

June 21, 2014 - Presentation by Kah Shepard

Share a Chapter

The purpose of this discussion is to get to know one another through shared stories. In a holistic health care model, a person's story can be utilized to create healing. Collecting stories is an opportunity to connect in a way that is non-confrontational, open and collaborative. Telling one's story is intended to assist us getting to know one another and seeing our community as a whole. Creating a dialogue that uses non-threatening vocabulary by using words like 'authenticity and meaning' as part of open-ended questions allows us to connect with a part of ourselves that is real and has meaning. The point is to help empower ourselves to honor and share our own sacred stories about why we participate in and connect to this community.

Kah received her Master of Arts in Holistic Health Studies (M.A.), from St. Catherine University. Her curriculum and training focused on spiritual transformation and energy healing from a holistic perspective and includes completion of a collaborative master thesis titled: *"How is Spiritual Transformation Manifested in the Way Life is Lived?"* Areas of focus included educating the collegiate and health care community about integrating spirit-mind-body healing, particularly through storytelling. During school Kah worked from a holistic, creative arts-based perspective, in addition to presenting and writing on topics of spiritual and energetic relevance to the academic community.

As an undergrad, Kah created and self-directed an Interdisciplinary Bachelors Degree (B.A.), in Humanities; an individualized degree titled: Psychology and Sexuality, Current Trends and Perspectives. Academic areas of focus relied heavily on humanities, psychology and women's studies. Certifications include: Healing Touch I, II, III, Reiki Master 2014, Therapeutic Touch. Kah is also an ordained Universal Life Church Minister.