

## **Comprehensive Training in Energy Healing and Alternative Care**



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## About Dr. Gloria Kaye



An energy specialist, hands-on healer and pioneer of yoga therapy for the past 30 years, Dr. Gloria Kaye has “touched” the lives of thousands of clients. Working in conjunction with physicians and healthcare practitioners, Dr. Kaye has built a successful practice in Santa Barbara and Los Angeles. Her clients include well-known personalities, professional athletes, business executives, senior citizens, families, and even adolescents and young children. In the early 1980s, Dr. Kaye received her Ph.D. in clinical psychology and health psychology, and proceeded to develop and administer a holistic center for senior citizens. Part of her dissertation was reprinted in the *Clinical Journal of Gerontology*, and since then, she has taught yoga at several universities.

Dr. Kaye integrated pain management and healing into her practice in the early 1990s, working alongside physicians in Santa Barbara and Los Angeles. She lectured on the Healing Touch to first-year medical students at UCLA School of Medicine in the late 1990s. Through the combination of hands-on healing and the practical application of yoga to medical complaints (yoga therapeutics), Dr. Kaye has successfully treated clients with various medical conditions, including arthritis, backaches, migraines, muscle pain, inflammation, sprains, scoliosis and tendonitis. Her comprehensive approach to each case produces dramatic changes in an individual’s mobility, strength, flexibility, and overall health. She has also treated clients in the cancer unit at Cedars Sinai Hospital in Los Angeles, and travels extensively to visit her clients, both locally and internationally.

Dr. Kaye offers a 6 month Comprehensive Training Program in Energy Healing and Alternative Care. She will teach you how to work with your children, pets, female complaints, chronic pain, and the use of home remedies. Visit [www.drgloriakaye.com](http://www.drgloriakaye.com) to learn more!

## Welcome and Overview

There are several important reasons why I am offering my training. Most recently, one of my best friends pointed out to me that, at best, I have another 15 years to enjoy my career. That is a very thoughtful statement. The truth of the matter is, I've gleaned much information, and frankly, I would be very disappointed if this knowledge were not passed on.

That being said, there is so much I would like to share with you. The program I am suggesting is very comprehensive. You will learn how to care for yourselves, your family, your clients, and your pets.

### Areas of Study

- Techniques for Creating Balance, Harmony and Healing
- Healing Children
- Injuries and Pain
- Uncommon Solutions to Common Problems
- Women's Issues
- Animals as Best Friends

I welcome anyone who has an interest in this profound, alternative way of being. These sessions will be transformative in character. You will be empowered by the information this program provides and feel more confident addressing health concerns.

We will meet twice per month for a full day of group training. The program will also include field trips and hands-on experiences. Classes begin September 16, 2017 and run through December 2, 2017.

#### **Program Tuition:**

\$2,900 (payment plans available)  
\$500 deposit required.

#### **Meeting Dates:**

Saturday, September 16, 2017  
Saturday, September 30, 2017  
Saturday, October 14, 2017  
Saturday, October 28, 2017  
Saturday, November 18, 2017  
Saturday, December 2, 2017

## **Techniques for Creating Balance, Harmony and Healing**

It is very important to consider all aspects of life when one is going to commit to being a healer. I will share with you some of my daily activities which support my healing practice.

Although the healing energy is always with me, it is important for me to be centered and unfettered when I begin a session. My personal morning routine includes meditation and yoga. This is my personal preference, but it is not essential.

You will learn how to communicate in a positive, empathetic, yet detached manner. You will be trained in techniques that will allow you to activate your intuition and listening skills. It is also necessary to be down-to-earth and authentic in your presentation.

It is essential that you be self-nurturing. Overworking cannot be in the life of the healer. You need to have balance and time throughout the day when you can recharge.

During this first session, you will learn how to bring energy to your hands and to assess the proper placement of your hands for maximum efficiency.

