

2019 AIA Conference and Wellness Expo – Pre-Conference Workshops



Research Made Simple with Jane Buckle

Location: DoubleTree Hotel from 9 am - noon

How to start. How to finish and how to avoid a muddle in the middle. I will cover how to conduct a publishable case-study, case-series, feasibility study, pilot study, and randomized, controlled trial. Please bring your research ideas to share and explore in this workshop. **3 CPDs**

Learning outcomes

Student will be able to

1. Outline their own research idea
2. Select a research format for it
3. Choose an outcome measure for it

Dr Jane Buckle PhD RN published one of the first clinical aromatherapy studies in a nursing journal. By 2005, she was a post-doctoral Research Fellow at the University Pennsylvania. She has advised and supported over 700 student clinical aromatherapy studies and has reviewed for many journals. She officially retired in 2016, but her interest in research remains.



Treating mental and emotional concerns with essential oils with Peter Holmes

Location: DoubleTree Hotel from 1pm – 4 pm

Mind and emotions powerfully influence physical symptoms and the outcome of physical disorders. Essential oil olfaction, using mild inhalation techniques, is the delivery method of choice for a large range of pathogenic emotional states and negative psychological conditions. Key to accurate oil selection is knowledge of its fragrance and pharmacology profile. **3 CPDs**

Learning outcomes

Student will be able to

1. Understand the fundamental difference between using essential oils by olfaction for a psychological effect, and by internal delivery for their physiological functions.
2. Understand the psycho-neuroendocrine actions of many important essential oils: how they modulate peptides (hormones and neurotransmitters) in various brain centres.
3. Be able to relate the psycho-neuroendocrine actions of essential oils to their chemistry and olfactory profile.
4. Understand specific treatment options with essential oils by olfaction for some pathogenic emotional states, such as excessive anger, unresolved grief and manic elation; for psychological states such as confusion, apathy, low self-confidence and self-esteem; and for states of unresolved shock and trauma.

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5. Know the treatment principles with essential oils for common defined disorders, such as anxiety, depression, bipolar disorder, ADD, dissociation, obsessive-compulsive disorder (OCD) and post-traumatic stress syndrome (PTSD).

Peter Holmes LAc, MH is a medical herbalist, essential oil therapist and practitioner of Chinese medicine with over 30 years' experience of using botanical remedies and essential oils in clinical practice. Peter has focused on both the physiological and psychological aspects of using essential oils, and in particular has pioneered the use of essential oils with acupuncture and bodywork. His original training included studies with medical herbalist and pharmacist Henri Verdier in Paris, France; medical herbalist Christopher Hedley in London, England; and Chinese medicine practitioners and experts such as Naburo Muramoto, John and Angela Hicks, Ted Kaptchuk, Elisabeth Rochat and many others.

Peter brings to his courses and seminars on herbal and essential oil medicine many years of study, clinical practice and teaching experience. He is also passionate about field research in the countries that produce essential oils and about sourcing genuine artisan essential oils for his students and his own practice.

Peter is author of several acclaimed textbooks on herbal and essential oil medicine: *Aromatica*, *Clinical Aromatherapy*, *The Energetics of Western Herbs* (2 vols.), *Jade Remedies* (2 vols.), and *The TCM Materia Medica Clinical Reference and Study Guide*. Peter lives near San Francisco and divides his time between teaching, writing, practicing and field research.



Forest Bathing Experience/Nature as Medicine with Catharine Pantaleo

Location: Minneapolis Landscape Arboretum 9 am – 3 pm

Based on the Japanese practice Shinrin-yoku, or Forest Bathing, Cat will lead a slow saunter through the arboretum, offering a series of invitations to inspire deep nature connection and nourish mind, body and spirit. A unique opportunity to slow down, awaken your senses and explore the landscape with child-like curiosity. (This workshop begins with a 30 minute presentation given by Dr. Jean Larson of the Minneapolis Landscape Arboretum where the participants will do a hands-on activity and make an item to take with them.) **3 CPDs**

Learning outcomes

1. Simple techniques to facilitate presence
2. Reawaken the innate human connection to the natural world
3. Re-discover the healing power of Being in nature

Cat is a Certified Herbalist, Nutritionist and Forest Therapy Guide with 19 years of professional experience. As an educator and holistic practitioner, she assists people in achieving optimal physical and emotional health with a focus on facilitating resilience, restoration and deep nourishment for body, mind and spirit using food, plant medicine and nature immersion.

Nature and Wellbeing with Jean Larson

Location: Minneapolis Landscape Arboretum 9 am – 3 pm



Join Dr. Larson in a hands-on, experiential workshop where you will learn about the evidence in support of nature's healing benefits then immerse into the outdoor plant-rich landscapes and experience nature's restorative powers.

This workshop begins with a 30 minute presentation given by Dr. Larson where the participants will do a hands-on activity and make an item to take with them,

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followed by a presentation, then an outdoor walk to gather items in nature to bring back to the meeting space to make mandalas with natural materials and to set intentions for themselves.

Learning outcomes:

1. To learn how nature benefits human health and wellbeing
2. To experience nature's restorative powers
3. To apply the new knowledge into a nature-based mandala

Jean M. Larson manages the Nature-Based Therapeutic (NBT) services at the Minnesota Landscape Arboretum. She is also the faculty lead at the Center for Spirituality and Healing in nature-based therapeutics. Dr. Larson also coordinates a certificate program accredited with the American Horticultural Therapy association, provides consulting services, initiatives community outreach and assists in NBT research.