

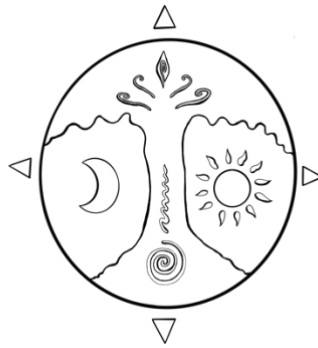
THE NEW ENGLAND SCHOOL OF BIOENERGETIC MEDICINE

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

CATALOG AND STUDENT HANDBOOK

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A MESSAGE FROM THE EXECUTIVE DIRECTOR

“Through the lens of active learning and embodied action, we generate opportunities that inspire curiosity and creativity to establish a deeper sense of connection.”

– Dr. Stephanie Shelburne, Executive Director, NESBEM

Welcome to NESBEM – A Community of Growth and Discovery. On behalf of the faculty and staff, it is my pleasure to welcome you to the vibrant and inclusive community of the New England School of Bioenergetic Medicine (NESBEM). At NESBEM, we are deeply committed to advancing education and learning in Integrative Science and Health. Our mission is to provide a dynamic, practical, and professional approach that seamlessly blends modern science with ancient wisdom. Here, we nurture a profound connection to the natural world while equipping you with practical tools to promote health and well-being for all.

At NESBEM, you’ll become part of a passionate, purpose-driven community dedicated to creating meaningful change through health and wellness. Our diverse students are united by a shared commitment to making a positive impact in their communities. Here, you’ll discover your unique potential and embark on a transformative journey, unlocking both personal growth and professional opportunities that will empower you to make a difference in the world.

Whether you’re advancing in your current field, exploring a new career, or pursuing a lifelong passion, our thoughtfully designed programs offer unparalleled opportunities for personal growth, professional development, and a deeper understanding of the world. Together, we’ll embark on a transformative journey, embracing the future with curiosity, determination, and hope.

Throughout the catalog, you will find pictures of Stone Lions Farm, which our school calls “home.” Members of our community are always welcome to visit the farm!

Welcome to a community where learning meets purpose, and transformation is only the beginning.

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

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ABOUT US

Embracing the vision of UNC Founder Dr. Y. King Liu, the New England School of Bioenergetic Medicine integrates principles from both Eastern and Western medicine to promote optimal human health and well-being. Under the thoughtful leadership of Dr. Stephanie Shelburne, a board of directors oversees the school, which operates as a 501(c)(3) non-profit organization.

The New England School of Bioenergetic Medicine takes pride in being a pioneering hub for education and research, dedicated to exploring the most effective health and healing pathways that benefit our environment and the well-being of all living beings. Every aspect of our programming is carefully designed to nurture ecological awareness, inspire ethical reflection, and offer hands-on experiences that promote growth and discovery. Our mission is to create a harmonious blend of modern science and ancient wisdom, helping you reconnect with the natural rhythms surrounding you while uncovering meaningful ways to enhance your well-being—for you and non-humans alike. The New England School of Bioenergetic Medicine is more than just an institution; it's a community that passionately fosters education in the captivating realm of integrative science and health. The New England School of Bioenergetic Medicine is not a degree-granting institution.

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.

STONE LIONS FARM



Nestled in the Foothills of the Green Mountains, The New England School of Bioenergetic Medicine is located at Stone Lions Farm, a serene 300-acre expanse of forests and fields in the heart of the Green Mountains. This tranquil setting provides the perfect backdrop for a transformative learning journey.

From the moment students arrive, they are immersed in an atmosphere of profound calm, shaped by the natural rhythm of the farm. Here, life flows with nature's cycles rather than with the ticking of clocks. We begin our days with the sunrise and wind down as the sun sets, drawing inspiration from the plants, animals, and wildlife that surround us. This connection to nature encourages mindfulness and a focus on what truly matters in the present moment.

Committed to advancing research for the well-being of all, the school fosters an environment that promotes physical and mental renewal while nurturing the spirit and soul.

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 a NESBEM student, helping you make the most of your experience with us. Inside, you'll find essential information about our policies, procedures, and the many opportunities available to you. While we strive to ensure the accuracy of all information provided, please note that NESBEM reserves the right to make updates to 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 regularly check your personal email and Mighty Networks, which serve as our primary channels for school communications. These platforms will keep you updated with important information, deadlines, and announcements. It is your responsibility to stay informed and take action based on the information provided. Welcome to NESBEM—we're excited to be part of your journey!



Amalthea and her two sisters!

GENERAL INFORMATION

ADMISSIONS AND ENROLLMENT

The New England School of Bioenergetic Medicine (NESBM) embraces an open-door admissions policy, welcoming all individuals 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 holistic learning experience. Our admissions process is flexible, making it easy for you to start your journey today.

Our 10-month programs start each year and accept students from all over the United States and beyond, with no residency requirements. Join us and take the first step toward a transformative educational experience.

ENROLLMENT PROCESS

To enroll, please follow the steps and guidelines below.

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

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

Step Two: Once you submit your application, we will contact you to arrange a phone or in-person meeting with our Executive Director, Dr. Stephanie Shelburne. This conversation will allow us to explore how your chosen program supports your personal and career aspirations while gaining a deeper understanding of your interest and dedication to our program, our organization, and its mission.

Step Three: Upon acceptance into the program, students must complete additional paperwork and submit a \$100 non-refundable deposit to secure their spot. This deposit will be credited toward the total program tuition.

Step Four: A school representative will contact you to discuss your preferred tuition payment options and help you set up a customized payment schedule.

TUITION

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

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 Plans: Alleviate your financial burden with interest-free installment options. Opt to pay over 12, 18, or even 24 months, tailored to fit your needs.

As a student in the Applied Bioenergetic Medicine Program, you have the unique opportunity to enrich your learning experience by joining the Association for Applied Bioenergetic Medicine (AABEM) as a student member. Discover the intriguing connection between energy and health while contributing to the expanding scientific acknowledgment of Applied Bioenergetic Medicine.

