



Mind-Body Medicine *(mahynd/bod-ee)*

n. interactions among the brain, mind, body, behavior and the powerful ways in which emotional, mental, social, spiritual and behavioral factors can directly affect health.

Department of Mind-Body Medicine

The philosophy of Naturopathic medicine emphasizes the patient's ability to learn how to listen to their body for signs of health or imbalance. The Naturopathic physician also closely listens for clues to the patient's health found in symptoms from the body, the mind, and the spirit. The patient is a partner in learning about health and learns to experience the sense of well-being that emanates from good health. These courses emphasize the intuitive, communicative and therapeutic skills needed to be an effective practitioner. Focus is placed on the body, mind, and spirit interactions found within the patient's health needs and in the doctor/patient relationship.

17 credits / 170 hours

John Dye, N.D. - Department Chair, Professor

Dr. John Dye received his B.A. from Whittier College and his N.D. from National College of Natural Medicine. Upon graduating, Dr. Dye completed a residency in family practice and obstetrics. He currently teaches endocrinology and mind-body medicine at Southwest College of Naturopathic Medicine and is an attending physician at Southwest Naturopathic Medical Center. Dr. Dye is a nationally recognized speaker in the fields of natural hormone replacement, diabetes, and longevity medicine. He integrates techniques such as imagery, meditation, stress-release, neurofeedback, and biofeedback into his medical practice.

Richard Kirschner, N.D., Adjunct Faculty

Katherine Raymer, M.D., N.M.D., Adjunct Faculty

Leslie Sherlin, M.S., Adjunct Faculty

SCNM's ND program offers a well balanced and comprehensive curriculum designed to offer the maximum number of credits in each Naturopathic modality. We believe this provides our students with the broadest education to become managers of total integrated Naturopathic Medicine. As part of the required ND curriculum, students will take 11 didactic credits in the Department of Mind-Body Medicine. Eight clinical credits are offered each quarter,



COURSES

PSYC 604 Healthy Communication (Lecture 2)

This course is a practical workshop in communication skills. Students examine communication techniques used to listen, express problems, and identify solutions. This class is designed for learning effective communication in the roles of student, physician, teacher, spouse/partner, friend, and family member. Practical strategies for responding to and managing stress and conflict are also examined and incorporated into the repertoire of practitioner skills.

Prerequisites: None

PSYC 660 Fundamentals of Mind-Body Medicine (Lecture 2)

This course provides the foundation necessary to understand the fundamental dynamics of mind-body medicine. The science of mind-body medicine, including psychobiology and psychoneuroimmunology, will provide foundations for exploring psychosocial and spiritual dimensions in healing. Techniques such as meditation, imagery, hypnosis, biofeedback, talk therapy, prayer, medical intuition, and shamanism are discussed and critically examined as therapeutic approaches. The role of the practitioner in behavioral diagnosis, healing, and appropriate referral is addressed.

Prerequisites: None

PSYC 830 Eating Disorders and Prescriptions in Addictive Behaviors (Lecture 2)

This course examines the special challenges of addictive, weight, and eating disorders. Students are asked to diagnose and examine the psychological aspects, nutritional needs, and treatment and supportive treatment plans for these patients. Cases are provided for students to analyze and identify sequential steps for patient management.

Prerequisites: NUTR 755

PSYC 835 Practicum in Mind-Body Healing (Lecture 2)

Students begin utilizing methodologies and techniques of mind-body healing. Intervention techniques are applied within a clearly outlined treatment plan. The use and effectiveness of various process-oriented techniques are critically evaluated. Course will review and demonstrate the most current approaches. Students practice and develop their skills in mind-body healing. Instructor and/or guest speakers will supervise skill-building sessions, and provide effective role models.

Prerequisites: PSYC 660; Eligibility to enter Clinical Training

PSYC 850 Principles and Practice of Medical Psychology (Lecture 3)

Students learn necessary foundations and general strategies to recognize, intervene, and refer patients who are experiencing transitional/traumatic states of mental health. The elements of family dynamics, the impacts of death and dying, suicide, and domestic violence are explored. Legal and ethical issues related to these behavioral health dimensions are discussed. The use of agencies and referral sources is emphasized as are crisis intervention and other strategies for dealing with emergency situations.

Prerequisites: Eligibility to enter Clinical Training

PSYC 865 Medical Biofeedback (Elective) (Lecture 3)

Students receive training in the principles and applications of biofeedback with a focus on integrating these treatment modalities into a naturopathic medical practice. The integration of biofeedback as a complementary approach with other therapeutic procedures to address medical and stress-related health conditions will be emphasized. Students learn to use conventional biofeedback equipment and therapeutic indications. Taken together with Foundations of Neurofeedback, PSYC 870, this course fulfills didactic requirements for certification from the two major certification boards in biofeedback.

Prerequisites: None. Non-SCNM students must have a license to practice, or be sponsored by someone who is certified in biofeedback and/or neurofeedback.

PSYC 870 Foundations of Neurofeedback (Elective) (Lecture 3)

Students receive training in the principles of neurofeedback (EEG biofeedback) and its clinical application to various brain, neurological and psychiatric conditions, such as ADHD, depression, anxiety, insomnia, addiction, and traumatic brain injury. Course includes neurofeedback history and research, EEG & electrophysiology, instrumentation, treatment planning, and experiential modules designed to familiarize the student with electrode placement, and clinical applications. The course will also provide an introduction to quantitative EEG interpretation and its use to inform optimal treatment strategies. This course fulfills didactic requirements for certification from the two major certification boards in neurofeedback.

Prerequisites: None; Non-SCNM students must have a license to practice, or be sponsored by someone who is certified in biofeedback and/or neurofeedback

CLTR 600 On Site Mind-Body Rotations (4 credits offered/Quarter)

Dye, Raymer, Messer, J.

CLTR 600 On Site Neurofeedback Rotations (4 credits offered/Quarter)

Dye, Raymer, Wyckoff

SCNM occasionally offers electives in the Naturopathic medical degree program. Electives are courses that are not part of the total required curriculum credits and are not part of the required core-course curriculum.

SOUTHWEST COLLEGE OF

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NATUROPATHIC MEDICINE