

**Present the  
6th Biennial**

*New Mexico - The Land of Enchantment -  
where mysteries unfold and legends come alive*

**S**ymposium of  
**I**ntegrative  
**M**edicine  
**P**rofessionals in the  
**L**and of  
**E**nchantment



**Featured Speaker  
Andrew Weil, MD**

**Special Offering:  
SIMPLY Botanicals  
Pre-Conference  
Workshop  
October 12, 2014**

**Course Director:  
Arti Prasad, MD, FACP**

- Integrative Cardiology • Integrative Medical Education  
& Professional Development
- Women's Health and Bioidentical Hormones • Functional Medicine
- Clinical Models and Group Visits • Integrative Pain Management
- Integrative Psychiatry • Integrative Oncology • Botanical Medicine
- Palliative Medicine • Music, Art, Healing and much more...

**A State of the Art Symposium on Integrative Health  
Featuring many distinguished speakers**

**October 13-15, 2014 • Crowne Plaza • Albuquerque**

The 43rd Annual **Albuquerque International Balloon Fiesta®**  
will be held October 4-12. For more information about the park and ride  
services, ascensions and other scheduled events, visit [www.aibf.org](http://www.aibf.org)

**Invited Guest Speakers**

Donald Abrams, MD  
Rita K. Benn, PhD  
Tom Blue  
James E. Dalen, MD, MPH  
Stephen R. Devries, MD  
Tobi Fishel, PhD  
Katherine Gergen Barnett, MD  
Aviad Haramati, PhD  
Andrew Heyman, MD  
Mukta Kaur Khalsa, PhD  
Mary Jo Krietzler, PhD, RN, FAAN  
Karen Lawson, MD, ABIHM  
Tieraona Low Dog, MD  
Victoria Maizes, MD  
Mariah McAlister  
Amanda McQuade Crawford, MA, DipPhyto,  
RH (AHG), MNZAMH, MCPP  
Henri J. Roca, MD  
Janet Lynn Roseman, PhD, MS, R-DMT  
Shilpa P. Saxena, MD  
Victor S. Sierpina, MD, ABFM, ABIHM  
John Weeks  
Andrew T. Weil, MD  
Yan Zhang, PhD, LAC

**Local, University of New  
Mexico and UNM Health  
Sciences Center Faculty**

Madhu Arora, MD  
Jennifer G. Benson, MD  
Emilie Brough, DOM, LMT  
Diane M. Chase, MA, LMT  
Diane Clawson, DO  
Carole A. Conn, PhD, RD, CSSD, LD, FACSM  
Catherine Davis, LPCC  
Jean Ellis-Sankari, LISW, MSSW  
Sally Fisher, MD, MS  
Tonita Gonzales, BA, BSM, Traditional  
Healer  
Eric Grasser, MD, CAy  
Amy Jelliffe, MD  
Satkirin Khalsa, MD  
Steven Komadina, MD  
Yoku Komesu, MD  
David Lang, COMT, RMTI, TPMT, LMT  
Denise Lin, MD  
Henry C. Lin, MD  
Ashley Maltz, MD, MPH

Anju Manral, MD  
Lisa Marr, MD  
Pope Moseley, MD, MS  
Sunil Pai, MD  
Alisha Parada, MD  
Judith Pentz, MD  
Sonia Ponce, MD  
Patricia A. Repar, DMA  
Jeffrey Schnapp, DC-APC, PhD  
Kirstie Segarra, PhD, LMT, ERYT  
George Simmons, DC, AP-C  
Mitchel Simson, MD  
Mary Elizabeth Smith, RN, DOM  
Bernadette Torres, Herbalist  
Eliseo "Cheo" Torres, EdD  
Karen Waconda-Lewis MS, LMT, Native  
Healer  
Barbara Welcer, RN, BAS, HN-BC, HTCP/I,  
HWNC-BC  
Susi Wolf, CMLC

