentation will be a wonderful prelude to the post conference tour of the Ute Indian Prayer Trees.

[YouTube Video - Click Here to Watch Video](#) (16 mins)  
Ute Indian Prayer Trees at Fox Run Regional Park in Colorado Springs, CO

### Death Makes Life Possible (PC1)



“Stunning in terms of beauty, richness of detail, heart and wisdom. Brings tears and inspiration.”  
Larry Dossey MD

Death is something that most people fear and don't want to think about. But is it possible that facing our mortality can inspire us to live our lives more fully?

*Death Makes Life Possible* follows cultural anthropologist and scientist Marilyn Schlitz, PhD, as she explores the

mysteries of life and death from a variety of perspectives and world traditions. Sparked by her own near death experience as a teenager, Schlitz has been delving into the nature of consciousness and death for the past three decades.

The film looks at how popular culture deals with the ever-present fear many have about our own mortality. Interviews with mental health experts, cultural leaders, and scientists explore the meaning of death and how we can learn to live without fear. The interviews and evidence presented are interwoven with personal stories of people facing their own death as well as those who report encounters beyond death. The narrative is illustrated with vivid imagery.

*Death Makes Life Possible* features some of the leading scientists, anthropologists, philosophers, spiritual teachers and thinkers of our time – including former HBB keynotes Stuart Hameroff, Edgar Mitchell, Tony Redhouse, Marilyn Schlitz, Jean Watson, as well as Yassir Chadley, Deepak Chopra, Mingtong Gu, Lauren Artress, Michael Bernard Beckwith, Gary Malkin, Dean Ornish, Dean Radin, Rupert Sheldrake, Rudy Tanzi, Luisah Teish, Dr. Jim Tucker, and others. *Death Makes Life Possible* offers a deep and thoughtful exploration into the ultimate question we all face

Winner of the Silver Telly Award, Bronze Telly Award, Official Selection of Cosmoccine Film Festival, Spirit Film Festival, Wild & Scenic Festival, Sonoma Film Festival, San Diego Film Festival, and World Premier Illuminate Film Festival.

# Pre-Conference Workshops

## Pre-Conference - Two Day Workshop

9:00am - 5:00pm Wednesday, Oct 5 **AND** Thursday, Oct 6  
12 contact hours

### PC2 - Intensive Training 2 Day Workshop: Holistic Stress Management Instructor Training

**Wednesday October 5 and Thursday October 6  
(9am - 5pm)**

**Lunch on your own**

*Brian Luke Seaward PhD*

This two day workshop is designed to train all allied health professionals to teach, direct or facilitate quality stress management presentations/workshops at their worksite. The focus of this intensive workshop is holistic—honoring the integration, balance and harmony of mind, body spirit and emotions for optimal well-being. The purpose of this workshop is two-fold: 1) to gain a sound background in the holistic approach to stress management, addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques, and 2) to refine excellent teaching skills in which to share this knowledge most effectively, whether it is through a one-hour presentation or a 16 week college credit course. Professionals who have greatly benefited from this workshop include: nurses, social workers, counselors, schoolteachers, wellness directors, therapists, health educators, college professors and physicians, and those wishing to make a career change. Sessions will involve lecture, discussion and experiential learning.

## Pre-Conference Half Day Workshop

1:00pm - 5:00pm - Wednesday, October 5  
3.5 contact hours

### PC3 - Review, Renew, Refresh Healing Touch Levels 1, 2 and 3

*Mary O'Neill RN, CHTP/I*

As we prepare to move into the future as proficient, caring and highly competent Healing Touch Practitioners, it is important that we are using the Healing Touch course curriculum techniques correctly and appropriately for our client's needs. This course offers a review of the name, rationale, correct sequencing and some simple cues to assist with application of the techniques. It will also serve to inspire practitioners to use techniques that have been on the "back shelf" for a while to deepen their skills and provide new insight in expanding the Healing Touch tools that they have to offer the client.

## Pre-Conference - Full Day Workshops

9:00am - 5:00pm Thursday, October 6  
6 contact hours

### PC4 - Short Bursts of Radiance - Your Brain on Ink *Kathleen Adams LPC*

Neuroscience now proves what artists, athletes, mystics and monks have known for millennia: We can change our lives by changing our minds. And we can change our minds by changing our brains. Now, a pioneer in the therapeutic writing movement offers robust evidence that we can write our way into self-directed neuroplasticity through purposeful intention, attention, and action. Based on processes from Kay Adams' latest book (with Deborah Ross), *Your Brain on Ink*, you'll learn:

- Why self-directed neuroplasticity is a powerful new model for positive brain change
- How to observably shift your feelings in under fifteen minutes
- A three-stage model for self-directed neuroplasticity through writing
- Why novelty and creativity are superfoods for brain change
- The secret ally in creating positive new neural pathways (and it's always with you!)
- How to rewrite "masked negatives" into powerful positives
- Why three to five minutes of writing, over time, is sufficient for discernible outcomes

### PC5 - **CANCELED**

#### Healing Drum Circle Facilitation Training

**Thursday, October 6  
(9am - 5pm)**

**Lunch on your own**

*Christine Stevens MSW, MA, MT-BC*

In this workshop you will learn healing rhythms to use in self care or groups, practice facilitation skills to empower leadership, practice four components of music medicine, learn the art of playing tracks to jump start a groove, create your own healing rhythm for self growth and spiritual practice.



# Pre-Conference Workshops

## Pre-Conference Full Day Workshop

8:00am - 5:00pm - Thursday, October 6  
6 contact hours

### PC6 - Annual Instructor Meeting/Workshop

\*\*\*CHTIs and HBB Instructors-in-Training Only

***Aiming Straight Into the Future***  
(8am - 5pm)

*Barbara Schommer RN, MS, CHTP/I; Joel Anderson PhD, CHTP; James Oschman PhD; Cyndi Dale BA, Reiki Master*

In this workshop, instructors will be updated with new and exciting information important to our practice and teaching. Former conference keynote James Oschman will provide new information that can be directly applied to our clinical and teaching practice.

Next, Joel Anderson will guide us in examining cutting edge Contemplative Pedagogy, otherwise known as “mindfulness in the classroom”. Through various teaching methods that might be employed to create deeper levels of awareness, concentration, or insight in your students, we will further strengthen our teaching.

