

2004 Programs

Gale Lyman, RN, CCM, CDMS, Reiki Master-Teacher

Patient adherence

Program Length

Seminars

- ☞ How to Improve Outcomes by Proactively Finding Obstacles to Adherence 1 to 2 hours
- ☞ Team Up With Your Patients to Increase Adherence....for case managers
- ☞ Escaping the Black Holes: Improving Outcomes by Increasing Patient Adherence 1 to 2 hours
- ☞ Getting Patients out of the Black Holes of Patient Adherence....for case managers 1 to 2 hours

Classes

- ☞ A "Can-Do" Approach to Patient Adherence 4.5 hours
- ☞ Facing the Challenge of Patient Adherence....for case managers 4.5 hours

The art of caring for yourself

Seminars

- ☞ Fight Burn Out: Put the Oxygen Mask on Yourself, First 1 to 1.5 hours
- ☞ NOW WHAT? Stress Management During Times of Change 1.25 hours
- ☞ Health Care Providers: Take Charge of Change, and Blow the Stress Away! 2.5 hours
- ☞ Quick & Easy Relaxation Methods 1 hour
- ☞ Dream the Impossible Dream: Balance Your Work and Life 1 to 1.5 hours

Classes

- ☞ Life Skills to Balance Work and Life 4.5 hours
- ☞ Live Life to it's Fullest: Learn to Relax, Sleep Better, and Balance Your Work and Life 4.5 to 6 hours

Holistic energy therapy

Seminars

- ☞ Full of Energy: Enhancing Your Self Healing With Reiki 1 hour
- ☞ Your Patients Are Requesting Reiki: What Do You Need to Know? 1.5 hours
- ☞ Experience Reiki! 10 to 60 minutes

Classes

- ☞ Healing Energy: Facts, Fallacies, and Fun Stuff 4.5 hours
- ☞ Reiki and Nursing: A Complementary Pair of Practices 4.5 hours

Reiki practitioner classes

- ☞ Reiki Level One 7 hours
- ☞ Reiki One Refresher Course 4.5 hours
- ☞ Reiki Level Two 7 hours
- ☞ Reiki Level Three 7 hours



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