**For full faculty designation,  
see the UNM CME website at  
[som.unm.edu/cme](http://som.unm.edu/cme)**

**Course Director**

**Arti Prasad, MD, FACP**  
Professor of Medicine; Chief, Division of General Internal  
Medicine; Director, Integrative Cancer Programs, Founder and  
Executive Director, UNM Center for Life – A Preventive and  
Integrative Medicine Specialty Clinic, University of New Mexico  
Health Sciences Center; Faculty, Arizona Center for Integrative  
Medicine, University of Arizona Health Science Center

**Course Advisor**

**Mary L. Hardy, MD**  
Wellness Works  
Stiles Center for Integrative Oncology  
UCLA School of Medicine  
Los Angeles, CA

**Simply Botanicals Pre-Conference Workshop program**

**Sunday, October 12, 2014**

**10:00 AM – 12:00 PM** \*Cider Festival at ABQ Biopark Botanic Garden  
**12:30 PM – 1:30 PM** Lunch at Crowne Plaza  
**1:30 PM – 1:45 PM** Welcome & Opening Remarks  
*Arti Prasad, MD, FACP*  
**1:45 PM – 2:30 PM** Modern Herbal Medicine: From Ancient Roots to Present Practice  
*Mary L. Hardy, MD*  
**2:30 PM – 3:15 PM** Botanical Medicine for Mental Health and Stress Management  
*Amanda McQuade Crawford, MA, DipPhyto, RH (AHG), MNZAMH, MCPP*  
**3:15 PM – 3:45 PM** Principles of Botanical Prescribing  
*(Panel discussion of herbal preparations & discussion of making tea blends)*  
*All Faculty*  
**3:45 PM – 4:15 PM** Afternoon Break & Make Your Own Medicinal Tea  
**4:15 PM – 5:30 PM** Cooking with Herbs and Spices: A Cooking Demo  
*Andrew T. Weil, MD and Arti Prasad, MD, FACP*

**Half Day Workshops 1:00 – 5:00 PM – Fee \$100**

**Choose one Half Day Workshop**

- A. Group Visits & Social Connection - 3 hours - Shilpa P. Saxena, MD**
- B. \*Talking Medicine: The Healing Power of Storytelling 4 hours - Susi Wolf, CMLC**

**Add Cider Festival to one Half Day Workshop (A or B Above) – 10:00 AM - 5:00 PM - Additional \$45**  
*(includes transportation and lunch)*

**Special Evening Offering 6:00 PM - 8:30 PM – Fee \$30**

**\*Community Ritual for Visioning: "Claiming your Vision for Healthcare"**  
*Karen Lawson, MD, ABIHM; Henri J. Roca, MD; and Mariah McAlister*



**\*Session not eligible for CME**

**acknowledgments**

GOLD	Metabolic Medical Institute (MMI)	The Weil Foundation
BRONZE	Power 2 Practice	

# registration form

## Symposium of Integrative Medicine Professionals in the Land of Enchantment October 13-15, 2014 • Crowne Plaza • Albuquerque, New Mexico

Name: \_\_\_\_\_

Title (please circle): MD DC DOM ND RN Therapists Other: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Telephone: ( ) \_\_\_\_\_ FAX Number: ( ) \_\_\_\_\_

E-mail: \_\_\_\_\_

PLEASE PRINT CAREFULLY. THE ABOVE INFORMATION WILL BE USED FOR YOUR NAME TAG.

	UNM TR Rates	*With 10% Discount
<b>Early Bird Registration (on or before September 25, 2014)</b>		
MD, DO, DC	\$625.00	\$615.00
Advanced Practice Practitioners (PA, NP, Pharmacists, OT, PT and Other APP)	\$525.00	\$515.00
CAM Providers (DOM, LMT, ND, and Other CAM Providers)	\$455.00	\$445.00
Nurses, Dietitians, Counselors, Others	\$425.00	\$415.00
<b>AFTER September 25, 2014</b>		
MD, DO, DC	\$665.00	\$655.00
Advanced Practice Practitioners (PA, NP, Pharmacists, OT, PT and Other APP)	\$565.00	\$555.00
CAM Providers (DC, DOM, ND and Other CAM Providers)	\$495.00	\$485.00
Nurses, Dietitians, Counselors, Others	\$465.00	\$455.00
<b>ONSITE:</b>		
MD, DO, DC	\$725.00	\$715.00
Advanced Practice Practitioners (PA, NP, Pharmacists, OT, PT and Other APP)	\$625.00	\$615.00
CAM Providers (DC, DOM, ND and Other CAM Providers)	\$555.00	\$545.00
Nurses, Dietitians, Counselors, Others	\$525.00	\$515.00
Students/Trainees and Patients	\$150.00	

