

# C.A.R.E. Intensive

## Applied Aromatherapy Training

NCBTMB Authorized – 25 CE hours • IACET Authorized – 2.5 CEUs

**May 16-19, 2012 • Portland, OR**

**A CARE Intensive** is a four-day NCBTMB and IACET authorized training (25 CE hr / 2.5 CEU) in Raindrop, Vitaflex, Chemistry, Emotional Release, and Healing Oils of the Bible which provides practical applied aromatherapy skills for the healing professionals who choose to integrate essential oils into their practices, as well as for the non-professionals who are empowering themselves to increase the health and well being of themselves, family, and friends. Participating in a CARE Intensive can lead to a Certified Practitioner status and Certification as a CARE Instructor.

### **Participants completing the training will:**

- ~ Understand the Fundamentals of Aromatherapy
- ~ Understand the Science and Chemistry of Essential Oils
- ~ Learn to Apply Useful Skills in Vitaflex
- ~ Learn to do Raindrop Technique
- ~ Learn how Essential Oils Can be Used for Emotional Releasing

### **Continuing Education Credit:**

C.A.R.E. is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. February 1, 2010 The International Association for Continuing Education and Training (IACET) has awarded CARE, Inc., the prestigious Authorized Provider status. In addition, CARE is also recognized by the Natural Therapies Certification Board (NTCB), the Spiritual Healing Licensing Board (SHLB), and the Associated Bodywork and Massage Professionals (ABMP).

### **RAINDROP TECHNIQUE**

Raindrop originated in the 1980's through the research of Dr. D. Gary Young. Raindrop is a powerful, non-invasive tool integrating the art of aromatic science with the technique of Vitaflex and gentle applications of therapeutic grade oils on the feet and back. The purpose of Raindrop Technique is to stimulate every organ, muscle and bone at a cellular level bringing the body into structural and electrical balance, enabling the release of toxins wherever they may be. This may include those lodged in the mind and emotions.

### **APPLIED VITAFLEX**

Vitaflex is an ancient healing modality that was rediscovered by Stanley Burroughs in the late 1920's. Vitaflex is a digital electrical stimulation that activates neuro pathways, delivering benefits of the essential oils. The body has a self-regulating electrical system that Vitaflex stimulates.

### **EMOTIONAL RELEASE**

Is emotional baggage keeping you from being the person you were designed to be? Clinical research shows that traumatic experiences are stored on a cellular level and have profound effects on one's emotions and

the physical state of the body. During an Emotional Release session, essential oil blends are both applied and inhaled. These blends are formulated for their unique ability to:

- ~ Balance energies in the body and open the subconscious mind
- ~ Promote emotional release of negative stored memories
- ~ Program the mind with positive beliefs

Class Participants will acquire an understanding of how essential oils may facilitate clearing of negative emotional patterns through lecture, demonstration, and a "Break-Out" session.

### **CHEMISTRY OF ESSENTIAL OILS**

To you who have little or no background in chemistry, yet desire a basic understanding of essential oils, this class is for you. To you who may even fear chemistry and avoided it in school, fear no more. This class is for you. And to you who may have degrees in chemistry, even advanced degrees, this class is for you, too, because the unique composition and character of essential oils is not found in college textbooks, nor is it yet a part of the college curriculum of most university regimens. As you will discover, the properties of essential oils that bring healing and maintain health cannot be explained solely by science as we know it. The power of essential oils is more than chemistry.

### **HEALING OILS OF THE BIBLE**

Ancient Scripture is full of hundreds of references to "precious" oils: Aloes, Cassia, Frankincense, Galbanum, Hyssop, Balm, Spikenard, Cedarwood, Myrrh, and many more. They were considered: "the best products of the land," "the work of a skilled apothecary," "most holy" and "treasured gifts." This seminar will help clarify the valuable roles of essential oils in ancient and modern day health care and show how they are intricately designed by our Creator.

#### **What you can expect:**

**Upon Completion of the Bible Oils Class** you will be able to cite books of the Old and New Testaments containing information on essential oils as well as their Biblical and modern applications.