Student membership comes with incredible benefits, including an exclusive introductory rate of just \$25 for the first year and a 25% tuition discount on the program. (The Discount applies exclusively to Applied Bioenergetic Medicine Program students.)

TUITION FOR THE APPLIED BIOENERGETIC MEDICINE, MASSAGE AND SOMATIC THERPAY, AND ENVIRONMENTAL THERAPEUTICS PROGRAMS IS \$6,000. PAYMENT PLANS BELOW.			
PAYMENT PLAN	PROGRAM TUITION (- \$100 application fee)	MONTHLY PAYMENT	APPLIED BIOENERGETIC STUDENTS ONLY. MONTHLY PAYMENT WITH AABEM 25% STUDENT DISCOUNT (BEM students)
Single Payment	\$5,900	0.00	\$4,050
Monthly Payment	\$5,900	\$590.00	\$440.00
12-month Plan	\$5,900	\$491.66	\$366.66
18-month Plan	\$5,900	\$327.77	\$244.44
24-month Plan	\$5,900	\$245.83	\$183.33

**TUITION FOR THE INTEGRATIVE HERBAL MEDICINE AND LIVING AYURVEDA PROGRAMS IS \$1,100.
PAYMENT PLANS BELOW.**

PAYMENT PLAN	PROGRAM TUITION \$100 application fee)	(- MONTHLY PAYMENT
Single Payment	\$1,000	\$1,000
Monthly Payment	\$1,000	\$100.00
12-month Plan	\$1,000	\$83.33



The Abigail's!

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 fully engage in a vibrant virtual classroom. 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 Ayurveda Programs, provide an exceptional opportunity to engage in four-day intensive retreats each month at the Centre at Stone Lions Farm, home to the New England School of Bioenergetic Medicine. This tranquil sanctuary focuses on nurturing 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.

The farm, which spans 70 acres, boasts lush hay fields, carefully maintained forests, and tranquil wetlands, offering a space of natural beauty and inspiration. 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.



Clyde and Jack - Our Belgium Draft Horses

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 holistic growth.

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 contact 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 deeply committed to safeguarding the privacy and confidentiality of our students and staff. Your information is handled with the utmost care, and we rigorously address any privacy concerns. Our mission is to cultivate an environment built on trust and mutual respect, where your privacy remains our highest 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

To update your personal information, such as your name or address, please contact the Office. Official documentation—like a marriage certificate or court order—is required for name changes. Additionally, make sure that the name on your Social Security card matches the name on your submitted documentation.

Current students may also choose to designate a "preferred" first name that differs from their legal name. This preferred name will appear on class rosters in platforms like Moodle and Mighty Networks. However, legal names will remain unchanged 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 are required to attend the four-day intensive held at the Centre 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

We encourage contacting the Executive Director if you consider withdrawing from a module or the entire program. We understand that every situation is unique, and decisions about your continuation or return to the program will be handled on a case-by-case basis. Your withdrawal will be officially recognized once the process is initiated. If you cannot speak directly with the Executive Director, you may submit a written statement via email explaining your reasons for this decision. Your withdrawal date will be confirmed once you have either spoken with or emailed the Executive Director. This is an important decision, and we are here to provide guidance and support every step of the way.

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

Here's how the refund policy works:

- Before the first day of class: 100% of tuition is refundable.
- Up to 10% of the program is completed: 90% of tuition is refundable.
- Up to 25% of the program is completed: 75% of tuition is refundable.
- Up to 50% of the program is completed: 50% of tuition is refundable.
- After 50% of the program is completed: No refunds will be issued.

RE-ENROLLMENT

Students interested in reenrollment are encouraged to reach out to the Executive Director, Dr. Stephanie Shelburne. Each case is unique and will be given the personalized attention it deserves.

PROGRAM COMPLETION

To complete our 10-month program, students must fulfill all required module hours, participate in intensives (either in-person or online), and successfully complete all assignments.

Students who meet all program requirements will be awarded a Certificate of Completion. This certificate, issued in the student's name and officially recorded 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.



Stone Lions Farmhouse

POLICIES AND PROCEDURES

ETHICAL STANDARDS

At the New England School of Bioenergetic Medicine, we are guided by a unique set of ethical principles that shape everything we do. Our core values center on mutual respect, inclusivity, and a profound connection to the natural world. We strive to act with integrity in our thoughts, actions, and communication, inspiring our students to adopt this positive and mindful approach throughout their educational journey.

Drawing from the Living Systems Theory, we emphasize the vital role of continuous communication in nurturing meaningful connections between individuals, within communities, and across the biosphere. Compassion, driven by a strong commitment to integrity, lies at the heart of our interactions. We actively listen, encourage shared responsibility, and foster the emergence of collaborative leadership within our community.

Our foundation is built on inclusivity, respect, and tolerance. We stand firmly against hatred, bigotry, and discrimination in all forms. Our educators are dedicated to fostering a supportive, compassionate, and collaborative environment where every member of our learning community feels valued and empowered.

CONFLICT RESOLUTION

Disagreements are a natural part of human interaction and an inevitable aspect of meaningful relationships. While conflict is often viewed negatively, it can act as a powerful catalyst for personal growth, learning, and deeper connections. Although navigating conflict can be uncomfortable and challenging, using effective strategies can help develop the skills needed to engage in constructive conversations and resolve disputes. If you are facing interpersonal challenges or unresolved conflicts with a fellow student, instructor, or staff member, please reach out to the Executive Director, Dr. Stephanie Shelburne, for assistance.

DIVERSITY

The New England School of Bioenergetic Medicine is committed to promoting diversity in all its forms. We consistently strive to create an inclusive environment across our community, educational practices, and institutional policies, ensuring that diversity is central to all our efforts.

SUSTAINABILITY

Located at the Centre at Stone Lions Farm, the New England School of Bioenergetic Medicine is devoted to sustainable practices. It strives to minimize its environmental impact while fostering a healthier planet. We believe sustainability means reflecting on the effects of our actions, recognizing the interconnection between people and ecosystems, and working toward a thriving, equitable future for all.

To bring this vision to life, we are committed to:

- Cultivating a culture of sustainability through leadership, active engagement, and well-established practices.