\*10% discount for 3 or more individuals from the same organization. Please submit registrations together.

**NOTE:** UNM Tuition Remission may be used for Symposium Registration but not for the special Evening Offerings.

UNM CME does not maintain a petty cash fund. Cash payments must be made in the exact amount of tuition. Make check payable to the UNM CME. Please mail to the The University of New Mexico, CME, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 and fax (505) 272-8604 registrations will be accepted with Visa and MasterCard. Institutional Purchase Orders must be faxed along with a copy of the registration form. Tuition Remission Forms must be forwarded along with a copy of the registration form.

### ATTENTION UNM FACULTY AND STAFF!

Use your tuition remission form when paying for this conference.

Participants requiring special accommodations should contact the Office of Continuing Medical Education as early as possible. UNM is in compliance with the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990.

### SIMPLY Botanicals Pre-Conference Workshops

10:00 AM – 5:30 PM Sunday, October 12 \$195.00 \$ \_\_\_\_\_

### Half Day Workshops

**A.** Group Visits & Social Connection - 3 hours  **B.** The Healing Power of Storytelling - 4 hours

1 PM – 5 PM Sunday, October 12 \$100.00 \$ \_\_\_\_\_

**Add Cider Festival** (must choose Selection A or B above)

10 AM – 5 PM Sunday, October 12 \$45.00\* \$ \_\_\_\_\_

(includes transportation and lunch)

### Evening Offerings

Community Ritual for Visioning: "Claiming your Vision for Healthcare"  
6 PM – 8:30 PM Sunday, October 12 \$30.00 \$ \_\_\_\_\_

### Temazcal

5:30 PM Tuesday, October 14 \$45.00\* \$ \_\_\_\_\_

7:30 PM Tuesday, October 14 \$45.00\* \$ \_\_\_\_\_

(\* includes transportation)

### Conference Syllabus

I would like to have a printed version of the syllabus when I arrive at the conference for an additional cost of \$20.00.

**Total Registration Fees** \$ \_\_\_\_\_

**Full-time UNM Students and UNM House Officers**

**Conference Registration Free** (Please enclose a copy of ID card with registration)

Pre-registration is required by September 12, 2014.

Scholarships are limited and are available on a first come, first served basis.

### Monday, October 13, 2014

#### Concurrent Breakout Sessions

10:45 AM (Please select workshop 1, 2, 3, 4, 5, 6, 7 or 8) Selection \_\_\_\_\_

3:30 PM (Please select workshop 9, 10, 11, 12, 13, 14, 15 or 16) Selection \_\_\_\_\_

### Tuesday, October 14, 2014

#### Concurrent Breakout Sessions

10:30 AM (Please select workshop 17, 18, 19, 20, 21, 22, 23 or 24) Selection \_\_\_\_\_

3:30 PM (Please select workshop 25, 26, 27, 28, 29, 30, 31 or 32) Selection \_\_\_\_\_

### Wednesday, October 15, 2014

#### Concurrent Breakout Sessions

10:30 AM (Please select workshop 33, 34, 35, 36, 37, 38 or 39) Selection \_\_\_\_\_

3:30 PM (Please select workshop 40, 41, 42, 43, 44, 45 or 46) Selection \_\_\_\_\_

I would like to have my name and contact information included on the list of attendees provided at the symposium

### Meals:

Non-Vegetarian  Vegetarian  Vegan

### Method Of Payment:

Check (Make payable to UNM CME)