## Program Schedule

### Techniques for Creating Balance, Harmony and Healing

9:30 - 10:45	<u>The Importance of Self-Care</u> <ul style="list-style-type: none"><li>• How do you take care of yourself?</li><li>• Do you have low times during the day?</li><li>• Do you have regular meals or snacks?</li><li>• Therapeutic Yoga Stretches for optimal functioning</li></ul>
10:45 - 11:00	<u>Break</u>
11:00 - 12:15	<u>How to Begin</u> <ul style="list-style-type: none"><li>• Assessing and correcting imbalances</li><li>• Bringing energy to the hands</li><li>• Increasing intuition</li></ul>
12:15 - 12:30	<u>Meditation</u>
12:30 - 2:00	<u>Lunch</u>
2:00 - 2:45	<u>Demonstration with Q&amp;A</u> <ul style="list-style-type: none"><li>• Energy and structural balancing</li></ul>
2:45 - 3:30	<u>Practical Application</u> <ul style="list-style-type: none"><li>• Students will practice on each other and apply techniques demonstrated</li></ul>
3:30 - 3:45	<u>Break</u>
3:45 - 4:30	<u>The Pendulum</u> <ul style="list-style-type: none"><li>• Introduction to the applications of the pendulum</li><li>• Learn how to test for food sensitivities</li></ul>

## Healing Children

I have an especially warm place in my heart for children. It pains me to see suffering; when a child is involved, I am particularly moved, yet it is important to maintain a detached and empathetic attitude.

In all of the healing work it will be necessary to assess imbalances and allow your intuition to guide you. I recently treated a three-month-old baby who was in pain and not thriving. The mother had been diligent in taking the baby to doctors, and more recently, the E.R. When the doctors said there was nothing wrong with the baby, it was time for another intervention.

This work frequently deals with situations that are undiagnosed or that have fallen through the cracks. My intuition led me to do food testing for the mother, and we immediately noticed a difference in the baby. I will be teaching you how to enhance your intuition and to follow the guidance that your intuition provides for you.

## Program Schedule Healing Children

9:30 - 10:30	<u>Who Can Benefit</u> <ul style="list-style-type: none"><li>• What kinds of situations lend themselves to effective healing?</li><li>• Complex case history with nursing mother and baby will be presented</li><li>• Learning disabilities among children</li><li>• Is it possible to work with pediatricians? Case history with an autistic child</li></ul>
10:30 - 11:45	<u>The Techniques</u> <ul style="list-style-type: none"><li>• Application of techniques to:<ul style="list-style-type: none"><li>• Sinus conditions</li><li>• Colds</li><li>• Flu</li><li>• High fever</li><li>• Hyperactivity in children</li><li>• Bellyaches</li><li>• Food sensitivities</li></ul></li></ul>
11:45 - 12:00	<u>Practicum with Pendulum</u> <ul style="list-style-type: none"><li>• It is important to get accurate readings; this only comes with practice, practice, practice</li></ul>
12:00 - 12:30	<u>Family Relations</u> <ul style="list-style-type: none"><li>• Discussion about child-centered world</li><li>• Should the child rule?</li><li>• How much power should a child have?</li></ul>
12:30 - 2:00	<u>Lunch</u>
2:00 - 3:15	<u>An Alternative Way to Test for Sensitivities</u> <ul style="list-style-type: none"><li>• Learn how to use a surrogate for hyperactive children</li></ul>
3:15 - 3:30	<u>Break</u>
3:30 - 4:15	<u>The Energy Spiral</u> <ul style="list-style-type: none"><li>• This technique was passed down through Richard Moss, M.D. It is a useful technique for healing numerous complaints, and is especially useful with resistant populations</li></ul>
4:15 - 4:30	<u>Relaxation</u>

## **Injuries and Pain**

When people think of physical healing it's usually associated with pain or injury. In my opinion, there's always trauma associated with injury. Therefore, it is necessary to address the trauma as well as the presenting symptoms. You will learn how to assess imbalances and how to correct them.

There are many avenues available for reducing pain. These include various alternative treatments along with traditional medical treatments, such as pharmaceuticals. At the training you will learn how to communicate energy to your client so that structural imbalances can be corrected. Imbalances correct as the ligaments and muscles holding the body in a skewed manner are released.