- Driving solutions through interdisciplinary collaboration, education, research, and innovation.
- Incorporating environmental stewardship into every aspect of the school's operations, ensuring accessibility and meaningful impact.

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

DISCRIMINATION, HARASSMENT, AND SEXUAL HARASSMENT

The New England School of Bioenergetic Medicine cultivates an inclusive environment that values and respects individuals of all ages, genders, races, colors, national origins, abilities, and veteran statuses, ensuring everyone is treated with dignity and equality

SEXUAL HARASSMENT

The New England School of Bioenergetic Medicine is dedicated to maintaining high standards of professional ethics, ensuring that individuals do not misuse their authority or power in personal interactions. Consequently, the School firmly prohibits sexual harassment and misconduct by any member of its community, including faculty, staff, and students. Sexual harassment encompasses any unwelcome sexual advance or other inappropriate verbal or physical conduct of a sexual nature when (1) a reasonable person believes their response to the conduct could affect their employment or academic status, or (2) the behavior creates a hostile or intimidating environment for work or study. This harassment can manifest in various forms: verbal, visual, physical, or in written or electronic communication. Even if it does not violate state or federal law, the School may still classify an action as sexual harassment.

Stalking is also recognized as a type of harassment, defined as someone who willfully, maliciously, and repeatedly follows or harasses another person in ways that:

- Would make a reasonable person, or that person's immediate family, feel frightened, intimidated, threatened, harassed, or molested and
- Induces feelings of terror, fear, intimidation, or harassment in the person being followed. Furthermore, sexual misconduct encompasses all nonconsensual sexual actions, ranging from unwanted sexual touching and exposure to nonconsensual or forced sexual assault. This definition also includes "dating violence," referring to violence against someone with whom the perpetrator has a dating relationship, which does not include casual acquaintances or ordinary social interactions in business contexts.
- Examples of behavior that may be considered sexual harassment include requests for sexual favors; unwanted or inappropriate hugging, touching, patting, or brushing against another person's body; inappropriate whistling or staring; suggestive comments about sexual activities; soliciting private meetings outside of class or business hours for inappropriate reasons; using sexual jokes, stories, or images unrelated to the class subject; and making remarks about an individual's body or sexual experiences.

Please remember that being sexually assaulted is not your fault. It is the fault of the person who assaulted you. Sexual assault is a deeply traumatic crime, leading to numerous short-term and long-term emotional and physical effects. It's essential to prioritize your well-being. You deserve understanding, support, and continuous care. The School will collaborate with students who are victims of sexual assault to implement interim measures that aim to alleviate fear and concerns about personal safety. Students who have reported a case of sexual assault will receive supportive measures from the Executive Director to ensure their safety and comfort while they remain students.

DISCRIMINATORY HARASSMENT

Harassing behavior includes but is not limited to: (1) the use of derogatory language, slurs, negative stereotypes, or any threatening, intimidating, or hostile actions based on race, color, gender, national origin, age, or disability; and (2) written or graphic content that demeans or expresses hostility toward an individual or group due to these characteristics. Such material is strictly prohibited, whether shared online (e.g., Facebook, X, Instagram, or other social media platforms) or distributed within the school.

This behavior violates the standards of conduct expected from all members of the school community, including students, staff, and faculty. Those found engaging in harassment will face disciplinary measures, ranging from a formal warning to termination, depending on the severity of the misconduct.

Individuals who feel they have experienced harassment, discrimination, or sexual harassment are strongly encouraged to report their concerns to the Executive Director.

ILLEGAL DRUGS AND ALCOHOL

NESBEM is committed to providing a safe, substance-free environment for all students, employees, and guests. To uphold this standard, the possession, use, or distribution of alcohol, illegal drugs, synthetic substances, or the misuse of prescription medications is strictly prohibited.

It is important for students to understand that NESBEM reserves the right to address policy violations regardless of where they occur. Furthermore, drug paraphernalia—such as pipes, signs, or clothing—is not allowed on NESBEM property, and any violations may result in disciplinary action.

Alcohol- and drug-related offenses are evaluated on a case-by-case basis. Depending on the severity of the violation, consequences may range from a formal notice on the student's record to immediate dismissal. NESBEM remains dedicated to fostering a safe, respectful, and thriving community for all.

TOBACCO AND ELECTRONIC CIGARETTES/VAPORIZERS

NESBEM is committed to maintaining a smoke-free, tobacco-free, and vape-free environment. The use or possession of any tobacco products—including smokeless tobacco, vapor devices, electronic cigarettes, hookahs, and other simulated tobacco items—is strictly prohibited across all NESBEM properties.

WEAPONS

The possession or use of weapons, including firearms, is strictly forbidden on NESBEM property. This policy

applies to handguns, hunting rifles, shotguns, air guns, paintball guns, knives with blades longer than four inches, explosives, Tasers, and similar items. Additionally, storing firearms or related equipment—such as recreational or hunting gear—on NESBEM premises is strictly prohibited.

Consequences for Policy Violations

Violating this policy may result in severe disciplinary actions, including formal reprimands, confiscating prohibited items, or termination of affiliation with the School. NESBEM is committed to maintaining a safe and secure environment for all.



Mimi and Jack!

ROMANTIC RELATIONSHIPS BETWEEN EMPLOYEES AND STUDENTS

At NESBEM, our community comes first. NESBEM is dedicated to building a close-knit, supportive environment where faculty, staff, and students form meaningful connections. Personal relationships are

valued, and the School fosters a culture where faculty and staff engage with students' academic growth and their personal well-being, always with care and respect.

Recognizing the inherent power dynamics between faculty and students, NESBEM maintains a clear expectation of professionalism. Faculty and staff are required to uphold boundaries and avoid 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 deemed appropriate only within the context of marriage. Any sexual involvement between a school employee and a student who is not their spouse will result in the immediate termination of the employee and dismissal of the student.

To protect the well-being of all community members, the School prioritizes preventing situations that could create opportunities for inappropriate relationships. By adhering to these principles, NESBEM ensures an environment rooted in trust, respect, and professionalism, allowing every individual to thrive.