UNM Tuition Remission Form (copy enclosed) *Cannot be used for Community Ritual for Healing*

Institutional Purchase Order Number \_\_\_\_\_ (copy enclosed)

MASTERCARD  VISA

**Account Number:** \_\_\_\_\_ **"V" Code** \_\_\_\_\_

(last 3 numbers on back of card)

**Expiration Date:** \_\_\_\_\_ **Amount:** \_\_\_\_\_

**Cardholder's Signature:** \_\_\_\_\_



## who should attend

This symposium is designed for the following groups of people: Massage Therapists, Physicians, Licensed Social Workers, Nurses, Hospital Administrators, Dietitians, Physician Assistants, Pharmacists, Naturopaths, Acupuncturists, Psychologists, Chiropractors, Body Workers, UNM Faculty, Health Benefits Administrators, Clergy, Other complementary care providers

## objectives

During and after this symposium, participants should be able to:

1. Assess some of the latest original research in the field of Complementary and Integrative Health with special emphasis on Cardiology, Oncology, Palliative Care, Pain Management, Mental Health, Nursing, and Women's Health.
2. Explore the areas of Preventive Medicine, Life Style, Nutrition, Wellness, Spirituality, and Stress Management.
3. Delineate core concepts related to purity and standardization of food supplements, herbs and botanicals and their usage and safety with conventional medicine.
4. Learn about the clinical models of group visits in Integrative Primary Care and Behavioral Health and explore opportunities for professional development in integrative health.
5. Understand the basic concepts of, differences between, and clinical applications of traditional healing systems such as Curanderismo, Native American medicine, and Ayurvedic medicine.
6. Participate in personal experiences with healing modalities such as Meditation, Sound and Healing, Indigenous healing rituals, and movement therapies such as Yoga, Tai Chi, Nia, and Qi Gong.

## accreditation

### Physicians

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education designates this live activity for a maximum of 19.5 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Nursing Credit

This activity has been submitted to the New Mexico Nurses Association Accredited Approver Unit for approval to award contact hours. NMNA AAU is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

### Pharmacists

Application has been submitted for continuing education credits through the University of New Mexico Health Sciences Center College of Pharmacy, an accrediting body for the Accreditation Council for Pharmacy Education.

### Other

We have applied for continuing education credits for the following groups: Acupuncture and Oriental Medicine – National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

## cancellation policy

If you pre-register and cannot attend, Continuing Medical Education will refund tuition, less a \$40.00 administrative fee provided it is received in writing prior to **October 3, 2014**. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, Continuing Medical Education is not responsible for any airfare, hotel, or other costs incurred by participants.

## UNM tuition remission

All eligible UNM faculty and staff may enroll using a tuition remission (waiver) to cover tuition costs listed on the registration form. Properly completed and original remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission Form may be accessed at <http://hr.unm.edu/docs/benefits/tuition-remission.pdf>



## registration information

Advance registration is encouraged. Please register early to avoid disappointment. Minimum and maximum numbers have been established for this conference and for the workshops. UNM CME does not maintain a petty cash fund. Cash payments must be made in the exact amount of tuition. It is UNM Policy to charge offerer \$15.00 plus normal merchant bank fees for each returned check.

If you are paying by credit card, we have on-line registration capability at the UNM CME website, <http://som.unm.edu/cme>. A confirmation letter will be e-mailed to you. Please present your confirmation letter at the registration desk upon arrival at the conference. If you do not receive a confirmation letter, please contact the UNM CME at (505)272-3942 to verify your attendance. Registration includes conference materials. Your pre-registration will be confirmed.

Telephone (505)272-3942 and FAX (505)272-8604 registrations will be accepted only with VISA/MasterCard. Faxed registrations, which do not have credit card information provided, will not be processed.

