



SCOTT SHANNON, MD

COURSE DIRECTOR, COLORADO INTEGRATIVE MEDICINE CONFERENCE
CIMC 2009: FOCUS ON MIND-BODY MEDICINE

We are now entering the post-modern era in the field of mental health. The promise of the modern psychopharmaceutical era is waning and we have realized that people are simply more complex than this model allows. The more we explore the field of genomics, the more we understand neuroplasticity, the more we find that an individual's habits, beliefs and lifestyle create a foundation for health or illness. They need to be a part of the solution in their own treatment. The next era in mental health will be driven by self care options that are well informed by science and solid research. This will include approaches that build on the tradition of meditation that has been with us for millennia like Mindfulness Based Stress Reduction (MBSR) and spin offs like Dialectical Behavior Therapy (DBT). At the Children's Hospital in Denver, chronically ill children now practice an adapted version of the ancient forms of yoga.

Technology is also playing a role in this next wave. Models of biofeedback now focus on heart rate variability and EEG neurofeedback. Also, some psychiatrists are blazing a new path by examining the scientific benefits that arise from the age old paths of religion and spirituality. These and many other cutting-edge evidence-based options for your patients are part of this movement to a new model. This burgeoning wave respects the immense complexity and plasticity of the human nervous system. It also respects the myriad influences upon each individual. Soon we will be much better able to understand the ecology of each individual that we work with. Please join us at the conference as we sample the best of this new model.

Scott Shannon, MD

KEYNOTE SPEAKER

JAMES S GORDON, MD

MIND-BODY MEDICINE— HEART OF ALL HEALTHCARE

Washington, DC

Founder and Director of The Center for Mind-Body Medicine

Clinical Professor, Departments of Psychiatry and Family Medicine, Georgetown University
Chairman of the White House Commission on Complementary and Alternative Medicine Policy (2000–2002)

GUEST SPEAKERS

SONA DIMIDJIAN, PHD

Boulder, Colorado

Assistant Professor, Department of Psychology,
University of Colorado Boulder

JUDITH A GREEN, PHD

Golden, Colorado

Biofeedback Therapist, Health Psychology Services
Pioneer in Clinical Biofeedback

LISA KALEY-ISLEY, PHD, RYT

Aurora, Colorado

Chief of Psychology and Co-Director of the
Integrative Health Clinic, The Children's Hospital

JIM KNIPE, PHD

Boulder, Colorado

EMDR International Association Approved
Instructor
Licensed Psychologist, Private Practice

JAMES H LAKE, MD

Monterey, California

Board Certified Psychiatrist
Chairman of the APA Caucus on Complementary,
Alternative and Integrative Mental Healthcare

BENNETT LESLIE, PSYD

Aurora, Colorado

Licensed Psychologist, Center for Integrative
Medicine, University of Colorado Hospital

LEE LIPSENTHAL, MD

Sausalito, California

Founder and Director of the *Finding Balance
in a Medical Life* Program
Past President of the American Board of
Holistic Medicine

ROLLIN MCCRATY, PHD

Boulder Creek, California

Executive Vice President and Director of
Research, Institute of HeartMath

DAVID RAKEL, MD

Madison, Wisconsin

Medical Director, Integrative Medicine,
University of Wisconsin School of Medicine
and Public Health

SCOTT SHANNON, MD

Ft. Collins, Colorado

Author of "Please Do Not Label My Child"
Assistant Clinical Professor, Department of
Psychiatry, University of Colorado Denver
School of Medicine

MARIANNE WAMBOLDT, MD, RYT

Aurora, Colorado

Cy and Lyndia Harvey Chair of Child and
Adolescent Psychiatry, The Children's Hospital
Professor and Vice Chair, Department of
Psychiatry, University of Colorado Denver
School of Medicine
Chair, Department of Psychiatry and Behavioral
Sciences, The Children's Hospital

