

Keynote: Change Your Brain by Transforming Your Mind: Neuroscientific Studies of Meditation (Davidson)

Summary - Studies demonstrate that the mind can be transformed through meditation thus altering the brain in ways that may be beneficial for mental and physical health, and for well-being.

Description - This talk will present an overview of studies conducted in our laboratory over the past 6 years on neural changes associated with different forms of meditation. Distinctions among three major forms of meditation practice will be made: Focused Attention; Open Monitoring; and Positive Affect Training. These different forms of meditation have different neural and behavioral effects. From the perspective of Western neuroscience, different forms of meditation can be conceptualized as mental training to promote the regulation of emotion and attention. Data from studies on long-term meditation practitioners as well as those with shorter durations of training will be highlighted. In addition, some longitudinal studies that track changes over time with meditation practice will be reviewed. In addition to the neural changes that have been observed, this talk will also summarize changes that have been found in peripheral biology that may modulate physical health and illness. The central brain circuitry of emotion is especially implicated in peripheral biological changes that have consequences for health. The overall conclusions from these studies is that one can transform the mind through meditation and thereby alter the brain and the periphery in ways that may be beneficial for mental and physical health, and for well-being.

Objectives

1. Distinguish among different forms of meditation in a modern scientific framework.
2. Identify the underlying neural circuits impacted by different forms of meditation.
3. Establish how changes in the central neural circuitry impacted by meditation may have downstream effects on peripheral biology in ways that impact health.

Keynote: Feet, Forks, & Fate (Katz)

Summary - Lifestyle intervention for the prevention of obesity and chronic illness: Tackling the challenge of addressing these complex issues holistically.

Description - This talk will explore the potential power of lifestyle intervention to prevent obesity and chronic disease, and explain what stands in the way - and how to overcome it.

Objectives

1. Characterize recent trends in obesity and diabetes.
2. Recognize proximal and root causes of obesity and related chronic disease.
3. Know what percentage of chronic disease lifestyle could prevent.
4. Recognize the 'cure' for epidemic obesity.

Healing Body, Mind and Spirit: Integrative Approaches to Eating Disorders (Ross)

Summary - Discuss the underlying cause and treatment of eating disorders incorporating conventional and alternative therapies.

Description - Eating disorders constitute a spectrum of disorders from anorexia to bulimia and binge eating disorder (BED) dating back to the fourth century AD. Over the past several decades, the incidence of eating disorders has increased. This seminar will discuss the underlying causes and treatment of eating disorders from an integrative medicine perspective including the use of both conventional and alternative therapies. Eating disorders will be discussed as a call to action which enables individuals reconnect with their authentic spiritual self and the use of mindfulness therapies to foster healing on a deeper level.

Objectives

1. Participants will be able to use three dietary supplements supported by research in treatment of eating disorders.
2. Participants will be able to understand different criteria for diagnosis of eating disorders.

3. Participants will be able to list three mind-body therapies that have been shown to be effective in eating disorder treatment.

Integrative Approaches to Mood Disorders (Shannon)

Summary - Explore the use of evidence-based supplements to treat mood disorders.

Description - The first segment will provide an overview of integrative psychiatry and what it entails. Then the presentation will focus on the current research concerning specific tools to address mood disorders. This will include SAMe, St. John's wort, inositol, omega 3 EFAs, multi-ingredient formulas, folate and B vitamins and other agents. The final segment will outline the practical clinical use of these tools in your practice and provide some clinical pearls.

Objectives

1. Participant will be able to apply three evidence-based natural supplements to treat major depression in their practice.
2. Participant will be able to apply three evidence-based natural supplements that have clinical promise for treating bipolar disorder.
3. Participant will warn patients of two contraindications for natural supplements in patients with bipolar disorder.

Resilience Training Workshop: An Integrative Approach to the Recovery and Prevention of Depression and Anxiety (Emmons) – Breakout Track M1

Summary - A unique program combining nutrition, exercise, and mindfulness that can improve outcomes in those with depression and anxiety.

