

# Transformative Practices

## Mind-body-Spirit Approaches To Health and Well-Being

*8 week Mind-Body Skill Groups Are now forming*

### Mind-Body-Spirit

Mind-Body-Spirit Medicine is the medicine of the 21st century. Mind-Body-Spirit approaches have been shown to be effective in helping people enjoy a better quality of life. They also enhance the healing process, physically, emotionally, mentally and spiritually. Transformative Practice's Mind-Body-Spirit Skills Groups give people tools for coping with illness, stress and the ups and downs of life. Drawing on the natural ability of the body to heal itself, these skills empower participants toward self care and new levels of awareness.

#### **Skill Development Will Include the Use of:**

- Meditation (three types)
- Food and nutrition
- Guided Imagery
- Autogenic Training (Self-Hypnosis)
- Biofeedback
- Breathing Exercises
- Journaling Techniques
- Self-Awareness Techniques
- Exercise, movement and dance

#### **THE RESEARCH**

The Mind-Body-Spirit approach is based on accumulating evidence indicating that there is a "biobehavioral model" of health and disease. In general, this model suggests that what people think and feel affects the state of their health in two basic ways: by affecting their behavioral choices (e.g., smoking) and by their biological processes (such as cortisol levels) that affect risk and response to disease.

Cortisol is a hormone that is released in response to stress. Researchers have found lower counts and suppressed activity of natural killer cells among patients who have abnormal cortisol levels. They have also found that stress reduction interventions have resulted in patients having reduced cortisol levels and concomitant improvements in immune system functioning.

The ability to relax is an antidote to the effects of the stress response, and it has also been found to enhance the effectiveness of the body's defenses and self-repair mechanisms. Regular practice of techniques that elicit relaxation and bring about stress reduction also brings improved emotional well-being and better handling of stressful life events. There are many techniques that can be used to produce relaxation and, indeed, learning to do them is at the heart of Mind-Body-Spirit Medicine.

Whether you are seeking relief from stress, prevention of a disease or optimal wellness, Mind-Body-Spirit skills have proven beneficial for people with:

\*Cancer            \*Arthritis            \*Chronic Fatigue Syndrome            \*Diabetes  
\*Fibromyalgia            \*Heart Disease            \*Depression and Anxiety            \*High Stress

\*Fertility Issues      \*Menopausal Issues      \*Chronic Pain      \*Loss and Grief  
\*Chronic or Life Threatening Illness      \*Enhanced Coping Skills

**Specifically participants have found:**

- A decrease in depression and anxiety
- A heightened sense of well-being and engagement in life
- Better coping skills through learning a dependable range of useful tools for managing pain, anxiety and stress

Greater insight and positive perception

Fewer physical symptoms of illness with less pain and fatigue and more energy

Enhanced immune system functioning to help the body mobilize itself against illness

**FACILITATORS:**

**Michele Okposo, RPh** has over twenty years experience inspiring and leading individuals and groups in continued development of their human potential. She is a graduate of The Center for Mind Body Medicine's Professional and Advanced Training Programs, is a certified spiritual director, a Reiki and Therapeutic Touch Practitioner, and a registered pharmacist. Michele has taught and facilitated Mind-Body relaxation classes at the University of Minnesota's Center for Spirituality and Healing, eq-life, Inc., Friendship Village retirement community, and throughout the 7 county metro area with programs sponsored by United Way. Michele also has a private health coaching practice and works with individuals one on one.

**LORA MATZ, MS., LICSW**

Lora has been a leader in the field of Integrative Medicine for many years. She is a psychotherapist, lecturer, and writer who currently travels throughout the country conducting staff development workshops, retreats, and consultation. Lora worked in Washington, DC, as the Associate Director of the Center for Mind-Body Medicine, with Dr. James Gordon, Chairman of the White House Commission on Complementary and Alternative Medicine. Lora helped the Center develop the Cancer Guide Training Program, an week long training for health professionals who want to responsibly integrate complementary and alternative approaches in their work with cancer patients. She continues to work as a senior faculty member for the Center's Professional Training Programs in Mind-Body-Spirit Medicine as well Cancer Guides. Lora is skilled in curriculum and program development. Recent curriculum development involvements include her work with The Greater Twin Cities United Way and the University of Minnesota's Center for Spirituality and Healing; Health Coaching Program. Lora teaches in the Health Coaching Program at the University. Lora has also been working as a consultant and trainer for the Twin Cities United Way community enrichment programs. Lora recently returned to live in the Twin Cities, from Tucson where she was Retreat Services Director at Sunstone Cancer Support Centers. She is the co-founder of her own business, called "Transformative Practices." Lora continues to travel to Tucson on a regular basis, where she creates and facilitates retreats for adults and children with cancer and their loved ones. Lora created and continues to facilitate one of the first retreats for cancer patients and those that are partners in the journey with them, which is attended in Tucson from couples throughout the country. She has extensive experience in the area of death and dying and is currently involved in creating a death midwife/conscious dying training program. Lora has a rich background in both pediatric and adult medicine. Her past work includes work as a therapist as well as work within the hospital setting, including Children's Hospital and clinics in St. Paul and Abbott Northwestern Hospital; Virginia Piper Cancer Center as one of the first "Healing Coaches," helping cancer patients create integrative care plans.