

Southeast Women's Herbal Conference

Nurse CE Class Schedule, October 2-4, 2009

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's COA.

Friday, October 2, 2009

2:30-4:00 Classes

Seven Medicines: Informed Choices for Optimum Health (Intensive)

with Susun Weed, Friday 2:30 to 6:00 (takes up two class time slots)

Serenity Medicine, Story Medicine, Energy Medicine, Lifestyle Medicine, Herbal Medicine, Pharmaceutical Medicine, Hi-Tech Medicine. The Seven Medicines show the benefits of doing nothing; the best ways to collect information; how to dance in the shaman's playground; simple lifestyle choices that extend life; ways to discern the differences between nourishing, tonifying, and stimulating herbs; the uses and problems of drugs, including supplements; and high-tech diagnosis. Whether your interest in health is new or well seasoned, wading through the confusion of conventional and "alternative" options can be daunting. This workshop will help you get the most of what's available, with the least risk, at the lowest cost. Your health, and your life, will never be the same!

(Objective: Upon completion of this class, the participant will be able to identify each of the seven medicines and their safe and effective usage in the promotion of women's health, distinguish between nourishing, tonifying, and stimulating herbs, and formulate healing options with others.)

Susun Weed is a presenter and has no financial interests to disclose.

Adaptogens: Building Deep Immunity (Health and Healing)

with Mimi Hernandez, Friday 2:30-4:00

The plant world offers us many ways to build adrenal, immune, and spiritual resilience during these challenging times. This class will introduce you to the category of herbs classified as adaptogens to see how to incorporate these powerful allies into our lives. Meet Holy Basil, Shatavari, Ashwaganda, Eleuthro, and Schisandra and get to know their specific strengths.

(Objective: Upon completion of this class, the participant will be able to define adaptogens.)

Mimi Hernandez is a presenter and reports a commercial relationship as Director of One World Healing Arts Institute.

Restoring Wellness through Breathing (Advanced)

with Dorisse Neale, Friday 2:30-4:00

For anyone with a chronic or acute condition that interferes with your ability to participate 100% in life's incredibly wonderful journey, or for anyone wanting an opportunity to learn the basics of "Breath Retraining", using the simple Eucapnic-Buteyko Breathing exercises. Over 50 years of research using this method has shown 100% reversal of conditions such as Asthma, Hypertension and Heart Disease, as well as significant improvement in over 300 other physical conditions, including emphysema, chronic fatigue, fibromyalgia, and many of the newer "autoimmune" diseases that are having a devastating affect on the populations of 1st world countries.

(Objective: Upon completion of this class, the participant will be able to define the origin, history, purpose and current applications of the Buteyko Breathing Method, review respiratory system anatomy and physiology, identify optimal vs. abnormal breathing.)

Dorisse Neale is a presenter and has no financial interests to disclose.

Friday, October 2, 2009

4:30-6:00 Classes

Seven Medicines: Informed Choices for Optimum Health (Intensive), Continued

with Susun Weed, Friday 2:30 to 6:00 (takes up two class time slots)

This class is continued from above. It spans two “regular” class timeslots.

Susun Weed is a presenter and has no financial interests to disclose.

Menstrual Health (Health and Healing)

With Mieko Flynn, Friday 4:30 to 6:00

Take care of **Y.O.U.:** Yoni, Ovaries, Uterus! Focus your energy on your womb, the source of your creativity, rhythm and power. It is empowering to have a deep relationship with your uterus and ovaries as a wombyn! The responsibility lies in your hands to take care of the health and use of your feminine power. Understand the affect the menstrual cycle has on your mind and body, grasp the functions of the moon cycle hormones and tend to your wombyn-ness!

(Objective: Upon completion of this class, the participant will be able to review the menstrual cycle and related hormones and identify herbs that impact the menstrual cycle.)

Mieko Flynn is a presenter and has no financial interests to disclose.

Signs for Assessment: Tongue Reading (Advanced)

with Phyllis D. Light, Friday 4:30 to 6:00

Physical assessment can help us develop our powers of observation and aid in appraising the vitality of our clients. The color, coating, and structure of the tongue provide a map or reflection of the internal workings of the body, especially the organ systems. Join Phyllis for an interactive session.

(Objective: Upon completion of this class, the participant will be able to recognize color and texture differentiation in tongues.)

Phyllis D. Light is a presenter and has no financial interests to disclose.