Lastly, we will examine the concept of “futuring” along with the scientific explanations for the ability to predict or help establish future potential. What does the future hold for holistic healing in general? How about for you as a healer, personally? Cyndi Dale culls from ancient and mystical sources to present a dream for the future, one in which all medicine is energy medicine and all healers can cultivate and embody their unique gifts. After laying the groundwork, she then leads several “crystal ball” experiences. Each exercise will help you foresee what’s possible for your own future and use your skills to assist clients

8:00am - 9:30am	Update
9:30am - 11:30am	Teaching the science supporting energy medicine - <i>Jim Oschman</i>
11:30am - 12:30pm	Buffet Lunch (No CE's)
12:30pm - 2:30pm	Contemplative Pedagogy - <i>Joel Anderson</i>
2:30pm - 4:30pm	Creating the Future:Tools From Across Time - <i>Cyndi Dale</i>
4:30pm - 5:00pm	Instructor Pinning & Recognition

## Pre-Conference Half Day Workshops

1:00pm - 5:00pm - Thursday, October 6  
3.5 contact hours

### PC7 - Raising Vibrational Interconnectedness Through Sacred Geometry, Crystals & Sound

*Gail Van Kanegan, DNP, FNP-BC, APHN-BC, EEM-AP, RN; Barbara Evans BS, MS, CRTh.*

In this workshop we will consider epigenetics and how thoughts, lifestyle changes, integrating healing modalities such as sound, art, sacred geometry, meditation, chakra balancing, and intention open the energetic healing connections between healer, patient and community. and raise our energetic vibrations. Uplifting consciousness by using meditation and intentional energetic movement develops individuals as healer. The role of healer supports human interconnectedness with consciousness of self, spirit, and the global community. Practical self-healing tools can be integrated into the practice setting as a result of this workshop.

### PC8 - Scalar Heart Connection

*Stephen Linsteadt NHD, CNC*

Stephen will describe how sacred geometry can be a key to communicating with the wisdom of our own heart. He will present how we can be guided by our heart to shift conditioned beliefs into positive resonances that align us with what is joyful and life-enhancing. By listening to the wisdom of our heart, we can be guided to a future that embraces compassion and healing for humanity and the planet. Stephen selects volunteers to demonstrate how the method of Scalar Heart Connection works; people are amazed when their heart gives them the advice they intuitively know is right. Stephen will teach how to identify what is preventing us from experiencing joy: Learn how stress triggers are often deeply rooted in ancestral inheritance patterns. Investigate how sacred geometry provides a matrix for accessing the wisdom of our heart.

### PC9 - The Healing Triad: The Future Path to Self-Directed Wellness

*Patricia French Crilly RN, WellBeingNurse Navigator*

Patricia shares an overview of her extraordinary self-healing odyssey from invasive ovarian cancer with wit and wisdom. Deconstructing her healing process, she discovered the three pillars that served as the foundation for what she calls the Healing Triad. In this lively and transformational presentation, the Healing Triad provides a road map for any serious health challenge. The three pillars of the triad are: overcoming the fear of a potentially life-threatening diagnosis, radically changing negative self-limiting beliefs around the illness and self-empowerment in the face of uncertainty and loss of control. Each pillar will be discussed in depth along with a demonstration of several self-healing “hacks” so crucial to her own healing and allowing her to self-direct her own path back to wellness.

# General Conference - Thursday Keynote

7:30pm - 9:00pm - October 6, 2016 - all General Conference attendees

**The Sacred Earth: A Tapestry of Healing Energies** - Brian Luke Seaward PhD

1.5 contact hours

All of Mother Earth is sacred, but some places on the planet are deemed exceptionally sacred because of their remarkable healing energies. Millennia ago, the ancients, who were aware of the earth energies, would often mark the confluence of these powerful energies with adornments; from pyramids to dolmens, standing stones and celestial calendars of Stonehenge, Beltane to portal tombs of Newgrange. Via male and female ley-lines, these structures would often accentuate the healing energies of these sites. This dynamic presentation of images, stories, ancient wisdom and ageless insights is your passport to the lands of sacred sites, from Ireland and Peru to



*Mt. Moran reflected at Jackson Lake by Brian Luke Seaward*

Scotland and Mexico. Come explore, appreciate and honor the woven tapestry of healing Earth energies and become part of the terrestrial matrix to restore the vibrancy of Mother Earth at this time of great need. **\*\*Book signing immediately following keynote.**

# General Conference - Morning Workshops

7:00am - 8:00am - October 7 & 8, 2016 - all General Conference attendees

1 contact hour each, **Friday and/or Saturday morning**

## **MF1 and MS1 - Greeting the Day**

*Christine Stevens MSW, MA, MT-BC*

Learn healing rhythms, chant, awaken your body and spirit, experience inner silence. Start your day in harmony. Drums and rattles provided or bring your own.

## **MF2 and MS2 - Advanced Energy Principles and Clinical Applications**

*Laura Hart RN, PhD, RM, CHTP/I*

This two part (two day) workshop will address: the use of Healing Touch techniques to 1. Support digestive, endocrine, and immune function; 2. Repair the Hara line; 3. Clear Dan Tiens and how these techniques can help neutralize side effects of Chemotherapy and Radiation. In addition, the phenomena of intention will be examined as it relates to forgiveness, and clearing of past and generational beliefs.

## **Day 1 (Friday) Advanced Energy Principles and Clinical Applications**

We will explore (1) the relationship of Marma and Acupressure points to mind clearing, relaxation response and organ function; (2) Effects Chemotherapy and Radiation may have on the chakras and energy fields, (3) The Power of intentions, consciousness and forgiveness as they relate to healing, (4) how color vibrations can help neutralize the adverse effects of chemotherapy and radiation.

## **Day 2 (Saturday) Advanced Energy Principles and Clinical Applications**

We will acquire skill with the following techniques: 1. Etheric clearing of the Dan Tiens; 2. Repair of the Hara line; 3. Realign energy fields; 4. Use of laser on reflex and Marma points. We will consider use of HT techniques to assist with the following conditions: Esophageal reflux, GERD, Colon Disfunction, Immune function, Autoimmune diseases, Viral clearing/neutralizing, Restless Legs.

# General Conference - Friday Keynotes

October 7, 2016 - all General Conference attendees

## **Gazing Into the Crystal Ball: Your Future as a Healer** - *Cyndi Dale BA, Reiki Master* 8:30am - 10:00am 1.5 contact hours

Futuring is an age-old process, one that healers have used across time to access their gifts and bring healing to their patients. After presenting several different types and styles of futuring, Cyndi presents several

processes to help each workshop attendee activate their abilities to sense, assess, and create the optimum future. Her emphasis will be on the dynamic use of the healing gifts.

## **The New Evolutionary Spirituality** - *Barbara Marx Hubbard BA* 10:30am - 12:00pm 1.5 contact hours

There is arising in countless members of our species, a deep creative impulse of evolution. This impulse carries the seed of Universal Consciousness in each of us, awakening within us our own motivation to be more, to love, create more. The next step in healing personally is in **creating a culture of wholeness**, one in which each of us is empowered to express our unique purpose, asking for what we most need to create our vision, and offering what we most want to give freely to others. We develop new methods of social synergy, the

joining of separate parts to make a new whole greater than the sum of our parts. Barbara will present a model for social wholeness called the Wheel of Co-creation. It offers a process for a whole system shift. It leads us toward greater social synergy — a new Democracy. In this presentation Barbara will offer a way for us to join together in the "Peace Room," in a Wheel of Co-Creation to join genius to evolve ourselves and our world.

