

# **THE NEW ENGLAND SCHOOL OF BIOENERGETIC MEDICINE**

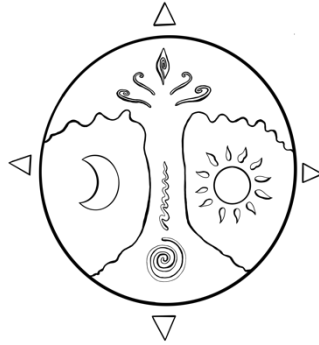
Reconnect With The Rhythms of the Natural World

## **Catalog and Student Handbook**



**Change Your Life ... Change the World**





# THE NEW ENGLAND SCHOOL OF BIOENERGETIC MEDICINE

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## **CATALOG AND STUDENT HANDBOOK**

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## A MESSAGE FROM THE EXECUTIVE DIRECTOR

The New England School of Bioenergetic Medicine welcomes you to a dynamic community where creativity, collaboration, and transformation thrive. Guided by a team of passionate and dedicated faculty and staff, NESBEM offers more than an education—it sparks discovery, nurtures growth, and creates pathways to endless opportunities.

At NESBEM, we view a road as a defined path, but a journey as an open invitation to discover, grow, and transform. Our mission is clear: to inspire and empower students like you to unlock your full potential and make a lasting impact on the world.

Here, future leaders are equipped with the tools, resources, and unwavering support needed to shape their destinies and drive meaningful change.

Collaborating with the Quantum Coherence Initiative reinforces our commitment to advancing innovative education and discovery. Our programs are thoughtfully designed to inspire personal growth, unlock human potential, and empower individuals to create change on both local and global levels. Whether taken as standalone experiences or integrated into a larger framework, our programs encourage students to embrace transformation and make a lasting impact.

But NESBEM is more than just a school—it's a vibrant, holistic community devoted to personal development, ecological stewardship, and a shared mission to serve humanity, the planet, and all living beings. Whether you aim to deepen your expertise in integrative medicine or become a leader for change in your field, NESBEM offers a transformative journey rooted in balance, discovery, and coherence.

Throughout this catalog, you will find imagery of Stone Lions Farm, one of the cornerstones of our mission. This sanctuary is devoted to education and research that support the well-being of all life, serving as a space for physical, mental, and spiritual renewal. It is a place where connection, inspiration, and regeneration thrive.

Welcome to NESBEM—a place where learning meets purpose, and transformation is just the beginning. Together, let us explore new dimensions of discovery, balance, and coherence.

Warm Regards,  
Stephanie Shelburne, Ph.D.  
Executive Director, New England School of Bioenergetic Medicine



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## **ABOUT THE NEW ENGLAND SCHOOL OF BIOENERGETIC MEDICINE**

Guided by the visionary leadership of Dr. Stephanie Shelburne and inspired by the mission of UNC Founder Dr. Y. King Liu, our purpose is to empower individuals, practitioners, and leaders to achieve energetic alignment and unlock vitality and well-being in their lives and communities. As a 501(c)(3) non-profit organization, we are dedicated to advancing integrative science and health through our unique framework, the "Three Sisters of Science"—Curiosity, Calibration, and Coherence. This innovative approach fosters a deep connection to oneself, to nature, and to the world around us.

At the New England School of Bioenergetic Medicine, we are redefining wellness by integrating the wisdom of Eastern and Western medicine with cutting-edge scientific advancements. As part of the Quantum Coherence Initiative, we are dedicated to fostering a deeper understanding of health, energy, and balance through innovative education and exploration. Every aspect of our programming is carefully designed to nurture ecological awareness, inspire ethical reflection, and provide hands-on experiences that promote growth and discovery.

### ***MISSION***

The mission of the New England School of Bioenergetic Medicine is to provide a cohesive, practical, and professional framework that blends modern science with ancient wisdom. This framework encourages reconnection with the natural world's rhythms while teaching real-world applications for health and well-being for both humans and non-humans.

### ***TEACHING COMMUNITY***

Though small, the dynamic teaching community at the New England School of Bioenergetic Medicine is passionate and includes Integrative Health Specialists, Researchers, Professors, Traditional Medicine Practitioners, Emergency and Public Health Officers, Environmentalists, Journalists, Leaders, Activists, and more. We share a profound commitment to personalized, experiential learning, a passion for the beauty of nature, and a steadfast dedication to enhancing global health and wellness.

## ARTICULATION AGREEMENT

The New England School of Bioenergetic Medicine and Saybrook University have formed an articulation agreement allowing NESBEM graduates to transfer credits to Saybrook University under specific guidelines. This agreement will facilitate credit transfer and degree completion for students; help prevent the duplication of courses within programs of study and support our students' educational growth and professional development.

## STUDENT CATALOG AND HANDBOOK

This catalog and handbook are here to guide you as an NESBEM student and help you make the most of your experience with us. You'll find essential information about our policies, procedures, and opportunities. While we strive to ensure the accuracy of all information provided, NESBEM reserves the right to update course offerings, tuition, and the academic calendar as needed.

Effective communication is essential to our commitment to your success. To stay informed, we encourage you to check your email and Mighty Networks regularly, as they are our primary channels for school communications. These platforms will provide you with important information, deadlines, and announcements. You are responsible for staying informed and acting on the information provided. Welcome to NESBEM—we're excited to be a part of your journey!



## GENERAL INFORMATION

### *ADMISSIONS AND ENROLLMENT*

The New England School of Bioenergetic Medicine (NESBM) embraces an open-door admissions policy, welcoming everyone interested in our programs, courses, or activities. We encourage applicants from all backgrounds, regardless of race, color, national origin, religion, gender, age, or disability. At NESBM, we foster a diverse and inclusive community of students.

#### **ADMISSIONS CRITERIA**

At NESBEM, we don't require prior higher education because we believe academic records alone don't define your potential for success. Instead, we seek academically capable, deeply motivated, spiritually connected students who share a profound appreciation for nature.

We do not accept transfer credits or hours from other institutions, as our programs are designed to offer a unique and interconnected learning experience. Our flexible admissions process makes it easy to start your journey today.

Our 10-month programs are offered once or twice a year, depending on the specific program, and welcome students from across the United States and worldwide—no residency required. Embark on a transformative educational journey with us and take the first step toward achieving your goals.

#### **ENROLLMENT PROCESS**

To enroll, follow the steps and guidelines outlined below.

**Step One:** Fill out and submit the enrollment application, available online:

<https://www.newenglandschoolbem.org/admissions>

**Step Two:** We will respond to your submission within 48 hours. During this time, we will arrange a meeting with our Executive Director, Dr. Stephanie Shelburne. Depending on your preference, the meeting can be over the phone, via Zoom, or in person. This conversation provides an opportunity to discuss how your chosen program aligns with your personal and professional goals. It will also offer valuable insight into your interest, commitment, and enthusiasm for our program, organization, and mission.

**Step Three:** Once accepted into the program, you'll need to complete a few additional forms, which will be sent to you by email, and submit a \$100 registration fee to confirm your place. This fee will be applied toward your tuition.

**Step Four:** A school representative will reach out to discuss your tuition payment preferences and assist you in creating a personalized payment plan tailored to your needs.

## TUITION

The New England School of Bioenergetic Medicine is committed to offering high-quality education within your budget. Our flexible payment plans allow you to select the best option.

Students applying to our programs can take advantage of membership in the Association of Applied Bioenergetic Medicine (AABEM), a member-focused organization dedicated to advancing the field of bioenergetic medicine. AABEM fosters the exchange of ideas, scholarship, and research while promoting interdisciplinary collaboration with related fields of theory and practice. Additionally, it supports the exploration and validation of the sacred and alchemical aspects of bioenergetic influence.

Students who apply as a full member at \$99.00 annually will receive a 25% tuition discount. Students applying to AABEM as student members at \$25.00 annually will receive a 10% tuition discount.

## PAYMENT OPTIONS

- Pay in Full: Make a single payment for the entire program and enjoy an exclusive 10% discount.
- Monthly Payments: Opt for our convenient monthly plan, spreading the cost over 10 months for added flexibility.
- Installment Plan: Alleviate your financial burden with an interest-free installment option. Opt to pay over 12 months.

Tuition for the Integrative Herbal Medicine Program and the Living Blended Ayurveda Program is \$1,100. There is a \$100 application fee applied towards your tuition.		
PAYMENT PLAN	TUITION	MONTHLY PAYMENT
Single Payment	\$1,000	\$1,000
Monthly Payment	\$1,000	\$100.00
12-month Plan	\$1,000	\$83.33



PAYMENT OPTION	TUITION	MONTHLY PAYMENTS			
		10 month	12 month	18 month	24 month
No discount	\$5,900	\$590	\$491.66	\$327.77	248.83
Single Payment – 10% discount	\$5,310	-	-	-	-
AABEM Student Member – 10% discount	\$5,310	\$531	\$442.50	\$295	\$221.25
AABEM Full Member – 25% discount	\$4,425	\$442.50	\$368.75	\$245.83	\$184.37





## INSTRUCTIONAL DELIVERY

NESBEM provides an exceptional opportunity to access engaging online courses led by expert instructors. The flexible format allows students to customize their learning experience to seamlessly fit into their busy lives, striking the perfect balance between personal and professional commitments. Each program is thoughtfully designed with clear instructional methods to deliver a thorough and enriching educational experience.