Saturday, October 3, 2009

9:00-10:30 Classes

Medicine Plants of the Southern Appalachians: A Photographic Herb Walk (Intensive)

with Patricia Kyritsi Howell, Saturday 9:00-12:30 (takes up two class time slots)

Join this extraordinary teacher, author of Medicinal Plants of the Southern Appalachians, to learn about the common medicinal herbs found in the wild throughout the mountains. You'll meet over 25 herbs presented in a vibrant, full-color, slide-show format with detailed information on bloom times, ethical harvesting methods, therapeutic uses, simple recipes for remedies and dosage guidelines and be introduced to the characteristics of various mountain plant communities and ecosystems. This is an opportunity to see these herbs in different seasons and up-close in a way not possible during a walk around camp. Recommended for anyone wanting to learn to recognize the medicinal herbs of our area, as well as for those who want to understand how to use them as medicines.

(Objective: Upon completion of this class, the participant will be able to describe the unique ecology of the Southern Appalachian mountains and its importance in providing herbs for the practice of herbalism worldwide, discuss the historical uses of more than 25 native medicinal herbs, recognize key botanical characteristics of more than 25 native medicinal herbs, and differentiate current medical research about the clinical uses of these herbs.)

Patricia Kyritsi Howell is a presenter and has no financial interests to disclose.

Overcoming Insomnia (Health and Healing)

with Ricci Ackerman, Saturday 9:00-10:30

Insomnia is a health issue affecting millions of people. A deeper look into the brain wave cycles together with a discussion of the various types of insomnia and the effects of prescription drugs will give a more thorough understanding of the disorder. We'll look at the nervine class of herbs, which will assist in formulating an herbal combination for specific types of insomnia. Case studies and clinical data will be compared.

(Objective: Upon completion of this class, the participant will be able to recall the definition of "Good Sleep", and identify Stages of Sleep.)

Ricci Ackerman is a presenter and has no financial interests to disclose.

Phytochemistry Demystified (Advanced)

with Mimi Hernandez, Saturday 9:00-10:30

What, Why and How? with Mimi Hernandez - Phytochemistry refers to the chemical structures in plants. This introduction to phytochemistry as it relates to herbal medicine will be taught in simple and friendly terminology. Topics will include polysaccharides, polyphenols, alkaloids, tannins, resins, volatile oils, and many more!

(Objective: Upon completion of this class, the participant will be able to define phytochemistry, and define plant constituency in relation to medicinal activity.)

Mimi Hernandez is a presenter and reports a commercial relationship as Director of One World Healing Arts Institute.

Saturday, October 3, 2009

11:00-12:30 Classes

Medicine Plants of the Southern Appalachians: A Photographic Herb Walk (Intensive), Continued

with Patricia Kyritsi Howell, Saturday 9:00-12:30 (takes up two class time slots)

This class is continued from above. It spans two "regular" class timeslots.

Patricia Kyritsi Howell is a presenter and has no financial interests to disclose.

Eleven Nutritional Principles for Vitality and Health (Health and Healing)

with Dr. Susan DeLaney, Saturday 11:00-12:30

Based on the principles taught by Sally Fallon from the Weston A. Price Foundation, This talk will give you guidelines for the improving your health and those you love. Using real food and simple techniques these changes will help prevent chronic disease and improve your daily sense of well-being.

(Objective: Upon completion of this class, the participant will be able to discuss the 11 nutritional principles of the Weston Price Foundation.)

Dr. Susan Delaney is a presenter and has no financial interests to disclose.

Women and HPV(Advanced)

with Bevin Clare, Saturday 11:00-12:30

Our female bodies are an ecosystem, and it is important to understand the influences we experience. Learn about the HPV virus, its effect on women's health, up-to-date information about the vaccine and about herbal therapeutics in an HPV infection and in cervical dysplasia.

(Objective: Upon completion of this class, the participant will be able define HPV and discriminate between the conventional and complementary support and treatment options.)

Bevin Clare is a presenter and has no financial interests to disclose.

Saturday, October 3, 2009

3:00-4:30 Classes

Tantra: Reclaiming the Soul of Feminine Sexuality (Intensive)

with Anyaa McAndrew, Saturday 3:00-6:30 (takes up two class time slots)

Tantra is more than a practice; it is a way of life. A way of life that teaches us, as women, to express our radiance, energize ourselves, and embody the divine. When we learn to heighten and align our sexual energy we infuse our lives with love and ecstasy and become virtual magnets for our deepest desires. We realize that the goal of our deep feminine nature is to 'live as love.' In a safe circle of women, we will explore teachings of western tantra and experience how to use breath, sound, movement, presence, spirit, and heart to activate our kundalini and run our life force energy in expanded ways. This class is for single and partnered women alike.