## **Social Media Made Easy for the Holistic Practitioner** *Evie Caprel BA, CHTP and Joel Anderson PhD, CHTP* 12:00pm - 1:00pm 1 contact hour

Social media is here to stay and influences personal and professional decisions: the future of connectivity is happening right now. This presentation will cover step-by-step instructions on how to create a business Facebook page, a LinkedIn Company page, a Twitter account for business, and a YouTube channel. Then we'll review what to post and how to do it. Conversation will include not only the 'how', but the 'why', and the

benefits of each social media platform. Already have social media as part of your 'connection strategy'? We'll also uncover some insider tips for each social media platform. Plus we'll demonstrate how to join Healing Beyond Borders' social media so you can participate in online conversations. Once you know the 'ins and outs', it's actually fun!

## **Healing Beyond Borders Business Meeting Report** - *Board of Directors* 1:00pm - 2:00pm No CE

Business Report presented by our Board of Directors - We will share an overview of the operations of Healing Beyond Borders, its purpose, implementation, activities and strategy.

*All attendees are welcome*

## **Communitas - Living in Sacred Community** *Anne Day BSN, MA, CMT, HN-BC, CHTP/I* 2:00pm - 3:00pm 1 contact hour

All communities start with good intentions of harmony. But ego challenges the connection of community through divisiveness and misperceptions, which creates woundedness and separation. Forgiveness is a powerful tool for healing and spiritual growth. As we forgive, we outgrow our grievances and move to higher levels of consciousness where we can reconnect

with wholeness. Sacred community is created as we choose to see any crisis as an evolutionary driver for us to wake up to our true essence. In our healing work we learn to see the divine essence in each other; as we do this in community, we create communitas – a higher level of community and a Circle of Radiance.

# Friday Afternoon Workshops

3:30pm - 6:00pm - October 7, 2016 - all General Conference attendees - select one

2.5 contact hours

## **FRI 1 - Healing Touch: It Really Is All About You**

*Vicki Slater RN, PhD, CHTP/I*

Healing Touch practitioners are instruments of healing. As instruments they must be in maximum alignment to properly function safely. Also, as complex instruments, they have access to forces that a mere thought can bring to the work. This workshop will teach participants how to keep themselves aligned, to learn the effect of their shoes of choice during Healing Touch treatments and in their lives, to heal their broken external meridians, and to use atomic qualities of mass, charge and spin as well as other forces of the universe to assist in healing. The workshop will close with a group discussion of things participants have learned about energy while doing Healing Touch that is not taught in HT classes.

## **FRI 2 - Cells in the Hood: Communication Through Connective Tissue. Reflections: James Oschman's Energy Medicine, 2nd Edition**

*Terry Sparks JD, MDiv, CHTP/I, EFT-INT*

James Oschman's Energy Medicine: The Scientific Basis, 2nd Edition, presents new scientific research that changes many current ideas of how cells work and how energy interacts with cells. Much of the peer-reviewed research he highlights was done between 1990 and 2000, and still has not been incorporated into most medical and nursing education. Terry will present up-to-date ideas about cellular structure, how the connective tissue houses "utility systems" for the cells, and how it is a communication system in itself. Participants can discuss how each idea might change their approach to Healing Touch.

## **FRI 3 - Ethics and Boundaries: According to Whom?**

*Deborah R. Goldberg ThD, MA, CHTP*

Moving forward as Healing Touch becomes more integrated within Holistic Medicine ethics will continue to be challenged by vague or blurred boundaries. This presentation clarifies and defines: concept of boundaries, transference, counter-transference, scope of practice, informed consent, non-conventional source of practice and conflict of interest. It is experiential and didactic which keeps the learner involved through brain-storming current and future issues as well as opportunities to share in a safe environment for open discussions. Within the Healing Touch community is a well-spring of knowledge, wisdom and experience which will engage the participants resulting in a stronger more cohesive community.

## **FRI 4 - Zentangle for Healing Arts Practitioners**

*Jeanne C Zuzel RN, MA, CHTP/I*

Art has no Boundaries or Borders and transcends time and space. All beings are unique and creative. Zentangle is an easy to learn method of creating beautiful images from repetitive patterns. It is a fascinating new art form that is fun and relaxing. Zentangle provides a wonderful opportunity for stress reduction, reflection, personal growth and healing. Zentangle is a process of utilizing simple patterns to create intricate designs. It allows the participant to explore "life patterns" and assists with transitions and changes in those patterns.

## **FRI 5 - Finding Your Flow: Understand your Nature to Fulfill your Life's Desire**

*Shamini Jain PhD*

Many of us have chosen a life of service and live to fulfill our soul's mission. However, in our current fast-paced, multifaceted world, some of us may feel exhausted in the process. This experiential workshop will help us to reconnect with our own nature, both individually and collectively, using the wisdom of Vedic and other healing approaches for self-reflection and to deepen our relationship with Consciousness, through the Elements (Earth, Air, Fire, Water and Ether). We will use Ayurvedic understandings of consciousness-based constitutions (doshas), as well as simple energy awareness exercises involving movement and sound, to learn how to conspire with Consciousness to fulfill our Life's Desire and Soul Purpose.

## **FRI 6 - Experience and Embody Your Core Values! Change how we show up!**

*Kathleen Adams LPC*

Our values are an energetic foundation on which we build our future. We are connected through the web of life and through the values of our founder, Janet Mentgen. In this time together we will explore our personal and collective values, recognize the energy held in a value and consciously decide which values are priorities to bring into the future. Our values influence how we show up and the presence we bring to any therapeutic relationship.



# General Conference - Friday Evening Keynote

7:30pm - 9:30pm - October 7, 2016 - all General Conference attendees

## Vibrational Keynote: Celebration! Rhythm Mantra

Christine Stevens MSW, MA, MT-BC

7:30pm - 9:30pm 2 contact hours

Ignite the rhythm within your soul and experience the use of drumming for self-care, community building, and clinical applications. Hear stories of musical service, peace-making, and trauma recovery world-wide through drumming. Don't miss this unforgettable evening of oneness through the common pulse we all share. In the past decade, research in the field of psychoneuroimmunology has validated what ancient tribal cultures knew; group drumming holds specific benefits for mind, body, and spirit. From our tribal ancestors to our modern health care institutions, the drum beat keeps calling. Will you join the rhythm and bring about the next rhythm revolution? No prior musical experience necessary. *Instruments will be provided. And if you have drums, bring them!*



# General Conference - Saturday Keynotes

October 8, 2016 - all General Conference attendees

## Biofield Science and Healing: The Future of Medicine

*Shamini Jain PhD*

8:30am - 10:00pm 1.5 contact hours

How does consciousness reach through the skin and facilitate physical as well as mental, emotional and spiritual healing? What do scientific studies of biofield-based healing currently tell us, and can they help us to create the paradigm shifts that are so desperately needed in science and medicine? In this talk, Dr. Shamini Jain will discuss current

scientific understandings on biofield science and healing. Drawing from diverse and evolving disciplines including East Indian philosophy, biofield science, bioelectromagnetics and psychoneuroimmunology, Dr. Jain's discussion will lead us to envision the imminent future, where consciousness will be understood to be at the heart of healing and medicine.

## Guided Imagery: The Great Opener of Intuitive Gateways, Connecting the Universal Wisdom of the Past to Insights into the Boundless Future ~ *Belleruth Naparstek BCD*

10:30am - 12:00pm 1.5 contact hours

Guided imagery that opens the heart will expand and cohere the biofield, to create a potent mind-state for luring universal wisdom and divine insight to come calling. For millennia we've used ritual and prayer, embedded with images of universal symbols and archetypal figures, to help us access our collective wisdom for healing, creativity, insight and guidance.

