

SCOTT SHANNON, MD

COURSE DIRECTOR, COLORADO INTEGRATIVE MEDICINE CONFERENCE

CIMC 2011: FOCUS ON MIND-BODY MEDICINE AND LIFESTYLE MANAGEMENT



It is clear that chronic illness is overtaking the American health care system. Youth obesity rates have tripled in the last 30 years¹, which translates into escalating rates of adult obesity and chronic illness. A recent estimate, based on current trends, tells us that one out of every three to four adults will battle diabetes by 2050². The cost of these trends will challenge the fiscal viability of the federal government, our economic vitality and perhaps even our way of life.

Unhealthy lifestyle choices, poor role modeling and high levels of unmanaged stress drive most of these problems. As health care professionals we need to embrace better methods to understand and address these problems. Our current approach to treating these issues has found no real success in altering these alarming trends.

Integrative medicine offers innovative solutions. Education about proper nutrition, stress reduction techniques, and improved self-awareness can form the foundation of a healthier lifestyle. This CME conference brings together key thought leaders from around the U.S. to provide you with the tools to understand and address these difficult clinical problems.

Integrative medicine recognizes that the mind-body dichotomy, so pervasive in our health care system, is an illusion. As such, we offer a range of course presentations from psychological to medical to psychiatric. In addition to scientific evidence, we also appreciate that wisdom comes in many forms from traditions that are thousands of years old (e.g. ayurveda, meditation and yoga) to cutting edge technological interventions that are just emerging (e.g. neurofeedback). Please join us in beautiful Estes Park for an invigorating exploration of both new and timeless interventions.

Scott Shannon, MD

1. Ogden, CL, Carroll MD. Prevalence of obesity among children and adolescents: United States, trends 1963-1965 through 2007-2008. http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.pdf

2. Boyle JP, Thompson, TJ, et al. Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence. *Population Health Metrics*. 2010 Oct 22;8:29.

KEYNOTE SPEAKERS

RICHARD J DAVIDSON, PHD

Madison, Wisconsin

Vilas Professor of Psychology & Psychiatry, Director of the Waisman Brain Imaging Lab, Lab for Affective Neuroscience, Center for Investigating Healthy Minds at the Waisman Center – University of Wisconsin

DAVID L KATZ, MD, MPH, FACPM, FACP

Derby, Connecticut

Director – Yale University Prevention Research Center
Director – Integrative Medicine Center at Griffin Hospital

GUEST SPEAKERS

LISA CORBIN, MD, FACP

Aurora, Colorado

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

SONA DIMIDJIAN, PHD

Boulder, Colorado

Assistant Professor – Department of Psychology and Neuroscience, University of Colorado

HENRY EMMONS, MD

Northfield, Minnesota

Author of *Chemistry of Joy*, *Chemistry of Calm*
Integrative Psychiatrist – The Penny George Institute for Health and Healing, and Partners in Resilience

ROHINI KANNIGANTI, MD, MSPH

Boulder, Colorado

Board Certified Family Physician, Integrative Practitioner – Boulder Family Medicine
Guest Faculty – University of Colorado, University of Florida Schools of Medicine
Studied Ayurveda in India

LEE LIPSENTHAL, MD

San Anselmo, California

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

STEVEN RONDEAU, ND, BCIA-EEG

Fort Collins, Colorado

Adjunct Faculty Member – Southwest College of Naturopathic Medicine (SCNM)
Naturopathic Doctor – Wholeness Center

CAROLYN COKER ROSS, MD, MPH

Denver, Colorado

Author of *The Binge Eating and Compulsive Overeating Workbook* and Audio Program *The Joy of Eating Well* (with Andrew Weil, MD)
Integrative Medicine Consultant for Eating Disorders, Addictions, Obesity, Mood Disorders

SCOTT SHANNON, MD

Fort Collins, Colorado

Author of *Please Do Not Label My Child*
Editor of *Handbook of Complementary and Alternative Therapies in Mental Health*
Assistant Clinical Professor – Department of Psychiatry, University of Colorado School of Medicine
Founder and Holistic Child/Adolescent Psychiatrist – Wholeness Center

MARIANNE WAMBOLDT, MD, RYT

Aurora, Colorado

Cannon Y & Lyndia K Harvey Chair of Child and Adolescent Psychiatry, Chair of Psychiatry and Behavioral Sciences – The Children's Hospital
Professor and Vice Chair – Department of Psychiatry, University of Colorado School of Medicine

FRIDAY

15

3:00 - 6:00 PM Conference Check-In

7:00 - 7:10 PM Welcome and Introduction (Shannon)

7:10 - 8:40 PM **KEYNOTE** Change Your Brain by Transforming Your Mind: Neuroscientific Studies of Meditation (Davidson)

8:40 - 10:00 PM Welcome Reception

SATURDAY

16

8:00 - 9:00 AM **KEYNOTE** Feet, Forks, and Fate* (Katz)

9:30 - 10:15 AM Healing Body, Mind and Spirit: Integrative Approaches to Eating Disorders (Ross)

10:15 - 11:00 AM Integrative Approaches to Mood Disorders (Shannon)

WORKSHOPS	MENTAL HEALTH TRACK	LIFESTYLE TRACK
1:00 - 4:00 PM	M1 Resilience Training – An Integrative Approach to the Recovery and Prevention of Depression and Anxiety (Emmons)	L1 Finding Balance in a Medical Life (Lipsenthal)
4:30 - 6:30 PM	M2 Integrative Therapies for Mental Health: Addictions and Eating Disorders (Ross)	L2 I. Evidence-Based Integrative Medicine: Bridge over Troubled Waters, II. Holistic Care in Practice: Of Sum and Parts** (Katz)