(Objective: Upon completion of this class, the participant will be able to demonstrate techniques which activate shakti in the body, identify westernized tantric principles, and the techniques most commonly taught, identify the role of tantra & sacred sexuality in relationship and for healing.)

Anyaa McAndrew is a presenter and has no financial interests to disclose.

Menopause Means Change! (Health and Healing)

with Susun Weed, Saturday 3:00-4:30

What is menopause? To the Wise Woman, a powerful time of change and metamorphosis. We'll learn about the five most important herbs and four most important foods for menopausal women, and discuss problems with black cohosh, wild yam, progesterone creams, tofu, and soy.

(Objective: Upon completion of this class, the participant will be able to demonstrate nourishing herbal infusions to promote optimum health during menopause, identify herbs and tinctures for symptomatic relief during menopause.)

Susun Weed is a presenter and has no financial interests to disclose.

Herb/Drug Interactions and Contraindications (Advanced)

with Phyllis D. Light, Saturday 3:00-4:30

Although the chance of herb/drug interactions is generally low and not serious, some cautions with certain medications do exist. Interactions and contraindications of some of the most popular herbs and supplements are reviewed in this session. Cautions in herb and supplement use prior to surgery, herb/supplements that have an additive effect to certain prescription medications, and those that might interfere with the workings of medications are also covered.

(Objective: Upon completion of this class, the participant will be able to discuss herb and drug interactions.)

Phyllis D. Light is a presenter and has no financial interests to disclose.

Saturday, October 3, 2009

5:00-6:30 Classes

Tantra: Reclaiming the Soul of Feminine Sexuality (Intensive)

with Anyaa McAndrew, Saturday 3:00-6:30 (*This class is continued from above; takes up two class time slots*)

Anyaa McAndrew is a presenter and has no financial interests to disclose.

Fostering Women's Wellness (Health and Healing)

with Bevin Clare, Saturday 5:00-6:30

A woman's wellness is the product of many aspects of her life which come together to form a state of balance or imbalance. These core inputs include our relationships with people and the earth, our balance in sleep, diet, movement, and our social and psychological influences. We will explore the roots of women's wellness as they affect many of our most common health concerns, and learn to work gracefully, effectively and creatively with the effects of stress and the world we live in.

(Objective: Upon completion of the class, the participant will be able to identify the affects of foundational influences in women's wellness.)

Bevin Clare is a presenter and has no financial interests to disclose.

Uterine Massage (Advanced)

with Mieko Flynn, Saturday 5:00-6:30

Restore your uterus in her optimal position and improve the flow of blood, lymph, nerve and energy impulses with a safe and effective modality, the Traditional Maya Abdominal & Uterine Massage. The gentle technique releases congestion, stagnation and overload of toxins from the abdominal organs as well as from your spirit. Learn the symptoms and contraindications, and when, where and how to's of the massage. "If you are irritated about little things, check your uterus!"

(Objective: Upon completion of this class, the participant will be able review the anatomy of the uterus and demonstrate uterine massage techniques.)

Mieko Flynn is a presenter and has no financial interests to disclose.

Sunday, October 4, 2009

9:00-10:30 Classes

Beyond Tinctures: Gourmet Medicine Making for Everyday Use (Intensive)

with Bevin Clare, Sunday 9:00-12:30

Most of us know how to take a tincture when we feel sick. But imagine a life filled with delicious medicines incorporated right into your most beloved foods. Learn anew or expand your medicine-making repertoire to vinegars, elixirs, miels, powders, and preserves which can be used as creative medicinal preparations for health and wellness. Additionally, our food materia medica is bursting with fresh, tasty, valuable medicines. From fresh herbs and culinary spices to fruits, chocolates, and other living medicines, we'll learn to use foods therapeutically. This incredibly popular class is brought back as an intensive for the opportunity to taste and experience these extraordinary recipes and learn how to incorporate them into your daily life. Let your food be your medicine!

(Objective: Upon completion of this class, the participant will be able to define the uses of vinegars, elixirs, miels, powders and preserves for health enhancement, and incorporate gourmet herbal recipes in the creative administration of medicine.)

Bevin Clare is a presenter and has no financial interests to disclose.

Respiratory Challenges in Children (Health and Healing)

with Dorisse Neale, Sunday 9:00-10:30

Have you been told that your child has asthma? Are you aware that asthma is a symptom, NOT a disease? With daily breathing exercises, natural therapies and diligence, a child as young as 4 years old can begin to restore and maintain optimal health. Bring your child and give her/him the gift of self knowledge, physical stamina and well being for a lifetime.

