

Keynote: Mind-Body Medicine is the Heart of All Health Care (Gordon)

Summary – Learn why mind-body medicine is central to the treatment and prevention of chronic illness and begin to integrate mind-body approaches into health care.

Description - During the last thirty years, clinicians and patients have worked together to create a new synthesis of modern science and ancient wisdom, of western medicine and a variety of the world's other healing traditions. This synthesis has been called "holistic", "integrative" or "new" medicine. It includes an understanding of the biological and psychological uniqueness of each person; an understanding that we are all more than the sum of our biochemical, psychological, and sociological parts; an emphasis on healing partnerships and collaboration, rather than compliance; an integration of healing systems from other parts of the world, as well as those that have been neglected in our culture; a focus on the use of groups to support, deepen and enhance work with individuals; and the understanding that illness, as well as being painful and threatening is an opportunity for transformation for patients and for those who care for them.

What we call mind-body medicine is at the center of this new medicine. It reverses the priorities of conventional biomedical practice and puts at the center of all health care those approaches which health professionals can teach to their patients.

This talk will review the basic principles of mind-body medicine and provide guidelines for participants to make it central to their personal lives, their professional practices, and indeed to all health care.

Objectives

1. Appreciate the central tenets of the New Medicine
2. Understand the reasons why self care and mind-body medicine are central to the treatment and prevention of chronic illness
3. Begin to be able to integrate mind body perspectives and practices into their own work

Finding Balance in Health Care (Lipsenthal)

Summary – Understand the psychological background and personality tendencies of a health care professional and learn about the tools that help enhance decision-making and achieving work/life balance.

Description – This lecture reviews the core issues of health care professionals' work satisfaction and work/home balance. The participants will learn how the personality of the health care professional and their way of managing stress contributes to imbalance. They will then be given tips and tools on how to enhance life balance, communication and to manage change.

Objectives

1. Understand the psychological background of individuals who choose health care as a career
2. Appreciate how those personality tendencies can help and impede a health care professional
3. Understand how those personality tendencies enhance and diminish our clinical decision making skills
4. Understand how tools designed to enhance intelligence in decision making and multi-tasking can help you find a sense of balance
5. Be able to manage the balance of work and home life needed to be an effective health care professional

The Ecology of the Mind: An Overview of the Power of Our Mind in Physical Health (Shannon)

Summary – Learn mind-body intervention for illnesses, models of human consciousness, and the influence of mental factors on medical outcomes and health care cost.

This talk will explore the nature, reach and power of the human mind. Dr. Shannon will review current models of human consciousness and their clinical relevance. From here the presentation will highlight the power of the mind as the foundation of mind-body medicine. He will question the current model of health care delivery, which emphasizes illness oriented medical care and ignores the fundamental influence of mental factors to direct medical outcomes. Finally, Dr. Shannon will present his vision for the future of true health care.

Objectives

1. Recall 3 illnesses with proven mind-body interventions
2. Recall 2 models of human consciousness
3. Be able to relate 2 reasons why mental factors can dramatically increase health care costs

The Healer Within (Rakel)

Summary - Learn the importance of self-reflecting and about how non-specific effects such as relationships, positive expectations, empathy, control and compassion can facilitate healing.

Description - When healing mechanisms are set in motion, the credit often goes to the pill, needle or homeopathic remedy (specific effects). Science is teaching us that non-specific effects such as relationship, positive expectation, empathy, control, compassion are just as important. In fact, sometimes these non-specific effects trump the specific effects of a drug or acupuncture needle. This talk will explore the power of these effects while also exploring some of the key ingredients that can be reproduced in the therapeutic encounter that facilitate health and healing in ourselves and others.

Objectives

1. Learn the importance of exploring and self-reflecting on what we need to be healthy in order to be prepared to help others do the same
2. Be familiar with key research studies on foundational influences that facilitate self-healing mechanisms to unfold
3. Learn how the non-specific influences that arise within relationship centered care can trump the specific effects of a drug or acupuncture needle. (Practitioner Influences > Pill Influences)

The Science of Connection (Lipsenthal)

Summary – Understand the effect of inter-human relationships - family and community connections on managing health and chronic diseases.

Description - This talk looks at inter-human relationships and their effect of health outcomes from multiple standpoints; observational data about family relationships, marriage and community connection. It will also address the role of planned connection as a healing modality in disease management. There will be description of theories behind these observed effects.

