

The Healer Within



Hui Ho'olana Retreat Center, Molokai, Hawaii

May 23 - 29, 2010

*"Life is not measured by the number of breaths we take,
but by the moments that take our breath away." - George Carlin*

This is an invitation to take time-out and reconnect with your inner self and core values. This weeklong retreat is designed as a learning & healing vacation for singles and couples. There will be ample time to relax and enjoy the beautiful retreat center of Hui Ho'olana and the exquisite island of Molokai. This program has been offered to health care practitioners for eleven years. Because of multiple requests to do so, it is now open to all people. Healing from within begins with a place of quiet and self reflection. The island of Molokai is ideal for this journey.

Before this program I had to justify every minute I spent not doing something for someone else. - Tish H., MD

This program combines discussions and experiential exercises designed to rejuvenate your mind, body and soul. You will leave with an understanding of the unique stresses in your life and practical methods for changing the balance of your life and the lives of those you care for.

Lots of down time - It is Hawaii after all!

The program includes:

Stress management training based in meditation and emotional shifting, transformational breath work, Visualization and perception shifting techniques and tools to evaluate your needs, personality and behaviors. You will leave with a plan of recreating your life to enhance balance and play.

*"It would be very difficult to put in words the impact of the program in Molokai but I will try. Magical, fulfilling, wondrous, highly satisfying, wonderfully surprising."
Juan B.*

The Hui Ho'Olana provides a retreat from your busy life. Their goal is to provide an environment for inspiration, a safe haven for the growth and nurturing of the creative spirit. Located on 100 acres on the island of Molokai, Hui Ho'olana sits at 1300' on a hill called Pu'u Kolea. Malama ka 'aina (protecting the land) is at the heart of all they do.

The Hui also offers opportunities for massage and bodywork throughout your stay. Their highly skilled licensed massage therapists will schedule sessions to meet your exact needs. An experience not to be missed!





Lee and Nita are both talented retreat leaders. They bring years of professional experience along with their ability to nurture true meaningful change in the participants. - Leslie T

Nita Gage, MA has worked in hospitals, clinics and health care corporations. Nita has over 25 years experience and training in health care, behavioral health, and spiritual healing. She has worked extensively in residential and inpatient settings with addiction, mental illness and with people in states of extreme spiritual emergency. She is currently working on a book about women's transformational passages in midlife, titled *Women in Storage™*.

Lee Lipsenthal, MD, ABIHM is a Board-certified internist with postgraduate training in cholesterol disorders and cardiac rehabilitation. He is the former Medical Director of The Preventive Medicine Research Institute with Dr. Dean Ornish. He is the Past President of The American Board of Holistic Medicine. He serves on the scientific advisory committee of The Hoffman Institutes and he serves on the Board of Directors for The Institute of Noetic Sciences and HeartMath. He travels the world as a lecturer and consultant to hospitals, medical schools and physicians groups. Lee's clients include, The Hill Physicians Medical Group, The Cleveland Clinic, Kaiser-Permanente, Physicians Associates and multiple state medical societies.

Program costs: \$1800 per person - Cost includes lodging, workshop, all meals, **Programs are limited to 20 participants, Registration & Information -** Lee Lipsenthal, MD,ABIHM, Lipsenthal@aol.com

ACCREDITATION FOR CONTINUING EDUCATION CREDIT



ADDICTION COUNSELORS AND SPECIALISTS

Collaborative Medical Education Institute has been accredited by the National Association for Alcohol and Drug Addiction Counselors (NAADAC) to provide continuing education to addiction counselors, educators and other addiction-focused health care professionals who specialize in addiction prevention, treatment, recovery support and education (Provider #687). This program has been reviewed and is approved for 16 continuing education contact hours.

Continuing education credits earned will be accepted toward national credentialing by the NAADAC Certification Commission and also by many of the individual state licensing and certification bodies.



COUNSELORS

Collaborative Medical Education Institute has been approved to offer continuing education courses by the National Board of Certified Counselors (NBCC Provider #6370). This program has been reviewed and is approved for 1.6 clock-hours of continuing education credit.



MARRIAGE, FAMILY AND CHILD COUNSELORS

Collaborative Medical Education Institute has also been accredited by the California Board of Behavioral Sciences (CBBS) to provide continuing education to marriage, family and child counselors (Approval #PCE4372). This course meets the qualifications for 16 hours of continuing education credit for MFCC's as required by the California Board of Behavioral Sciences.

PHYSICIANS

This activity is under review by the American Academy of Family Physicians for 16 Prescribed credits by the American Academy of Family Physicians. Prescribed credits are accepted by the AMA as equivalent to APA PRA Category 1 Credits™. Please check website for updates on AAFP approval as the application is in process.



SOCIAL WORKERS

Collaborative Medical Education Institute has been accredited by the National Association of Social Workers (NASW) to provide continuing education for social workers (Provider # 886500461). This program is reviewed and is approved for 16 continuing education contact hours.

NASW has the endorsement of 41 state licensure boards. However, it is your responsibility to contact your credentialing or licensing boards directly to verify whether your state licensing board has endorsed NASW CE Approval Program. Be sure to obtain current information because the number of hours and types of programs approved by

credentialing and licensing bodies changes from time to time. [State Licensing Boards that endorse NASW approval.](#)



Collaborative Medical Education Institute has also been accredited by the California Board of Behavioral Sciences (CBBS) to provide continuing education to social workers (Approval #PCE4372). This course meets the qualifications for 16 hours of continuing education credit for LCSW's as required by the California Board of Behavioral Sciences.



RECREATIONAL THERAPISTS

Collaborative Medical Education Institute has been accredited by the American Therapeutic Recreation Association to provide continuing education to recreational therapists (Approval #080905Web). This program is has been reviewed and is approved for 25 continuing education units.



REGISTERED NURSES

Collaborative Medical Education Institute has been accredited by the California Board of Registered Nursing (BRN) to provide continuing education to public health nurses, nurse practitioners, nurse anesthetists, nurse midwives, clinical nurse specialists (Provider #CEP15165). This program is approved for 16 continuing education units.

CONTENT VALIDITY STATEMENT

Our Education Sponsor, CMEI, has reviewed this program to ensure it is relevant to clinician performance, objectively presented, and independent of commercial influence; and that all suggestions for patient care are valid, conform to standards of care, and provide benefits that outweigh risks.

FACULTY DISCLOSURE STATEMENT

Consistent with the policy of our Education Sponsor, CMEI, faculty for this activity will disclose any economic or other personal interests that create, or may be perceived as creating, a bias related to the material presented. Faculty will also disclose to you any product mentioned during their presentation that is not labeled for the use under discussion or is still investigational. This policy is intended to allow you to form your own judgments about content presented during this activity.

Dr. Lipsenthal has indicated that he is on the advisory board of the HeartMath program.
Ms. Gage has no significant relationships with any commercial entities.