## accommodations

The conference will be held at the Crowne Plaza Albuquerque, 1901 University Blvd. NE, Albuquerque, New Mexico. A block of rooms has been reserved for participants of this conference at the Crowne Plaza Albuquerque the nights of Saturday, October 11 – Tuesday, October 14. **Special rates are available to you if you make your room reservations no later than Thursday, September 11, 2014.** To make room reservations, participants should contact the Crowne Plaza Albuquerque directly: 1901 University Blvd. NE, Albuquerque, New Mexico, 87102 • 505-884-2500 – Fax 505-880-1196. **Please identify yourself as a participant of SIMPLE. The Participant rate is: \$89.00**

**Hertz Car Rental** is offering special rates to attendees of SIMPLE. Reservations can be made by calling 1-800-654-2240 or online at [www.hertz.com](http://www.hertz.com). Refer to CV Code 022Q7017 when placing your reservation.

## conference syllabus

Unless prior arrangements to purchase a printed syllabus have been made, we will not be printing handouts for this conference. Your confirmation letter will have a website link and the handouts will be available on the website, one week prior to the conference, as well as an updated agenda. The conference facility will be fully equipped with free wireless internet and the syllabus will be accessible by all internet capable devices.

## arts-in-medicine at UNM

Music for the SIMPLE Program provided by Arts-in-Medicine: Healing and the Humanities Program. <http://artsinmedicine.unm.edu>

## Simply Botanicals Pre-Conference Workshop – \$195

Sunday, October 12, 2014 10:00 AM – 5:30 PM – Crowne Plaza Albuquerque

Explore over one and a half miles of paths through formal and whimsical gardens designed to delight your senses at the ABQ BioPark Botanic Garden Cider Festival. You will then move on to an afternoon of exciting and informative pre-conference workshops. Lunch and transportation will be provided.

## accreditation

**Physicians** - The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing Credit** - This activity has been submitted to the New Mexico Nurses Association Accredited Approver Unit for approval to award contact hours. NMNA AAU is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

# SIMPLE

## Build Your Own Program

A number of common themes run throughout the symposium and these will be annotated in the breakout sessions to guide you to sessions of interest to you.

**Themes of this symposium include:** Mind-Body/ Spiritual Care (**MBS**); Integrative Medicine Practice (**IMP**); with special attention for Integrative Cardiology (**IC**); Integrative Oncology/ Palliative Care (**IO/P**); Integrative Pain Management (**IPM**); Women's Integrative Medicine (**WIM**); Traditional Systems of Care (**TSC**); Botanical/ Dietary Supplements (**BDS**); Body Centered Care (**BCC**); Professional Development (**PD**)