Objectives

1. Understand the relationship of family cohesiveness and chronic diseases
2. Understand the application of intentional interconnectedness in disease management
3. Consider the relative weights of perception and external influences of physiology on health

Trauma and Transformation: Getting Unstuck and Taking the Healing Journey (Gordon)

Summary – Learn about the use of integrative therapies to deal with trauma with a special emphasis on populations traumatized by war and disaster.

Description - Dr. Gordon will share our experience using techniques of mind-body medicine (meditation, guided imagery, biofeedback, and yoga) and self-expression (through words, drawings, and music) in a meditative and educational small group format to help entire populations that have been traumatized by war and natural disasters in Kosovo, Israel and Gaza, and in post-9/11 New York City and post-Katrina New Orleans.

Objectives

1. Review the fundamentals of the *Unstuck* approach to psychological trauma
2. Practice one quiet and one active meditation technique that are used with war and disaster traumatized populations
3. Express their experiences and interest in meditative and educational approaches to individual and population-wide trauma

Guided Imagery (Rakel)

Summary - Learn about how imagination can act as a bridge between the subconscious and the conscious mind to help develop insight into what is needed to be healthy. Experience a practical application of guided imagery.

Description - Albert Einstein said that "imagination is more important than knowledge." Our mind's eye and the images it creates can act as a bridge between the subconscious and the conscious mind to help develop insight and understanding of what may be needed to be well. This talk will explore therapeutic applications of guided imagery including symptom dialogue, polarity work, recruiting inner resources and working with an inner guide.

Objectives

1. Learn about interactive guided imagery, its indications, contraindications and how to apply it for specific medical conditions
2. Learn an outline of a typical interactive guided imagery session
3. Provide practical "how to" application and experience a guided imagery exploration
4. Learn of resources for further training

Qi Gong in Mental Healthcare (Lake)

Summary – Regarding Qi Gong, evaluate the Chinese medical theory, conventional postulated mechanisms, research, safety issues, and learn introductory exercises for good health.

Description - Research findings suggest that regular Qi Gong practice has beneficial effects on both physical and mental health. Practice Qi Gong can help patients achieve emotional resilience and improved capacity to cope with stress.

According to Chinese medical theory, psychosis, anxiety, depression and other symptoms are manifestations of deviations in qi energy that regulates functioning of the nervous system. This presentation will review postulated mechanisms of Qi Gong as a therapeutic intervention from the perspectives of both Chinese medical theory and Western science, and examine the evidence for self-directed and external Qi Gong as treatments of specific psychiatric disorders. Safety issues associated with Qi Gong practice will also be discussed. A demonstration of basic Qi Gong exercises will follow the presentation.

Objectives

1. Learn an overview of Chinese medical theory underlying Qi Gong
2. Understand the postulated conventional mechanisms of action associated with Qi Gong in maintaining good health and mental health
3. Evaluate a critical review of significant research on Qi Gong in the treatment and prevention

of common mental health problems

4. Experience an introduction to basic Qi Gong exercises for good health

Introduction to Acceptance and Commitment Therapy (Leslie)

Summary – Based on assumptions that suffering is universal, trying to control or avoid suffering leads to more problems. Learn the science and clinical application of ACT as well as therapeutic techniques of using mindfulness, behavioral experimentation, and a collaborative therapeutic relationship to help clients lead an effective life despite difficult internal events.

Description - ACT (Acceptance and Commitment Therapy) is a “third wave” cognitive and behavioral therapy that was developed by Steven Hayes, Kelly Wilson, Kirk Stroschal and their colleagues. ACT is based on several assumptions: suffering is universal, attempts to avoid or control suffering lead to more problems, and these problems interfere with living a valued life by narrowing psychological flexibility. ACT uses elements of mindfulness, behavioral experimentation, and a collaborative therapeutic relationship to help clients live an effective and valued life despite the presence of difficult internal events. The development of the theory and technique is grounded in an empirical approach, and the data supporting the model continues to rapidly expand. This workshop is divided into two parts. The first part is an overview of the theory, supporting data for a variety of disorders, and a discussion of therapeutic techniques. The second part of the workshop is a series of experiential exercises that illustrates the application of the model in a variety of contexts. Personal disclosure is not required, but these exercises will involve sitting with a variety of thoughts and feelings, and thinking about the direction you want to take in your life.

Objectives

As a result of attending this workshop, participants will be able to:

1. Describe the philosophical and scientific underpinnings of the Acceptance and Commitment Therapy (ACT) model
2. Describe the general themes in the research on ACT
3. Understand the similarities and differences with traditional Cognitive Therapy
4. Understand the application of some ACT techniques as they relate to the participant's lives.
5. Have a greater appreciation for the role of ACT in a mind-body approach to health and illness.