Many times chronic pain has been present in clients for decades. With the right placement of the hands, the right attitude, and the right energetic communication, much of this distress may be relieved in a very short time.

## Program Schedule

### Injuries and Pain

9:30 - 10:45	<u>Course Overview</u> <ul style="list-style-type: none"><li>• What kinds of injuries can be helped with energetic healing?</li><li>• What types of injuries fall through the medical cracks?</li><li>• Are acute situations handled differently than chronic ones?</li><li>• How useful is this after surgery?</li></ul>
10:30 - 11:15	<u>Seeing the Unseen</u> <ul style="list-style-type: none"><li>• General discussion about how to find the point of insertion of energy</li><li>• The transverse effect and placement of hands</li><li>• Students will practice these techniques on each other</li></ul>
11:15 - 11:30	<u>Break</u>
11:30 - 12:30	<u>The Pendulum as a Device for Lifting Pain</u> <ul style="list-style-type: none"><li>• Students will practice using the pendulum for reducing pain</li><li>• Discover weaknesses in the body using the pendulum</li></ul>
12:30 - 2:00	<u>Lunch</u>
2:00 - 3:00	<u>Use Engaging Language with Clients</u> <ul style="list-style-type: none"><li>• How to impart information without alarming the client</li><li>• Does the client need to know everything that you see?</li><li>• Imparting information in a positive light</li><li>• Responding to the client's questions and concerns</li></ul>
3:00 - 4:15	<u>Using Energy Spiral</u> <ul style="list-style-type: none"><li>• Students will work on each other using the Energy Spiral</li><li>• Subtleties of using the Energy Spiral</li><li>• Protection when using the Energy Spiral</li></ul>
4:15 - 4:30	<u>Introduction to Walking Meditation</u> <ul style="list-style-type: none"><li>• Mindfulness while walking</li><li>• Energizing the feet through walking meditation</li></ul>

## **Uncommon Solutions to Common Problems**

This is one of my favorite “How-To” chapters in my book. I love exploring the possibilities of herbs, homeopathic remedies, and vitamins. The supplements need to be integrated with great discrimination. You will learn the subtleties of applying external aids to various conditions.

You will also learn Therapeutic Yoga Stretches for particular issues. It is an exciting module in that you learn many tools for self-care and care of others.

You will practice and learn how to use the pendulum to determine food sensitivities and appropriate supplementation. Just because something is natural or organic doesn't mean it is right for you or your client. We are not physicians, so we cannot prescribe, but we can make recommendations based on what we know about the properties of the supplement.

## Program Schedule

### Uncommon Solutions to Common Problems

9:30 - 10:45	<u>Discussions:</u> <ul style="list-style-type: none"><li>• Which natural remedies are equivalent to pharmaceuticals?</li><li>• How can homeopathic cell salts be used effectively?</li><li>• What are some practical applications?</li></ul>
10:45 - 11:00	<u>Break</u>
11:00 - 12:00	<u>Therapeutic Yoga -</u> <u>7 of the Most Effective Therapeutic Yoga Stretches for Pain</u> <ul style="list-style-type: none"><li>• Neck Roll: useful for neck pain and headaches</li><li>• Yoga Mudra: useful for constipation and menstrual cramps</li><li>• Floor Twist: useful for loosening back</li><li>• Cross Legged Twist: useful for side, ribs, and back</li><li>• Golden Cross: useful for centering, mindfulness, and strength</li><li>• Wall Stretch: useful for back and hamstrings</li><li>• Stretching one arm against the wall: useful for shoulder and neck pain and distress</li></ul>
12:00 - 12:30	<u>Candle Gazing</u> <ul style="list-style-type: none"><li>• You will learn techniques for quieting the mind</li></ul>
12:30 - 2:00	<u>Lunch</u>
2:00 - 3:00	<u>Practical Application</u> <ul style="list-style-type: none"><li>• You will be given scenarios and working in small groups, will develop treatment plans for conditions given</li></ul>
3:00 - 3:45	<u>The Pendulum Practicum</u> <ul style="list-style-type: none"><li>• It is essential to become proficient in this ancient art</li><li>• Confidence and proficiency come with practice</li></ul>
3:45 - 4:15	<u>Sense Withdrawal</u> <ul style="list-style-type: none"><li>• This is another ancient technique for quieting the mind</li></ul>
4:15 - 4:30	<u>Relaxation</u>

