



AlterMed
Research Foundation

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



AlterMed
Research Foundation

presents



COLORADO INTEGRATIVE MEDICINE CONFERENCE

Focus on Mind-Body Medicine
and Lifestyle Management

JULY 12-14, 2013

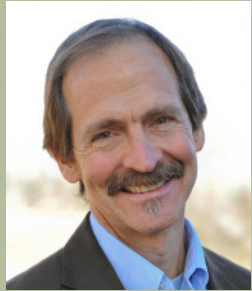
**YMCA OF THE ROCKIES
ESTES PARK, COLORADO**

Sponsored by the University of Colorado School of Medicine
and AlterMed Research Foundation

SCOTT SHANNON, MD

COURSE DIRECTOR, COLORADO INTEGRATIVE MEDICINE CONFERENCE

CIMC 2013: FOCUS ON MIND-BODY MEDICINE AND LIFESTYLE MANAGEMENT



With the passage of the Affordable Care Act, significant changes are percolating rapidly throughout the U.S. health care industry. A recent trend relates to the forced merger of mental health and medical care in the same primary care setting. Known as Integrated Care, this model is being explored through various government incentives or directives. Most systemic strategists see this linkage as crucial for better care and real cost savings.

Integrative Medicine has always rejected the division of body and mind as arbitrary and harmful. Rather, we envision the seamless connection of body-mind-spirit. The tools and techniques we promote reflect this unity. Our conference core audience also mirrors this movement: physicians, nurses, and allied health professionals in primary and specialty care, who honor the value of mind in wellness, join with mental health professionals respectful of the biological foundations of mind.

Health professionals will enjoy this program which builds on increasing evidence of mind-body and lifestyle medicine. James O. Hill, PhD, world renowned obesity expert from the University of Colorado, will present on lifestyle medicine and elucidate the ties to health. Mihaly Csikszentmihalyi, PhD, world's leading researcher of positive psychology and of flow, widely cited and influential for his works, will share his latest findings. Liana Lianov, MD, President of the American College of Lifestyle Medicine (ACLM) and Kathleen Jones, MA, will demonstrate the power of positive psychology in supporting lifestyle change. David Spiegel, MD, from Stanford University, will present on the neuroscience of hypnosis and the integrated relationship between behavior and health. The rest of our program also continues to push away the arbitrary divisions of mental and physical health. Come join us for this celebration of unity.

Scott Shannon, MD

KEYNOTE SPEAKERS

DAVID SPIEGEL, MD

Renowned Psychiatrist and Expert in Hypnosis • Co-Author of *Trance and Treatment: Clinical Uses of Hypnosis* • Director of Stanford Center on Stress and Health • Known for Breast Cancer Research • Willson Professor in the School of Medicine, Associate Chair, Department of Psychiatry & Behavioral Sciences – Stanford University School of Medicine

JAMES O HILL, PHD

Co-Founder of National Weight Control Registry • Co-Founder of America on the Move • Professor of Pediatrics and Medicine, Executive Director of Anschutz Health and Wellness Center, Director of the Center for Human Nutrition, Director of Colorado Nutrition Obesity Research Center – University of Colorado School of Medicine

MIHALY CSIKSZENTMIHALYI, PHD

World's Leading Researcher of Flow and Positive Psychology • Author of *Flow: The Psychology of Optimal Experience* • Noted for Happiness and Creativity Studies • Widely Published and Cited • Distinguished Professor of Psychology and Management – Claremont Graduate University

GUEST SPEAKERS

MARIANNE WAMBOLDT, MD, RYT

The Leslie and William Vollbracht Family Chair in Stress and Anxiety Disorders, Professor – Department of Psychiatry, University of Colorado School of Medicine • Medical Director of Stress and Anxiety Disorders Program – Children's Hospital

VICTOR SIERPINA, MD

University of Texas Distinguished Teaching Professor, WD & Laura Nell Nicholson Family Professor in Integrative Medicine – University of Texas Medical Branch, Department of Family Medicine

SCOTT SHANNON, MD

Author of *Mental Health for the Whole Child* • Assistant Clinical Professor – Department of Psychiatry, University of Colorado School of Medicine • Founder and Holistic Child/Adolescent Psychiatrist – Wholeness Center

NANETTE SANTORO, MD

Professor, E. Stewart Taylor Chair of Ob/Gyn – University of Colorado School of Medicine

MARY RONDEAU, ND, RH(AHG)

Naturopathic Doctor and Registered Herbalist – Wholeness Center

LIANA LIANOV, MD, MPH, FACPM

President of American College of Lifestyle Medicine • Founder and President of Health Type • Board Member of American College of Preventive Medicine • Assistant Professor – University of California at Davis

SARA LAZAR, PHD

Associate Research Scientist, Instructor in Psychology – Massachusetts General Hospital, Harvard Medical School

BLYTHE LAGASSE, PHD, MT-BC

Neurologic Music Therapist, Assistant Professor of Music Therapy – Colorado State University

KATHLEEN JONES, MA

Wellness Mentor, Analyst, LifeSynch Program – Humana

BETHANN BIERER, PHD, RYT

Licensed Clinical Psychologist • Lecturer – Department of Psychology, University of Colorado at Denver • Senior Yoga Instructor