EMDR Overview: Research Support, Cautions, and Application Video (Knipe)

Summary – Learn overview, scientific support, mechanics, and cautions of Eye Movement Desensitization and Reprocessing (EMDR) psychotherapy to treat post-traumatic stress disorders and more.

Description - The EMDR psychotherapy method is supported as an empirically validated treatment of trauma, based on a broad base of published case reports and controlled research. (APA, 2004; DOD, 2004; Maxfield & Hyer, 2002; Forgash and Knipe, 2006).

The first hour of this presentation will be a description of the basic procedures of EMDR therapy, the current status of research support for this method, and a brief discussion of controversies and cautions associated with EMDR. During the second hour, video and transcript examples of EMDR therapy will be presented.

Note: The purpose of this presentation will be to provide health care professionals with an overview of the EMDR method. Training to become a practitioner of EMDR requires mental health licensure, and specific instruction and supervised experience. Information regarding EMDR training resources will be included in the presentation.

Objectives

1. Learn how the Eye Movement Desensitization and Reprocessing (EMDR) psychotherapy method was developed
2. Obtain an overview of the current scientific support for the effectiveness of the EMDR method with Post-traumatic Stress Disorder
3. Watch two video demonstrations of EMDR sessions, illustrating key elements of the mechanics of the procedure
4. Obtain an overview of the cautions and possible complications involved in the use of EMDR
5. Obtain an overview of how EMDR-related methods are currently being used successfully with disorders other than PTSD

American Psychiatric Association (2004). Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder. Arlington, VA: American Psychiatric Association Practice Guidelines

Department of Veterans Affairs & Department of Defense (2004) VA/DoD Clinical Practice Guideline for the Management Of Post-Traumatic Stress. Washington, DC.

Forgash, C. and Knipe, J. (2007) Integrating EMDR and Ego State Treatment for Clients with Trauma Disorders, in Forgash, C. and Copeley, M. (Ed.s) Healing the heart of trauma and dissociation. Springer: New York.

Maxfield, L., & Hyer, L. A. (2002). The relationship between efficacy and methodology in studies investigating EMDR treatment of PTSD. *Journal of Clinical Psychology*, 58, 23–41.

Biofeedback Therapy Talk (Green)

Summary – Learn the principles, rationale for mind-body self regulation, and clinical application of biofeedback therapy.

Description - Biofeedback therapy is a multi-modal approach to the treatment of stress related disorders and disorders that are exacerbated by stress, neuromuscular and neurological disorders and certain behavioral disorders. This presentation is an overview of the principles that underlie mind/body medicine and biofeedback therapy in particular, the applications of biofeedback therapy, and the neurophysiologic rationale for mind/body self regulation.

Objectives

1. Understand the four principles underlying biofeedback therapy and how they facilitate successful outcomes
2. Understand why biofeedback therapy is referred to as a multi-modal skills-oriented therapy
3. Be familiar with several feedback modalities and their general use
4. Be able to outline the rationale for mind/body self regulation

The Relationship between Heart-Brain Dynamics, Positive Emotions, Coherence, Optimal Health and Cognitive Function (McCraty)

Summary – Learn the dynamics of heart-brain communications and how heart coherence due to heart focused positive emotions can improve cognitive functions such as focus and attention, memory, increased self-regulation and facilitate recovery from stress related challenges.

Description - This presentation will discuss the background, purpose, and overview of clinical and behavioral outcome results of a new approach to stress management that has a wide range of health enhancement applications. These include improved cognitive functioning such as focus and attention, memory, sensory motor integration, increased self-regulation and facilitating recovery from a wide range of stress related challenges such as heart failure, hypertension, fatigue and burnout, anxiety, ADHD, sleeplessness and depression.

Recent research has seen the emergence of a new understanding of how the brain functions and how the heart and brain interact in a dynamic relationship that regulates many aspects of cognition and gives rise to emotional experience.

Over the past several decades, several lines of evidence have established that the heart contains intrinsic neural and hormonal systems and functions as an information-encoding and processing center. The heart's complex circuitry enables it to sense, regulate, and remember. Neurological signals originating in the heart have an important and widespread influence in regulating the function of organs and systems throughout the body. For example, it is now known that in addition to modulating the activity of the nervous and endocrine systems, input from the heart influences the activity of the digestive tract, urinary bladder, spleen, respiratory and lymph systems--and it directly modulates and influences numerous brain activities.