**Upon Completion of the Applied Vitaflex Class** you will be able to perform 13 Vitaflex Procedures, to understand the scientific basis for Vitaflex, to know when and to whom to apply them, and what benefits can be expected from their application.

**Upon Completion of the Raindrop Technique Training** you will be able to perform the entire Raindrop protocol, understand its limits and precautions, and know its potential benefits. This class also leads to your becoming a Certified Raindrop Practitioner.

**Upon Completion of the CARE Chemistry Class** you will gain a scientific understanding of how the compounds of essential oils reach to cellular levels and how they bring therapy to the various organs and tissues of the body.

**Upon Completion of the Emotional Release Class** you will be able to correlate physical maladies with repressed emotions, to use essential oils to locate emotional issues stored in the cells of the body, and will know how to release them for yourself and others.

## **About the Instructor:**

**Bernadette Williams** is a Certified CARE Instructor, a Certified Raindrop Practitioner, Certified Vibrational Raindrop Specialist, Certified Aromatherapy Coach, and Licensed Spiritual Healer. She began studying Personal Energy under the guidance of a wonderful teacher from California, Lynda Ceasara, in 2005, which led to the discovery of the incredible healing power of essential oils. She then began practicing Raindrop Technique in 2008 and was inspired to continue on to become an Instructor for CARE. A graduate of the Healing the Light Body School of The Four Winds Society, Bernadette also offers spiritual healing in the tradition of the ancient Inca of Peru. Bernadette has an office in White Salmon, WA, where she offers Raindrop Techniques, Emotional Release, spiritual healing and classes taught by herself and other members of the community. She has a love of nature and spends her free time outside enjoying the gifts from our Great Mother.

## **Program Location:**

### **La Quinta Inn & Suites**

### **Portland Airport**

11207 Northeast Holman St

Portland, OR 97220

Phone: 1-503-382-3820

Fax: 1-503-382-3821

**Nearest airport** is Portland International

## **Daily Format:**

### **~Wednesday, May 16**

5:00 PM . . . . Registration Open

5:30 PM . . . . Introduction to CARE

7:00 PM . . . . Healing Oils of the Bible

9:30 PM . . . . Adjourn

### **~Thursday, May 17**

9:00 AM . . . . Chemistry I

Noon . . . . .Lunch Break

1:30 PM . . . . Vitaflex

5:30 PM . . . . Adjourn

### **~Friday, May 18**

9:00 AM . . . . Chemistry II

Noon . . . . .Lunch Break

1:30 PM . . . . Raindrop I

5:30 PM . . . . Adjourn

### **~Saturday, May 19**

8:00 AM . . . . Raindrop II

Noon . . . . .Lunch Break

1:30 PM . . . . Emotional Release

6:30 PM . . . . Adjourn Seminar

## **Credit Hours and Prices:**

### **~Individual Course Credits & Ala Carte Prices**

Applied Vitaflex . . . . . 4 hours . . . \$140 u.s. Dollars  
Bible Oils . . . . . 2 hours . . . \$40  
Raindrop I . . . . . 4 hours . . . \$160  
Raindrop II . . . . . 4 hours . . . \$160  
Chemistry I . . . . . 3 hours . . . \$110  
Chemistry II . . . . . 3 hours . . . \$110  
Emotional Release. . . . . 5 hours . . . \$170  
~Total Ala Carte Price. . . . . 25 hours . . . \$890 U.S. Dollars

\*Package Price **for Whole Program**(All 25 hours) \$700 U.S. (Save \$190)

\*\*Pay in full by April 15th and receive an additional **\$100 discount**

\*\*\*Repeat Participants 1/2 Price

Cash, Check, and Credit Cards Acceptable - (VISA, MC, Discover)

**Refunds:** Full refund less \$50 for processing for cancellations no later than two weeks before the seminar date.

## **Class Size:**

Registrations for Raindrop and Vitaflex are limited to the first 10 people to keep class sizes small for better hands-on attention and training. So register early to assure a place. As for the Bible Oils, Chem I, Chem II, and Emotional Release classes, these are demonstration/lecture classes and there are no limitations on class size for these beyond the seating capacity of the room. They are all open to the public at ala carte prices with registrations taken at the door. However, pre-registration is also recommended for these portions of the CARE Intensive.