8:00 - 10:30 PM Networking Event

SUNDAY

17

8:30 - 9:30 AM Using Nature and Wisdom to Sustain a Healthy Mood (Emmons)

9:30 - 10:30 AM Spirituality in Health Care (Lipsenthal)

10:45 - 11:30 AM CAM We Talk: Discussing Integrative Medicine with Patients (Corbin)

11:30 - 12:15 PM Honoring the Bridge: The Integration of Evidence-Based Ayurveda and Western Medicine (Kanniganti)

WORKSHOPS	MENTAL HEALTH TRACK	LIFESTYLE TRACK
1:15 - 3:15 PM	M3 Mindfulness Based Cognitive Therapy for the Prevention of Depressive Relapse (Dimidjian)	L3 Yoga and Chronic Pain (Wamboldt)
3:45 - 5:15 PM (M4) 3:45 - 5:45 PM (L4)	M4 EEG Neurofeedback for ADHD: A Review of Research, Methods and Clinical Application (Rondeau)	L4 Integrating Ayurveda into Everyday Life: An Evidence-Based Approach (Kanniganti)

* Lifestyle Intervention to Prevent Obesity and Chronic Illness

** Reconciling Evidence with Holistic Care in Practice

CONTINUING MEDICAL EDUCATION

The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Colorado School of Medicine designates this educational activity for a maximum of 16.50 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

EXHIBITOR BOOTH & RESEARCH POSTER HOURS

July 15, 2011 6pm - 10pm

July 16, 2011 7:30am - 6pm

July 17, 2011 8am - 4pm

Research poster deadline May 1, 2011. More information at www.AlterMedResearch.org/Conferences.html.

Interested exhibitors, sponsors and volunteers, please contact: info@AlterMedResearch.org.

TARGET AUDIENCE

Primary care and specialty (psychiatry, integrative/preventive medicine, neurology, cardiology, etc.) physicians
Nurses and allied health professionals
Mental health counselors (psychologists, social workers, master level therapists, etc)
Complementary and alternative medicine professionals
Residents, fellows, and full-time students

CONFERENCE OBJECTIVES

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

- Identify the latest evidence-based mind-body medicine and lifestyle management research
- Apply appropriate mind-body and lifestyle medicine in clinical practice
- Identify natural and effective approaches to personal resilience and prevent anxiety and depression
- Identify the proximal and root causes of and prevent obesity and related chronic illness
- Implement a framework for discussion of CAM therapies with patients

COURSE DEVELOPMENT TEAM

Scott Shannon, MD

clMc Course Director

President of the American Board of Integrative Holistic Medicine (2011-2013)

(Refer to the Faculty page)

Lisa Corbin, MD, FACP

Medical Director – Center for Integrative Medicine, University of Colorado Hospital

Associate Professor – Department of General Internal Medicine, University of Colorado School of Medicine

Kerri Diamant

Founder and Executive Director of AlterMed Research Foundation

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
See Conference Information page for QR code #1

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 (MD, DO, ND, PA, NP, PhD PsyD, RN, MS, etc)

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 \$420

Nurses, Allied Health Professionals \$340

General Public (no CME credits or certificate of attendance) \$295

Residents, Fellows, Full-time Students (with letter for verification) \$245

Circle one session from each group (M1 L1) (M2 L2) (M3 L3) (M4 L4)

PAYMENT

Visa Mastercard Check Money Order

CREDIT CARD NUMBER

EXPIRATION DATE

NAME OF CARD HOLDER

SIGNATURE

AMERICAN DISABILITIES ACT

AlterMed Research Foundation fully intends to comply with the legal requirements of the American Disability Act. If any registrant is in need of any special accommodations, please do not hesitate to submit a written request at least one month prior to the conference.

FURTHER INFORMATION

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

SMARTPHONE QR CODES



QR code #1
(AlterMed Conferences page)



QR code #2
(Long's Peak Lodge reservations)

EVENT LOCATION

The conference will be held at the **Assembly Hall** (different from 2009) at the **YMCA of the Rockies, 2515 Tunnel Road, Estes Park, Colorado 80511**. Please check in for the conference at the Assembly Hall.

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 15, 2011** will get full refunds minus a \$100 processing fee. No refunds will be made for requests postmarked after June 15, 2011. Paid registration may be transferred to your designated alternate attendee of the same registration type if written request is confirmed by **July 8, 2011**.

ACCOMMODATIONS

Prior to **May 14, 2011**, you may reserve a room at the Long's Peak Lodge (cIMc blocked rooms) online at:

http://www.maestropms.com/mkt/YMCA/landingpage/CIMC_Mind-BodyMedicineConference.html

or use QR code #2 to left. If you would like to stay earlier or later than the period shown available online, please book online for the conference nights first. Then with your reservation number in hand, call Family Reservations at **888.613.9622** or **970.586.3341 x1010** to add the additional nights. Call the same number with any lodging questions or to reserve lodging starting May 14, 2011 and mention cIMc Mind-Body Medicine Conference. The day rate includes parking as well as 3 daily buffet meals starting with dinner on Friday and ending with lunch on Sunday. Please note the lodging cancellation policy on the reservation website. If you are not lodging at the YMCA, each person will be charged a daily \$10 off-grounds fee to be paid at time of registration and meals will cost an additional \$29 per day.

SPONSORSHIP AND EXHIBITOR OPPORTUNITIES

For more information to sponsor or exhibit, please contact **970.310.3030** or info@AlterMedResearch.org.





AlterMed
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State funds were not used to develop or administer this program.



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presents



COLORADO INTEGRATIVE MEDICINE CONFERENCE

Focus on Mind-Body Medicine
and Lifestyle Management

JULY 15-17, 2011

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

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