## **Women's Issues**

I cringe when I hear horror stories about menopausal reactions. It's been my experience that when addressing the nervous system, rather than the hormonal system, most women have an immediate positive response. Their hot flashes and erratic mood swings can usually be controlled with homeopathy and herbal interventions.

Younger women may suffer from PMS. That will be addressed, along with menstrual cramping and mood swings.

Sexual activity and the subtleties of tantric yoga will be explored.

## Program Schedule

### Women's Issues

- 9:30 - 10:30 Overall Discussion of Women's Issues
- Who can be helped by energetic healing?
  - What conditions can be helped?
    - Painful periods
    - Fibroids
    - Infertility
    - Irregular periods
    - Menopausal issues, including night sweats & hot flashes
    - Bloating
- 10:30 - 11:30 Yoga Stretches for Female Issues
- Yoga Mudra for menstrual cramping
  - Golden Cross for centering and mood stabilization
  - Pelvic lift for activating blood flow
  - Tadpole for reducing cramps
- 11:30 - 12:30 How This Works
- Invited guests will share their success stories
- 12:30 - 2:00 Lunch
- 2:00 - 3:15 Foods and Supplements That Support Women's Health Issues
- Benefits of Primrose Oil
  - The use of Dong Quai for lubrication
  - Damiana for sexual appetite
  - Use of vitamins for depression
  - Foods which help with P.M.S.
- 3:15 - 4:00 Tantric Yoga for Sexual Expression
- How to enhance your sexual experience at any age
  - Visual exchange of energy
- 4:00 - 4:30 Meditation Exercise
- Creating energy with slow motion prana exercise

## **Animals as Best Friends**

Pets are amazing companions. They know our needs and desires. How uncomplicated our relationships can be with pets. We want our pets to have long, healthy lives.

This training will help to improve the quality of life for many four-legged beings. We will discuss when to call the vet and how to use natural supplements to help with skin irritations, food sensitivities. You will learn about skeletal imbalances which may lead to painful conditions. Behavioral problems can often be helped by correcting imbalances in the head and face. When the tension leaves the expression in the face, four-legged beings are usually cooperative and at peace.

Our four-legged friends deserve an outstanding quality of life and this system can provide a simple approach to their well-being.

## **Program Schedule**

### **Animals as Best Friends**

9:30 - 10:45	<u>Overview of Animal Healing</u> <ul style="list-style-type: none"><li>• Who has animal friends?</li><li>• What has your experience been going to a veterinarian?</li><li>• When is alternate care appropriate?</li><li>• Are there behaviors that are disturbing to you?</li><li>• The care and training of animal owners</li></ul>
10:45 - 11:00	<u>Break</u>
11:00 - 12:00	<u>Demonstration and Student Participation</u> <ul style="list-style-type: none"><li>• You will learn how to identify and correct skeletal imbalances</li><li>• Conditions that can be treated energetically</li><li>• Cause and remediation of behavioral problems</li><li>• Relationship issues</li></ul>
12:00 - 2:00	<u>Lunch</u>
2:00 - 3:15	<u>Practicum</u> <ul style="list-style-type: none"><li>• Techniques will be applied to guest animals</li><li>• Hands-on experience with guest animals</li><li>• Use of surrogate for food testing</li></ul>
3:15 - 3:30	<u>Break</u>
3:30 - 4:15	<u>Self-Care for Healers</u> <ul style="list-style-type: none"><li>• Appropriate empathy</li><li>• Protection and sanitation</li></ul>
4:15 - 4:30	<u>Integration and Summary</u>