Belleruth explains the critical ingredients necessary for intuitive guided imagery, how and why it works, and the ways we can deploy it to yield maximum benefit. She intersperses her presentation with demonstrations of her methods and technique, providing several ways to help you aim straight into the future!

## Emerging from the Heart of Darkness: The Simple but Profound Power of Guided Imagery to Heal Traumatic Stress ~ *Belleruth Naparstek BCD*

1:00pm - 2:30pm 1.5 contact hours

For several reasons, some bound up in our earliest human development, guided imagery is a near-ideal technique for remediating the challenging, persistent symptoms of posttraumatic stress. Several key ingredients are built into its very nature – where it is processed in the brain, how it impacts biophysiology and neurochemistry, the role of images in childhood

growth, and the universal ways we all manage that great mother of all anxiety, fear and phobia, separation anxiety. Interspersed with her presentation will be demonstrations of Belleruth's singular approach to guided imagery, and plenty of opportunity for questions and discussion.

## Excursions in Ethics: Personal, Community, Planetary

*Lisa Anselme BLS, RN, HN-BC, CHTP/*

3:00pm - 4:30pm 1.5 contact hours

As healers and health care professionals, we strive to be impeccable, ethical practitioners; rigorously self-monitoring, compassionate, present, therapeutic, in integrity, and acting within best practice standards. As world citizens, how do we reconcile the needs of the "self" or the individual, with the needs of the many, or community, or planet? What criteria do we use to determine the best course and practice, to "Do No

Harm", to "Do Good", when engaged in these complex relationships? Several solutions are offered for consideration: (1) weaving varied ethical frameworks to reflect and chart an ever-expanding global, ethical consciousness, and (2) creating an energetic, transpersonal Hara that aligns with the essence of the planet and charts a new course for the path of the soul.

## A Deep Dive into the Psychoneuroimmunology Framework

*Joel Anderson PhD, CHTP*

4:30pm - 6:00pm 1.5 contact hours

Research of mind-body therapies, including biofield therapies like Healing Touch, has continued to uncover the physiological basis for the beneficial results seen. An overarching framework that explains the many ways in which the mind and body communicate is psychoneuroimmunology. In this

keynote presentation, the concepts and mechanisms of the psychoneuroimmunology framework will be broken down and applied to the physiological effects of Healing Touch from the viewpoint of a researcher and practitioner.

# Saturday Evening Banquet Entertainment

8:00 PM - 10:00 PM

## A Celebration of Light Jan Garrett & JD Martin and Gayan Gregory Long



Featured Together  
at our 2005  
annual conference,  
Breckenridge, CO.

Together Again  
in our 2016 conference!  
DeLightful!!!



**Jan Garrett and JD Martin** are multi-award-winning singer songwriters who live and create their music in the mountains of Colorado near Aspen. Both are consummate musicians, seasoned performers, wise teachers, and compassionate creative guides who teach with a twinkle, and inspire by example. Harmony is an on-going practice for this married couple who are also artistic collaborators, business partners, and the parents of twin daughters. Their music is rich and intelligent, a velvet-hammer wake-up call as satisfying to the soul as it is to the ear....songs to open the heart and refresh the spirit.

JD Martin has written 5 Number One, and 10 Top Ten, country and pop hit singles, and his songs have been recorded by such luminaries as Reba McEntire, Terri Clark, B.J. Thomas, Peter Cetera, and Kathy Mattea. JD's velvet voice and signature piano style are the embodiment of heart & soul. JD's velvet voice and stellar piano style are a delicious cross between Michael McDonald, Marc Cohen, and Bruce Hornsby....heavily influenced by Dr. John and Leon Russell. But he can play a jazzy ballad or simple Celtic melody in a way that cracks open the heart. He is the groove man whose signature keyboard sound infuses all the songs, and supports the music and vocals flawlessly. He has earned his heart-centered music and songwriting style through decades of soulful personal experience.

Jan Garrett is a jazz singer with a poet's soul, a masterful teacher, performance coach, wilderness vision quester, and (yes) Certified Laughing Instructor who has recorded and toured with Steve Martin (when he was still doing stand-up) and John Denver, and has appeared on the Tonight Show and in RollingStone. She joined Dirt Band for their historic 1977 Soviet Tour and was later listed in the Rolling Stone "Who's Who in Rock & Roll."

Together Jan & JD have written and recorded 7 CDs of original music, and have won multiple awards at the Positive Music Awards for many years running. Their album, "Already Home," was awarded the "Seal of Excellence" by the Positive Music Association. Currently Jan and JD spend much of their time touring, weaving music and message, and teaching workshops at spiritual centers around the country.

**Gayan Gregory Long** is a master drummer, mystic Sufi teacher, singer, storyteller, ritual leader and composer. Greg lived in Fort Collins, Colorado for many years but is now "on the road". He performs at venues as diverse as the Cathedral of Saint John's the Divine in New York City and the New Orleans Jazz and Heritage Festival.

A Certified Leader of the Dances of Universal Peace, Gayan has been drumming for the Dances for fifteen years. He drums and teaches regularly in the Western United States, Russia, Europe, Canada, and South America. He is fluent in all languages of the heart: Afro-Cuban-Brazilian drumming and singing, sacred chants and dances with Indian and Middle Eastern stylings, community celebration and ritual, group leadership and inclusion and personal empowerment.

Gayan is a leader, drummer, composer, storyteller, and singer. He leads sacred dances, rituals and retreats in the United States and Europe. He has two CD's of his own, "Padma Thunder" and "When Two or More are Gathered" (recorded with Pamela Robinson), and has appeared on twenty recordings with fiery traditional African rhythms, devotional chants from around the world, and stellar rhythmic and melodic accompaniment.

# General Conference - Sunday Morning Workshops

7:30am - 9:00am \* October 9, 2016 - all General Conference attendees - select one  
1.5 contact hours

## **SUN 1 - Animal Assisted Therapy: Walking the Path into the Future of Healthcare**

*Linda S Thomas PhD, RN-BC, CCRN, CHTP/I, HTAP*  
This session will discuss the healing affects that animals can have on humans, how this healing energy can be used to promote wellness, and how animal-assisted therapy (AAT) can affect not only the physical and emotional body, but also the soul. Understanding the human-animal connection from the perspective of the Attachment Theory to Carl Jung's discussion of "collective" unconsciousness will assist the practitioner in guiding AAT and promoting its positive physiological, psychological, emotional and spiritual aspects. Franz de Waal said, "The whole reason people fill their homes with furry carnivores...is that mammals offer us something reptiles never will"... emotional responsiveness. Even Florence Nightingale recognized the positive affects of animals when she said, "a small pet is often an excellent companion for the sick..." Our future healthcare should be directed at thinking outside the box and incorporating complementary modalities like AAT into our holistic nursing practice.

