



# CONSCIOUS SELF-CARE AND YOUR ENERGETIC PRESENCE

**Presented by: Amy Camie**

*Amy Camie is a professional harpist, inspirational speaker, recording artist, composer, author, Founder of the Scientific Arts Foundation, and CO-Initiator of the ORIGIN Methodology of Self-discovery. For years she has been active in the sound healing community with several studies indicating how her music increases brainwave function, supports the immune system, and reduces pain, distress and anxiety levels.*

**Sponsored by: BrightStar of West St. Louis County and St. Charles Course**

## Course Description and Objectives:

Identify reasons and methods to refresh and recharge to better take care of ones-self to be best prepared to provide the highest quality of care to others.

The purpose of this course is to learn basic energetic principles that empower one-self to make conscious self-care choices so as to naturally bring that self-awareness to patients and clients, enhancing their ability to promote recovery and healing, while experiencing greater peace and comfort.

- > Identify the difference between sympathetic resonance, forced resonance, and entrainment
- > Determine how one's energetic presence affects those around them
- > Evaluate different self-care options such as music, simple meditation techniques, and essential oils
- > Integrate the use of daily self-care options in one's personal and professional lives

## CREDIT HOURS 1.5 FOR SW & CASE MGRS; CONTACT HOURS FOR RN'S

*This program has been approved by the MO State committee for Social Workers. The ACM acknowledges all state nursing and social work board approved courses for CEU requirements.*

- > **DATE: Thursday, August 16, 2018**
- > **TIME: 5:30PM - 7:30PM**
- > **LOCATION: Llywelyn's Pub 100 N Main St, St Charles, MO 63301**

Dinner and two drink tickets will be provided.

**SEATING IS LIMITED: Please RSVP by August 14 to 314-819-6000 or [info.wstl@brightstarcare.com](mailto:info.wstl@brightstarcare.com)**

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