

## Practical Details:

### WHY TAKE FOUNDATIONS?

**“Change your energy and change your life!”** Donna Eden’s famous quote says it all. **“We are all hard-wired for joy and bliss”** Candice Pert, *Molecules of Emotions*. Each of us is entitled to transform our lives to align our energies to the body, mind and spirit’s innate desire to heal and optimize health. We are all meant to thrive and be joyful, but just need to find the path. The path is before you. Foundations Program in Sanibel Florida, taught by Karen L. Semmelman, meets 4 times per year over long weekends to provide the tools and techniques which:

- Enhance your self-care skills and build a resilient energy system.
- Gain sufficient experience to confidently help your family and friends.
- Integrate basic EEM methods into your professional practice.
- Energy Medicine is a powerful tool on its own and is also a great complement to other healing modalities.
- Medical personnel and therapists can demonstrate exercises for their patients to do at home to reduce stress, to balance hormones, and/or to improve immune function.
- Teachers can offer students tools to increase mental clarity and concentration during testing situations.
- Caretakers can offer family members and clients simple tapping techniques to reduce pain

**Goal.** The goal of the program is to help any student of Eden Energy Medicine obtain a firm foundation in the body of work Donna has created over the past 30 years and to develop the skill levels necessary to begin using these techniques regularly, either with family and friends, or in a professional setting.

**Certificate at end of 1 Year.** Successful completion of the Foundations Classes in **Sanibel** will give students the option of applying this class work toward Year 2 of the Eden Energy Medicine Certification Program held in Phoenix, Arizona. Completing Year 2 is optional; students in the Foundations Classes may feel satisfied after one year and not see a need to take their studies further. At the end of the one-year Foundations Program, students will receive a certificate stating they have completed the Foundations Program in Eden Energy Medicine, but this should not be construed as a certification in Eden Energy Medicine, as that requires the completion of the Year 2 program.

**Educational Focus & Health.** The main purpose of the Foundations Classes is educational and classes will include lecture, small group time for practice, as well as question and answer sessions. Each class is designed to provide you with skills for working with the body's energies to promote physical and emotional well-being. This can be an intense experience, and doing energy work in a group can be taxing, so if you are not in good health we ask you to take this into account before registering. If your primary desire is to pursue a healing experience, we encourage you to contact **Karen L. Semmelman** directly.

**Completion of Second Year.** If students who complete Year 1 also complete Year 2 of the Certification Program, they will be entitled to use the title Eden Energy Medicine Certified Practitioner (EEM-CP) and be listed on the Innersource website as such. The Year 2 EEM Certification Program is recommended for students who plan on applying the energy methods professionally or who want to heighten their proficiency.

### WHEN IS 2017/2018 SANIBEL PROGRAM HELD?

Class 1: June 1- 4, 2017

Class 2: August 17-20, 2017

Class 3: November 2-5, 2017

Class 4: January 25-28, 2018

**Class times:** Thursday from Noon – 6:30 PM

Friday and Saturday from 9 AM – 6:30 PM

Sunday from 9:30 AM – 1:30 PM

### WHERE IS PROGRAM HELD?

Sanibel, Florida 33957. Exact Location to be provided within 30 days before class begins, dependent on class size.

## **MANDATORY PURCHASES BEFORE CLASS BEGINS:**

**Class Materials:** All students must purchase the following class materials BEFORE Class 1 begins:

- *Energy Medicine* book
- *Energies of Love* DVD (not required if they attended this "live" class with Donna and David)
- *Ethics Handbook for Energy Healing Practitioners*
- *The Nine Energy Systems* DVD (Please watch before coming to Class 1)

Please order these materials online at <http://www.theinnersourcestore.com/energy-medicine-4/>. Also, bring your Ethics Handbook for Energy Healing Practitioners and Energy Medicine book for reference at each class.

## **CONTINUING EDUCATION CREDITS (CE'S):**

Innersource is approved by the following organizations for CE Credits for the Foundations Program (Visit <http://innersource.net/em/continuing-education-ce-info.html> for more information):

### **AHNA (American Holistic Nurses Association)**

- 104 Nursing Contact Hours (CH's) to be awarded upon completion of the four-class course.
- "This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation (COA)."
- "Approved through May 4, 2018."
- "Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients."

### **ACEP (Association for Comprehensive Energy Psychology)**

- 26 ACEP CE's per class

### **Commission on Religious Counseling & Healing (CRCH)**

- 26 CE Credits per class
- Innersource is a member & Certified Provider of Continuing Education for the Commission.

### **NCBTMB (National Certification Board for Therapeutic Massage & Bodywork)**

- 26 Contact Hours (CHs) per class
- "Innersource is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. (Provider number: 450052-06)"



## **TUITION:**

The tuition for the Year One, Eden Energy Medicine Foundations Classes is \$995.00 per class. A \$600 pre- registration fee is paid to [www.innersource.net](http://www.innersource.net) with \$300 applied to Class 1 tuition and \$300 applied to Class 4 tuition. Tuition covers handouts, meeting space, teaching staff, evaluation and feedback of written tests and demonstrations between classes, and ongoing evaluations to keep people moving forward in a competence-based learning model. Some additional class materials will be required. More detail and information is included in the Registration Form and Instructions, available for you to download above.

Pre-Registration fee: \$600 payable to Innersource (go to [www.innersource.net](http://www.innersource.net))

Class 1: \$695 Payable to Semmelman Energy Center

Class 2: \$995 Payable to Semmelman Energy Center

Class 3: \$995 Payable to Semmelman Energy Center

Class 4: \$695 Payable to Semmelman Energy Center

## **TIPS FOR FINDING FINANCIAL ASSISTANCE**

Please see the Handout prepared by Innersource by clicking on Tips for Financial Assistance, above.

## **ACCOMODATIONS:**

Meals and Lodging are at the student's expense. Given that Sanibel is a destination location, there are many restaurants and almost every type of accommodations in the area. The Sanibel Chamber of Commerce ([www.sanibelisland.com](http://www.sanibelisland.com)) provides a list of most of the lodging opportunities on the Island, together with the dates that are available. Fort Myers, about a 10-15 minute drive to Sanibel has many lodging opportunities as well, and frequently at more modest prices.

## **MORE DETAILED INFORMATION ON REGISTRATION FORM AND INSTRUCTIONS**

## **CONTACT US WITH ANY QUESTIONS.**

Call Karen L. Semmelman personally at 443.786.0472 or email [ksemmelmanenergy@gmail.com](mailto:ksemmelmanenergy@gmail.com)

*IT IS MY HONOR TO SHARE THIS JOURNEY OF  
TRANSFORMATION WITH YOU!!!! KAREN*