STUDENT GRIEVANCES

NESBEM policies outline a clear process for students to address grievances related to academic issues or concerns involving faculty or staff. Comprehensive details about these procedures are available through the school's Administrative Office.

ACADEMIC INTEGRITY

At NESBEM, academic integrity is a core value, and we expect all students to uphold honesty in their academic work. Academic dishonesty—such as cheating, plagiarism, unauthorized collaboration on assignments or exams, or any behavior that undermines integrity—is strictly prohibited.

Cheating refers to using deceptive methods to bypass academic requirements or obtain a grade that does not reflect one's true abilities. Plagiarism involves using someone else's ideas or written work without proper acknowledgment, including failing to use quotation marks when directly citing a source.

Students are responsible for understanding and following the principles of academic honesty. Violations of these principles carry serious consequences, which may include receiving a zero on the assignment, failing the course, or, in cases of repeated offenses, expulsion from the school.

At NESBEM, we are committed to fostering a culture of fairness, ethical scholarship, and integrity in every aspect of academic life.

RETENTION OF ORIGINAL WORKS

Students and faculty are responsible for upholding and respecting the originality of ideas and work. It is essential to recognize that the outcomes of creative effort rightfully belong to their creator unless they are willingly shared.

FREEDOM OF EXPRESSION

We firmly uphold the right to free expression at the New England School of Bioenergetic Medicine (NESBEM). We aim to enrich our students' intellectual growth, personal beliefs, and character development by fostering open dialogue and rigorous discussion and promoting respect for diverse cultures and

viewpoints. Our policies and actions reflect our dedication to free expression and academic freedom, which encourage bold, thoughtful, and fearless debate. At NESBEM, we:

- Empower students to engage critically with course material, ensuring assessments are based on the quality of their arguments and performance, not their personal opinions, in alignment with our academic goals.
- Respect every student’s right to express well-reasoned opinions, even when they differ from those of faculty or peers, without fear of bias or unfair evaluation.
- Support faculty in their academic freedom to pursue truth, challenge established ideas and responsibly share insights within their areas of expertise.
- Embrace a diverse community of individuals with different perspectives, united by a shared commitment to preserving both individual and collective rights. Each member of our community is responsible for creating an environment free from discrimination or abuse, where everyone can learn and work without fear.

At NESBEM, free expression is a principle and the foundation of our academic and cultural integrity.

GENERAL ARTIFICIAL INTELLIGENCE

Artificial Intelligence (GAI) is a powerful tool that greatly enhances your 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. It is each student's responsibility to assess 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

NESBEM fully supports your right to express yourself freely and engage actively in online classes. We must treat each other and our instructors with kindness and respect. Please remember that using offensive or inappropriate language is unacceptable in any form of communication, including emails, discussion posts, group projects, or submitted assignments. While it is okay to have differing opinions, be sure to express them respectfully. Thank you for helping to foster a positive and respectful learning environment.

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 repeated behavior—whether written, verbal, electronic, physical, or gestural—intentionally directed at an individual that:

- Causes physical or emotional harm or damages their property.
- Creates a reasonable fear of injury or property damage.
- Establishes a hostile or intimidating environment within the school.
- Violates the individual's rights in the school setting.
- Significantly disrupts the educational process or the school's orderly functioning.

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

This policy also addresses cyberbullying, which involves using technology or electronic communication to harm, intimidate, or manipulate others. Cyberbullying encompasses the transmission of signs, messages, images, data, or other information via electronic means such as email, internet platforms, instant messaging, or even faxes.

Examples of cyberbullying include creating a webpage or blog impersonating someone else to post harmful content or messages, distributing electronic communications to multiple recipients, or posting information

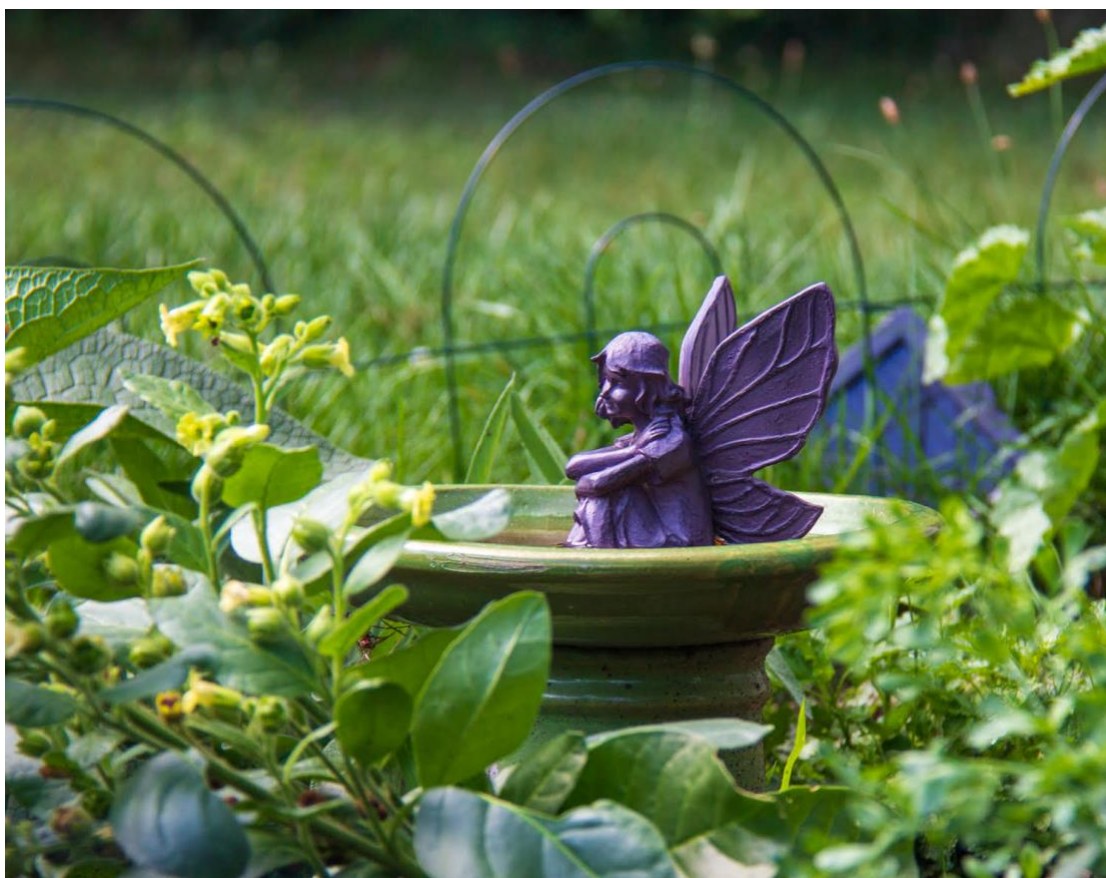
on public forums. If these actions meet any of the conditions outlined in points (1) to (5) above, they are considered cyberbullying.