Description - Over the past decades the rates of anxiety and depression in this country have increased steadily. They are now rising rapidly worldwide. What has eroded our natural ability to bounce back from adversity? What are the preventable causes of anxiety and depression? And what can be done to regain resilience and sustain it throughout a lifetime?

As an integrative psychiatrist, Dr. Emmons will take a broad and refreshing look at these questions. He will describe the *Resilience Training Program*, based upon his books *THE CHEMISTRY OF JOY* and *THE CHEMISTRY OF CALM*. This uniquely integrative program brings together nutrition, exercise and an eight-week group teaching skills in the psychology of mindfulness and has been shown to improve outcomes in the treatment of depression and anxiety. We will discuss the core factors in resilience, their scientific basis, and how they can help one achieve greater vitality, equanimity, openness and connection.

Objectives

1. List at least 6 underlying causes of depression and anxiety.
2. Describe three distinct patterns each for anxiety and depression, as well as the chemical imbalances and brain areas involved.
3. Understand the seven roots of resilience.
4. Identify specific nutrients, exercises and self-management skills for each subtype of anxiety and depression.
5. Describe how psychological and spiritual practices can enhance personal resilience.
6. Plan at least three simple changes to create your own healthier brain.

Finding Balance in a Medical Life Workshop (Friedland) – Breakout Track L1

Summary - Understand typical personality traits of those who choose healthcare as a profession: consider the beneficial and not-so-beneficial tendencies, and use practical tools to enhance emotional intelligence in decision making and multi-tasking.

Description - The following will be addressed:

The genesis of imbalance

- The psychological profile of the physician before, during and after training
- How this profile effects the function and pleasure of medical practice
- Work addictive behaviors

- The issues of perfectionism, safety seeking, type A behavior and competitiveness and their effect on the physicians life

Enhancing work satisfaction and performance

- The factors of performance
 - Intrinsic and extrinsic values
- Work values and needs

The neuro-physiology of stress

- The effect of stress on health
- The effect of stress on performance and cognition

Emotional shifting

- Stress management to enhance performance
- Managing difficult people
- Learning new responses to stress inducing situations
- Problem solving

Objectives

1. To understand the psychological background of individuals who choose healthcare as a career.
2. To appreciate how those personality tendencies can help and impede the physician.
3. To understand how those personality tendencies enhance and diminish our clinical decision making skills.
4. To practice tools designed to enhance emotional intelligence in decision making and multi-tasking.

Integrative Therapies for Mental Health: Addictions and Eating Disorders

Workshop (Ross) – *Breakout Track M2*

Summary - Use of Integrative Medicine to reveal the correlation between substance use disorders and eating disorders in patients; returning clients to deeper interconnection of mind, body and spirit, and thus improving outcomes.

Description - Research and new treatments have made tremendous strides in improving our understanding of addictive processes. Eating disorders (ED) and addictions are unified by disturbances in neurotransmitters in the brain. It is not uncommon that eating disorders will become active or be diagnosed for the first time when the individual seeks treatment for substance use disorders (SUD). This element of cross-addiction speaks to the fact that, while substance use disorders may begin as part of a primary eating disorder (i.e. the use of stimulants to lose weight), for many individuals, there may be common etiological factors that promote the development and maintenance of both SUD and ED. The use of complementary medicine and conventional approaches have been shown to improve outcomes and return clients to the deeper inter-connections between body, mind and spirit.

Objectives

1. At the completion of this course, participants will be able to identify shared characteristics between eating disorders and substance use disorders and how mindfulness modalities can be used in treatment.
2. Participants will be able to list which can be used in treating eating disorders and addictions.
3. Participants will be able to list two nutritional deficits common in the eating disorder / substance use disorder and the symptoms associated with each.