FRIDAY

I2

- 3:00 - 6:00 PM Conference Check-In
- 7:00 - 7:10 PM Welcome and Introduction
- 7:10 - 8:40 PM **KEYNOTE** Mind Matters: Stress, Support and Health (Spiegel)
- 8:40 - 10:00 PM Welcome Reception

SATURDAY

I3

- 8:00 - 9:00 AM **KEYNOTE** Promoting Healthy Lifestyles (Hill)
- 9:30 - 10:15 AM **KEYNOTE** Past and Future of Positive Psychology (Csikszentmihalyi)
- 10:15 - 11:00 AM **KEYNOTE** Trance-formation: Hypnosis in Medicine (Spiegel)

MENTAL HEALTH TRACK

- 2:00 - 4:00 PM Music Therapy for Rehabilitation and Mental Health (LaGasse)
- 2:00 - 4:00 PM 53 Lessons on Mindfulness and Other Delights (Sierpina)

LIFESTYLE / MENTAL HEALTH TRACK

- 4:30 - 6:30 PM Positive Psychology and Lifestyle Change (Lianov and Jones)

- 8:00 - 10:00 PM Networking Event

SUNDAY

I4

- 8:30 - 9:30 AM Implications of Flow Experience for Well-Being and Health (Csikszentmihalyi)
- 9:30 - 10:30 AM Healthy Gut and Key Concepts (Sierpina)
- 10:45 - 11:30 AM Creams, Gels, Pills and Patches: How to Manage Hot Flashes and Other Challenges of Menopause – Overview (Santoro)
- 11:30 - 12:15 PM Anxiety and Depression – New Frontiers in Nutraceuticals (Shannon)

MENTAL HEALTH TRACK

- 1:15 - 2:15 PM Mindfulness and Psychotherapy – Applications and Clinical Outcomes (Lazar)
- 2:15 - 3:15 PM Meditation and Neuroplasticity (Lazar)
- 3:45 - 5:45 PM Yoga for Depression (Wamboldt and Bierer)

LIFESTYLE TRACK

- 1:15 - 3:15 PM Applying Ayurvedic Principles to a Western Diet and Lifestyles (Rondeau)
- 3:45 - 4:45 PM Creams, Gels, Pills and Patches Workshop (Santoro)

CONTINUING MEDICAL EDUCATION

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of University of Colorado School of Medicine and AlterMed Research Foundation. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The University of Colorado School of Medicine designates this live activity for a maximum of 15.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EXHIBITOR BOOTH HOURS

- July 12, 2013 6pm - 10pm
- July 13, 2013 7:30am - 6pm
- July 14, 2013 8am - 4pm

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

TARGET AUDIENCE

- Primary and specialty care physicians (e.g. cardiology, family, general/internal/integrative/preventive medicine, neurology, pediatrics, psychiatry, etc.)
- Nurses and allied health professionals (e.g. practitioners, assistants, therapists, dietitians/nutritionists, trainers/coaches, etc.)
- Mental/behavioral health professionals (e.g. psychologists, counselors, master level therapists, social workers, 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:
- Apply and promote evidence-based strategies for healthy lifestyle management
 - Implement mind-body therapies in clinical practice
 - Use positive psychology and lifestyle behavior change tools to improve health
 - Counsel patients on the use of diet and nutritional supplements for physical and mental health conditions

COURSE DEVELOPMENT TEAM

Scott Shannon, MD

CI/Mc Course Director • President of the American Board of Integrative Holistic Medicine (2011-2013) • (See 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

James Seeton, MD

Family Physician and Director – Lifestyle Medicine at Miramont

Patricia Tahan, PhD

Licensed Psychologist – Stress Management Family Counseling Center

Marianne Wamboldt, MD, RYT

(See Faculty page)

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, PA, NP, RN, PsyD, PhD, MS, etc.)

ORGANIZATION

ADDRESS

CITY

STATE

ZIP CODE

() -
DAYTIME PHONE

() -
EVENING PHONE

EMAIL

- Check if you would like to share your email for networking purposes
- 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

Physicians \$495

Nurses, Allied/Mental/Integrative Health \$395

Residents, Fellows, Full-time Students \$265
(with letter for verification)

PAYMENT

Visa Mastercard Check

CREDIT CARD NUMBER

EXPIRATION DATE

NAME OF CARD HOLDER

SIGNATURE

AMERICANS WITH DISABILITIES ACT

AlterMed Research Foundation intends to fully comply with the legal requirements of the Americans with Disabilities Act. If any registrant is in need of any special accommodation, please do not hesitate to submit a written request at least one month prior to the conference or check the box on the Registration Form.

FURTHER INFORMATION

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

SMARTPHONE QR CODES



QR code #1
(AlterMed Conferences page)



QR code #2
(Central Lodges reservations)

EVENT LOCATION

The conference will be held at the **Assembly Hall** 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 12, 2013** will get full refunds minus a \$100 processing fee. No refunds will be made for requests postmarked after June 12, 2013. Paid registration may be transferred to your designated alternate attendee of the same registration type if written request is confirmed by **July 5, 2013**.

ACCOMMODATIONS

Prior to **May 13, 2013**, you may reserve a room at the Central Lodges (cIMc blocked rooms) online at:

<http://www.reseze.net/cassets/mkt/YMCA/landingpage/312777.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 13, 2013** 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 check-in and optional meals will cost an additional \$30 per day at the YMCA.

SPONSORSHIP AND EXHIBITOR OPPORTUNITIES

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