This policy ensures a safe and respectful environment for all members of the school community. Violations will be taken seriously and addressed accordingly.

PHOTOGRAPHY AND VIDEO RECORDING

The New England School of Bioenergetic Medicine (NESBEM) reserves the right to capture and use photographs, videos, and electronic images, as well as comments and quotes from students and visitors taken on its premises or during school-sponsored events, for marketing purposes. By enrolling at NESBEM, students consent to the use of their images, quotes, and comments in public relations, advertising, fundraising, and promotional materials.

Students who prefer not to have their photos, videos, or comments used by NESBEM may opt out by completing a photo opt-out form available via email upon request.



Fairy Garden on the Farm!

GUIDELINES FOR STONE LIONS FARM

Discover the Serenity of Stone Lions Farm.

Immerse yourself in the tranquility of Stone Lions Farm, where nature's gentle embrace sets the tone for transformation. During our four-day intensives, students are invited to stay at the Centre at Stone Lions Farm, a peaceful retreat that harmonizes your heart with the soothing rhythms of the natural world. From the moment you arrive, you'll feel renewed and empowered to embark on your journey.

A Sanctuary of Beauty and Sustainability

Spanning over 300 acres of lush forests and open fields, Stone Lions Farm is a haven of natural beauty and environmental stewardship. It serves as both a research and educational sanctuary for those who cherish nature and share our mission to protect it. Our farm and farmhouse embody sustainable and regenerative practices, creating an eco-conscious space that reflects our deep commitment to the planet and its future. Reconnect, Refresh, and Find Inspiration

Stone Lions Farm is more than just a retreat—it's a space to nourish your body, mind, and spirit. Reconnect with yourself, others, and the vibrant beauty of the natural world. This nurturing environment provides the perfect setting to restore your energy, refresh your perspective, and rediscover inspiration for the path ahead.

A Commitment to Health and Well-Being

We prioritize the health and well-being of everyone who visits or works with us. To ensure a safe and welcoming environment, we kindly ask all guests to review and adhere to our Farm and Farmhouse guidelines during their stay.



FARMHOUSE GUIDELINES

Step into the farmhouse and leave the outside world behind. Here, you will discover a sacred sanctuary—a space where we come together to embrace and express our truest selves. The farmhouse embodies grace, dreams, creativity, truth, light, and love, providing a haven for authenticity and connection.

- **Shoes Off, Comfort On:** As we transition from the outdoors, please remove your shoes before entering the mudroom. For indoor use, please bring house shoes or skid-resistant socks.
- **A Fragrance-Free Environment:** To ensure a welcoming atmosphere for everyone, we ask that you avoid wearing or using scented or synthetic products, such as perfumes, colognes, hair products, or scented lotions. Don't worry—we provide complimentary shampoo, conditioner, and bath oil to ensure your comfort during your stay.
- **Linens and Towels Provided:** We supply fresh sheets and bath towels for your convenience. While these won't be replaced daily, we trust everything will meet your needs.
- **Farmhouse Living, Not a Hotel Stay:** The farmhouse serves as a working farm, not a hotel or resort, though we strive to make you feel at home. While we don't provide room service, we are always ready to assist you with anything you need. We kindly ask that you help keep your room and shared areas clean and tidy.
- **Respect the Space:** Please treat the farmhouse with care. Do not move furniture, and do not affix anything to the walls or furniture.
- **Septic System in Use:** Our farmhouse uses a septic system, so we kindly ask that you only flush the toilet paper we provide.
- **Meals and Dining:** You'll be part of our farm's daily rhythms, enjoying healthy, home-cooked breakfasts, lunches, and dinners. While we don't follow a set menu, snacks will be available if you miss a meal. Meals are served at designated times in the kitchen or dining room. If you have specific dietary needs, please inform us in advance.
- **No Food Upstairs:** To help maintain cleanliness, we ask that food remain downstairs.
- **Privacy and Exploration:** Though guests are welcome to explore most areas of the farmhouse, please respect the privacy of other guests' rooms.
- **Library Access:** You can browse our extensive library and borrow anything that interests you. Please return items when you are finished so others can enjoy them as well.
- **Wi-Fi Availability:** Wi-Fi is provided, but we cannot guarantee its speed or reliability due to its rural location.
- **Pets and Our Resident Cat:** While we do not permit pets on the farm or in the farmhouse, you'll have the pleasure of meeting Captain Jack, our affectionate farmhouse cat. He loves cuddling with guests and is sure to brighten your stay.

- **Close Doors Behind You:** Please remember to close the mudroom and front doors when entering or leaving the farmhouse. This helps keep Captain Jack safe and prevents unwanted critters from coming in.
- **Liability for Damages:** Guests are responsible for any damage to the farmhouse's furnishings, equipment, or devices that occurs during their stay. The costs for repairs or replacements will be charged accordingly.
- **Lost or Stolen Items:** The Center at Stone Lions Farm is not responsible for any lost, stolen, or damaged belongings. Guests must ensure the safety of their items during their stay.
- **Left-Behind Belongings:** If personal items are left behind, they will be sent to the address listed on your student record at your expense. If no instructions are provided, the belongings will be discarded.

We hope these guidelines provide a pleasant and seamless experience for all our guests. Thank you for respecting our farmhouse and enjoying everything Stone Lions Farm has to offer!