**Part 1 Workshop– Evidence-Based Integrative Medicine: Bridge over Troubled Waters, and Part 2 Workshop– Holistic Care in Practice: of Sum & Parts (Katz) –
*Breakout Track L2***

[Summary- Explore how to reconcile evidence-based practice with patient-centered holistic care.](#)

Description – Workshop will characterize the fundamental principles of evidence-based integrative care, and be followed by case-based discussions of the challenges of addressing complex cases holistically, with an explanation of how holistic care goals may be achieved incrementally. It will make the case for getting to the sum via its parts.

Objectives for Part 1 Workshop

1. Understand limits of clinical evidence in peer-reviewed literature.
2. Recognize barriers to evidence generation for 'alternative' treatments.
3. Learn a new model for leveraging evidence across a broad spectrum.

Objectives for Part 2 Workshop

1. Recognize the importance of holistic care.
2. Appreciate the logistical challenges of holistic care.
3. Learn an actionable approach to holistic care in practice.

Using Nature and Wisdom to Sustain a Healthy Mood (Emmons)

Summary – Discuss factors that have eroded our natural ability to bounce back from adversity, the preventable causes of anxiety and depression, and what can be done to regain resilience and sustain throughout a lifetime.

Description - Over the past decades the rates of depression and anxiety in this country have increased steadily. They are now rising rapidly worldwide. What has eroded our natural ability to bounce back from adversity? What are the preventable causes of anxiety and depression? And what can be done to regain resilience and sustain it throughout a lifetime?

As an integrative psychiatrist, Dr. Emmons will take a broad and refreshing look at these questions. He will outline the historical and current factors that undermine resilience, and survey the scientific discoveries that provide hope even to those who have dealt with years of illness. We will discuss the core factors in resilience, their scientific basis, and how they can help one achieve greater vitality, equanimity, openness and connection.

Objectives

1. Describe the most common “enemies of joy” and how they cause brain imbalance.
2. Distinguish the three subtypes of depression and understand the chemical imbalance and the “unskillful habits” of each.

3. Apply an understanding of the triad of health to each of the different subtypes.
4. Understand non-medicinal alternatives that can support healthy brain chemistry for each of the three subtypes of depression.
5. Discuss the principles of “the psychology of mindfulness”.
6. Understand the research linking unhappy or joyful mental states to brain function, and describe how mindfulness practice may improve those mental states.

Spirituality in Health Care (Shannon)

Summary - Understand your role in support and counseling regarding your patient’s spiritual beliefs.

Description - The following will be addressed:

- What is spirituality?
- Religion and spirituality
- The concept of God
- The health benefits of spirituality
- The clinician’s role in spiritual counseling

Objectives

1. To delineate the roles and definitions of religion and spirituality.
2. To be able to support the spiritual belief structure of the patient in appropriate ways.
3. To counsel appropriately given your training.

CAM We Talk? Discussing Integrative Medicine with Patients (Corbin)

Summary - Provide health care professionals with up-to-date and critical information regarding Complementary & Alternative Medicine (CAM) to guide patients.

Description - Conventional providers aren't typically taught CAM in training, yet patients are using CAM in ever increasing numbers. Providers should be more knowledgeable regarding risks, benefits, and basis for common CAM practices

(acupuncture, massage, chiropractic, supplements) and should be comfortable discussing lifestyle approaches (exercise, sleep, mind/body) to best guide their patients.

Objectives

1. Define Complementary and Alternative Medicine.
2. Discuss risks, benefits, and backgrounds of commonly used CAM therapies.
3. Implement a framework for discussion of CAM therapies with patients.

Honoring The Bridge: The Integration of Evidence-Based Ayurveda and Western Medicine (Kanniganti)

Summary - Understand the uses of Ayurvedic medicine and refer patients appropriately for certain chronic and acute illnesses

Description - This presentation provides basic understanding of Ayurvedic medicine and its potential use for common acute and chronic illness. It is meant to help participants know when to refer to Ayurvedic practitioners, and which illnesses are amenable to safe and efficacious treatment with Ayurveda.

Objectives

1. Learn the basic Ayurvedic principles of health, illness and treatment.
2. Learn the evidence basis for Ayurvedic treatments for common illnesses from scientific research.
3. Use this information to provide appropriate and safe care or referral for patients.

Mindfulness Based Cognitive Therapy for the Prevention of Depressive Relapse Workshop (Dimidjian) – *Breakout Track M3*

Summary - Understand the background and evidence for mindfulness-based cognitive therapy, and extensions to novel populations.

Description - Mindfulness-based cognitive therapy (MBCT) is an empirically supported treatment for the prevention of depression. This approach is delivered in a group format and includes both cognitive behavioral strategies and

mindfulness meditation practices. This presentation will provide a basic overview of the background and evidence for MBCT, the core themes, and selected practices. In addition, extensions to novel populations will be highlighted. The presentation will be both didactic and experiential.

Objectives

1. Identify the core elements of MBCT and the theory of change that supports MBCT.
2. Summarize the evidence-base for the use of MBCT.
3. Practice using one meditative based and one cognitive behavioral therapy based intervention used in MBCT.

Yoga and Chronic Pain Workshop (Wamboldt) – Breakout Track L3

[Summary - Learn about the yogic practice of yoga nidra \(deep relaxation with specific visualizations\) and its effect on pain.](#)

Description - Most people know about yogic postures, but there is emerging evidence in Western Medicine that yoga also offers more subtle and effective techniques that are easily integrated with traditional psychotherapeutic approaches. Some of these practices can be transformative and lead to breakthroughs when more usual approaches have not proved sufficient. Yoga nidra is one such transformative practice that can lead to lasting psychological change, as well as physical and emotional healing. It teaches one how to live a contented life, free of conflict, anxiety, fear and suffering, by opening the mind and body to their inherent ground of health and wholeness. It is a practice of deep relaxation and visualizations, and is currently being used in the military to disrupt the symptoms of PTSD in combat veterans. In this didactic and experiential workshop, attendees will learn the theoretical background about the practice of yoga nidra, review research on its use to decrease pain, and experience two different sessions of this deep relaxation technique.

Objectives

1. Discuss current research on the use of yoga practices for pain.
2. Learn the principles and theory behind the yogic practice of Yoga nidra.

3. Experience two different 20 minutes sessions of Yoga nidra and discuss effects with group.

EEG Neurofeedback for ADHD: A Review of Research, Methods and Clinical Application (Rondeau) – *Breakout Track M4*

Summary – Review neurofeedback research for ADHD and discuss how it can be implemented in clinical practice.

Description – This workshop will provide a basic understanding of neurofeedback, review the current research of neurofeedback for the treatment of ADHD, discuss who may be a good candidate for the therapy, and cover procedures for a neurofeedback session in clinical session

Objectives

1. Discuss current research on efficacy of neurofeedback for treatment of ADHD.
2. Identify the EEG patterns associated with clinical symptoms of ADHD.
3. Discuss procedures on implementation of neurofeedback in clinical practice.

Integrating Ayurveda into Everyday Life: An Evidence-Based Approach Workshop (Kanniganti) – *Breakout Track L4*

Summary - Enhance the quality of the health practitioner's life as well as the patient through a better understanding of Ayurvedic medicine.

Description - This workshop provides basic understanding of Ayurvedic medicine and its potential use for common acute and chronic illness. It is meant to help participants incorporate Ayurvedic self-awareness, diagnosis of constitution and lifestyle principles (sleep, food, elimination, environment) to enhance their quality of life and health and to subsequently enable them to help their patients. Participants can deepen their understanding of specific conditions.

Objectives

1. Learn the basic Ayurvedic principles of health, illness and treatment.
2. Learn how to incorporate Ayurvedic self-awareness and diagnosis into their daily life.
3. Use this awareness to deepen their understanding of their health conditions.