



Maryland University of Integrative Health

# Philosophy and Healing in Action

Certificate for Professional and Personal Development

**Begins February 2014**

## Program Overview

The Philosophy and Healing in Action Certificate is designed for those seeking constructive change in their personal lives, in the workplace, and in the larger community.

The program focuses on three personal and professional goals:

- Engaging in a deeper work of daily transformative practice, healing habits of mind and heart
- Bringing vision and practice into a specific arena of life where one commits to making a positive difference
- Developing a wider worldview with learning rooted in nature and timeless wisdom traditions

## Who Should Attend

Individuals of all ages and from all backgrounds and callings have found this program to be empowering and life-changing.

Maryland University of Integrative Health (MUIH) offers this program in a weekend format to accommodate those who come from a distance and/or are working professionals.

## Program Highlights

- Gain clarity about and commitment to a professional and/or personal life path
- Recognize areas of possibility for personal growth
- Challenge institutional and cultural assumptions (held by self and others)
- Create and sustain partnerships that support efforts to manifest change
- Engage in transformative practices that foster mindful action and reflective awareness
- Ground a wider worldview in timeless wisdom traditions of East and West
- Dwell in greater harmony with nature, including its cycles and transformations, so that all thoughts and actions stem from a paradigm of interconnection
- Take new ideas and visions into work, home, and community to effect positive change

Maryland University  
of Integrative Health



**You are invited to experience a wider world,  
a deeper work, and a grateful gift.**

## Program Format

Philosophy and Healing in Action is a 12-month Continuing Education Certificate. Courses are offered one weekend each month on Saturdays and Sundays from 9:00 a.m. to 5:00 p.m.

## Course Schedule

### Redefining Health

February 1-2, 2014

Faculty: Bob Duggan and Dianne Connelly

MUIH's signature program has the ability to influence the way you relate to others and to yourself. You will have at least 20 practical skills to use immediately when you leave this weekend. Based on ancient wisdom and anchored in the modern world, learn ways to set priorities in the context of partnership with others, without opposition and judgment. Redefine your fear, your upsets, your relationships, your career, your life, your future, and your health with courage.

### Life as Partnership

March 15-16, 2014

Faculty: John Sullivan and Anne Baker

Building on the philosophical framework presented in Redefining Health and continuing on to include experiences of chi, the rhythms of nature, life skills, language, and theory, students apply these healing functions to the smallest relationship field: partnerships. They learn how to see life as partnership and how to bring partnership to life more fully.

### Revisioning a Sense of Calling and Commitment

April 12-13; May 17-18, 2014

Faculty: Dianne Connelly and Susan Duggan

Students are invited to explore their personal and professional gifts in the context of the human story. The course sets the stage for selecting an area of emphasis. Structurally, the course explores several themes: moving away to gain distance, a time to discover one's gifts, and a return to share those gifts in new ways. This process involves reassessing personal goals, reanimating the deep nature of professions, and embedding all in the context of service.

### Recovering Oneness with Nature

June 14-15; July 12-13, 2014

Faculty: Anne Baker and David Beares

This course is designed to open our senses and hearts so that we may dwell more fully in harmony with the cycles and transformations of nature. We will base our work in nature as our ultimate teacher. Here we see the profound differences between paradigms that start from interconnection and those that take separateness as fundamental. The course focuses on understanding "the great work," to use Thomas Berry's phrase. Students explore cosmologies—ancient and modern—and ecological themes.

### New Thinking, New Science

A course in Redefining Thinking:

Learning How to Think Creatively

September 13-14; October 25-26, 2014

Faculty: Bob Duggan

Everything that is said was first said by someone! Our daily conversations, our scientific research, our political opinions, our healthcare beliefs, everything we think, is rooted in cherished, often unexamined, and often destructive, cultural certitudes.

A wider (non-reductionist) view of how to think (science of knowing) about our world enables respect for diversity of thinking, and diversity of beliefs and certitudes. Such mental opening enables creativity where we have only seen difficulty. New ways of thinking open new possibilities for our daily lives.

### Practicing Stillness Through the Timeless Wisdom Traditions

November 15-16; December 13-14, 2014

Faculty: John Sullivan and Helen Mitchell

In this course, we explore ancient and modern wisdom traditions—Western, Asian, traditional African, indigenous American—across many centuries and many cultures. From deep understandings of native peoples, through the mystic core of the world religions, to contemporary voices of peace, justice, and oneness with nature, we seek depth. Meditative stillness is the gateway to the wisdom traditions. Beginning from oneness and deep interconnection, we will explore conditions for an inclusive spirituality—one that issues in greater wisdom and deeper compassion. We are of the whole, the Great Mystery, whether we call it the One or God or Tao or Nature, and our journey is towards the whole—from perceived separation to union, reunion, communion.