## **What is Included:**

Class Notes, Necessary Oils, Handouts, and a Certificate acknowledging your participation in the course or courses taken are all included in seminar fees.

## **Seminar Bookstore:**

Texts and DVDs required for CCIs, as well as other publications, may be available for sale at the seminar Pre-Requisites and Requirements

## **Pre-Requisites:**

CARE Vitaflex is required before taking Raindrop I.

CARE Raindrop I is required before taking Raindrop II.

There are no pre-requisites for the Bible Oils, Chem I, Chem II, or Emotional Release classes.

## **What to Bring:**

Bring two (2) sheets, two (2) bath towels, and one (1) hand towel. You are encouraged also to bring your Bible for the Bible Oils class. While there are no texts required to take the classes, if you own a copy of "The Chemistry of Essential Oils Made Simple," "Releasing Emotional Patterns with Essential Oils," "Feelings Buried Alive Never Die," and "Heal Your Body," please bring them as they will be referred to. There will be loaners available and some copies available for sale.

**Requirement:**

Vitaflex and Raindrop classes are hands-on training. Participant's nails must be trimmed very short and filed smooth. Do not wear fingernail polish.

**What Others Say:**

"As an R.N. with extensive psychiatric nursing experience and a licensed massage therapist, I have been exposed to a lot educationally and experientially, but this CARE Seminar was one of the most comprehensive educational and experiential experiences I have ever come across. I hope this information can reach the masses as it is absolutely life transforming. Both Instructors were gifted and talented presenters." ~Darlene S. Plyler, RN, LMT, Pawleys Island, South Carolina

"We traveled a long way (from England to California) for the CARE program. The whole seminar was very interesting and enlightening. The Instructor had an excellent knowledge of essential oils and raindrop technique which he shared with his students very well. It has been very rewarding and we are looking forward to introducing the vitaflex and raindrop to the U.K. We have no suggestions for improvement of this seminar. It was excellent, very enjoyable and well worth every mile traveled!" ~Susan D. Duerden, Massage Therapist and Owner of a SPA, Clitheroe, Lancashire, England

"I found the CARE program to be of the highest quality - in all aspects; seminar proceedings, CCI expectations for training and application. Most exciting was the healing I experienced during my night's sleep! A muscle/nerve in my leg left me unable to jog for the past 14 months; also my index and third finger on my right hand were unable to flex each morning! After seeking attention from several massage therapists, this past year, I continued each day with no new results - UNTIL - the morning after my Vitaflex and Raindrop Technique session! Fingers have been restored to full movement and the pain in my leg is completely gone. Very exciting for me - now many of my family/friends know about CARE - they all have heard my story. I believe CARE has brought the means for a new chapter of health and well-being in my mind and body." ~Colleen Michaelis, Escondido, CA.

This is the best program of this kind I have attended. I greatly appreciate CARE's commitment to quality & consistency, which provides a greater sense of professionalism. A warm & supportive atmosphere was always present as well. Thank you for your great work.

~ Sandra Parkins, Avada, Colorado

It was amazing I came with shoulder pain from a surgery 3 months ago that had been fairly severe and when I left after Raindrop and Emotional Release class my pain had decreased significantly. Judy did an incredible job of teaching, explaining things so we could understand and made it easy for us to learn! I highly recommend this class be taken in its entirety to get the full benefit.

~ Julie Stulz, Farmington, MN

**Mail Registration to:**

Bernadette Williams

35 Wallace Rd.

White Salmon, WA 98672

503-803-2241

**or email to** [butterflyessentials@gmail.com](mailto:butterflyessentials@gmail.com)

**Mail-In Registration Form**

Location of Seminar \_\_\_\_\_

Dates of Seminar \_\_\_\_\_

Check class(es) to register:

FULL  HOB  VF  RD1  RD2  CH1  CH2  ER

Your Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cellular \_\_\_\_\_

Email Address \_\_\_\_\_

Amt. Paid \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check Number \_\_\_\_\_

Credit Card: Type: Visa \_\_\_\_\_ MC \_\_\_\_\_ Discover \_\_\_\_\_

CC# \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Exact Name on CC \_\_\_\_\_

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