FARM GUIDELINES

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

Join us for morning, afternoon, or evening animal chores. This is a great opportunity to connect with our animals and experience the joy of caring for them. Please adhere to all safety instructions and guidance from our farm staff to ensure a positive and safe experience for everyone.

- **Vehicle Parking:** If you park your vehicle at Stone Lions Farm, please note that you do so at your own risk. While we strive to create a safe environment, we cannot be held liable for any damage or theft involving parked cars.
- **Harvesting:** While we encourage everyone to enjoy the beauty of our gardens and fields, please refrain from picking any fruits or vegetables unless you have received prior approval.
- **Respecting Privacy & Noise Levels:** Please keep noise and music at a reasonable level to maintain a welcoming atmosphere. Also, respect the privacy and enjoyment of your fellow participants.
- **Prohibited Items:** Firearms and other dangerous weapons are strictly prohibited on the property for everyone's safety.
- **Swimming Pool:** For safety reasons, the swimming pool is not accessible to students or visitors.
- **Fires:** Fires are only allowed in the designated fire pit, and we provide the firewood for your convenience. Please do not light fires in any other areas.
- **Coexisting with Nature:** We share this land with a diverse array of wildlife. Please do not disturb or harass the animals, as this is their home too. Our farm thrives on harmony and stewardship.

- Farm Etiquette: Treat our animals, gardens, and forests with care and respect. Remember, this is a shared space between humans and nature.
- Bees: Bees are vital members of our ecosystem. Avoid swatting at them; they will not bother you if left alone. If you are allergic to bees, please bring any necessary medication or an EpiPen, as we do not have these on-site.



Our Stone Lions Landscape Director, Alysa Larkin feeding the sheep!

FARM ANIMALS

Farm animals are fascinating to observe and a joy to watch. However, many people have never had the opportunity to interact with them up close. To ensure a positive experience, we've compiled some guidelines for you.

If you are new to interacting with farm animals, please consult our farm staff for guidance.

- Take your time and move slowly and calmly around the animals. Pay close attention to their body language. If an animal appears nervous or frightened, give it space.
- Avoid chasing, yelling at, or herding the animals. Please do not open gates, barn doors, rabbit hutches, or chicken coops without permission. For everyone's safety, climbing on or over fences is strictly prohibited.
- You may only enter animal enclosures if you have received explicit permission from a farm staff member. Similarly, please do not feed the animals unless instructed by our staff, as they adhere to carefully planned diets and feeding schedules.

PET POLICY AT STONE LIONS FARM

Pets are not allowed on Stone Lions Farm, except for service animals. Service animals are specially trained to perform tasks or assist individuals with disabilities. These tasks may include guiding those with visual impairments, alerting individuals with hearing impairments, assisting in mobility by pulling a wheelchair or picking up dropped items, providing minimal rescue or protection, and helping with balance and stability.

To be allowed on the property, a service animal must be properly trained to carry out a specific service function. It is important to note that animals brought for crime deterrence, emotional support, comfort, companionship, or general well-being do not meet the criteria for service animals and are not permitted.

Welcome to Stone Lions Farm, where we nurture both the earth and the bonds between people and nature. By adhering to these guidelines, you help ensure a safe, enriching, and enjoyable experience for all.



Executive Director Dr. Stephanie Shelburne is just strolling with the flock!

“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

BIOENERGETIC MEDICINE

Under the leadership of Dr. Stephanie Shelburne, the NESBEM Bioenergetic Medicine Department carries forward the vision of UNC Founder Dr. Y. King Liu. By combining Eastern and Western medicine principles, the department strives to achieve optimal human health and performance.

Our Biomedical Department is deeply committed to uncovering the fundamental mechanisms of human and organismal development and function. Through a comprehensive understanding of these processes, we aim to identify the root causes of diseases. By seamlessly integrating bioenergetics into our research and education, we are pioneering a transformative approach to healthcare. We are excited about our innovative methods' profound impact on advancing biomedical research and improving healthcare outcomes.

At NESBEM, we are dedicated to conducting groundbreaking research that forms the core of our curriculum, ensuring our students remain at the cutting edge of biomedical innovation. Our holistic approach to health emphasizes the complex connection between the body, mind, and environment in achieving well-being. Through hands-on learning opportunities, students gain the skills needed to translate theoretical knowledge into practical applications, deepening their expertise. Our robust community outreach and public health initiatives extend our influence beyond the classroom, fostering meaningful contributions to global health sustainability and improvement.

Programs within the Department of Bioenergetic Medicine include Applied Bioenergetic Medicine and Massage and Somatic Therapy.

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 true 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.

Although the department is temporarily closed, we are excited to announce its grand reopening on June 5, 2025, along with the launch of its flagship program, Natura Gratia. We invite you to join us in reimagining health and wellness through a deeper, more integrated connection with nature. Together, we can harness nature's power to create a healthier, more sustainable future.

TRADITIONAL MEDICINE

The Traditional Medicine Department invites you to embark on a transformative journey into the healing practices of ancient wisdom and diverse global traditions. Our comprehensive curriculum weaves together the principles of Ayurveda, Traditional Asian Medicine, Tibetan Medicine, Indigenous healthcare systems, and Western Herbalism, offering a rich tapestry of knowledge from worldwide cultures. By blending theoretical insights with hands-on experience, our programs prepare students to become skilled and compassionate practitioners in traditional medicine.

We proudly offer specialized Ayurveda and Integrative Herbal Medicine programs tailored for those looking to merge ancient healing practices with modern wellness approaches. These programs thoroughly explore the connection between nature and health, equipping students with practical tools to incorporate time-tested techniques into today's healthcare landscape.



Our Shetland ponies, Mushu and Daisy!

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

Become a Bioenergetic Medicine Practitioner. This 500-hour program is a specially designed blend of subtle energy training and techniques grounded in science and guided by ancient wisdom, offering a well-rounded approach to energetic therapeutics.

This program expertly weaves multidisciplinary perspectives of science with Sacred, Intuitive, and Alchemical to provide a comprehensive foundation for adjusting the frequency of vibration and establishing coherence for well-being. It takes you beyond single interventions into the realm of Frequency Mastery, where you are the only tool you need in any situation or environment.