## Being of Service

January 17-18; February 21-22, 2015

Faculty: Allyson Jones and Tom Balles

In this course students will learn to apply the principles and practices of the program to life in the larger domains: the family, workplace, organizations, and community life. Students will identify one particular domain in which they participate and design creative and collaborative actions to move life forward in that domain. The work of the program becomes the framework for weaving relationship-centered, ethical, and ecological values into community life.

## Faculty

**Dianne M. Connelly, Ph.D.**, is Co-founder and Chancellor Emeritus of Tai Sophia Institute (now MUIH), and a practitioner of traditional acupuncture since 1973. Dr. Connelly received her master's qualification from the College of Traditional Acupuncture (UK) in 1979. She earned a doctorate in cross-cultural medicine from Union Graduate School in 1975, a master's degree from New York University School of Education in 1970, and a bachelor's degree from Le Moyne College in 1967. An international lecturer, Dr. Connelly is the author of *Traditional Acupuncture: The Law of the Five Elements* (1975), *All Sickness is Homesickness* (1986), *Medicine Words: Language of Love for the Treatment Room of Life* (2009), and with Katherine Hancock Porter, *Alive and Awake: Wisdom for Kids* (2003). She is the mother of Blaize, Jade, and Caeli, as well as grandmother to Tamar, Lennox, Rianna, Roman, and Maxim.

**Robert (Bob) M. Duggan, M.A., M.Ac. (UK), Dipl. Ac. (NCCAOM)**, is Co-Founder and President Emeritus of Tai Sophia Institute (now MUIH), and has practiced traditional acupuncture since 1973. He holds a master's degree in human relations and community studies from New York University, as well as a master's in moral theology from St. Joseph's Seminary, and received his master's certification in acupuncture from the College of Traditional Chinese Acupuncture (UK). A national leader in the development of the acupuncture profession, he has served as a commissioner of the Accreditation Commission for Acupuncture and Oriental Medicine, on the board of trustees of the Horizon Foundation (a community wellness foundation in Howard County, Maryland, which in 2008 honored him with its annual Leadership Award), and a panelist at meetings sponsored by the National Institutes of Health and the White House Commission on Complementary and Alternative Medicine. In 2009, Mr. Duggan testified before the Senate Committee

on Health, Education, Labor, and Pensions, and was among 20 leading thinkers, innovators, artists, philosophers, and entertainers selected to present at the first TEDx MidAtlantic Conference. Mr. Duggan is author of *Common Sense for the Healing Arts* (2003) and *Breaking the Iron Triangle* (2012).

**Anne Huyler Baker, M.A.**, a graduate of the first Applied Healing Arts (later Transformative Leadership and Social Change) master's degree class, came to Tai Sophia Institute (now MUIH) from a lifelong career in education where she taught and served as a school administrator. In these roles, she also implemented community service and outdoor education programs, and directed creative arts camps. Beyond her work for MUIH, she is a practitioner of Aquatic Integration Therapy, Reiki, Zero Balancing, Craniosacral Therapy, Emotional Freedom Technique (EFT), and other energy modalities. She holds retreats at her farm/retreat center in Maryland and has taught numerous workshops on topics including: stillness, meditation, the sacred Labyrinth, EFT, and psychokinesis. Ms. Baker is a lifelong educator whose passion is empowering people of all ages to find their own personal stillness. She brings a promise to life of "joyful grounded nurturing of infinite possibilities."

**Tom Balles, M.Ac., L.Ac.(U.K.), Dipl.Ac.(NCCAOM)**, has been a practicing acupuncturist since 1985. He received a Licentiate in Acupuncture from the College of Traditional Chinese Acupuncture (U.K.) and a Master's in Acupuncture from Tai Sophia Institute (now MUIH). Mr. Balles has been teaching in the graduate degree and certificate programs at MUIH for the last 16 years. He is the author of *Dancing with the Ten Thousand Things* and *Cultivating a Healing Presence*, a guide. His work focuses on the many lessons Nature can teach us about sustaining wellness: in the individual as well as in families, organizations, and communities.