Monday, October 13, 2014		Tuesday, October 14, 2014		Wednesday, October 15, 2014	
6:30 AM	<b>Starting the day with Compassion</b> - Meditation with gentle music and sound <i>Tobi Fishel, PhD</i>	<b>Gentle Sunrise Yoga</b> <i>Amy Jelliffe, MD</i>		<b>Tai Chi</b> <i>Victor S. Sierpina, MD, ABFM, ABIHM</i>	
7:00 AM	<b>Pre-registration and Continental Breakfast</b> Music provided by UNM Arts-in-Medicine Program	<b>Continental Breakfast</b> - Music provided by UNM Arts-in-Medicine Program		<b>Continental Breakfast</b> - Music provided by UNM Arts-in-Medicine Program	
8:00 AM	<b>Welcome</b> Arti Prasad, MD, FACP <b>Opening Remarks</b> <i>Pope Moseley, MD, MS</i>	<b>Plenary Sessions</b> – Integrative Medical Education and Clinical Practice Moderator: <i>Ashley Maltz, MD, MPH</i> <b>The Invisible Trigger:</b> Environmental Chemicals and Women's Health <i>Victoria Maizes, MD</i>		<b>Plenary Sessions</b> – Integrative Oncology and Palliative Medicine Moderator: <i>Arti Prasad, MD, FACP</i> <b>Integrating Cannabis into Cancer Care</b> <i>Donald Abrams, MD</i>	
8:45 AM	<b>Keynote Presentation</b> Moderators: <i>Arti Prasad, MD, FACP</i>	<b>Host-gut Microbial Relationship in Health and Disease</b> <i>Henry C. Lin, MD</i>		<b>Integrative Therapies to Support Breast Cancer Patients</b> <i>Mary L. Hardy, MD</i>	
9:00 AM	<b>Integrative Health and Happiness</b> <i>Andrew T. Weil, MD</i>				
9:45 AM	<b>Expert Panel and Q&amp;A on Integrative Health Past, Present, and Future</b> Moderator: <i>Stephen R. Devries, MD</i> <i>Andrew T. Weil, MD; James E. Dalen, MD, MPH; Aviad Haramati, PhD; John Weeks; Victoria Maizes, MD</i>	<b>Refreshment Break</b>		<b>Refreshment Break</b>	
10:00 AM	<b>Refreshment Break</b>				
10:30 AM	<b>Refreshment Break</b>	<b>Breakout Sessions Spirit 3</b>		<b>Breakout Sessions Spirit 5</b>	
10:45 AM	<b>Breakout Sessions Spirit 1</b>	<b>17. Professional Development in Integrative Health (PD)</b> <i>Rita K. Benn, PhD</i>		<b>33. The Stress Response: A Neuroendocrine Model (MBS)</b> <i>Andrew Heyman, MD</i>	
	1. <b>The Other Side of the Stethoscope:</b> Wisdom Gained When Physician/Scientist are Patients and Care Givers Panel ( <b>PD</b> ) <i>Stephen R. Devries, MD (Moderator), James E. Dalen, MD, MPH, Aviad Haramati, PhD, Arti Prasad, MD, FACP</i>	<b>18. A Functional Medicine Approach to Metabolic Syndrome (IMP)</b> <i>Shilpa P. Saxena, MD</i>		<b>34. Exercise and Fitness for Cardiovascular Health (BCC, IC)</b> <i>Sonia Ponce, MD</i>	
	2. <b>Functional Medicine Approach to Behavior Change (IMP)</b> <i>Henri J. Roca, MD</i>	<b>19. Energy Medicine: Non-Pharmacologic Adjunct in Palliative Care (IO/P)</b> <i>Barbara Welcer, RN, BAS, HN-BC, HTCP/I, HWNC-BC</i>		<b>35. Clinical Care and Medical Cannabis Case Discussion Panel (IO/P, PM)</b> <i>Mitchell Simson, MD, Donald Abrams, MD, Mary L. Hardy, MD</i>	
	3. <b>Adverse Food Reactions: A Common Root Cause (IMP)</b> <i>Shilpa P. Saxena, MD</i>	<b>20. Integrative Health Education: Meeting the Needs of the Underserved in Northern New Mexico (PD)</b> <i>Jean Ellis-Sankari, LISW, MSSW</i>		<b>36. Our Food is Their Food: Diet and Gut Microbial Health (IMP)</b> <i>Sally Fisher, MD, MS</i>	