We have found that sustained heart focused positive emotions facilitate an emergent shift in global psychophysiological functioning, which is marked by a distinct change in the rhythm of

heart activity. This global shift generates a state of optimal functioning, characterized by increased alignment, synchronization, harmony, and efficiency in the interactions within and among the physiological, cognitive, and emotional systems. This state is called *psychophysiological coherence*. The coherent state reflects increased order in higher-level systems in the brain, increased synchronization between the two branches of the autonomic nervous system (ANS), and a general shift in autonomic balance towards increased parasympathetic activity.

In addition to the above, data will be presented that measures the energetic and information exchange that occurs between people and between people and animals. It also includes a discussion of how coherence enhances this sensitivity.

The HeartMath system, which addresses a range of mental and emotional health issues, is currently employed by health care practitioners in a variety of institutions and environments throughout the world, including the United States (e.g., Stanford, Duke, Cleveland Clinic, Scripps, Mayo Clinic, University of California, San Francisco, etc.), Canada, France, Switzerland, the UK, the Netherlands, etc.

Objectives

1. Learn the fundamental physiology of heart-brain communication
2. Gain an understanding of the psychophysiological coherence state and its correlates
3. Understand how heart coherence improves a wide range of cognitive functions

The role of spirituality and religion in mental health: a review of trends and recent research (Lake)

Summary –A review of the beliefs and perspectives of physicians and patients and an evaluation of the relationship and evidence of spirituality and religion on mental health.

Description - Over three-fourths of individuals who seek medical care believe their religious or spiritual beliefs are directly related to their health concerns, while only 16% of conventionally trained physicians or nurses ask about these matters (King 1994; Anderson 1993). Over one-third of family physicians pray with patients and of those, approximately 90% believe that praying with patients has beneficial effects on health problems being addressed. The findings of a large multi-center trial confirm that two-thirds of patients feel strongly that physicians should be aware of their spiritual beliefs and 10% would be willing to give up time discussing medical issues in order to talk about spiritual concerns (MacLean 2003). It is significant that 25% or fewer psychiatrists believe in God or follow a spiritual practice however over 90% (of psychiatrists) believe it is appropriate and important to inquire about their patients' spiritual or religious beliefs. (Neeleman 1993). Despite the widespread role of religion and prayer in health care from the perspectives of both patients and physicians, discussions of the role of religious and spiritual beliefs and practices in medical and mental health are generally omitted from conventional medical training programs (Puchalski 1998). Recent studies have brought a

renewed sense of legitimacy to the role of prayer in maintaining health and treating illness, and have opened the door to novel understandings of the role of human intention in healing. This presentation addresses two central themes: relationships between spiritual and religious beliefs and practices and mental health; and evidence for the efficacy of prayer and other spiritual practices as treatments of mental illness.

Objectives

1. Review survey findings on spiritual and religious beliefs and perspectives of physicians and patients. Discuss implications
2. Examine the relationships between spiritual and religious beliefs and practices and mental health
3. Review important recent studies on prayer and other spiritual practices as “treatments” of mental health problems and discuss implications

Biofeedback Therapy Workshop (Green)

Summary - Learn various biofeedback approaches and clinical tools to treat stress related disorders. Understand the mechanisms underlying the response of peripheral blood flow to stress and relaxation and learn a powerful procedure to control blood flow. Learn correct breathing and impact on health.

Description - This workshop continues the description of biofeedback therapy applications, focusing on specific cases and treatment approaches, and introduces a variety of clinical tools used in conjunction with biofeedback training. Participants will also be introduced to a basic and powerful procedure, blood flow control (hand warming) and will be guided through a relaxation session using autogenic training and biofeedback.

Objectives

1. Understand the importance of "eclectic" approaches to the treatment of stress related disorders
2. Be able to explain why biofeedback therapy is correctly referred to as "psychophysiological self regulation therapy"
3. Understand the basic neurophysiologic mechanisms underlying the response of peripheral blood flow to stress and relaxation
4. Understand correct breathing and the impact of breathing pattern on homeostasis

Prerequisite: attending the lecture on biofeedback therapy

Mindfulness and Radical Acceptance in DBT (Dimidjian)

Summary – Learn the background, history, evidence, and selected strategies for Dialectical

Behavior Therapy (DBT), an innovative psychotherapy that uses mindfulness and radical acceptance skills for difficult to treat clinical problems.