## **SUN 2 - Compassion in Action: Holistic Caregiving for Ourselves and Others**

*Jon Seskevich RN, BSN, BA, CHTP*  
This presentation will present a synthesis of evidence-based knowledge, experience and practical wisdom sculpted from this nurse's unique 26 year clinical practice providing a hospital-supported-no-charge, stress management, mind/body, and mind/body/spirit education consultation service with over 30,000 patients in Duke University Medical Center in Durham, NC. While living in the south and working in a conservative academic medical institution, easy to learn language, and approaches have been developed, and will be presented that can help holistically oriented providers be more skillful with skeptics and people not generally interested in holism and energy medicine concepts. As we aim to the future, we widen our circle so more people can be included to experience their inner healing capabilities. The definition of healing for this presenter is: Improving quality of life and/or improving physical functioning. One of his teachers said... "Love is the strongest medicine; it is more powerful than electricity."

## **SUN 3 - The Energy of Resilience**

*Barbara Schommer RN, MS, CHTP/I*  
Resilience as a term comes from the world of psychology, counseling, and coaching. A simple definition of Resilience is: "An ability to recover from or adjust easily to misfortune or change". Within this definition there exists an energetic component, and the chance to look at resilience from an energetic perspective. This experiential workshop will explore

resilience on a personal level, as well as resilience on an organizational level. Examples of resilience will be drawn from audience experiences. Tools to increase energetic resilience will be explored.

## **SUN 4 - The Afterlife and the Continuation of Consciousness**

*Kathi Pickett RN, BSN, CHTP*  
This presentation celebrates our path into the future by exploring the afterlife and the continuation of consciousness in the development of strategies to embrace our consciousness to promote health and well being and to heal suffering. Healing Touch Practitioners have an opportunity to support individuals in their understanding of the transition to the afterlife and to support individuals to grieve and understand their soul's journey. The lack of a spiritual connection is often a missing link to true happiness. The participant will explore their values and understanding of the afterlife and consciousness; develop skills to support their clients to heal after a loss and to create a spiritual connection in this life. The participant will be able to describe the transition between worlds and the planes of light, experience guided imagery to connect with their higher self; and learn simple spiritual practices for daily self-care.

## **SUN 5 - A Journey to Healing Touch**

*Diane Swengros MS, RN, BC, HTI-PA*  
This presentation will show one person's journey leading them to Healing Touch, using it with personal family and friends, and then teaming up with a dynamic group to bring Healing Touch into a healthcare system. This path lead to impacting patient care, enhancing nurse self-care, research, and publishing.

## **SUN 6 - Interconnected: An Intimate Examination of Quantum Theory**

*Elke Nowicki BS, BEd, HTCP/I*  
Every one of us has a need to be healed and to heal and every one of us is a healer. We create a safe environment to allow healing to take place. This presentation will offer a deeper understanding of how this act of creating happens by journeying into the quantum realm. We will consider both classical physics and quantum physics. We will discuss and experience how acts of observation are Acts of Creation. We will look at the theory of entanglement and consider how this theory allows us to choose to forgive. We will learn about the unique properties of light and use those special properties to facilitate a self-healing exercise. Finally, we will conclude our journey by being of service to our world and visualize planetary healing. When we take quantum theory beyond practical purposes, it has baffling implications and for that, let us be grateful.

# General Conference - Sunday Keynotes

October 9, 2016 - all General Conference attendees

## The Global CommUnion of Planetary Souls

Barbara Marx Hubbard BA

9:00am - 10:15am

1.25 contact hours

We rest on the premise that small islands of coherence in a sea of social chaos can jump the system as a whole to a higher degree of harmony and order. Speaking from best available higher truth, source consciousness, and community gathering, we will discuss the current

state of consciousness, inviting people into a space of accessing their alignment and connection to a greater community of harmony and order. This keynote will be broadcast live throughout the globe, with opportunity for participants to listen throughout the world.

## The Scientific Basis of Energy Medicine

James Oschman PhD

11:00am - 12:30pm

1.5 contact hours

“Health is always a work in progress. The study of energetics is our best hope for solving the mysteries of life and healing. The field of energy is a multi-disciplinary subject that touches upon every aspect of what it is to be alive; also on every aspect of health and

medicine. To ignore energy is to deny the application to our health and welfare of one of the greatest areas of human inquiry - physics. Our goal is to bring the physical and biomedical sciences into cooperation as we look to the future of our health and health care systems.”

# Post Conference Guided Tours

October 9 and 10, 2016 (additional fee)

**Sunday - October 9** (1:30pm - 4:30pm)

**Ute Indian Prayer Trees (PostT1)** 2 contact hours

John W Anderson MBA, Author, Artist & Consultant  
(30 participant minimum - Must register by Sept. 20)

The Ute were the indigenous people of the Pikes Peak Region who skillfully modified trees for navigational, spiritual, burial, medicinal, nutritional and educational purposes. The Ute name for Pikes Peak was Tava, meaning the Sun Mountain. Tava was the most sacred of all the Shining Mountains for the Ute believe the Creator allows the day to start there first and each day is a gift from the creator. The Ute believe that anything created by the hands of the Creator has a spirit, including a horse, an eagle, a bear, a person or a tree. This 1-mile hike will take us into Fox Run Regional



Park, where many Ute Prayer Trees are located, with the author of the book Ute Indian Prayer Trees of the Pikes Peak Region.

[YouTube Video \(16 mins\)](#)  
[Click Here to Watch](#)  
Ute Indian Prayer Trees at Fox Run Regional Park in Colorado Springs, CO

**Monday - October 10** (8:00am - 2:00pm)

**Royal Gorge Tour (PostT2)** 3 contact hours

(10 participant minimum - Must register by Sept. 20)

This guided tour includes travel to Canon City to the Royal Gorge. Thanks to 3 million years of ceaseless flow by the mighty Arkansas River, we can now view the soaring cliffs of the Royal Gorge. These granite wonders tower more than 1,000 feet above the rushing Arkansas down below. More than 300 days of sun, a dry and dreamy climate and the protection of this narrow, winding, dramatic canyon draws some of Colorado's most majestic wildlife, like big horn sheep, bald eagles and Blue Herons.

This area is known for its beauty, warmth and southern Colorado charm. In some spots, you can't even get a phone signal and visitors view that as a good thing.

## The Royal Gorge Bridge

Experience the spectacular awe-inspiring panoramic views from one of the world's highest suspension bridges – hanging 956 feet above the Arkansas River! Includes bridge, aerial gondola, Plaza Theater, gift shop. Royal Rush Skycoaster and Cloudscaper Zip line are extra cost.



# Hotel Information



## The DoubleTree by Hilton, Colorado Springs Hotel

We are very excited that we are once again returning to Colorado Springs, home to Garden of the Gods, Pikes Peak, and the sacred grounds where the many Native American tribes laid down all weapons and gathered peacefully.

Admire views of Pikes Peak and Cheyenne Mountain during your stay at the DoubleTree by Hilton Colorado Springs Hotel. Located minutes from the Colorado Springs Airport. Our hotel is within walking distance of restaurants, movie theaters and shopping plazas. A golf course and hiking trail are within a mile of our hotel.