	4. <b>An Integrative Approach to Myofascial Treatment of Low Back Pain: A Hands-on Workshop (IMP)</b> <i>Madhu Arora, MD, Mary Elizabeth Smith, RN, DOM, David Lang, COMT, RMTI, TPMT, LMT, George Simmons, DC, AP-C, Jeffrey Schnapp, DC-APC, PhD</i>	<b>21. State of Acupuncture Research and Practice for Women's Health (TSC, WIM)</b> <i>Yan Zhang, PhD, LAc</i>		<b>37. Yoga and Long Deep Breathing for Stress Reduction and Cardiovascular Health (BCC, IC)</b> <i>Satkirin Khalsa, MD</i>	
	5. <b>Super Health: Yogic Science to Break Habits and Addictive Behaviors (MBS)</b> <i>Mukta Kaur Khalsa, PhD</i>	<b>22. The Sidney Project in Spirituality and Medicine and Compassionate Care™ Curriculum (MBS, TD)</b> <i>Janet Lynn Roseman, PhD, MS, R-DMT</i>		<b>38. Mexican Folk Healing (TSC)</b> <i>Eliseo "Cheo" Torres, EdD, Tonita Gonzales, BA, BSM, Traditional Healer</i>	
	6. <b>Asklepian Healing as Therapeutic Process: Allowing the Wounded Healer to Speak (IMP, PD)</b> <i>Janet Lynn Roseman, PhD, MS, R-DMT</i>	<b>23. Inflammation &amp; Cancer: The Role of Curcumin, Boswellia, Ginger and Cannabidiols (BDS)</b> <i>Sunil Pai, MD</i>		<b>39. "I Think I'm Gonna Scream:" Using EFT-Tapping for Stress Relief and Other Issues (MBS)</b> <i>Susi Wolf, CMLC</i>	
	7. <b>Integrative Approaches to the Management of Chronic Women's Health Issues: Pelvic pain, Overactive Bladder, and Urinary Incontinence (WIM, PM)</b> <i>Katherine Gergen Barnett, MD, Yoku Komesn, MD</i>	<b>24. It's All About Community</b> - Behavioral Medicine Groups as Part of a Successful and Effective Model for an Integrative Center ( <b>MBS, PD</b> ) <i>Tobi Fishel, PhD</i>			
12:00 PM	8. <b>Authentic Communication</b> - A Foundation of Holistic Health Coaching with the Potential to Transform all Healing Practices ( <b>PD</b> ) <i>Karen Lawson, MD, ABIHM</i>	<b>Lunch Provided</b> <b>Growth and the Future of Integrative Medicine Education</b> <i>Andrew Heyman, MD</i>		<b>Lunch Available for Purchase</b>	
12:15 PM	<b>Lunch Provided</b>				
1:15 PM	<b>Plenary Sessions</b> – Integrative Cardiology Moderator: <i>Stephen R. Devries, MD</i> <b>A Physiologic Approach to Addressing Stress and Burnout</b> <i>Aviad Haramati, PhD</i>	<b>Plenary Sessions</b> – Integrative Health and Wellbeing for All Moderator: <i>Arti Prasad, MD, FACP</i> <b>The Role of Herbal Medicine in Health: Past, Present and Future</b> <i>Tieraona Low Dog, MD</i>		<b>Plenary Sessions</b> – Potpourri of Health and Healing Topics Moderator: <i>Alisha Parada, MD</i> <b>Can Compassion Fatigue?</b> Self-care in End of Life Care <i>Lisa Marr, MD</i>	
2:15 PM	<b>What Nourishes Your Heart?</b> <i>Stephen R. Devries, MD</i>	<b>Cultivating Wellbeing in our Lives and Communities</b> <i>Mary Jo Kreitzer, PhD, RN, FAAN</i>		<b>A Mindful Life and Lifestyle Medicine</b> <i>Victor S. Sierpina, MD, ABFM, ABHIM</i>	
3:15 PM	<b>Refreshment Break</b>	<b>Refreshment Break</b>		<b>Refreshment Break</b>	
3:30 PM	<b>Breakout Sessions Spirit 2</b>	<b>Breakout Sessions Spirit 4</b>		<b>Breakout Sessions Spirit 6</b>	
	9. <b>An Experiential Introduction to Mind-Body Medicine: The Physiology of De-Stress (MBS)</b> <i>Aviad Haramati, PhD</i>	<b>25. Translating the Benefits of Yoga for Cancer Patients into Clinical Practice (IMP, BCC)</b> <i>Satkirin Khalsa, MD</i>		<b>40. Cancer: Focus on Primary Prevention (IO/P)</b> <i>Jennifer G. Benson, MD</i>	