**Online Learning Format:** Our user-friendly Moodle platform enables you to engage in a vibrant virtual classroom fully. You can access course materials, instructions, and resources entirely online, eliminating the need to attend in-person classes.

**Hybrid Format:** Our hybrid format provides the best of both worlds. It merges the convenience of online learning with valuable hands-on experience through in-person or virtual equivalent sessions. This comprehensive approach guarantees a well-rounded and engaging learning experience for every student.

**Four-Day Intensives:** Our 10-month programs, excluding the Integrative Herbal Medicine and Living Blended Ayurveda Programs, provide an exceptional opportunity to engage in four-day intensive retreats each month at Stone Lions Farm. This tranquil sanctuary nurtures mental, physical, and spiritual well-being while promoting harmony with the community and environment.

During these intensives, students are fully immersed in the lively atmosphere of the farm. The property features flourishing vineyards, abundant vegetable gardens, and a greenhouse, providing an enriching backdrop for learning. Participants also have the unique opportunity to interact with the farm's animals, including horses, cows, sheep, chickens, rabbits, and ducks, adding a touch of rustic charm to the experience.

For students unable to attend the in-person intensives, the program provides an online alternative to ensure all required hours and coursework are completed remotely during the same period.

## PROGRAM COMPOSITION

NESBEM delivers dynamic, comprehensive, 10-month instructor-led programs designed for impactful learning. Each program includes engaging monthly modules featuring either an immersive four-day in-person residential session or an equivalent online experience. Upon completion, participants are awarded a Certificate of Training recognizing their achievement.



## **PROGRAM CANCELLATION**

If a program is canceled due to low enrollment or instructor unavailability, we will promptly inform affected students via email or other communication methods. We recognize the importance of clear and timely updates and encourage students to remain informed about any changes. Those impacted by cancellations will have the opportunity to adjust their enrollment, ensuring their academic progress continues uninterrupted. Your success is our priority, and we are dedicated to supporting you every step of the way.

## **STUDENT RIGHTS AND RESPONSIBILITIES**

### ***INTRODUCTION TO RESPONSIBILITIES***

The New England School of Bioenergetic Medicine (NESBEM) policies are designed to foster growth and help students reach their full potential within the community. The School encourages students to make choices that align with their personal development and emotional, social, and spiritual well-being.

By enrolling in or continuing at NESBEM, students agree to abide by the School's standards, which reflect its mission and values. Even if a student's personal beliefs differ, their decision to attend demonstrates a commitment to respecting and upholding these guidelines.

NESBEM reserves the right to take disciplinary action, including dismissal, against any student who disregards or violates its standards as outlined in the Catalog/Handbook. Students are expected to review the most current version of this document, available on the NESBEM website, and familiarize themselves with its policies, rules, and procedures. Failing to do so or claiming ignorance of its contents will not excuse violations of school policies.

## ***FAMILY EDUCATION RIGHTS AND PRIVACY ACT***

NESBEM adheres to the Family Education Rights and Privacy Act of 1974, which aims to safeguard the privacy of education records. It establishes students' rights to inspect and review these records and outlines procedures for correcting inaccurate or misleading information through informal and formal hearings. Furthermore, students can file complaints with the Family Educational Rights and Privacy Act Office (FERPA) concerning any perceived non-compliance by the institution with the Act. For more information, please get in touch with the Administrative Office.

## ***DIRECTORY INFORMATION***

NESBEM will disclose the following items of directory information (as defined by the Family Educational Rights and Privacy Act) without obtaining written consent from the student: name, address, telephone number, program, dates of attendance, certificate awarded, enrollment and withdrawal verifications, and the most recent previous institution attended. Under the Family Educational Rights and Privacy Act, NESBEM has the authority to publish this information and routinely provide it to prospective employers, family members, other educational institutions, and others. Students are responsible for notifying the Administrative Office in writing if they do not wish for the above information to be released.

## ***CONFIDENTIALITY AND ACCESS OF STUDENT RECORDS***

The school maintains a secure digital record of your courses and programs, which includes the following information: your name, address, social security number, date of birth, gender, courses completed, pass/no pass status, and contact hours.

Student records are strictly accessible to faculty and professional staff for authorized, school-related purposes. They are only released for external use with the student's knowledge and consent or as required by law. Students can request a copy of their permanent records if needed.

## ***PRIVACY POLICY***

At the New England School of Bioenergetic Medicine, we are dedicated to protecting the privacy and confidentiality of our students and staff. Your information is handled carefully, and we rigorously address any privacy concerns. We aim to foster a trusted and respectful environment where safeguarding your privacy is our top priority.

## ***STUDENT IDENTIFICATION***

At NESBEM, we require students to verify their identities by submitting official documents, such as a driver's license or passport. Additionally, we collect essential personal information, including your full name, date of birth, educational history, professional licenses or certifications, and contact details. Once your enrollment is complete, you'll receive a unique username and password to access Moodle, our user-friendly learning management system.

## ***TRANSCRIPTS***

A Certificate of Completion and Transcripts will be provided to students upon program completion.

## ***NAME, ADDRESS, SOCIAL SECURITY NUMBER CHANGES***

Please contact the Office directly to update your personal information, such as your name or address. If you request a name change, you must provide official documentation, such as a marriage certificate or court order. It's also essential to ensure that the name on your Social Security card matches the name on the submitted documentation.

For current students, there is an option to designate a "preferred" first name that differs from your legal name. This preferred name will appear on class rosters and platforms like Moodle and Mighty Networks. However, your legal name will continue to be used in all official college records where a legal name is required.



# ACADEMIC GUIDELINES

## ATTENDANCE

Student attendance is defined as active participation in course activities. Each course includes mechanisms for weekly engagement, which are documented through activities such as discussion posts, assignments, virtual classroom sessions, and chats. Consistent participation is crucial and is evaluated weekly, from Monday to Sunday, using Moodle as the tracking platform.

To receive attendance credit, students must log in, complete required activities, and actively contribute to discussions. This includes posting at least three times on the discussion board over three days, with the first post due by Wednesday. Logging in alone does not count as attendance; meaningful engagement is essential. Failure to complete assignments or participate in discussions will result in being marked absent for the week.

Additionally, students must attend the four-day intensive held at Stone Lions Farm or complete the equivalent coursework online.

In emergencies such as illness, accidents, or family bereavement, students must contact their instructor promptly and provide appropriate documentation to request extensions for late submissions.

Students are also expected to regularly check their email, course announcements, and discussion forums to stay informed about updates and requirements. It is each student's responsibility to maintain consistent communication and engagement. Failure to meet attendance expectations may result in a recommendation to withdraw from the course.



## GRADING AND EVALUATION

NESBEM uses a pass/fail grading system, assessing students based on their active participation and successful completion of all assignments and activities. The evaluation criteria are as follows:

Attendance	10%
Participation	40%
Assignments	30%
Evaluation	20%

Clock hours will be completed by following a range of the guidelines listed below:

Reading Assignments	12 -1 5 pages = one hour	50 pages = 3.5 – 4 hours
Original Quality Discussions	1 - 2 hours per question	300–500-word response
Quality Response to Student Discussion(s)	One-half hour	
Quiz / Test	One hour	
Research Assignment	2 – 3 hours	Includes write-up
Live Chat	1 – 2 hours	.5 – 1 hour prep time per one hour of live chat
Writing Assignment	1 -2 hours per page	
Interview / Visit Assignment	3 – 4 hours	
Course Research Paper	5 – 10 pages	2 – 3 hours per week for
Daily Log in	15 minutes	

## ***COURSE COMPLETION***

At the conclusion of each module, students are asked to complete a course and instructor evaluation form. These evaluations are vital in assessing our programs and ensuring that the content remains relevant and impactful.

## ***WITHDRAWAL***

If you are considering withdrawing from a module or the program, we strongly encourage you to contact the Executive Director. We recognize that every situation is unique, and decisions regarding your continuation or return will be assessed individually. Your withdrawal will only be officially acknowledged once the process begins.

If speaking directly with the Executive Director isn't possible, you may submit a written statement via email outlining your reasons for this decision. Your official withdrawal date will be confirmed after you have either spoken with or emailed the Executive Director.

We understand that this is a significant decision, and our team is here to offer guidance and support throughout the process.