Savor breakfast, lunch or dinner in a casual atmosphere at the Atrium Café, proudly serving Starbucks coffee. Enjoy a glass of wine from our extensive fine wine list while relaxing in our Lobby Bar. Our award-winning Executive Chef is on site.

## SPECIAL NEGOTIATED ROOM RATE

We are especially excited to announce that Healing Beyond Borders has once again negotiated an incredibly special conference hotel rate of **\$95/night single or double, the lowest room rate since 2005**. By staying at our conference hotel, you assist in offsetting HBB's conference meeting room costs. We thank you for your loyalty to our conference location site!

All rooms come with signature bedding, a flat-screen TV with cable channels. Rooms with mini-refrigerators and microwaves are available. Healing Beyond Borders has also arranged for the following amenities: complimentary internet access, no resort fees, free self parking, and complimentary shuttle to and from the Colorado Springs airport daily 5:00am-11:00pm.

Please note, subject to room availability room availability, this rate is also \$95/night 3 days before and after the total conference dates (September 30 - October 2 and October 10-12) giving you the opportunity to have a mini vacation on either side of our conference dates. If this is your intention, please book early to ensure availability! **Subject to Room Availability: Group**

**Booking Rate Opportunity Until September 12, 2016.** Make your reservations by visiting our website at [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org) and clicking the 2016 Annual Conference page to link to our hotel reservation site.

## ADA accessible Rooms:

Accessible rooms are available for our guests who need ADA features. Please contact the hotel directly by phone at 719-576-8900 for these accommodations and request the group rate and they will assign an ADA room. Service Dogs for Sight or Hearing impaired as well as pets are allowed. Please contact the hotel for further information.



## OVERFLOW HOTEL - HOTEL ELEGANTE

At this time, our Conference Hotel, DoubleTree by Hilton, is full. (There are available upgraded rooms for higher cost for those who are interested.)

To accommodate our attendees, we have made contractual arrangements with a nearby conference/meeting hotel, the **Hotel Elegante, to serve as our overflow hotel**. Make your reservations by visiting our website at [www.HealingBeyondBorders.org](http://www.HealingBeyondBorders.org) and clicking the 2016 Annual Conference page to link to our hotel reservation site (719) 576-5900.

*We recommend that you reserve your room at the Hotel Elegante, ([Reservation Link](#)) and then contact the Healing Beyond Borders office and place your name on the conference hotel, DoubleTree by Hilton wait list. We will contact those on the wait list in a first come, first served order, should there be any cancellations between now and October.*

Hotel Elegante is **approximately ½ mile** from the DoubleTree by Hilton conference hotel. We have arranged for a **free, complimentary shuttle** to/from the airport and Hotel Elegante and to/from the Hotel Elegante to our DoubleTree conference hotel.

Hotel Elegante negotiated reduced conference room rates are **\$105/night** room rate single or double.

# Continuing Education and Meals

## CONTINUING EDUCATION CREDITS

### Nursing

This activity is being submitted to the American Holistic Nurses Association (AHNA) for approval. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. "Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients."

### Massage

Healing Touch International/Healing Beyond Borders is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. CE contact hours will be awarded for appropriate workshops.

## MEALS

For those having special dietary needs or restrictions, we recommend bringing additional food or supplements. Vegetarian and gluten free options will be offered. Full day Thursday Annual HTI Instructor Meeting includes a luncheon. General conference registration includes: Thursday evening light reception, Friday box lunch, Saturday box lunch, evening banquet and Saturday and Sunday refreshment breaks.

Single day registrations include workshops and keynotes. Thursday includes opening reception. Friday includes breakfast, box lunch. Saturday includes banquet. Additional Saturday Banquet tickets may be purchased on a space available basis - **PLEASE IDENTIFY MEAL PREFERENCES FOR GUESTS.**

# Colorado Travel Information & Tips

## Arrangements From Colorado Springs Airport (COS)

### By Plane – Colorado Springs Airport

The airport accommodates domestic, overseas, international, commuter/air taxi, and general aviation activities and is serviced by Alaska Airlines, Allegiant Airlines, American Airlines, Delta Air Lines, Frontier and United Airlines

### DoubleTree by Hilton Resort Hotel Shuttle Free Shuttle

As soon as you land, call the DoubleTree Hotel for pickup (719.576.8900). Walk out the front door of the terminal and await the shuttle.

### Rental Cars

DoubleTree by Hilton is approximately a 10 minute drive from Colorado Springs Airport. Check-in counters are in the baggage claim area. In addition, off-airport rental car companies provide courtesy van service to and from the airport. The following rental car companies are located at Colorado Springs Airport: Advantage, Alamo, Avis, Budget, Enterprise and Hertz.

## Arrangements From Denver International Airport (DIA)

### By Plane - Denver International Airport (DIA)

The airport accommodates domestic, overseas, international, commuter/air taxi, and general aviation activities and is serviced by Aeromexico, Air Canada, AirTran Airways, Alaska Airlines, American Airlines, British Airways, Delta Air Lines, Frontier Airlines, Great Lakes Aviation, Icelandair, Jet-Blue Airways, Lufthansa, Southwest Airlines, Spirit Airlines, United Airlines and US Airways with connections to Colorado Springs.

**Denver Airport Shuttle to Colorado Springs Airport** There is an airport to airport shuttle (<https://www.coloradoshuttle.com/>) (1-877-587-3456) from Denver International Airport to Colorado Springs Airport. Upon arrival at the Colorado Springs Airport, you can then contact the DoubleTree by Hilton (719.576.8900) for free shuttle pick-up at the Colorado Springs airport. Cost: \$50 one way, \$90 round trip. **Please reserve in Advance!**

### Rental Cars

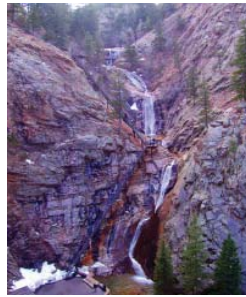
DoubleTree by Hilton is approximately 1 hour's drive from Denver International Airport. All rental car companies at DIA are located on airport property, but are away from the main terminal. Each rental company provides a courtesy shuttle to and from Jeppesen Terminal on level 5. Please follow the overhead signage for the appropriate pick-up location. The following rental car companies are located at Denver International Airport: Advantage, Alamo, Avis, Budget, Dollar, Enterprise, Hertz, National, Payless, and Thrifty.

Note: We are making available a **"RIDE SHARE"** page on the Healing Beyond Borders website to assist you in connecting with fellow passengers to split the fees of airport transportation.

# Things to do - Colorado Springs Area

## Seven Falls & Garden of the Gods

Seven Falls has been called “the Grandest Mile of Scenery in Colorado”. The tour will pass between the towering Pillars of Hercules, where the South Cheyenne Canyon narrows to 42 feet. As you continue along the box canyon, you will see unique rock formations through the mountain foliage, leading to the cascading falls. The wildlife within the canyon is abundant. Native hummingbirds dart in and out of the pines, shining rainbow trout flash in the crystal clear pond, and if you are lucky, you may even get a glimpse of a water ouzel, a rare bird that nests beneath waterfalls. A new express elevator which tunnels 170 feet into the mountainside will whisk you 130 feet up, through the mountain itself to the Eagle’s Nest Platform, with the best view of the seven separate falls as they splash and tumble 181 feet down the sheer granite cliff. Beside the falls, a 224-step stairway leads to a mile-long nature trail and a panoramic overlook of both Colorado Springs and the eastern Colorado plains.



