



**The Gawler Foundation**

An integrated approach to health  
healing and wellbeing

**PRESS RELEASE FOR IMMEDIATE RELEASE**

Dr Nimrod Sheinman, founder and former director of the Israel Centre for Mind-Body Medicine is coming to Melbourne in November for a series of talks and master classes.

He will be one of the keynote speakers at The Gawler Foundation's annual conference to be held at The Hilton on the Park on the weekend of November 15 and 16.

The following week, the acclaimed Doctor will run a master class for health professionals on therapeutic imagery training at The Gawler Foundation in Yarra Junction.

Dr Sheinman specialises in psycho-neuro-immunology and the clinical applications of mind-body principles.

He is known in Israel for his expertise in oncology care and in psycho-oncology. He is a member in the advisory committee for the Israel Cancer Association and was on the board of the Israel Psycho-Oncology Association.

He focuses on the therapeutic integration of guided-imagery, mindfulness meditation, mind-body psychotherapy and Buddhist psychology within the context of healing and health care.

"Dr Nimrod Sheinman is an exceptional trainer. He has a wealth of knowledge and experience in the field of mind-body medicine, with a special expertise in the therapeutic use of imagery," said Dr Ian Gawler, founder and therapeutic director of The Gawler Foundation.

"Nimrod is a great communicator. He is clear, uses wonderful examples and engages participants in a great balance of theory, interaction and exercises.

"There is a great deal I have learnt from previous trainings I organised and attended with Nimrod. I am really happy that he is returning to Australia for both the conference and the residential training.

"I would recommend this residential training as a wonderful opportunity. Participants can confidently expect to benefit personally and professionally from attending."

To reserve your place at the conference or Dr Sheinman's residential workshop, please contact The Gawler Foundation on (03) 59671730 or visit [www.gawler.org](http://www.gawler.org) for more information.

**More...**



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### Details

Dr Sheinman will deliver a keynote address and conduct a workshop at The Gawler Foundation's 2008 profound healing, sustainable wellbeing conference on Saturday, November 15, 2008.

The conference will be held at The Hilton on the Park in East Melbourne on November 15 and 16.

Dr Sheinman will deliver a keynote address from 9.10am-10.15am on:

*'The cure within, 30 years of mind-body medicine, research implications and clinical applications'*.

That afternoon he will conduct a workshop on:

*'Imagery dialogue techniques in listening to symptoms'* from 3:45pm-4:45pm.

The following week, Dr Sheinman will present a residential workshop predominantly for health care professionals on Therapeutic Imagery Training at The Gawler Foundation, Yarra Junction from Monday November 17 to Friday November 21.

To book for the conference or the residential workshop, contact The Gawler Foundation on (03) 59671730.

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### Nimrod Sheinman ND – Biography

**Nimrod Sheinman** is the founder and director (1998-2005) of the Israel Center for Mind-Body Medicine. He is a graduate (1986) of the National College of Naturopathic Medicine (Portland, Oregon, USA), and was a Clinical Resident and Faculty Member (1986-1987) at Bastyr University of Natural Health Science (Seattle, Washington, USA).

He was also on the International Advisory Council of Bastyr University.

Before natural medicine, Dr Sheinman was an Aeronautical Engineer, graduate of the Technion (1973), past Project Leader in the Israel Air-Force (1973-1978), and the recipient of the 1976 Air force Award.

Dr Sheinman was the organising force and the founder of the Israel Naturopathic Association (1993), and was the INA president in its first 4 years.

Since 1988, he was also Dean of Naturopathic Education for three Israeli colleges of natural medicine, and served on two government committees for the regulation and registration of natural medicine in the state of Israel.

### More...

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For further information please contact: Dave Walker, Media & Public Relations Manager, The Gawler Foundation  
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He was also a founding member and executive director of the Israel Centre for Non-Violent-Communication.

Dr Sheinman specialises in psycho-neuro-immunology and in the clinical applications of mind-body principles.

He focuses on the therapeutic integration of guided-imagery, mindfulness meditation, mind-body psychotherapy and Buddhist psychology within the context of healing and health care.

He is also known in Israel for his expertise in oncology care and in psycho-oncology.

He is a member in the advisory committee for the Israel Cancer Association and was on the board of the Israel Psycho-Oncology Association.

Over the last fifteen years he has taught and led courses and seminars in The Therapeutics of PNI (Psycho-Neuro-Immunology), Guided Imagery in Clinical Practice and Mindfulness Perspectives in Clinical Practice, in Tel Aviv and Haifa Universities (in Israel), and in hospitals, universities, centers and international conferences in Australia, Holland, Czechoslovakia, USA and Israel.

The Israel Center for Mind-Body Medicine was established in 1998 by Dr Sheinman and his American naturopathic associate and colleague Dr. Paul Epstein.

The Centre's work is devoted to the mind's role and power in sickness, health and healing.

The Centre offers post-graduate training for therapists, run the unique Mind-Body and Mindfulness in Education project, and offers clinical services, public education and health promotion activities for the population at large.

Nimrod Sheinman is the author of the books Food for Thought (Or-Am Pub.1989, in Hebrew), Guided Imagery in Clinical Practice - Workbook for Therapists (Nefesh Pub. 1991, in Hebrew).

He is the co-editor of Potentiating Health and the Crisis of the Immune System (Plenum Press, 1997).

He was the scientific editor for the Hebrew editions of the books Encyclopedia of Natural Medicine (Pizzorno & Murrey), Love, Medicine and Miracles (Bernie Siegel MD) and Cancer and Natural Medicine (Gideon Yiron MD).

Dr Nimrod Sheinman appeared in numerous interviews on the Israeli radio and TV and in local newspapers and magazines.

In the last three years, he was elected to "The Best Natural Therapists of the Year", by the Maariv national newspaper special edition on "The Best in Israel".

**More...**



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## About The Gawler Foundation

**The statistics don't lie** - over 90,000 Australians will be diagnosed with some form of cancer this year.

While conventional medicine still remains the first port of call for most people, it is important to take into consideration the options available when deciding how best to treat your cancer.

For the past 27 years The Gawler Foundation has provided one such option through their world-leading lifestyle programs.

And again, the stats don't lie - since The Foundation began in 1983, over 15,000 people with cancer have attended its residential programs while another 50,000 world-wide have attended Gawler Foundation lectures and workshops.

So what is it that The Gawler Foundation does?

The premise is simple: meditate, eat well and surround yourself with loving support.

They believe that there is a strong connection between the mind and body and that by tapping into that connection it is possible to activate the body's own mechanism for healing.

The Foundation offers a range of lifestyle programs based on Dr Ian Gawler's bestselling book, 'You can Conquer Cancer'; programs which teach people dealing with cancer and serious illness how to awaken the connection between mind and body.

From the ten day residential life and living program to the support groups available throughout Australia and New Zealand, The Gawler Foundation has helped make a real difference to the lives of many people dealing with cancer.

For more information, contact The Foundation on (03) 59671730, visit [www.gawler.org](http://www.gawler.org) or [www.gawlerfoundationmedia.com.au](http://www.gawlerfoundationmedia.com.au)

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