Cohesion of frequency is coherence. It is through establishing coherence we begin to influence the web of all things, including ourselves, those around us, and the cosmos itself.

Description

This 500-hour certificate course is a comprehensive and dynamic program that seamlessly integrates the latest advancements in progressive science with the power of intuitive practice. Designed to bridge technical expertise and embodied intuition, students will master cutting-edge techniques like biofield

assessment and the establishment of quantum coherence while honing their intuitive skills through diverse modalities and practices.

Program Structure and Career Opportunities

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 make a meaningful impact on the industry's future.

The program spans 10 months and is structured into 10 dynamic modules. It delivers 500 hours of comprehensive, immersive education. Each module includes 40 hours of carefully balanced learning, blending theoretical concepts with practical, hands-on application, plus an additional 10 hours of expert-supervised practice. Graduates of the program will be equipped with the knowledge and skills to pursue diverse career opportunities in healthcare, from leadership and consulting roles to entrepreneurial ventures.

Outline of Program

Upon completing this program, you will earn a certificate of practice in Applied Bioenergetic Medicine, gaining expertise in a wide range 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 comprehensive training equips you with the tools and knowledge to practice bioenergetic medicine

effectively and confidently.

Coherence arises from the harmony of frequencies. By cultivating coherence, we can influence the interconnected web of existence—shaping ourselves, those around us, and even the cosmos.

LEVEL I – SELF

The initial foundation for the competency of Coherence 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. Successfully completing approved programs 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.

Level I	Learning Hours	Activity Hours	Total	Credit Equivalent
The Medicine of Frequency	30	8	38	
Holistic Self-Awareness	40	10	50	
Subtle Energy and Intention	40	10	50	
Chaos, Creativity, and	40	10	50	
Level I Total	150	38	188	4.2
Level II	Learning Hours	Activity Hours	Total	Credit Equivalent
Sacred Interplay and Dynamic	40	10	50	

Entanglement: Coupling,	40	10	50	
Magnetism and Chaotic Action	40	10	50	
Level II Total	120	30	150	3.3
Level III	Learning Hours	Activity Hours	Total	Credit Equivalent
Weaving the Web	40	10	50	
Alchemical Integration	40	10	50	
Practice and Practicum		62	62	
Level III Total	80	82	162	3.6
Program Total	350	150	500	11.11

ENVIRONMENTAL THERAPEUTICS – NATURA GRATIA

“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 Natura Gratia Program empowers students with thoughtfully designed course options, providing an opportunity to embrace essential environmental and ecological perspectives that enrich everyday life. Rooted in a shared passion for the land, this program weaves personal growth with professional development, inspiring meaningful engagement in the healing and preservation of our planet.

Program Structure and Career Opportunities

The Natura Gratia Program is a unique blend of experience and rigor. Grounded in the principles of Deep Ecology, Ecopsychology, and Biophilia, it provides a transformative educational journey. Inspired by visionary educators, philosophers, and activists such as Joanna Macy, E.O. Wilson, and Jane Goodall, this 500-hour program integrates hands-on experiences with academic depth. It equips participants with the tools to foster harmony with the natural world and inspire others to do the same.

In this program, you will gain:

- **A Deepened Perspective:** Cultivate a profound, embodied understanding of ecological and environmental concepts that inspire actionable change.
- **Nature-Based Interventions:** Learn to implement nature-focused approaches to enhance well-being.
- **Professional Application:** Apply therapeutic, nature-centered practices in professional settings to create meaningful impact.

This program is ideal for those who wish to develop a stronger connection with nature, explore the evolving environmental landscape, and empower others to do the same.

We invite you to embark on this journey toward a deeper, more interconnected understanding of the natural world. Together, let’s explore the intricate web of life and uncover the profound connections that bind us to our beautiful planet.

Program Outline

TBD

INTEGRATIVE HERBAL MEDICINE

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

Our program seamlessly combines the art and science of herbal medicine, offering a comprehensive and enriching learning experience. You'll delve into topics like plant identification, ethical harvesting, and the formulation of herbal remedies while also exploring the cultural significance of botanicals. The course covers essential subjects such as anatomy, physiology, and herbal pharmacology to ensure a well-rounded foundation, bridging tradition's wisdom with modern science's advancements.

Program Structure and Career Opportunities

This program is ideal for a wide range of participants. Whether you're a healthcare professional aiming to incorporate natural remedies into your practice, a wellness coach eager to broaden your expertise or an individual passionate about self-care and sustainability, this program offers guidance every step of the way. Focused on fostering community-driven wellness, it empowers and supports your journey toward holistic health.

Outline of Program

This 500-hour program, structured into ten modules, thoroughly introduces herbal therapeutics while building a strong foundational understanding of human anatomy and physiology.

Module 1: Introduction to Herbal Medicine

Discover the diverse heritage of herbal medicine, tracing its deep roots across cultures and highlighting its cultural significance and timeless traditions. The discussion also explores essential ethical issues, including the need for sustainability and the prioritization of safety in herbal practices.

Module 2: Creating Your Material Medica

Explore the fundamentals of energetics by examining key concepts such as warming versus cooling and drying versus moistening effects. This guide also enables you to develop your own materia medica, encouraging comprehensive research and detailed documentation of various herbs.

Module 3: Herbal Preparations

This module explores the art of creating herbal remedies, covering essential techniques like infusions, decoctions, tinctures, and salves. It offers a comprehensive guide to extraction methods and the foundational principles of dosage calculations (posology).

Module 4: Herbs for the Skeletal System

Emphasizes improving bone health, increasing mineral density, and aiding injury recovery. Additionally, it delves into herbal remedies for combating osteoporosis and reducing joint inflammation.

Module 5: The Nervous System

Module Five delves into herbal remedies for managing stress, anxiety, sleep disturbances, and cognitive health. It also clearly distinguishes between adaptogens and nervines, enhancing your understanding of their unique benefits.

Module 6: The Respiratory System

This module delves into herbs that support respiratory health by addressing colds, allergies, and asthma. It highlights strategies to strengthen lung function and enhance the immune system, promoting overall wellness and vitality.

Module 7: The Cardiovascular System

Delves into herbal approaches to enhance heart health and support the circulatory system. It highlights methods for managing blood pressure, maintaining optimal cholesterol levels, and boosting vascular function.

Module 8: The Digestive System

Explore the role of herbs in enhancing digestive health, soothing gut discomfort, and fostering a balanced microbiome. It highlights digestive stimulants and examines herbs that nurture the gut-brain connection.

Module 9: The Reproductive System

Specializing in menstrual health, fertility, and postpartum recovery, this approach harnesses the power of herbs to promote well-being. It provides holistic care tailored to the reproductive health needs of both men and women, offering natural, thoughtful solutions for overall health and balance.

Module 10: The Integumentary System

Focuses on herbal remedies for skin, hair, and nails, providing expert guidance on effectively treating wounds, burns, acne, and dryness.

LIVING AYURVEDA

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson

Experience the transformative power of Ayurveda in our Living Ayurveda Program, a deeply personal journey into holistic wellness. Embracing an Ayurvedic lifestyle unlocks countless immediate and enduring benefits rooted in ancient practices continually supported by modern research, proving their timeless relevance.

True health extends beyond the physical body. It encompasses the mind, spirit, and environment, requiring a holistic approach to nurture every dimension of your being. Achieving this balance calls for expert guidance, not a one-size-fits-all solution.

That’s why the Living Ayurveda Program is designed as a personalized, guided experience. This comprehensive four-phase journey seamlessly integrates ancient wisdom with modern living, empowering you to craft a practical, preventative, and sustainable path to optimal well-being.

Each phase lasts eight weeks and is led by experienced facilitators who provide structured, tailored support. Through personal coaching, interactive classes, hands-on exercises, webinars, and community gatherings, you’ll develop a unique approach to wellness that aligns with your individual needs and lifestyle.

This program is more than a course; it’s an opportunity for self-discovery and mastery. By the end, you’ll have the tools and knowledge to create a balanced, vibrant life rooted in health and vitality.

Outline of Program

Embracing an Ayurvedic lifestyle offers countless benefits, both immediate and long-lasting. Its diverse practices, rooted in ancient wisdom, continue to gain recognition and validation through modern research.

True health extends beyond merely addressing the physical body. It calls for a harmonious integration of mind, body, spirit, and environment, creating a profound sense of balance and completeness.

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.

Phase I: Ayurveda and You

Explore how living an Ayurvedic Lifestyle or including Ayurvedic principles in your current life can help restore your health and well-being. You will learn how to personalize your approach to wellness by identifying your unique dosha and exploring the lifestyle choices that best support it.

Phase II: Personalized Nourishment

In this phase, you will explore fundamental Ayurvedic practices that promote optimal eating and wellness. You will investigate the relationship between taste and flavor and implement straightforward strategies for nourishing yourself—Body, Mind, and Spirit.

Phase III: Tending the Self

In this phase, you will explore the healing power of your senses and sensory experiences in depth. You will also learn about the rhythms of nature and how they relate to your specific dosha. You will cultivate an understanding of your own natural rhythms and how to ensure balance and ease.

Phase IV: Emotional Freedom

In this phase, you will learn to release toxic patterns and remnants that leave you feeling stuck and drained, guiding yourself back to a state of wholeness, balance, and pure potential.

Ayurveda emphasizes each person's individuality, acknowledging how we uniquely respond to food, exercise, activities, and life experiences. Its approach to wellness is based on three key principles: Personalized, Practical, and Preventative. In this course, you will learn how to align your daily habits and biological rhythms to achieve higher levels of health and well-being.

Discover how to harmonize your daily habits with your natural biological rhythms to unlock greater health and well-being.

MASSAGE AND SOMATIC THERAPY

“The human body has been designed to resist an infinite number of changes and attacks brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.” – Harry J. Johnson

Elevate Your Skills with Our Massage and Somatic Therapy Program. Immerse yourself in our 500-hour hybrid Massage and Somatic Therapy program, a transformative experience that combines online learning, residential training, and hands-on practice. Designed to provide a comprehensive foundation in this fascinating field, the curriculum covers essential topics, including anatomy, physiology, therapeutic techniques, client care, and business development.

Through somatic training, you’ll gain a deeper understanding of movement and coordination, learning how to transform conscious effort into fluid, automatic actions. You'll also explore the impact of muscle guarding on postural imbalances and master targeted somatic techniques to relieve chronic tension. This invaluable knowledge will empower you to guide your clients in seamlessly integrating somatic practices into their daily routines.

Once you have completed the course, you will receive a transcript and a certificate of completion, which will make you eligible to take the National MBLEx (Massage and Bodywork Licensing Exam). As a certified practitioner, you will have advanced hands-on techniques and the physiological knowledge to deliver meaningful, lasting results.

This program prepares you to excel as a compassionate and skilled leader in the ever-evolving field of somatic healthcare. Whether you’re enhancing your current practice or starting a new journey, our program equips you with the tools, insights, and confidence to create a positive, lasting impact on your clients’ lives.

Outline of Program

TBD

CONTACT INFORMATION

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RECEIPT OF CATALOG - HANDBOOK ACKNOWLEDGEMENT

The New England School of Bioenergetic Medicine provides all students with online access to its Catalog/Handbook. This document provides a guide to policies, procedures, and general information about NESBEM, helping students understand all aspects of the school.

I, the student named below, confirm that I have accessed this document provided by NESBEM. I understand I should contact the Executive Director or Administrator with any questions regarding this Catalog/Handbook.

I recognize that the information and policies presented here are subject to change, and I acknowledge that updates to the Catalog/Handbook may occur. I know that all changes will be communicated through official notices, and I also understand that updated information may replace, modify, or eliminate existing policies.

I acknowledge that this Catalog/Handbook does not function as a contract for admission or a legal document.

I accept responsibility for complying with the policies in this Catalog/Handbook and any future revisions.

A separate form is provided for students to sign and submit for acknowledgment of receipt.

Notes

“Education is the most powerful weapon which you can use to change the world.” - Nelson Mandela

The New England School of Bioenergetic Medicine

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