## Garden of the Gods

Dedicated as a public park in 1909, this 1,350 acres located in the foothills of the Rocky Mountains, is a national landmark. Garden of the Gods is a landscape of spectacular cathedral-spired red sandstone rocks, many over 300 million years old that are bordered by the edge of Pike National Forest. Exquisite views of Pikes Peak arise from within the Garden. The Trading Post, established in 1900, displays a southwestern art gallery, Navajo rugs, Pueblo pottery, native handmade flutes and sandpaintings. The Garden itself was home to the ancestors of the Ute people and was considered holy ground to the Native American Indians, a place of peaceful exchange between all tribes.

## Cheyenne Mountain Zoo & Will Rogers Shrine

This ecological zoo is critically engaged in promoting the conservation of endangered and threatened global species. Visitors to the Cheyenne Mountain Zoo are submerged into culture and habitat, inspiring a new respect for the preservation of wildlife through hands-on education and creating a “never to be forgotten” experience. The Cheyenne Mountain Zoo is the **only mountain zoo in the United States starting at 6,800 feet**. It is set amidst 150 acres of scrub oak, spruce and ponderosa pine, beneath jagged granite peaks, boulders and beautiful groves of aspen trees. Also included with your Zoo admission is access to the Ruissell Tutt Scenic Highway and Will Rovers Shrine of the Sun. Constructed from 1934-1937, the shrine of the Sun was dedicated to will Rogers by his good friend, Spencer Penrose, one of the earliest pioneering businessmen in colorado Springs. The top deck of the memorial stands at an elevation of 8, 136 feet, making for an incredible bird’s eye view of Colorado Springs and the Front Range.



## The Airplane Restaurant “Solo’s”

The Airplane Restaurant centerpiece is a fully intact Boeing KC-97 tanker. Built in 1953, this magnificent airplane refueled aircraft throughout the world. Then, in May 2002, it began its second mission~ to be the preeminent aviation restaurant in the United States. Forty-two passengers can actually eat in the plane of the 275-seat restaurant. Rich in aviation history, displaying 100’s of pictures, memorabilia and rare artifacts, Solo’s offers much more than great food, it offers a flight through aviation history. Treat yourself to first class and celebrate the 100th Anniversary of Flight and fly into Solo’s! Open for Lunch and Dinner.

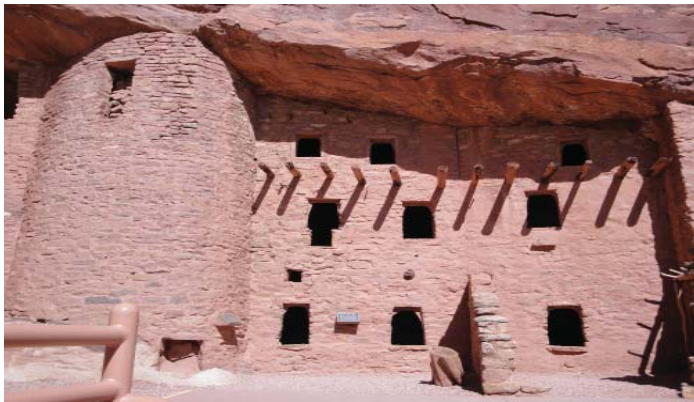


# Things to do - Colorado Springs Area



## US Air Force Academy

Enjoy a beautiful drive through 18,000 acres of beautiful forestland, home to 4,400 cadet men and women in training for their careers in the Air Force. Situated at the base of the Rampart Range, just a short distance from Pikes Peak, the Academy is one of the leading attractions in Colorado. Among the sites to visit include the Visitor's Center, Arnold Hall, the Field House and the **world famous Cadet Chapel**. A national landmark with its 17 gleaming aluminum spires soaring 150 feet skyward, as well as a spectacular array of stained glass windows throughout the building, the chapel is an all-faiths house of worship and contains a Protestant, Catholic, and Jewish Chapel, in addition to an all-faiths room for worship by other religions. The Chapel is open Monday –Saturday 9:am – 5:00pm and Sunday 1:00pm-5:00pm



## Manitou Cliff Dwellings

Manitou Cliff Dwellings is a rare historical treasure. Preserved under a protective red sandstone overhang, authentic Anasazi cliff dwellings, built more than 700 years ago, await you here. There are no "Do Not Touch" signs. You are free to touch and even go inside these fascinating architectural remnants of an American Indian culture that roamed the Four Corners area of the Southwest from 1200 B.C. to A.D. 1300. Museum, Gift Shop and more shares an outdoor archaeological and natural history preserve and includes reproductions of a stone mesa-top building and an Anasazi baking oven. A nature walk with well-labeled native flowers, herbs, trees and other plants connects the cliff dwellings and the Pueblo structure.

**Manitou Springs** When visitors ask about where the springs are in Colorado Springs, the answer is Manitou Springs. Currently there are 11 springs open to the public, each with its own distinctive flavor and effervescence. Centuries ago, the great tribes of the plains and the Mountain Utes paid homage to the healing and spiritual powers of the mineral springs and believed the medicinal waters were a gift from the Great Spirit Manitou.

Rainwater and snow melt from Pikes Peak and surrounding mountains soak into rock fractures. As the water penetrates to great depth, it becomes heated and mineralized. The warm water naturally flows up into cavernous limestone where it becomes carbonated, then issues from the numerous natural and drilled springs throughout Manitou. Because the water takes thousands of years to complete its journey from mountain sources, it is totally free of industrial and atmospheric contamination.

Beginning in 1871, developers created the resort of Manitou Springs to provide the popular water therapies. Cultural and medical traditions brought prosperity, but as health practices improved across the country, Manitou's famous springs slowly became forgotten and neglected. Fortunately, most of them have now been restored by the Mineral Springs Foundation, an all-volunteer 501(c) (3) non-profit organization. An endowment fund is in place to help assure that the springs will be available for the enjoyment of future generations. [www.manitoumineralsprings.org](http://www.manitoumineralsprings.org).