	10. <b>Shifting Payment Incentives: Opportunities for Integrative Medicine and Health in Emerging Payment Models (IMP)</b> <i>John Weeks</i>	<b>26. Integrative Nursing (IMP, TSC)</b> <i>Mary Jo Kreitzer, PhD, RN, FAAN</i>		<b>41. Diet and Inflammation: Foods to Fight the Fire (IMP)</b> <i>Carole A. Conn, PhD, RD, CSSD, LD, FACS</i>	
	11. <b>An Integrative Approach to Myofascial Treatment of Low Back Pain: A Hands-on Workshop (IMP, PM)</b> <i>Madhu Arora, MD, Mary Elizabeth Smith, RN, DOM, David Lang, COMT, RMTI, TPMT, LMT, George Simmons, DC, AP-C, Jeffrey Schnapp, DC-APC, PhD</i>	<b>27. Primordial Health Promotion: What Parents and Professionals Need to Know to Conceive Healthier Babies (WIM)</b> <i>Victoria Maizes, MD</i>		<b>42. Integrative Symptom Control in Palliative Care (IO/P, MBS, BCC)</b> <i>Anju Manral, MD, Ashley Maltz, MD, MPH, David Lang, COMT, RMTI, TPMT, LMT, Emilie Brough, DOM, LMT</i>	
	12. <b>Ayurveda and Panchakarma: The Most Complete Path for True Health and Rejuvenation (BCC, TSC)</b> <i>Judith Pentz, MD</i>	<b>28. Functional Medicine and Ayurveda: Parallel Concepts and Practical Integration (IMP, TSC)</b> <i>Eric Grasser, MD, CAy</i>		<b>43. Meet the Experts</b> – Botanicals Panel, Show, Tell and Practice ( <b>BDS</b> ) <i>Mary L. Hardy, MD; Bernadette Torres, Herbalist</i>	
	13. <b>Harmonizing Rhythm: The Research and Science of Sound and Music Healing (MBS, BCC)</b> <i>Tobi Fishel, PhD</i>	<b>29. Integration of Native Healing Practices into Conventional Care (MBS)</b> <i>Karen Waconda-Lewis, MS, LMT, Native Healer</i>		<b>44. Update on Omega 3s and Other Fatty Acids in Mental Health (BDS)</b> <i>Denise Lin, MD</i>	
	14. <b>Creatively Caring: Effects of Arts-based Encounters on Hospice Caregivers in South Africa (IO/P)</b> <i>Patricia A. Repar, DMA</i>	<b>30. Mindfulness -Based Stress Reduction in Cancer Care (IO/P, MBS)</b> <i>Rita K. Benn, PhD</i>		<b>45. Fascial Health for Fibromyalgia (IMP, BCC, PM)</b> <i>Kirstie Segarra, PhD, LMT, ERYT</i>	
	15. <b>Integrative Medicine Group Visits for the Underserved: An Innovative Model of Care (IMP, PD)</b> <i>Katherine Gergen Barnett, MD</i>	<b>31. Bio-identical Hormones for Men and Women (IMP, WIM)</b> <i>Steven Komadina, MD</i>		<b>46. *Qigong: Ancient Healing for Modern Life: Therapeutic Breath and Movement Practices for Self-health Care (BCC)</b> <i>Diane M. Chase, MA, LMT</i>	
	16. <b>*Nia: Through Movement We Find Health (BCC)</b> <i>Catherine Davis, LPCC</i>	<b>32. Lymphatic Drainage Techniques for Adults and Children (BCC)</b> <i>Diane Clawson, DO</i>			
5:00 PM	<b>Adjourn for the Day</b>	<b>Adjourn for the Day</b>		<b>Conference Adjourns</b>	
5:30 PM		<b>Temazcal</b> (groups of 20) – (5:30 and 7:30) <i>additional fee</i> <i>Tonita Gonzales, BA, BSM Traditional Healer</i>		<b>Temazcal</b> - Tuesday, October 14 - 5:30 PM and 7:30 PM The temazcal is an ancient ritual steam bath. Many Mesoamerican cultures used this combination of heat, steam, and chanting, often along with fasting, and the use of natural herbs, to harmonize the soul/spirit, emotions, mind and body.	
6:00 PM	<b>Weil Public Forum</b> , Lencis Theater, Santa Fe				
7:00 PM		<b>Finding Your Own Rhythm: A Drum and Dance Circle</b> - No Fee <i>Tobi Fishel, PhD</i>			

\*Session not eligible for CME