(Objective: Upon completion of this class, the participant will be able to define the origin, history, purpose and current applications of the Buteyko Breathing Method, review respiratory system anatomy and physiology, identify optimal vs. abnormal breathing, and demonstrate non-invasive technique which can have a positive effect on respiratory problems in children.)

Dorisse Neale is a presenter and has no financial interests to disclose.

Three Herbs for Digestion: Bupleurum, Dandelion and Licorice (Advanced)

with Patricia Kyritsi Howell, Sunday 9:00-10:30

This intermediate level lecture compares and contrasts the clinical use of three medicinal roots, specifically as they are used to promote healthy digestive system function. An overview of the energetic and therapeutic uses of each herb will be presented, along with dosage guidelines, energetic and medical indications for use, contraindications, suggested combinations, effective medicinal preparations and other useful clinical tips.

(Objective: Upon completion of this class, the participant will be able to describe the clinical use of Taraxacum officinale, Bupleurum chinense and Glycyrrhiza glabra in supporting and restoring healthy digestive system function.)

Patricia Kyritsi Howell is a presenter and has no financial interests to disclose.

Sunday, October 4, 2009

11:00-12:30 Classes

Beyond Tinctures: Gourmet Medicine Making for Everyday Use (Intensive), Continued

with Bevin Clare, Sunday 9:00-12:30 (takes up two class time slots)

This class is continued from above. It spans two “regular” class timeslots.

Bevin Clare is a presenter and has no financial interests to disclose.

The “Skinny on Fats” (Health and Healing)

with Dr. Susan DeLaney, Sunday 11:30-12:30

In the last 50 years or more “fats” have been given a bad name, as they have been accused of being the causative factor in cancer, heart disease and many chronic diseases. This discussion looks at the myths about fats and provides real data that shows fats are actually good for you and essential to your health and well-being!

(Objective: Upon completion of this class, the participant will be able to analyze healthy fats and their importance for a healthy nutritional diet.)

Dr. Susan Delaney is a presenter and has no financial interests to disclose.

Herb Walk: Western Plants, Eastern Energetics (Advanced)

with Jessica Godino, Sunday 11:00-12:30

Take a walk through eaastern eyes: many of our most familiar and beloved weeds have been used in china for thousands of years. come and visit with old friends and learn how they are used in the elegant system of chinese herbal medicine. we will cover the basics of chinese herbal energetics to help you deepen your understanding of local plants such as dandelion, violet, cohosh, poke, pine, kudzu, heal all, and more!

(Objective: Upon completion of this class, the participant will be able to name the chinese energetics properties and medicinal preparation of several plants.)

Jessica Godino is a presenter and has no financial interests to disclose.

Post Conference Intensive

Sunday, October 4, 2009

3:00-6:00 Class

Indigenous Wisdom: Earth-based Teachings for Modern Women (Intensive)

with Dr. Ada-Belinda DancingLion, Sunday 3:00-6:00

The economic system is in a tailspin and we are experiencing all-time highs for stress-related diseases and anti-depressant prescriptions. With all the trappings of modern civilization being stripped away, we must now return to the wisdom of the earth-based teachings. This intensive will explore Eagle Medicine, a vital totem to indigenous peoples around the world. Eagle Medicine teaches us about self-love and about how to reclaim our personal integrity in the face of our tendency towards soul-wounding perfectionism and the fantasy that we must “do it all.” Eagle Medicine offers simple, grounded, common sense ways to maintain equilibrium through an associated food, herb, song, sound, color, ceremony, meditation, smudge, and more. Learn to live in harmony with yourself and the earth.

(Objective: Upon completion of this class, the participant will be able to describe the indigenous definition of medicine, identify the cultural sensitivities in working with indigenous patients, apply at least one self-care technique to their lives, discuss the importance of thinking in terms of the next seven generations.)

Dr. Ada-Belinda DancingLion is a presenter and has no financial interests to disclose.

The Programming Team who put together these classes is comprised of the following people:

Dr. Terry Apt, BSN, MSN, Post Masters Certificate, ND

Dr. Terry Apt is a planner and has no financial interests to disclose.

Sandi Wells, RN

Sandi Wells is a planner and has no financial interests to disclose.

Corinna Wood, BS, herbalist

Corinna Wood is a planner and is owner, director, and employee of both the Southeast Women's Herbal Conference and Red Moon Herbs, an herbal products business.

Lee Warren, BS, herbalist

Lee Warren is a planner and receives a salary from the Southeast Women's Herbal Conference.

Renee Conover, BS herbalist

Renee Conover is a planner and has no financial interests to disclose.

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