## ***REFUNDS UPON WITHDRAWAL***

If you need to withdraw from the program, you may be eligible for a tuition refund, depending on your withdrawal date. The following factors determine the amount refunded after the first day of class:

- Tuition collected
- Enrollment date
- Weeks completed
- Total program duration

Our refund policy is as follows:

- **100% Refund:** If you withdraw before the first day of class, you'll receive a full tuition refund.
- **90% Refund:** If up to 10% of the program is completed, 90% of your tuition will be refunded.
- **75% Refund:** If up to 25% of the program is completed, 75% of your tuition will be refunded.
- **50% Refund:** If up to 50% of the program is completed, 50% of your tuition will be refunded.
- **No Refunds:** Once more than 50% of the program is completed, refunds are no longer available.

## **RE-ENROLLMENT**

Students seeking reenrollment are encouraged to contact Dr. Stephanie Shelburne, our Executive Director. Each case will be carefully reviewed and given the individualized attention it merits.

## **PROGRAM COMPLETION**

To complete our 10-month program, students must fulfill all required module hours, actively participate in intensives (offered both in-person and online), and complete all assigned coursework.

Once all program requirements are met, students will be awarded a Certificate of Completion. This personalized certificate, officially registered with NESBEM, will be mailed directly to the student's address.

## **COMPUTER REQUIREMENTS**

Ensure you meet the minimum technology requirements to participate in online or hybrid programs at the New England School of Bioenergetic Medicine.

### **Basic Computer Skills**

- Sending/receiving emails and attachments
- Using a web browser and search engines
- Downloading and installing software
- Familiarity with browser plug-ins (e.g., PDF reader, video, audio)
- Using word processing, presentation software, and other productivity applications
- Experience/familiarity with various file formats such as .pdf, .rtf, .doc or .docx, and .txt
- Self-directed learning of new technology skills

### **Required Hardware**

- A computer (desktop/laptop) or mobile device (smartphone/tablet) that is less than 5 years old
- Speakers/headphones/earbuds for listening to audio or videos presented in courses

### **Optional Hardware**

- Webcam for course activities requiring video feedback, video test proctoring, or third-party tools

### **Required Software**

- Internet Browser (i.e., Mozilla Firefox, Google Chrome, or Microsoft Edge preferred)



- Adobe Acrobat Reader or other PDF readers

If you have questions or concerns about your coursework, your instructor is here to help. For technical issues with Moodle, please reach out to Moodle Customer Service at [Moodle](#) or call (866) 361-8965. You can also check the course materials on Moodle to find your instructor's office hours. Don't hesitate to seek assistance—your instructor is committed to supporting and guiding you throughout your learning journey.

## **POLICIES AND PROCEDURES**

### ***ETHICAL STANDARDS***

At the New England School of Bioenergetic Medicine, our mission is guided by a distinctive set of ethical principles that shape every aspect of our work. Rooted in mutual respect, inclusivity, and a deep connection to the natural world, our core values inspire us to act with integrity in all we think, say, and do. We encourage our students to embrace this mindful, values-driven approach throughout their educational journey.

Grounded in Living Systems Theory, we highlight the critical role of open communication in fostering meaningful connections—whether between individuals, within communities, or across the broader biosphere. Compassion, anchored in our unwavering commitment to integrity, is at the heart of all our interactions. By listening actively, promoting shared responsibility, and nurturing collaborative leadership, we create an environment where trust and cooperation thrive.

Our foundation rests on inclusivity, respect, and tolerance. We take a firm stance against hatred, bigotry, and discrimination in all forms. Our educators are dedicated to cultivating a compassionate, supportive, collaborative learning atmosphere where everyone feels valued, empowered, and inspired to grow.

### ***CONFLICT RESOLUTION***

Disagreements are an inherent part of human interaction and vital to meaningful relationships. While conflict is often seen negatively, it can be a powerful opportunity for growth, learning, and building stronger connections. Though navigating conflict may feel uncomfortable or difficult, effective strategies can foster constructive dialogue and lead to successful resolution. If you are experiencing interpersonal challenges or unresolved conflicts with a fellow student, instructor, or staff member, please don't hesitate to contact Dr. Stephanie Shelburne, Executive Director, for support.

### ***DIVERSITY***

The New England School of Bioenergetic Medicine is dedicated to fostering diversity in every aspect of our work. We are committed to cultivating an inclusive environment that permeates our community, educational practices, and institutional policies. By placing diversity at the heart of our work, we strive to create a space where everyone feels valued and empowered.

### ***SUSTAINABILITY***

The New England School of Bioenergetic Medicine is dedicated to sustainability and minimizing its environmental footprint while promoting a healthier planet. For us, sustainability means understanding the impact of our actions, recognizing the deep connection between people and ecosystems, and striving for an equitable future, thriving, and resilient for all.

To realize this vision, we are committed to:

- Fostering a culture of sustainability through strong leadership, active participation, and well-established practices.
- Developing impactful solutions through interdisciplinary collaboration, education, research, and innovation.
- We embrace environmental stewardship in every facet of our operations to ensure accessibility and meaningful, lasting change.

Through these efforts, we aim to create a harmonious balance between individuals, communities, and the environment, locally and globally.

## ***DISCRIMINATION, HARASSMENT, AND SEXUAL HARASSMENT***

The New England School of Bioenergetic Medicine fosters an inclusive and welcoming environment that embraces individuals of all ages, genders, races, ethnicities, nationalities, abilities, and veteran statuses. We are committed to treating everyone with dignity, respect, and equality.

### ***SEXUAL HARASSMENT***

The New England School of Bioenergetic Medicine upholds the highest standards of professional ethics, ensuring that authority and power are never misused in personal interactions. As part of this commitment, the School strictly prohibits sexual harassment or misconduct by members of its community, including faculty, staff, and students.

Sexual harassment is defined as any unwelcome sexual advance or inappropriate verbal or physical behavior of a sexual nature that either:

1. Could reasonably be perceived to impact an individual's employment or academic standing, or
2. Creates a hostile or intimidating environment for work or study.

This behavior can take many forms, including verbal remarks, visual displays, physical actions, or written and electronic communications. Even if the behavior does not meet the legal definition of harassment under state or federal law, the School reserves the right to classify it as such, reflecting its commitment to fostering a safe and respectful community.

Stalking is a recognized form of harassment, defined as the deliberate, malicious, and repeated following or harassment of another individual in a manner that:

- Would cause a reasonable person—or their immediate family—to feel fear, intimidation, threat, harassment, or distress.

- Instills feelings of terror, fear, or intimidation in the targeted individual.

Sexual misconduct includes any nonconsensual sexual actions, ranging from unwanted touching and exposure to forced or nonconsensual sexual assault. This definition also extends to “dating violence,” which refers to acts of violence committed against someone with whom the perpetrator has a romantic or intimate relationship. It excludes casual acquaintances or ordinary social interactions within professional or academic settings.

Examples of behavior that may constitute sexual harassment include:

- Requests for sexual favors.
- Unwanted physical contact, such as hugging, touching, patting, or brushing against someone’s body.
- Inappropriate whistling, staring, or suggestive comments about sexual activities.
- Soliciting private meetings outside of professional or academic hours for inappropriate reasons.
- Sharing sexual jokes, stories, or images unrelated to the subject.
- Making remarks about an individual’s body or sexual experiences.

These behaviors undermine personal safety and dignity and seriously violate respectful conduct.

Remember, being sexually assaulted is never your fault—it is solely the responsibility of the individual who committed the assault. Sexual assault is a profoundly traumatic crime that can have lasting emotional and physical effects. Your well-being is a priority, and you deserve compassion, support, and care throughout this challenging time.

The School is committed to supporting students who have experienced sexual assault by implementing interim measures to address safety concerns and create a sense of security. Additionally, students who report sexual assault will receive ongoing supportive measures from the Executive Director, ensuring their safety, comfort, and well-being while they continue their education.

## ***DISCRIMINATORY HARASSMENT***

Harassment encompasses a range of behaviors, including but not limited to: (1) the use of derogatory language, slurs, harmful stereotypes, or any actions that threaten, intimidate, or express hostility toward others based on their race, color, gender, national origin, age, or disability; and (2) written or visual content that demeans or targets individuals or groups due to these traits. Such behavior is strictly prohibited, whether shared online via platforms like Facebook, X (formerly Twitter), Instagram, or other social media, or distributed within the school environment.

This conduct clearly violates the standards expected from all members of our school community, including students, staff, and faculty. Those found responsible for engaging in harassment will face disciplinary consequences, which may range from a formal warning to termination, depending on the severity of the offense.

Anyone who believes they have experienced harassment, discrimination, or sexual harassment is strongly encouraged to report their concerns to the Executive Director.

## ***ILLEGAL DRUGS AND ALCOHOL***

NESBEM is dedicated to maintaining a safe, substance-free environment for its students, employees, and guests. To uphold this commitment, the possession, use, or distribution of alcohol, illegal drugs, synthetic substances, or the misuse of prescription medications is strictly forbidden.

Students should be aware that NESBEM retains the authority to address violations of this policy, regardless of where they occur. Additionally, drug paraphernalia—such as pipes, signs, or clothing— is prohibited on NESBEM property. Any breaches of this policy may result in disciplinary action.

Alcohol- and drug-related violations are assessed on a case-by-case basis. Depending on the severity of the offense, consequences may range from a formal warning placed on a student's record to immediate dismissal. NESBEM remains steadfast in cultivating a safe, respectful, and supportive community for all.

## ***TOBACCO AND ELECTRONIC CIGARETTES/VAPORIZERS***

NESBEM is dedicated to upholding a smoke-free, tobacco-free, and vape-free environment. The use or possession of tobacco products—including smokeless tobacco, e-cigarettes, vapor devices, hookahs, and other tobacco alternatives—is strictly forbidden on all NESBEM properties.

## ***WEAPONS***

The possession or use of weapons, including firearms, is strictly prohibited on NESBEM property. This policy encompasses various items, such as handguns, hunting rifles, shotguns, air guns, paintball guns, knives with blades exceeding four inches, explosives, Tasers, and similar devices. Furthermore, storing firearms or related equipment, such as hunting or recreational gear, on NESBEM premises is forbidden.

## ***POLICY VIOLATIONS***

Violating any policy may lead to severe disciplinary measures, including formal warnings, confiscation of prohibited items, or termination of affiliation with the School. At NESBEM, we are dedicated to fostering a safe and secure environment for everyone.

## ***ROMANTIC RELATIONSHIPS BETWEEN EMPLOYEES AND STUDENTS***

At NESBEM, our community is at the heart of everything we do. We are committed to fostering a close-knit, supportive environment where faculty, staff, and students build meaningful connections. Personal relationships are deeply valued, and the School nurtures a culture of care and respect, ensuring faculty and staff are actively engaged in both the academic growth and personal well-being of students.

Understanding the inherent power dynamics between faculty and students, NESBEM holds a strict expectation of professionalism. Faculty and staff are required to maintain clear boundaries, avoiding any behavior or relationships that could be perceived as an abuse of authority or that might compromise the integrity of the educational experience. At NESBEM, romantic or sexual relationships are considered appropriate only within the bounds of marriage. Any sexual involvement between a school employee and a student who is not their spouse will result in immediate termination of employment and dismissal of the student.

To safeguard the well-being of every community member, the School prioritizes proactive measures to prevent situations that might enable inappropriate relationships. By adhering to these principles, NESBEM cultivates an environment built on trust, respect, and professionalism, empowering everyone to thrive.

## ***STUDENT GRIEVANCES***

NESBEM policies provide a straightforward process for students to address academic grievances or concerns involving students, faculty, or staff. Below is a summary of the NESBEM's Student Grievance Procedure.

NESBEM is committed to providing students with a clear and accessible process to address concerns or complaints involving the actions of other students, faculty, or staff. This procedure offers a pathway to seek resolution for issues not covered under other established policies.

Students are encouraged, though not required, to address their concerns directly with the individual(s) involved, either in person or in writing. If a student feels uncomfortable discussing the issue directly or believes the matter remains unresolved after doing so, they may pursue a more formal grievance process.

To initiate the formal process, students must submit a written grievance within ten (10) business days of the incident. Grievances concerning student behavior should be directed to the Executive Director, and grievances related to faculty or staff behavior should be directed to the Executive Director. Complaints involving student conduct will follow NESBEM's standard disciplinary procedures. Upon receiving a

formal grievance, the designated authority will conduct a thorough investigation, determine an appropriate outcome, and inform all involved parties.

While NESBEM handles all grievances with discretion, students should understand that confidentiality cannot always be guaranteed during the investigation and resolution process.

This procedure ensures that all students have a fair opportunity to address and resolve concerns, fostering a supportive and accountable campus environment.

## **ACADEMIC INTEGRITY**

At NESBEM, academic integrity is a fundamental value that guides our community. We expect all students to uphold honesty and ethics in their educational pursuits. Academic dishonesty—such as cheating, plagiarism, unauthorized collaboration, or any behavior that compromises integrity—is strictly forbidden.

Cheating involves using dishonest methods to bypass academic requirements or achieve grades that do not reflect genuine effort or ability. Conversely, plagiarism is using someone else's ideas or written work without proper attribution. This includes failing to use quotation marks when directly quoting a source.

Students are responsible for understanding and adhering to the principles of academic honesty. Violating these principles can lead to serious consequences, including receiving a zero on the assignment, failing the course, or removal from the institution in instances of repeated violations.

At NESBEM, we are dedicated to fostering a culture of fairness, ethical scholarship, and integrity, ensuring that academic excellence is accompanied by personal accountability.

## **RETENTION OF ORIGINAL WORKS**

Students and faculty are responsible for upholding and respecting the originality of ideas and work. It is crucial to acknowledge that the products of creative effort rightfully belong to their creator, unless willingly shared with others.

## **FREEDOM OF EXPRESSION**

We are deeply committed to upholding the right to free expression at the New England School of Bioenergetic Medicine. Our mission is to foster intellectual growth, develop personal beliefs, and nurture character by promoting open dialogue, rigorous discussion, and respect for diverse cultures and perspectives. Free expression and academic freedom are the cornerstones of our institution, empowering bold, thoughtful, and fearless inquiry.

At NESBEM, we prioritize creating an environment where:

- **Students engage critically:** We encourage students to challenge ideas and intellectually rigorously explore course material. Assessments are based on the quality of their arguments and performance, not their personal beliefs, ensuring fairness and alignment with academic goals.
- **Respect for diverse opinions:** Every student is entitled to express well-reasoned opinions, even those that differ from faculty or peers, without fear of bias, judgment, or unfair treatment.
- **Support for academic freedom:** Faculty are empowered to pursue truth, question established ideas, and responsibly share knowledge within their areas of expertise, fostering an atmosphere of innovation and discovery.
- **A diverse and inclusive community:** We celebrate diversity of thought and background, united by a shared commitment to safeguarding the rights of all. Every community member is responsible for maintaining an environment free from discrimination or harassment, ensuring everyone can learn and work safely and respectfully.

At NESBEM, free expression is more than a principle—it is the foundation of our academic excellence and cultural integrity. Through this unwavering commitment, we prepare our students to think critically, act ethically, and contribute meaningfully to the world.

## **GENERAL ARTIFICIAL INTELLIGENCE**

Artificial Intelligence (AI) is a powerful tool significantly enhancing learning and work. However, its misuse for academic dishonesty is strictly prohibited. Students must adhere to the academic integrity policy and follow their instructor's specific guidelines when using AI for academic tasks. Each student is responsible for assessing the accuracy and relevance of any AI-generated content they submit—accountability lies with you. Violations of this policy will be treated as breaches of academic integrity. By upholding these principles, we ensure an ethical, respectful, and enriching academic environment for everyone.





## ***STUDENT GUIDELINES FOR ONLINE INTERACTION***

At NESBEM, we fully support your right to express yourself freely and participate actively in online classes. However, treating your peers and instructors with kindness and respect is essential. Offensive or inappropriate language is never acceptable in emails, discussion posts, group projects, or submitted assignments. While differing opinions are a natural part of learning, please ensure they are shared thoughtfully and respectfully. We can create a positive, respectful, and engaging learning environment. Thank you for contributing to this community.

### **Netiquette**

To ensure your written communications are clear and respectful, please follow these netiquette guidelines:

1. **Respect your peers as individuals.** Remember that your classmates and instructors are real people who deserve courtesy. Without facial expressions or tone, your words might be misunderstood. Before posting, consider whether you would say the same thing in person.
2. **Uphold ethical standards.** Treat online communication with the same integrity as in-person conversations. Adhere to copyright laws and abide by your University's code of conduct.
3. **Adapt to the platform.** What's acceptable on one platform may not work in your online course. Observe how others communicate and adjust your approach accordingly.

4. **Be mindful of others' time and resources.** Keep your messages concise and on topic. Avoid unnecessarily sending large files or images; don't expect instant replies.
5. **Ensure professionalism in your writing.** Stay focused on the topic, proofread your posts, and maintain a high standard of grammar and clarity.
6. **Contribute to the learning community** by sharing your knowledge, experiences, and valuable resources to enhance the conversation and support your peers.
7. **Stay away from conflict and negativity.** Participate in discussions enthusiastically but without hostility. Avoid personal insults or actions that could be seen as bullying.
8. **Respect privacy.** Do not share others' personal information, academic submissions, or other materials without their explicit permission.
9. **Use your knowledge responsibly.** Avoid taking advantage of those with less experience and provide support instead of asserting dominance in discussions.
10. **Practice kindness and patience.** Understand mistakes and avoid publicly pointing them out. If you feel feedback is necessary, provide it privately and constructively.

Adhering to these principles will cultivate a positive and productive online learning environment for everyone.

## ***BULLYING AND CYBERBULLYING***

Bullying and cyberbullying are strictly prohibited. Bullying is defined as any repeated action, whether written, verbal, electronic, physical, or gestural, intentionally directed at an individual with the purpose of:

- Cause physical or emotional harm or damage to their property.
- Instill a reasonable fear of injury or property damage.
- Create a hostile, intimidating, or unsafe environment within the school.
- Violate the individual's rights in the school setting.
- Significantly disrupt the educational process or the orderly functioning of the school.

Such actions endanger the safety and well-being of the school community and will not be tolerated.

This policy also explicitly addresses cyberbullying, which involves using technology or electronic communication to harm, intimidate, or manipulate others. Cyberbullying encompasses actions such as transmitting messages, signs, images, or data through electronic channels like email, social media, instant messaging, or even fax.

Examples of cyberbullying include:

- Creating fake webpages or blogs that impersonate someone to spread harmful content or messages.
- Distributing electronic communications to multiple recipients to cause harm.
- Posting damaging information or content on public forums.

If these actions meet the criteria outlined above, they are considered cyberbullying.

This policy is designed to foster a safe and respectful environment for all school community members. Violations will be taken seriously and addressed with appropriate consequences.

## ***PHOTOGRAPHY AND VIDEO RECORDING***

The New England School of Bioenergetic Medicine (NESBEM) reserves the right to capture and utilize photographs, videos, electronic images, and student and visitor comments or quotes taken on campus or during school-sponsored events for marketing purposes. By enrolling at NESBEM, students grant permission for their images, quotes, and statements to be used in public relations, advertising, fundraising, and promotional materials.

If students prefer not to have their photos, videos, or comments used by NESBEM, they may opt out by requesting and completing a photo opt-out form, available via email upon request.

## STONE LIONS FARM



Nestled in the foothills of the Green Mountains in southwestern Vermont, Stone Lions Farm spans a tranquil 300-acre landscape of forests, fields, and rolling pastures. This serene haven reflects the mission of our parent organizations—UNC Foundation, UNC, and LiveLifeResources—to promote regenerative well-being for individuals, communities, and the natural world.

Stone Lions Farm is a peaceful retreat where rustic farmhouse charm blends seamlessly with the natural world. Historic barns, organic gardens, small vineyards, rolling hay fields, serene woodlands, and tranquil ponds create a sanctuary that nurtures people, wildlife, fauna, and flora. Life here flows in harmony with the land's natural rhythm, untouched by the rush of modern times.

Rooted in mindfulness and a deep connection to the present moment, Stone Lions Farm is a place where the beauty of nature inspires a simple, intentional, and profoundly restorative way of life.

# **GUIDELINES FOR STONE LIONS FARM**

## **Discover the Serenity of Stone Lions Farm**

Experience the transformative tranquility of Stone Lions Farm, where nature's gentle embrace inspires growth and renewal. During our four-day intensives, guests are welcomed to stay at this serene retreat, designed to harmonize your heart and mind with the soothing rhythms of the natural world. From the moment you arrive, you'll feel refreshed, empowered, and ready to embark on your journey.

## **A Sanctuary of Beauty and Sustainability**

Spanning over 300 acres of lush forests and sprawling fields, Stone Lions Farm is a sanctuary of natural beauty and environmental stewardship. Serving as a research and educational hub, it's a haven for those who value nature and share our mission to protect it. Every aspect of the farm, from its operations to its cozy farmhouse, embodies sustainable and regenerative practices, reflecting our unwavering commitment to the planet and its future.

## **Reconnect, Refresh, and Find Inspiration**

Stone Lions Farm transcends the idea of a simple retreat; it serves as a sanctuary for rejuvenating your body, mind, and spirit. Here, you can reconnect with yourself, foster meaningful relationships with others, and immerse yourself in the breathtaking beauty of nature. This nurturing atmosphere creates an ideal backdrop for restoring your energy, gaining new insights, and reigniting your inspiration for the journey that lies ahead.

## **Dedicated to Health and Well-Being**

We are deeply committed to fostering a safe, healthy, and welcoming environment for everyone who visits or works with us. To help us maintain this standard, we kindly ask all guests to familiarize themselves with our Farm and Farmhouse guidelines and adhere to them during their stay.





## **FARMHOUSE GUIDELINES**

Step into the farmhouse and leave the world outside behind. Here, you'll find a sanctuary—an inviting space where we gather to celebrate and express our most authentic selves. The farmhouse is a place of grace, creativity, dreams, truth, light, and love, offering a haven for authenticity and connection.

- **Shoes Off, Comfort On:** To keep our space cozy and clean, please remove your shoes in the mudroom upon arrival. We encourage you to bring house shoes or skid-resistant socks for your comfort indoors.
- **A Fragrance-Free Space:** To create an inclusive and welcoming environment, we kindly ask that you refrain from using scented or synthetic products like perfumes, colognes, hair sprays, or scented lotions. For your convenience, we provide complimentary shampoo, conditioner, and bath oil to ensure your stay is both comfortable and refreshing.
- **Fresh Linens and Towels Provided:** We supply clean sheets and bath towels for your use. While these won't be replaced daily, we trust they'll meet your needs throughout your stay.
- **Farmhouse Living, Not a Hotel Stay:** The farmhouse is a working farm, not a hotel, though we aim to make you feel right at home. While we don't offer room service, we're always happy to

assist you with anything you might need. We also ask for your help in keeping both your room and the shared spaces clean and tidy.

- **Respect the Space:** Please treat the farmhouse and its furnishings with care. Refrain from moving furniture or attaching anything to the walls or surfaces.
- **Septic System Usage:** Our farmhouse operates on a septic system, so we kindly ask that only the provided toilet paper be flushed.
- **Meals and Dining:** Immerse yourself in the daily rhythms of farm life with wholesome, home-cooked meals. Breakfast, lunch, and dinner are served at specific times in the kitchen or dining room. While we don't follow a set menu, snacks are available if you miss a meal. If you have any dietary requirements, let us know in advance, and we'll do our best to accommodate.
- **No Food Upstairs:** To maintain cleanliness, we kindly ask that all food remain downstairs.
- **Privacy and Exploration:** Guests are welcome to explore most areas of the farmhouse, but we ask that you respect the privacy of other guests and their rooms.
- **Library Access:** Feel free to browse our extensive library and borrow any books that interest you. Please return items when you're finished so others can enjoy them, too.
- **Wi-Fi Access:** While Wi-Fi is available, please note that its speed and reliability may be limited due to our rural location.
- **Pets and Our Resident Cat:** Although pets are not permitted, you'll enjoy meeting Captain Jack, our friendly and affectionate farmhouse cat. He loves cuddling with guests and is sure to brighten your stay.
- **Close the Doors:** Please ensure the mudroom and front doors are closed when entering or leaving the farmhouse. This helps keep Captain Jack safe and prevents unwelcome critters from wandering inside.
- **Liability for Damages:** Guests are responsible for any damage to the farmhouse's furnishings, equipment, or devices during their stay. Costs for repairs or replacements will be charged accordingly.
- **Lost or Stolen Items:** The Center at Stone Lions Farm is not liable for lost, stolen, or damaged belongings. Guests are encouraged to take precautions to secure their items.

- **Left-Behind Belongings:** Any personal items left behind will be shipped to the address on your student record at your expense. If no instructions are provided, the belongings will be discarded.

Thank you for helping us preserve the charm and warmth of this shared space. We hope your stay here feels like a true retreat!

## **FARM GUIDELINES**

Stone Lions Farm is a fully operational farm with certain inherent risks, including farm animals, uneven terrain, and potentially hazardous equipment. By participating in activities on the property, visitors accept these risks and are responsible for their own safety and well-being.

We invite you to join us for morning, afternoon, or evening animal chores, a wonderful opportunity to connect with our animals and experience the joy of caring for them. To ensure a safe and enjoyable visit, please follow all safety instructions and guidance from our farm staff. Key guidelines for your visit are outlined below:

- **Vehicle Parking:** Parking at Stone Lions Farm is at your own risk. While we strive to maintain a secure environment, we cannot take responsibility for any damage or theft involving parked vehicles.
- **Harvesting:** While we encourage you to appreciate the beauty of our gardens and fields, please do not pick any fruits or vegetables unless explicitly approved.
- **Privacy and Noise Levels:** Help us maintain a welcoming atmosphere by keeping noise and music reasonable. Please also respect the privacy and enjoyment of your fellow visitors.
- **Prohibited Items:** For everyone's safety, firearms and other dangerous weapons are strictly prohibited on the property.
- **Swimming Pool:** The swimming pool is inaccessible to students or visitors due to safety concerns.
- **Fires:** Fires are permitted only in the designated fire pit. Firewood is provided for your convenience, and fires in other areas are strictly prohibited.
- **Respect for Wildlife:** Our farm coexists harmoniously with a variety of wildlife. Please do not disturb or harm any animals, as this land is their home too. Stewardship and respect are key to our farm's ethos.
- **Farm Etiquette:** Treat our animals, gardens, and forests carefully and respectfully. This shared space thrives on cooperation and mindfulness.
- **Bees:** Bees play a critical role in our ecosystem. Avoid swatting at them—they won't bother you if left alone. If you are allergic to bees, please bring any necessary medication, such as an EpiPen, as we do not have these on-site.

By respecting these guidelines, you help us create a safe, enjoyable, and harmonious environment for all. Thank you for being a part of our community at Stone Lions Farm!





## **FARM ANIMALS**

Farm animals are both fascinating and delightful to observe, yet many people have never had the chance to interact with them up close. We've outlined a few important guidelines below to ensure a safe and enjoyable experience for everyone.

If it's your first time interacting with farm animals, we encourage you to consult our farm staff for guidance.

- Move calmly and slowly around the animals, observing their behavior. Pay attention to their body language—if an animal seems nervous or frightened, give it plenty of space.
- Do not chase, yell at, or attempt to herd the animals. Please avoid opening gates, barn doors, rabbit hutches, or chicken coops without permission. Climbing on or over fences is strictly prohibited for your safety and the animals' well-being.

- Only enter animal enclosures with explicit permission from a staff member. Additionally, please avoid feeding the animals unless instructed—each follows a carefully managed diet and feeding schedule.

By following these simple guidelines, you'll help create a positive and respectful environment for visitors and animals.

### ***PET POLICY AT STONE LIONS FARM***

At Stone Lions Farm, we prioritize creating a safe and enjoyable environment for everyone. As such, pets are not permitted on the property, except for service animals. Service animals are specifically trained to perform tasks that assist individuals with disabilities, such as guiding those with visual impairments, alerting individuals with hearing difficulties, aiding mobility by pulling wheelchairs or retrieving items, providing rescue or protection in limited situations, and supporting balance and stability.

Only service animals properly trained to perform these essential functions are allowed on the farm. Please note that animals brought for purposes such as emotional support, comfort, companionship, crime deterrence, or general well-being do not meet the qualifications of a service animal and, as such, are not permitted.

We welcome you to Stone Lions Farm, where we nurture the land and foster meaningful connections between people and nature. By respecting these guidelines, you contribute to a safe, enriching, and memorable experience for everyone.



*“The ultimate goal of the farmer is not the growing of crops or raising of animals, but the cultivation and perfection of human beings.” – Masanobu Fukuoka*

## **ACADEMIC DEPARTMENTS**

### ***APPLIED BIOENERGETIC MEDICINE***

The Applied Bioenergetic Medicine Department is breaking new ground in health and wellness, introducing cutting-edge, non-invasive methods designed to nurture and enhance well-being. By blending a deep understanding of living organisms with innovative techniques, the department is paving the way for a future where health is not just treated but empowered.

Our approach focuses on aligning with the body's natural abilities to restore balance. We are committed to providing innovative, noninvasive solutions that transform well-being into a proactive, empowering journey.

With a strong emphasis on education and innovation, the department is dedicated to advancing biomedical and bioenergetic practices that promote health holistically and gently. The future of wellness is here—and it's about empowering individuals to achieve optimal health through balance, creativity, and care.

Research forms the foundation of the Applied Bioenergetic curriculum, ensuring students stay at the forefront of bioenergetic medicine. With practical, hands-on learning opportunities, students gain the tools to transform theoretical knowledge into real-world applications, preparing them to meet the challenges of a dynamic health landscape.

The Department of Applied Bioenergetic Medicine offers programs in Applied Bioenergetic Medicine and Therapeutic BioBody Integration, empowering students with the expertise to address health holistically and innovate within this rapidly evolving field.

### ***ENVIRONMENTAL THERAPEUTICS***

The Environmental Therapeutics Department bridges the worlds of ecological sustainability and health innovation, redefining wellness through nature's restorative power. Rooted in the belief that proper health goes beyond treatment to embrace preserving and enhancing well-being, we delve into the profound connection between humanity and the natural world.

Our mission focuses on advancing biomedical education, prioritizing noninvasive methods that work harmoniously with the body's natural processes. By exploring the intricate relationship between the human body and the environment, we aim to pioneer innovative strategies that promote healing, prevent illness, and sustain vitality.

The Environmental Therapeutics Department is proud to introduce its new offering: Nature-Based Therapeutics.

## ***TRADITIONAL AND WORLD MEDICINE***

Discover a groundbreaking approach to wellness with our Traditional and World Medicine Department, a program committed to exploring healing practices inspired by ancient wisdom and global traditions. This innovative department brings together the best of Ayurveda, Traditional Asian Medicine, Tibetan medicine, Indigenous healthcare methods, and Western Herbalism to create a comprehensive and holistic curriculum.

In a world where modern wellness often feels disconnected from its roots, the Traditional and World Medicine Department offers two groundbreaking programs: Living Blended Ayurveda and Integrative Herbal Medicine. These innovative offerings aim to reconnect ancient healing traditions with contemporary health practices, empowering participants to embrace holistic wellness.

Designed for wellness enthusiasts, healthcare professionals, and anyone passionate about integrative medicine, these programs provide transformative tools to promote balance, vitality, and healing. Participants will dive into the powerful connection between nature and health, gaining hands-on knowledge of Ayurvedic principles and herbal medicine that can be seamlessly incorporated into clinical practice or personal wellness routines.



## ACADEMIC PROGRAMS

### APPLIED BIOENERGETIC MEDICINE

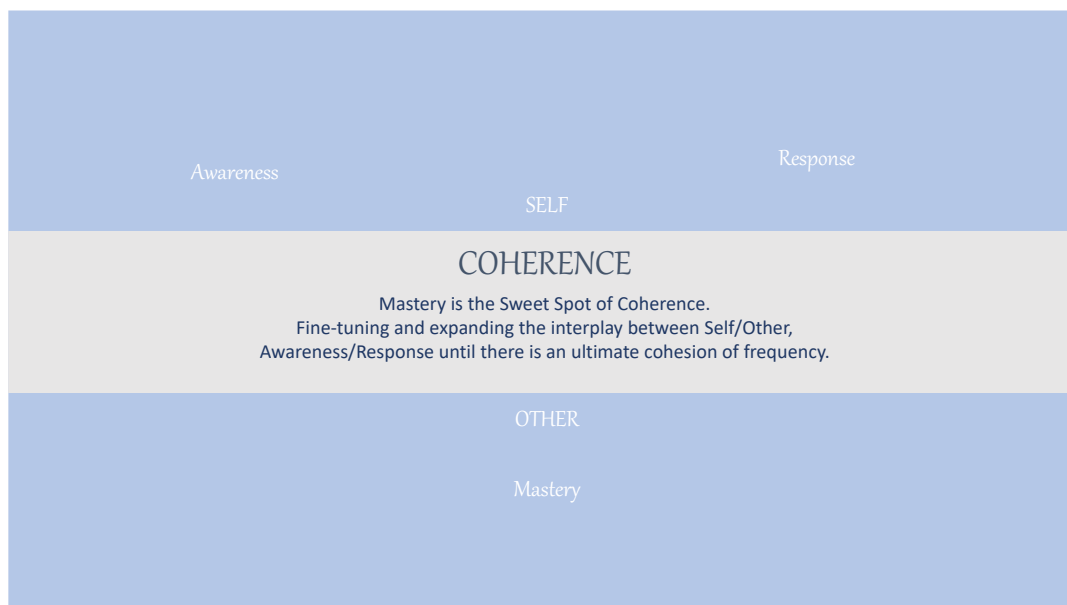
*“The mind and body are interconnected, and by working with the body, we can access deeper levels of self-awareness.”- Alexander Lowen*

A revolutionary program, Applied Bioenergetic Medicine, is set to redefine the field of energy healing and therapeutic practice. The 500-hour program offers a unique blend of subtle energy training, cutting-edge science, and ancient wisdom to create a new generation of energy medicine practitioners.

This comprehensive program combines multidisciplinary scientific perspectives with sacred, intuitive, and alchemical to create a well-rounded foundation for mastering energetic therapeutics. Participants will learn how to adjust vibrational frequencies and establish coherence for optimal well-being in themselves and others.

What sets this program apart is its focus on Frequency Mastery. This approach empowers practitioners to use their own energetic presence as the ultimate tool in any environment or situation. It moves beyond traditional single interventions, offering a transformative path to harnessing energy for healing and growth.

*The cohesion of frequency is coherence. It is by establishing coherence that we start to influence the web of all things, including ourselves, those around us, and the cosmos itself.*



## **Program Highlights and Career Pathways**

The Applied Bioenergetic Medicine program offers an in-depth exploration of foundational principles and practical applications in Bioenergetic Medicine, equipping students with the tools to excel in progressive healthcare. This comprehensive certificate program prepares graduates for various career opportunities, including consulting, education, organizational leadership, entrepreneurship, and advanced studies in higher education or graduate programs.

As pioneers in the evolving health and wellness fields, graduates will be uniquely positioned to lead innovative healthcare approaches and impact the industry's future.

The program is a 10-month journey divided into 10 engaging modules, offering 500 hours of in-depth, immersive learning. Each module provides 40 hours of thoughtfully designed education, seamlessly combining theoretical insights with practical, hands-on experience and an additional 10 hours of expert-guided practice. Graduates will emerge equipped with the expertise and skills needed to explore a wide range of career paths in healthcare, including leadership, consulting, and entrepreneurial opportunities.

### **Outline of Program**

By completing this program, you will receive a Certificate of Completion in Applied Bioenergetic Medicine, equipping you with advanced knowledge and proficiency in a diverse array of holistic healing techniques, including:

- Subtle Energy Influence (Reiki Levels I, II, III, or an equivalent practice)
- Frequency Medicine
- Sound and Acoustic Therapies
- Somatic Subtle Energy Practices
- Crystal and Natural Mineral Healing
- Botanical Essences and Plant-Based Therapies
- Connection to the Natural World
- Elemental Energy Work
- Color and Light Therapy
- Neurolinguistic Acuity
- Guided Imagery Techniques
- Subtle Energy Devices
- ...and more.

This in-depth training gives you the skills and expertise to practice bioenergetic medicine confidently and precisely.

## LEVEL I – SELF

The initial foundation for coherent competency is the ability to navigate various stages of self-awareness and, most importantly, the ability to self-reference and respond to internal and external influences.

As we explore the pillar of Self, you will:

- Learn to identify and adjust the various layers of self—biological, psychological, narrative, spiritual, and so on
- Enhance your ability to reference, recognize, and respond to influences of frequency.

### **Module 1 – The Medicine of Frequency**

*Learning Hours = 30 / Activity Hours = 8 / Total = 38*

- Introduction and Overview

### **Module 2 – Cosmic Self-Awareness – Energy, Vibration**

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

- Layers of “Self-ness” - Who am I?

### **Module 3 – Subtle Energy and Intention**

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

- The Sacred Art of Self-Orientation - Where am I?

### **Module 4 – Chaos, Creativity, and R-Space**

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

- Touching the Void, Strumming the Thread



## LEVEL II – SOCIETY

We are all part of a Living System, and as such, we are continually influenced by “other” frequencies or vibrations. The next foundation of competency is recognizing nuance and the subtle interplay between self and other.

As we explore the pillar of Other, you will:

- Learn to perceive and influence areas of entanglement
- Explore scientific concepts of coupling, decoupling, and recoupling for vibrational integrity.

### Module 5 – Sacred Interplay and Dynamic Tension

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

Attuning to “The Field” - Expanding into Influence

### Module 6 – Entanglement: Coupling, Decoupling, and Recoupling

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

Dissonance and Resonance – Other

### Module 7 – Magnetism and Chaotic Attraction

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

Habit Patterns and Frequency Interference

## LEVEL III – MASTERY

The third foundational pillar of competency is Mastery. Explore the interplay of dynamic tension between Self and Other. Cultivate the ability to expand and influence your vibrational quality.

### Module 8 – Weaving the Web

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

Gathering strands of frequency

### Module 9 – Alchemical Integration

*Learning Hours = 40 / Activity Hours = 10 / Total = 50*

- Elemental Frequency

## Module 10 – Practice and Practicum

*Activity Hours = 62 / Total = 62*

- Supervision
- Practice
- Graduation

The New England School of Bioenergetic Medicine is a TCES Education System and Saybrook University academic partner. Completing the Applied Bioenergetic Medicine Program at NESBEM can be accepted as transfer credits into graduate studies at Saybrook University. If you are interested, please contact Dr. Stephanie Shelburne, Executive Director, for more information.

<b>Level I</b>	<b>Learning</b>	<b>Activity</b>	<b>Total</b>	<b>Credit</b>
The Medicine of Frequency	30	8	38	
Holistic Self-Awareness	40	10	50	
Subtle Energy and Intention	40	10	50	
Chaos, Creativity, and R-Space	40	10	50	
<b>Level I Total</b>	<b>150</b>	<b>38</b>	<b>188</b>	<b>4.2</b>
<b>Level II</b>	<b>Learning</b>	<b>Activity</b>	<b>Total</b>	<b>Credit</b>
Sacred Interplay and Dynamic Tension	40	10	50	
Entanglement: Coupling, Decoupling,	40	10	50	
Magnetism and Chaotic Action	40	10	50	
<b>Level II Total</b>	<b>120</b>	<b>30</b>	<b>150</b>	<b>3.3</b>
<b>Level III</b>	<b>Learning</b>	<b>Activity</b>	<b>Total</b>	<b>Credit</b>
Weaving the Web	40	10	50	
Alchemical Integration	40	10	50	
Practice and Practicum		62	62	
<b>Level III Total</b>	<b>80</b>	<b>82</b>	<b>162</b>	<b>3.6</b>
<b>Program Total</b>	<b>350</b>	<b>150</b>	<b>500</b>	<b>11.11</b>

## **THERAPEUTIC BIOBODY INTEGRATION**

*“Treating your brain, body, heart and spirit as powerful allies and practicing allowing them to be such, is an alignment of itself.”*

Discover the profound connection between mind, body, and energy in our Therapeutic BioBody Integration Program. Therapeutic BioBody Integration (TBI) is a holistic and multidimensional approach to BodyMind well-being. Grounded in the understanding that our sense of self and health are deeply connected to the body’s experiences, TBI combines a variety of therapeutic practices, including Massage, Somatic Therapy, and Energy Medicine. This integrative approach promotes overall well-being by fostering Quantum Coherence and addressing multiple dimensions of health.

TBI embraces the individual as a whole rather than as a sum of separate parts. It acknowledges the interconnected influence of emotional, mental, physical, and spiritual factors on health, striving to create harmony and balance across all aspects of life.

### **Program Highlights and Career Pathways**

Our Therapeutic BioBody Integration (TBI) program offers a comprehensive 500-hour hybrid learning experience, blending immersive residential workshops, flexible online coursework, and hands-on practical training. This program is designed to build a strong foundation in Massage and Somatic Therapy while introducing the transformative principles of Energy Medicine. You’ll gain the knowledge, skills, and confidence to excel in your professional practice.

Rooted in William Tiller’s revolutionary BioBody Metaphor, the curriculum dives deeply into key areas such as anatomy, physiology, therapeutic techniques, client care, and business development. It also integrates somatosensory practices and energy-based approaches to enhance coherence and holistic well-being. Graduates will be fully equipped to embark on their journey as TBI practitioners and progress toward mastering Quantum Coherence.

This program is ideal for individuals, practitioners, and educators who are passionate about exploring the profound healing potential of somatically oriented energy medicine. It emphasizes genuine well-being by fostering compassionate, nurturing relationships and cultivating a supportive, empowering learning environment.

Upon completion, graduates will receive both a transcript and a certificate, qualifying them to sit for the National MBLEX (Massage and Bodywork Licensing Exam). With this certification, you’ll be ready to launch a meaningful and impactful career in this dynamic and transformative field.

The curriculum details are currently being finalized.

## LIVING BLENDED AYURVEDA

*"The natural healing force within each one of us is the greatest force in getting well." Hippocrates*

Experience the transformative power of Ayurveda with our Living Blended Ayurveda Program—a personalized journey toward holistic well-being. Rooted in Ayurveda's timeless principles of balance, vitality, and the deep connection between mind, body, and spirit, this program equips you with the knowledge and tools to transform your life and inspire others.

True harmony is not achieved through one-size-fits-all solutions. It requires expert guidance tailored to your unique needs. That's why the Living Blended Ayurveda Program is designed as an individualized, guided experience. This comprehensive four-phase journey seamlessly blends ancient Ayurvedic wisdom with the realities of modern living, offering a practical, preventative, and sustainable path to optimal health.

Each phase lasts eight weeks and is led by expert facilitators who provide personalized support through one-on-one coaching, interactive classes, hands-on exercises, webinars, and community gatherings. This immersive approach empowers you to create a wellness plan that perfectly aligns with your lifestyle and goals.