**David Beares, M.Ac.**, teaches in the Acupuncture and Transformative Leadership and Social Change master's degree programs at MUIH and is a licensed acupuncturist in private practice. Coming from an educational background in environmental politics, he has spent extensive time in the outdoors, including being a counselor at a wilderness camp for incarcerated youth, hiking the 2,168 mile Appalachian Trail, and studying wilderness survival at Tom Brown Jr.'s Tracker School. Mr. Beares brings a strong background of both educational and experiential knowledge to the Recovering Oneness with Nature unit.





**Susan Duggan, M.Ac.,** a graduate of Skidmore College with a specialization in Health and Human Services, has practiced bodywork since 1986 and taught at the Potomac Massage Therapy Institute in Washington, DC. She holds a Master of Acupuncture from the Traditional Acupuncture Institute (now MUIH) and teaches classes on the arts of living and dying. Prior to her studies of acupuncture and bodywork, she coordinated educational programs at the Johns Hopkins Medical Institutions. Ms. Duggan is an alumna of the Academy for the Love of Learning. Ms. Duggan teaches in the Transformative Leadership and Social Change, Acupuncture, and Herbal Medicine master's degree programs. She practices family acupuncture and wellness at WisdomWell in Columbia, Maryland.

**Allyson Jones, M.Ac., L.Ac.,** holds a Master of Acupuncture from Tai Sophia Institute (now MUIH) where she serves on the faculty in both the Transformative Leadership and Social Change and Acupuncture degree programs. She is a licensed acupuncturist and co-owner of Point Well Taken Acupuncture Center in Baltimore, Maryland. Ms. Jones also teaches "Redefining Health" workshops to business and community groups, both nationally and internationally. She is a Diplomate of Acupuncture with the National Certification Commission on Acupuncture and Oriental Medicine (NCCAOM). Ms. Jones' prior work experience includes clinical social work, child advocacy and corporate public affairs consulting. She holds a Master of Social Work from the University of Maryland and a bachelor's degree in Russian studies from the University of Virginia.

**Helen Mitchell, Ph.D.,** is professor of philosophy and director of women's studies at Howard Community College, as well as a faculty member in the Transformative Leadership and Social Change program. She earned her doctorate from the University of Maryland, two master's degrees from Loyola College, and her bachelor's degree from Hood College. Her text in world philosophy, *Roots of Wisdom*, is now in its 6th edition and has been translated into Spanish and Chinese. She also created, scripted, and hosted a 25-lesson telecourse in philosophy titled "For the Love of Wisdom," distributed nationally by Dallas Telelearning. With her husband and life partner Joe, Dr. Mitchell co-authors readers in world history dedicated to Jason, their "first successful collaboration."

**John G. Sullivan, Ph.D., J.C.D.,** is a long-time participant in the work of MUIH. Dr. Sullivan was the principal designer of the Master of Arts in Transformative Leadership and Social Change program (formerly Applied Healing Arts). Dr. Sullivan is Maude Sharpe Powell Professor of Philosophy Emeritus and Distinguished University Professor Emeritus at Elon University in North Carolina. He holds two earned doctorates: a J.C.D. (canon law) from Lateran University in Rome and a Ph.D. in philosophy from the University of North Carolina at Chapel Hill. Dr. Sullivan is the author of four books: *To Come to Life More Fully*, *Living Large: Transformative Work at the Intersection of Ethics and Spirituality*, *The Spiral of Seasons: Welcoming the Gifts of Later Life*, and *The Fourfold Path to Wholeness: A Compass for the Heart*. His abiding interest is the place where philosophy, psychology, and spirituality—East, West, and beyond—intersect and mutually enhance one another. He is currently working on issues of spirituality and later life.

## Fees

\$3,000 General Public / \$2,340 MUIH Alumni, Faculty, Staff, and Students

For your convenience, the fees can be paid in five payments of \$600 for the general public, and \$468 for alumni and students. The first payment is due at the time of registration. The remaining four payments are due on the first of April, June, September, and November.

## For Additional Information

Contact Patricia DeLorenzo, Director of Continuing Education and Alumni Affairs, at [pdlorenzo@tai.edu](mailto:pdlorenzo@tai.edu) or 410-888-9048 ext. 6642.

## To Register

Please visit [www.muih.edu](http://www.muih.edu)

## CEUs

144



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**Maryland University of Integrative Health (MUIH)** educates and trains practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners.