

6TH ANNUAL UTAH INTEGRATIVE HEALTH AND RESILIENCY CONFERENCE

MARCH 13-14, 2017

Utah Integrative Health and Resiliency Conference – March 13-14, 2017

J. Willard Marriott Library - University of Utah

295 1500 E, Salt Lake City, UT 84112

Conference Schedule:

CEU

DAY 1 – March 13th				
8:40 - 9:00	Formal Welcome		Beverly Hyatt Neville, Ph.D.	
9:00 - 10:00	Opening Keynote	Compassion, Resilience and Teamwork in Healthcare Settings	Yotam Heineberg, Ph.D.	NASW, CHES
10:00 - 10:15	Break & Networking			
10:15 - 11:15	Breakouts			
Rm 1160	<i>Session 1</i>	Welcome to Your Library: Resources & Services for the Integrative Health Practitioner & Client	Alfred Mowdood, MLS, April M Love, MLS	CHES
Rm 1715	<i>Session 2</i>	Laughter Yoga	Karen Thorsen, PT	NASW, CHES
Rm 1130	<i>Session 3</i>	Compassion, Resilience and Teamwork in Healthcare Settings: Experiential Part II	Yotam Heineberg, Ph.D.	NASW, CHES
Rm 1725	<i>Session 4</i>	Applied Resilience and the Integrative Health Model	Emily Yeates, MS & Paul Anderson	NASW, CHES
11:30 - 12:30	Breakouts			
Rm 1715	<i>Session 1</i>	Helping To Heal Trauma With Phoenix Rising Yoga Therapy	Debbie Coleman, LCMHC, PRYT	NASW, CHES
Rm 1130	<i>Session 2</i>	The Feldenkrais Method Offers Resilience Through Embodiment	Carol B Lessinger, CFP	CHES
Rm 1725	<i>Session 3</i>	Footzoning: Healthy Foothold Book 1	Jamie Jensen	CHES
Rm 1150	<i>Session 4</i>	Stress Management on the Go	Glenda Christaens, Ph.D., RN	NASW, CHES
12:30 - 1:15	Lunch			
1:15 - 2:15	Keynote	Mind-Body Medicine: How Creating an Internal Locus of Control Improves Health Outcomes	Lee Smith, MD & Keith Karren, Ph.D.	NASW, CHES
2:15 - 2:30	Break & Networking			
2:30 - 3:30	Breakouts			
Gould	<i>Session 1</i>	Integrative Health Information and Navigation for Cancer Patients and their Loved Ones, A Panel Discussion	Jeff Yancy, Ph.D., PPE, Sara Salmon, Anna Martinez, & Allison Elmer	NASW, CHES
Rm 1715	<i>Session 2</i>	Energy-Based Psychotherapy – Results and Applications	Meera Jain	NASW, CHES
Rm 1130	<i>Session 3</i>	Comprehensive Treatment Methods for Trauma and Addiction	Michael Berger, Ph.D., L.Ac.	NASW, CHES
Rm 1725	<i>Session 4</i>	Dialogue in Compassionate Leadership for Biofield Therapies	Mike Spigarelli, MD, Saara Ullery	CHES

3:30 - 3:45	Break & Networking				
3:45 - 4:35	Breakouts				
Rm 1150	Session 1	Healing Touch of Reiki	Robin Johnson	CHES	
Rm 1130	Session 2	Yoga in Schools	Denice Druce, MPH	NASW, CHES	
Rm 1715	Session 3	Psychometric Properties of the Resilience Scale in Older Adult Women	Katarina Friberg Felsted, MS	NASW, CHES	
Rm 1725	Session 4	Applied Integrative Health Strategies to Health Education	Kevin Neff, Erika Burningham, & Marshall Hall	CHES	
End of Day 1					
DAY 2 - March 14th					
8:00 -- 8:30	Registration				
8:30 – 8:40	Welcome		Steven Day, MS		
8:40 - 9:40	Keynote	Effectiveness of Healing Touch	Christine B. Stewart, RN	CHES	
9:40 - 9:55	Break & Networking				
10:00 - 11:00	Breakouts				
Rm 1130	Session 1	Mindfulness: The New Medicine?	Renee Kraczek, RN	NASW, CHES	
Rm 1725	Session 2	Building Resilient Relationships Through Nurturing Touch	Julia Franklin, PhD. & Chad Nielson, LMT	CHES	
Rm 1715	Session 3	Cultivating Nurse Resilience	Perry Gee, Ph.D., RN	NASW, CHES	
Gould	Session 4	Healing Touch Part II: The Experience	Christine B. Stewart, RN	CHES	
11:00 - 11:15	Break & Networking				
11:15 - 12:15	Breakouts				
Rm 1715	Session 1	Mind-Body Integration: Pairing Fitness and Mindfulness	Deborah Byrnes, Ph.D. & Elizabeth Kiger	NASW, CHES	
Rm 1130	Session 2	Diving Deeper- Creating Trauma Resilience-Somantics	Dan Schmidt, LMT	CHES	
Gould	Session 3	Wild Nature, Intention, Stories, Mirroring and Community: The Power of the Medicine Walk	Kinde Nebeker, MFA, MATP-EP	CHES	
Rm 1725	Session 4	Yoga and Burn Victims	Amy Conn	CHES	
12:15 - 1:00	Lunch				
1:00 - 2:00	Keynote	Working with Spirituality in Everyday Health Care	David Derezotes, Ph.D.	NASW, CHES	
2:00 - 2:15	Break & Networking				
2:15 - 3:15	Breakouts				
Rm 1150	Session 1	Resilient Living: The Experiences	Glenn Richardson, Ph.D.	NASW, CHES	
Rm 1715	Session 2	Rosen Method Bodywork and Movement: Enhancing Body Awareness for the Treatment of Pain and Trauma	Alan Fogel, Ph.D., LP, Amy Pete, LMT, & Jacqueline Fogel, MA, MS	NASW, CHES	
Rm 1130	Session 3	Storytime Parenting: Simple stories and Practical Strategies for Raising Resilient Children	Calvert Cazier, Ph.D. & Anne Evans-Cazier, LCSW	NASW, CHES	
Rm 1725	Session 4	Mind Over Matter	Chris Wilson, Ph.D.	NASW, CHES	
3:15 - 3:30	Break & Networking				
3:30 - 4:30	Keynote	The Wellness Shift: Making A Case For Functional Medicine	Jerald Duggar, DC	NASW, CHES	
4:30 - 4:45	Interactive Wrap Up				