This program is far more than a course; it is a journey of self-discovery and empowerment. By the end, you'll possess the skills, knowledge, and confidence to cultivate a vibrant, balanced life anchored in enduring health and vitality. You'll also join a growing community of like-minded individuals dedicated to living in harmony with themselves and their environment.

Let Ayurveda guide you toward a life of purpose, wellness, and balance. Illuminate your path to lasting health and holistic harmony with the Living Blended Ayurveda Program.

### Program Highlights and Career Pathways

The Living Ayurveda Program offers a comprehensive 500-hour journey thoughtfully structured into four eight-week phases. It guides participants toward holistic wellness and deeper self-understanding. Whether you want to become a practitioner, educator, or wellness coach, our program will equip you with the skills and knowledge needed for a rewarding career in holistic health.

#### Phase I: Ayurveda and You

Discover how embracing an Ayurvedic lifestyle or incorporating its principles into your daily routine can help restore balance, health, and overall well-being. Learn to personalize your wellness journey by identifying your unique dosha and adopting lifestyle practices tailored to support it.

## **Phase II: Personalized Nourishment**

In this phase, you'll delve into core Ayurvedic practices that support balanced eating and overall well-being. You'll explore the connection between taste and flavor while learning simple yet effective strategies to nourish your Body, Mind, and Spirit.

## **Phase III: Tending the Self**

Delve into the profound healing potential of your senses and sensory experiences. Discover the natural rhythms of the world around you and how they align with your unique dosha. Gain a deeper understanding of your innate rhythms and learn practical ways to maintain balance, harmony, and ease in your daily life.

## **Phase IV: Emotional Freedom**

Break free from toxic patterns and lingering habits that leave you feeling stuck and depleted. Reclaim your sense of balance, wholeness, and limitless potential.

Ayurveda celebrates individuality, recognizing that each person responds uniquely to food, movement, activities, and life experiences. Its approach to wellness is grounded in three core principles: it is Personalized, Practical, and Preventative.

In this phase, you'll learn how to align your daily routines with your body's natural rhythms, empowering you to achieve greater health and vitality. Discover the keys to harmonizing your habits with your biology and unlock a life of balance, well-being, and renewed energy.

# ENVIRONMENTAL THERAPEUTICS

## NATURE-BASED THERAPEUTICS

*“We are the earth, made of the same stuff; there is no other, no division between us and ‘lower or higher’ forms of being.” – Estelle Lauder*

The Nature-Based Therapeutic Program harnesses the transformative power of nature to promote physical, emotional, mental, and spiritual well-being. Designed for professionals and individuals, this program offers tools to seamlessly integrate nature-based practices into daily life or professional work. By tapping into our deep, innate connection to the natural world, participants learn to unlock nature’s therapeutic potential, enriching their personal growth and professional skills. Guided by a shared commitment to the land, this program blends self-discovery with professional development, fostering meaningful connections that heal individuals and inspire the preservation of our planet.

### Program Highlights and Career Pathways

The Nature-Based Therapeutic Program offers a combination of experiential learning and academic rigor. Rooted in the principles of Deep Ecology, Ecopsychology, and Biophilia, this transformative 500-hour journey is designed to deepen your connection to the natural world while equipping you to inspire meaningful change. Drawing from the wisdom of visionary educators, philosophers, and activists like Joanna Macy, E.O. Wilson, and Jane Goodall, the program integrates immersive experiences with scholarly insights.

Students will gain:

- **Expanded Perspectives:** Develop an embodied understanding of ecological and environmental concepts that drive impactful, actionable change.
- **Nature-Centered Interventions:** Master nature-based practices that promote well-being and personal growth.
- **Professional Integration:** Discover how to apply therapeutic, nature-focused approaches in professional contexts to create a lasting, positive impact.

This program is perfect for individuals seeking a deeper relationship with nature, a nuanced understanding of our environmental challenges, and the tools to empower others to foster harmony with the natural world.

### Program Outline

Curriculum details are currently being finalized.

## **INTEGRATIVE HERBAL MEDICINE**

*“Herbs are a gift from the Earth, meant to be utilized in our journey towards wholeness.  
– Alchemy of Herbs*

Our program blends the art and science of herbal medicine, offering a rich and immersive learning experience. You'll explore topics such as plant identification, ethical harvesting, and crafting herbal remedies while uncovering the cultural significance of botanicals. The curriculum also builds a strong foundation in essential subjects like anatomy, physiology, and herbal pharmacology, seamlessly bridging the wisdom of traditional practices with the innovations of modern science.

### **Program Highlights and Career Pathways**

This program is designed to cater to a diverse range of participants. Whether you're a healthcare professional looking to integrate natural remedies into your practice, a wellness coach expanding your expertise, or an individual passionate about self-care and sustainability, this program equips you with the tools and knowledge to succeed. Focusing on fostering community-driven wellness, this program empowers you to embrace and promote holistic health at every step of your journey.

### **Outline of Program**

This comprehensive 500-hour program, divided into ten modules, offers an in-depth exploration of herbal therapeutics while providing a solid foundation in human anatomy and physiology.

#### **Module 1: Introduction to Herbal Medicine**

Explore the rich heritage of herbal medicine, delving into its deep cultural roots and timeless traditions across the globe. This discussion also sheds light on critical ethical considerations, emphasizing the importance of sustainability and the need to prioritize safety in herbal practices.

#### **Module 2: Creating Your Material Medica**

Delve into the core principles of energetics by exploring essential concepts like warming versus cooling and drying versus moistening effects. This guide also empowers you to create your materia medica, fostering thorough research and meticulous documentation of various herbs.

#### **Module 3: Herbal Preparations**

Learn the craft of making herbal remedies, providing an in-depth exploration of essential techniques such as infusions, decoctions, tinctures, and salves. It serves as a complete guide to extraction methods while covering the fundamental principles of dosage calculations (posology) with clarity and precision.

## **Module 4: Herbs for the Skeletal System**

**Focuses on enhancing bone health, boosting mineral density, and supporting injury recovery. It also explores herbal remedies to combat osteoporosis and alleviate joint inflammation.**

## **Module 5: The Nervous System**

Explore herbal remedies designed to support stress relief, anxiety management, improved sleep, and cognitive health. We will also distinguish between adaptogens and nervines, providing deeper insights into their unique properties and benefits.

## **Module 6: The Respiratory System**

Explore the power of herbs in supporting respiratory health, focusing on remedies for colds, allergies, and asthma. It introduces effective strategies to strengthen lung function while boosting the immune system, fostering overall wellness and vitality.

## **Module 7: The Cardiovascular System**

Discover herbal remedies designed to enhance heart health and support the circulatory system. Explore practical strategies for regulating blood pressure, improving cholesterol levels, and boosting vascular function, offering a natural approach to cardiovascular well-being.

## **Module 8: The Digestive System**

Discover how herbs can support digestive health by easing gut discomfort, promoting a balanced microbiome, and enhancing overall digestion. This exploration delves into digestive stimulants and highlights herbs that strengthen the vital gut-brain connection.

## **Module 9: The Reproductive System**

This module focuses on menstrual health, fertility, and postpartum recovery, utilizing the natural power of herbs to support overall well-being. By providing holistic, personalized care, we address the unique reproductive health needs of both men and women, offering thoughtful, natural solutions to promote balance and vitality.

## **Module 10: The Integumentary System**

Learn how to harness the power of herbal remedies to nurture your skin, hair, and nails. Discover natural, effective solutions for your everyday care, from soothing burns and healing wounds to combating acne and relieving dryness.

Curriculum details are currently being finalized.





## CONTACT INFORMATION

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## **CATALOG - HANDBOOK ACKNOWLEDGEMENT**

The New England School of Bioenergetic Medicine (NESBEM) ensures all students can access its Catalog/Handbook online. This comprehensive document serves as a guide to the school's policies, procedures, and general information, helping students navigate every aspect of their experience at NESBEM.

I, the undersigned student, confirm that I have accessed the Catalog/Handbook provided by NESBEM. I should contact the Executive Director or the Academic Coordinator for clarification if I have any questions regarding its content.

I acknowledge that the policies and information outlined in the Catalog/Handbook are subject to change.

I understand that updates may be issued through official notices and that such updates may amend or replace existing policies.

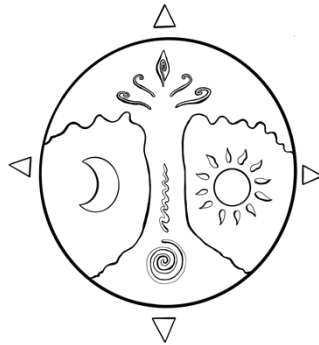
I recognize that this Catalog/Handbook is not a binding contract or legal agreement for admission.

Furthermore, I accept responsibility for adhering to the policies outlined in this document and any future updates or revisions.

Students are given a separate acknowledgment form to sign and submit confirming receipt of the Catalog/Handbook.



## **The New England School of Bioenergetic Medicine**



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