

WFWP Bergamo, Italy held a training course on the topic: Why do we get sick?

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WFWP Bergamo/ Italy held a training course on the topic 'Why do we get sick?' over a 6-week period, with sessions being held on 1/15/29 March and 12 April 2019

The course was conducted by Dr. Onorina Gibi, a psychologist and psychotherapist who has become a point of reference with regard to aspects of health and psychophysical well-being.

The themes addressed in the four evenings were, in chronological order:

- 1) Origins of sickness
- 2) Healing the mind in order to heal the body
- 3) A warrior helping us: the immune system
- 4) Regaining health with life energy: let us free up our emotional memory.

The whole course was attended with great interest, and the participants requested follow up courses focused on specific diseases.

Reported by Elisabeth Schneider
WFWP Bergamo/Italy