Photo Credit:  
Colorado Springs Chamber of Commerce

# Short Sleeve Options

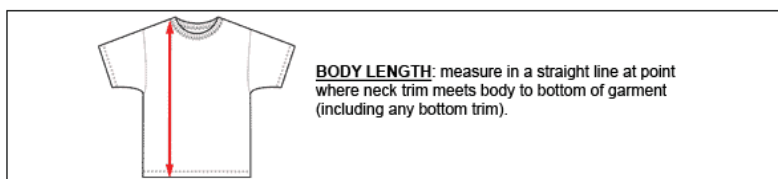


## Shirt Logo

\$25



- Hanes ComfortSoft unisex short-sleeve shirt
- 5.2 oz., 100% preshrunk ComfortSoft cotton
- double-needle stitch details
- tag-free neck label
- Sizes S - 3XL



Finished Measurements	S	M	L	XL	2XL	3XL
Across Shoulders	17 1/4	19 1/4	21 1/4	23 1/4	25 1/4	27 1/4
Body Length	28	29	30	31	33	34
Body Width	18	20	22	24	26	28

\$27

# Long Sleeve Options



White

Black

Brown

Heather

Navy

Pink

Red

**Colors Above Are Available In Small - 3XL**

**Colors Below Are Available In Small - 2XL**



Orange

Charcoal

Light Blue

Purple

Hot Pink

Royal

Lavender

	S	M	L	XL	2XL	3XL
Body Length	23.5	24.5	25.5	26.5	27.5	28.5
Body Width	18.5	19.5	21.5	23.75	25.75	27.75
Sleeve Length	23	23.5	24	24.12	25	25.5

## LONG SLEEVE T-SHIRT FEATURES

\$27

- 5.5 oz., 100% combed ring spun cotton jersey knit long sleeve t-shirt.
- Topstitched rib knit collar and taped neck.
- Double-needle hem stitched sleeves and bottom.
- Non pre-shrunk

# Embroidered Bag Logo

\$20



- Soft 12-oz 100% cotton canvas material offers a soft hand with a durable hold.
- Large 5-1/2" gusset offers plenty of space.
- Colored black piping surrounds the 20th Anniversary logo for a nice framing effect.
- Two 20" rope-style handles are reinforced with metal grommets for added style and durability.
- Size: 14" x 13-1/2" x 5-1/2".

# 2016 Annual Conference Registration

Please print clearly, one form per attendee. This registration and payment of fees reserves your space.

**Refunds, less a \$75 processing fee, will be granted upon written cancellation request received by August 28, 2016**

*NOTE: All attendees consent to be photographed/videotaped for use in HBB marketing materials.*

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Street

City \_\_\_\_\_ State/Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Country \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

### Required for CE Reporting

Are you a Nurse?  Yes  No

Are you a Member of AHNA?  Yes  No

Are you a Massage Therapist?  Yes  No

### Meal Preference

Regular  Vegetarian (select one)

Gluten Free (in addition to above selection)

If you have special dietary needs please plan accordingly

Yes, I give HBB permission to include the above information on the Participant Listing given to all attendees. (signature) \_\_\_\_\_

Yes, I would like to provide an item for the Silent Auction. (Please bring item with description and value to the vendor area. The auction will benefit HBB's integration and outreach programs). Please note that gifts are not tax-deductible yet may be deductible as a business expense.

HBB Member Rate / Non-Member Rate  
Received by July 12 / Received after July 12

### Pre-Conference Workshops:

	HBB Member Rate / Received by July 12	Non-Member Rate Received after July 12	Amount Due
PC1 Movie Premier & Snacks - Ute Tree Presentation (Wed)	20.00	<i>*Only Pre-Registered Attendees Receive CEs</i>	_____
PC2 Wed & Thurs - Lunch on Own	140.00	N/A	_____
PC3 Wed Half Day	35.00	40.00	_____
PC4, PC5 Thurs - Lunch on Own	85.00	95.00	_____
PC6 CHTI only - Thurs - Lunch included	110.00	N/A	_____
PC7, PC8, PC9 Thurs Half Day	45.00	50.00	_____
<b>General Conference: (Select Fri &amp; Sun workshops)</b>	505.00	590.00	_____

### Single Day Rates

Thursday Evening Only (Includes Reception)	120.00	145.00	135.00	160.00	_____
Friday Only (Includes Lunch)	210.00	250.00	230.00	275.00	_____
Saturday Only (Includes Banquet)	230.00	260.00	250.00	280.00	_____
Sunday Only	100.00	130.00	115.00	145.00	_____

### Optional Tours: Rates include all tax, gratuity, meals and transportation. Must register by September 20<sup>th</sup>

PreT1 Seven Falls & Garden of the Gods (Thursday)	90.00	90.00	_____
PostT1 Ute Indian Prayer Tree Tour (Sunday)	65.00	65.00	_____
PostT2 Royal Gorge & Gondola Tour (Monday)	137.00	137.00	_____

Guest Banquet Ticket(s) \$115 each (Incl. in General Conf. Fee) Guest(s) Name/Meal Preference \_\_\_\_\_

Conference Bag \$20 each with embroidered conference logo \_\_\_\_\_

Conference **SHORT Sleeve** shirt \$25 each w/ logo \_\_\_ Sm \_\_\_ Md \_\_\_ Lrg \_\_\_ XLrg \_\_\_ XXLrg \_\_\_ XXXLrg (Order by August 28) \_\_\_\_\_

Color: \_\_\_ Ash \_\_\_ Black \_\_\_ Deep Red \_\_\_ Royal \_\_\_ Denim \_\_\_ Gold \_\_\_ Lt. Blue \_\_\_ Maroon \_\_\_ Navy \_\_\_ Pale Pink \_\_\_ Purple \_\_\_ White \_\_\_ Yellow

Conference **LONG Sleeve** shirt \$27 each w/ logo \_\_\_ Sm \_\_\_ Md \_\_\_ Lrg \_\_\_ XLrg \_\_\_ XXLrg \_\_\_ XXXLrg (Order by August 28) \_\_\_\_\_

Color: \_\_\_ Black \_\_\_ Brown \_\_\_ Charcoal \_\_\_ Heather \_\_\_ Hot Pink \_\_\_ Lavender \_\_\_ Lt. Blue \_\_\_ Navy \_\_\_ Orange \_\_\_ Pink \_\_\_ Purple \_\_\_ Red \_\_\_ Royal \_\_\_ White

Yes, I plan on being pinned at conference. Pinned By: \_\_\_\_\_

Become a member now or renew membership now (\$100 per year) and receive the member discount for conference registration \_\_\_\_\_

TOTAL DUE \_\_\_\_\_

**Pre-Conference Workshop Options *additional fee***

PC 1 Wed Night Movie Premier & Ute Tree Presentation

PC 2 Wed/Thurs Stress Management (2 days)

PC 3 Wed Healing Touch Review

PC 4 Thurs Brain on Ink

PC 5 Thurs Healing Drum

PC 6 Thurs HBB Instructors

PC 7 Vibrational

PC 8 Scalar Heart

PC 9 Triad

**General Conference Friday (select 1)**

FRI 1  FRI 4

FRI 2  FRI 5

FRI 3  FRI 6

**General Conference Sunday (select 1)**

SUN 1  SUN 4

SUN 2  SUN 5

SUN 3  SUN 6

**(Optional) General Conference Morning Workshops**

MF1  MF2  MS1  MS2

Friday Saturday

**Pre Conference Tour Options *additional fee***

PreT1

**Post Conference Tour Options *additional fee***

PostT1  PostT2

Return this registration form with payment to Healing Beyond Borders 445 Union Blvd., Suite 105 Lakewood, CO 80228  
Please remit fees in US dollars only, payable to Healing Beyond Borders 303-989-7982 phone 303-980-8683 fax

Please bill my credit card \_\_\_\_\_ Exp \_\_\_\_\_ 3-digit code \_\_\_\_\_  
or enclose check/moneyorder