Description - Dialectical Behavior Therapy is an evidence-based innovative psychotherapy that has demonstrated beneficial outcomes for a range of difficult to treat clinical problems. A core component of DBT is the use of mindfulness and radical acceptance, skills that have their roots in contemplative practices from both eastern and western spiritual disciplines. This presentation will provide an overview of mindfulness and radical acceptance skills as taught in Dialectical Behavior Therapy. It will discuss the history and evidence base for the use of these skills and will provide opportunities to enhance one's understanding of the clinical application of DBT mindfulness and acceptance skills through the use of presentation, discussion, and experiential practice.

Objectives

1. Learn the background and history of the use of mindfulness and acceptance skills in DBT
2. Understand the evidence base for DBT
3. Learn selected DBT mindfulness and acceptance strategies

Yoga Therapy for Pain, Fatigue and Anxiety (Lisa Kaley-Isley, PhD, RYT and Marianne Z. Wamboldt, M.D., RYT)

Summary – Understand the primary components and evidence of yoga and experience the effects of yoga first hand.

Objectives

1. Understand the eight primary components of yoga, including behavioral/ethical precepts, postures (asanas), breathing (pranayama), and meditation
2. Gain an overview of evidence based studies utilizing yoga for a variety of medical conditions which involve symptoms of pain, fatigue and/or anxiety
3. Experience the effects of yoga postures, breathing exercises and meditation firsthand

Practical Heart-Based Coherence building Tools and Technologies for Improving Patient Outcomes (McCarty)

Summary – Learn science-based heart rhythm biofeedback tools to increase heart coherence and how the coherence state can improve stress management and patient outcomes.

Description - This workshop will cover the background, purpose and uses of a new approach to stress management training that has a wide range of health care applications, including blood pressure control, CHF, arrhythmias, cardiac rehabilitation, digestive system disorders, headaches, asthma, diabetes, epilepsy and a wide range of psychological conditions, including anxiety, ADHD, sleeplessness and depression.

We will introduce and practice the steps of two HeartMath techniques for shifting into a coherent state, which is associated with increased cardiovascular efficiency, and emotional and energetic stability. The workshop will include instruction on the use of a heart rhythm biofeedback technology—called the emWave—to monitor participants’ coherence levels. The emWave has proven effective in facilitating self-regulation and stress management skills which, in turn, facilitate disease prevention, health recovery, intuition, and a wide range of cognitive functions.

The emWave was developed by the Institute of HeartMath, which was the first organization to introduce a biofeedback system based on rate variability (HRV) and HRV coherence feedback. HRV provides an effective biofeedback modality that helps people shift into an optimal state. It also provides a reliable measure of overall autonomic nervous system dynamics and heart-brain interactions. The emWave is much simpler to use than most other forms of feedback and can easily be employed at work or home to facilitate sustained behavioral change. The emWave (available in both PC and hand-held versions) is currently utilized in a wide variety of health care, educational, business, military, law enforcement, and applications worldwide.

One of the primary benefits of biofeedback is that it is self-empowering. Individuals experience increasing mastery of their lives as they learn to become more sensitive to their hearts, minds, and bodies; as they become more attuned to their physiological and emotional rhythms, signals and patterns; and as they learn new self-regulating skills for stimulating, modulating and controlling various functions that affect physical and emotional health.

Objectives

1. Learn practical science-based tools for increasing heart coherence, and reducing stress while enhancing cognitive functions and intuition
2. Gain an understanding of how heart rate variability coherence feedback can improve patient outcomes

The Clinical Application of Meditation for Mental Health (Dimidjian)

[Summary - Understand the background, history, evidence and selected practices for mindfulness meditation on mental health, particularly to prevent depression relapse.](#)

Description - Meditation practices are an increasing focus of clinical research and application for a broad range of clinical problems. This presentation will provide an overview of the clinical application of meditation for mental health. It will summarize the evidence base for both the physiological and psychological outcomes of meditation and the range of applications of meditation practice for mental health. To provide opportunities to enhance one's understanding of core strategies, the presentation also will focus in particular on a selected intervention model that has particularly strong empirical foundation: the use of mindfulness meditation to prevent relapse and recurrence in depression. Opportunities for learning will be

provided through the use of presentation, discussion, and experiential practice.

Objectives

1. Learn the background and history of the use of meditation for mental health
2. Understand the evidence base for the physiological and psychological effects of meditation
3. Learn selected mindfulness meditation practices for the prevention of relapse in depression