SCHEDULE

ABOUT THE CONFERENCE

FRIDAY

17

4:00 - 6:00 PM	Registration	7:10 - 8:10 PM	Mind-Body Medicine— Heart of All Healthcare (Keynote James S Gordon)
7:00 - 7:10 PM	Welcome and Introduction	8:10 - 9:30 PM	Welcome Reception

SATURDAY

18

8:30 - 9:00 AM	Welcome and Introduction (Corbin, Shannon)	SESSION B 1:30 - 2:30 PM	Guided Imagery Talk and Workshop (Rakel)
9:00 - 9:45 AM	Finding Balance in Healthcare (Lipsenthal)	2:30 - 4:00 PM	Qi Gong in Mental Healthcare (Lake)
9:45 - 10:30 AM	The Ecology of the Mind: An Overview of the Power of Our Mind in Physical Health (Shannon)	SESSION C 1:30 - 4:30 PM	Acceptance and Commitment Therapy Talk and Introduction Workshop (Leslie)
11:00 - 11:45 AM	The Healer Within (Rakel)	4:30 - 6:30 PM	Eye-Movement Desensitization and Reprocessing Overview: Research Support, Cautions and Application Video (Knipe)
11:45 - 12:30 PM	The Science of Connection (Lipsenthal)	7:00 - 9:00 PM	Networking Event
SESSION A 1:30 - 4:00 PM	Trauma and Transformation: Getting <i>Unstuck</i> and Taking the Healing Journey (Gordon)		

SUNDAY

19

9:00 - 9:15 AM	Morning Welcome and Centering (Shannon)	SESSION E 1:15 - 3:15 PM	Mindfulness and Radical Acceptance in Dialectical Behavioral Therapy (Dimidjian)
9:15 - 10:15 AM	Biofeedback Therapy (Green)	SESSION F 1:15 - 3:15 PM	Yoga Therapy for Pain, Fatigue, and Anxiety (Wamboldt, Kaley-Isley)
10:30 - 11:30 AM	The Relationship between Heart-Brain Dynamics, Positive Emotions, Coherence, Optimal Health and Cognitive Function (McCraty)	SESSION G 3:30 - 5:00 PM	Practical Heart-Based Coherence Building Tools and Technologies for Improving Patient Outcomes (McCraty)
11:30 - 12:15 PM	The Role of Spirituality and Religion on Mental Health (Lake)	SESSION H 3:30 - 5:30 PM	The Clinical Application of Meditation for Mental Health (Dimidjian)
SESSION D 1:15 - 3:15 PM	Biofeedback Therapy Workshop (Green)		

CONTINUING MEDICAL EDUCATION

The University of Colorado Denver School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Colorado Denver School of Medicine designates this educational activity for a maximum of 15.75 *AMA PRA Category 1 Credits*™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

EXHIBITOR BOOTH HOURS

July 18, 2009 10am - 6pm
July 19, 2009 10am - 4pm
Interested exhibitors, sponsors and volunteers, please contact:
info@AlterMedResearch.org.

TARGET AUDIENCE

Primary care physicians and specialty physicians (Psychiatry and Integrative Medicine)
Nurses and allied health professionals
Mental health counselors (psychologists, social workers, master level therapists, etc)
Complementary and Alternative Medicine professionals
General Public
Residents, fellows, and full-time students

CONFERENCE OBJECTIVES

At the conclusion of the course, the participant should be able to:

- Describe the scope of mind-body medicine and its clinical applications in treatment and prevention
- Discuss the evidence base for mind-body medicine
- Outline the rationale/physiology involved in mind-body self-regulation
- List 5 health benefits of improved self-regulation
- Demonstrate selection of appropriate evidence-based mind-body medicine treatment choices for particular patients

COURSE DEVELOPMENT TEAM

Scott Shannon, MD

ciMc Course Director and Faculty
Past President of the American Holistic Medical Association
(Refer to the Faculty page)

Margaret Chesney, PhD

Professor of Medicine, First Associate Director at the University of Maryland Center for Integrative Medicine
Former Deputy Director of the NIH National Center for Complementary and Alternative Medicine

