

The Lyman Center
Holistic Personal Wellness and Professional Education

Conference workshops

Soothe Your Patient, Soothe Yourself; Mind, Body, Spirit Interventions for Stress and Anxiety

Skills to deal with stressful moments useful for both patients and professionals. Become serene!

Holistic Adjuncts for Pain Relief: Mind, Body, Spirit Interventions that Ease Pain

Do more for your patients by integrating complementary and alternative interventions for pain.

Holistic Care for Surgical Patients from Pre-op through Rehab

Body-mind-spirit interventions to improve surgical outcomes

Integrating Reiki and Healthcare

How to integrate Reiki into a variety of healthcare settings

Fundamentals of Complementary and Alternative Care: Beyond Supplements

Learn the scope of complementary and alternative health care, including energy work, acupuncture, homeopathy, aromatherapy, and more!

Transformational Thoughts: Integrating Mind and Body in Healthcare

Catch the wave. Learn the connection. Experience mind-body strategies suitable for patient care!

Creating Opportunities to Care for Yourself in a Busy Life

Keeping your body-mind-spirit healthy is good for you and your patients.

Healing Energy: Facts, Fallacies, and Fun Stuff

What's the buzz about energy? Learn to use healing energy on yourself and your environment to enhance patient care.

Details

- Programs are usually 60 to 90 minutes long
- Many topics can be extended to half day or full day comprehensive workshops
- Fees from \$750.00

Comments from conference planners

- “Your presentation was of great interest to our members both professionally and personally.”
- “The audience loved your presentation style.”
- “Once again, Gale, you delivered fantastic presentations.”

Workshop leader

Gale Lyman, RN, HN-BC, BSN, CCM, is a holistic nurse educator, a board certified holistic nurse, a published author, and the founder of The Lyman Center, a holistic wellness center in Amesbury, MA. She has presented engaging educational programs in over 20 states and in Europe.

TLC for body-mind-spirit

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