Lisa Corbin, MD, FACP

Medical Director, Center for Integrative Medicine, University of Colorado Hospital
Associate Professor, Department of General Internal Medicine, University of Colorado Denver

Kerri Diamant

Founder and Executive Director of AlterMed Research Foundation

Kathleen Jones, MA

Lifestyle Medicine Faculty, Fort Collins Family Medicine Residency Program, Poudre Valley Health System

REGISTRATION FORM

CONFERENCE INFORMATION

BY MAIL

Send the completed form with credit card number or check made payable to

AlterMed Research Foundation
1342 Jayhawk Drive, Suite 200
Ft. Collins, CO 80524

ONLINE

Register online at www.AlterMedResearch.org

BY PHONE

Register by calling **970.310.3030** between the hours of 9:00 a.m. and 5:00 p.m. Mountain Time

INFORMATION

FIRST NAME

LAST NAME

CREDENTIALS

ORGANIZATION

ADDRESS

CITY

STATE

ZIP CODE

() -
DAYTIME PHONE

() -
EVENING PHONE

EMAIL

Check if you have any disabilities that affect your attendance at the conference and tell us your special needs so that we can better accommodate you

TUITION and SESSIONS

Physicians

\$350

Nurses, Allied Health Professionals

\$270

General Public

\$225

Residents, Fellows, Full-time Students (with letter for verification)

\$200

Circle one session
from each group

[A B C]

[D E F]

[G H]

PAYMENT

Visa

Mastercard

Check

Money Order

CREDIT CARD NUMBER

EXPIRATION DATE

NAME OF CARD HOLDER

SIGNATURE



EVENT LOCATION

The conference will be held at the **WGR Auditorium** at the **YMCA of the Rockies, 2515 Tunnel Road, Estes Park, Colorado 80511**. Please check in at the Administration building (with the flag out front) to find out the exact conference registration location.

TRAVEL

Allow for a 2-hour drive from Denver International Airport (DIA). Use E-470 to bypass Denver traffic. To book a shuttle from DIA to the YMCA of the Rockies, please visit www.estesparkshuttle.com.

CONFERENCE CANCELLATION

All cancellation requests must be made in writing. Cancellations postmarked by **June 17, 2009** will get full refunds minus a \$100 processing fee. No refunds will be made for requests postmarked after June 17, 2009. Paid registration may be transferred to another attendee if written request is confirmed by **July 10, 2009**.

ACCOMMODATIONS

Prior to **May 17, 2009**, you may reserve a room at the Long's Peak Lodge (cIMc blocked rooms) by calling **970.586.3341 x1021**, or online at www.ymcarockies.org. Select **Group Reservations** for Estes Park Center and choose **Group or Family Reunion**.

Group Number: E30706 Password: 85608

Day Rate includes parking as well as 3 daily buffet meals starting with dinner on Friday and ending with lunch on Sunday. After **May 17, 2009**, or for other lodging questions, please call **970.586.3341 x1010**. If no YMCA Estes Lodging is required, each person will be charged a daily \$10 off-grounds fee to be paid at time of registration. If required, meals will cost an additional \$27 per day.

SPONSORSHIP AND EXHIBITOR OPPORTUNITIES

For more information about grant and sponsorship, or exhibitor opportunities, please contact **970.310.3030** or info@AlterMedResearch.org.

FURTHER INFORMATION

For more information about the conference, please contact **970.310.3030** between 9:00am and 5:00pm (Mountain Time), or visit www.AlterMedResearch.org.



AlterMed
Research Foundation

1342 Jayhawk Drive, Suite 200
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presents



COLORADO INTEGRATIVE MEDICINE CONFERENCE

Focus on Mind-Body Medicine

JULY 17-19, 2009

**YMCA OF THE ROCKIES
ESTES PARK, COLORADO**

Sponsored by University of Colorado Denver School of
Medicine Office of Continuing Medical Education