Breakout Session: Guided Imagery for Teens (or the teenager in you!)

Presenter: Marc J. Weigensberg, MD

Objectives:
1. To understand the basic principles of guided imagery and potential uses in health and healing.
2. To experience guided imagery as a stress-management modality.
3. To learn about particular aspects of using guided imagery with teenagers.

Summary of Session:
In this session, you will learn about the mind-body, complementary-integrative healing modality of guided imagery, and how it has been used and can be used with teenagers and children. You will experience a simple guided imagery stress reduction exercise, which you can then use in your practice, share with family or friends, or use for your own health. This workshop is relevant for all, whether you work with teens or not, as the principles learned can be applied at any life stage.

What is Guided Imagery?
1. The generation of mental images and/or sensations leading to a specific health or behavioral outcome (e.g. stress reduction, pain relief, behavior change)

Over the past 40 years, the effectiveness of guided imagery has been increasingly established by research findings that demonstrate its positive impact on health, creativity and performance. Because of the brain structures involved when guided imagery techniques are deployed, it will often heighten emotion, laughter, sensitivity to music, openness to spirituality, intuition, abstract thinking and empathy. And because it mobilizes unconscious and pre-conscious processes to assist with conscious goals, it can bring to bear much more of a person's strength and motivation to accomplish a desired end.

Selected Bibliography:
Breakout Session: Simple mind-body techniques you can use in the office with your patients tomorrow!

Presenter: Marc J. Weigensberg, MD

Objectives:
1. To understand the basic principles and common uses of simple mind-body techniques in health and healing.
2. To experience several simple techniques that you could then use in your own health care practice.
3. To gain confidence in becoming a “mind-body practitioner”.

Summary of Session:
This session is designed principally for care providers (doctors, nurses, allied health, others) who have little experience or training in mind-body modalities. In this session, you will learn several simple mind-body techniques that you can immediately apply to your care of patients. These practices are not only very helpful for your patients, but they are also likely to make your patient encounters more enjoyable and fulfilling for you as a practitioner and healer. These practices include:

1. Focused relaxation breathwork (aka mindful breathing)
2. Gratitude meditation
3. Healer’s mindfulness practices
4. Neurolinguistic methods to amplify the placebo effect when prescribing medications or lifestyle treatments

Selected Bibliography:
Art and Soul: The Use of creativity and art for self-expression and healing

Presenter: Tobi Fishel, Ph.D.

Objectives:
1. The audience will learn the current research on using art for health and healing
2. The audience will learn at least one method for using art for themselves and for clinical practices
3. The audience will be able to define concepts that include art therapy, creativity, and creative arts as they pertain to health and healing

Summary of Session:
Through a fun, creative experience utilizing art materials, we will explore creativity by engaging the mind, body, and spirit in ways that are distinct from verbal articulation alone. Creative arts expression has been used to give voice to experiences to empower individuals who are experiencing anxiety, depression, confusion, trauma or want to learn more about themselves.

Selected Bibliography:
Cannabis for Chronic Pain

Presenter: Jeff Chen, MD/MBA

Objectives:
1. To understand the basic principles of administering cannabis for chronic pain
2. Determine which patients and types of pain may benefit from using medicinal cannabis
3. Describe benefits and risks of different methods of medicinal cannabis delivery.

Session summary:
It has been estimated that chronic pain affects 86 million Americans and costs about $90 billion annually. Chronic pain is the most commonly cited reason for medical cannabis use in America, and there is substantial evidence that cannabis and/or cannabinoids are effective for chronic pain and may be safer than many current pain treatment options such as opioids. In this session you will learn about the main active constituents in cannabis believed to be responsible for pain relief, the mechanisms of action of cannabinoids, the types of pain most responsive to cannabinoids, and the latest understanding of dosage and delivery methods of cannabis and cannabinoids.

Selected Bibliography:
5. Abuhasira, Ran et al. Epidemiological characteristics, safety and efficacy of medical cannabis in the elderly European Journal of Internal Medicine, Volume 49 , 44 - 50. 2018
IIH Breakout Session: Opening up to Grace: A Gerontological Workshop on Navigating and Welcoming Life’s Changes

Presenter: Leah Marie Buturain, Ph.D.

Objectives:

1. To raise awareness of one’s narratives regarding security, approval, and control
2. To practice mindfulness for this session as being present to loving kindness
3. To offer spiritual tools for welcoming change by practicing gratitude

Summary of Session:
In this session, participants will be offered the opportunity to practice gratitude and experience how new doors of perception open in the imagination for reframing and embracing reality. Adaptation, imagination and improvisation comprise themes as we locate sensations in the body for welcoming grace.

Selected Bibliography:
Breakout Session: Laughter Yoga

Presenter: Murali D. Nair, PhD

Objectives:
1. To understand the basic principles of Laughter Yoga and potential uses in body and mind.
2. To experience Laughter Yoga as a stress-management modality.
3. To learn about particular aspects of Laughter yoga for day to day utilization.

Summary of Session:
In this session, you will learn about the mind-body, complementary-integrative healing modalities of Laughter Yoga. You will experience series of laughter modalities, which you can then use in your practice, share with family or friends, or use for your own health. This session is relevant for all.

What is Laughter Therapy?
Laughter therapy aims to get people laughing, (even if a person is not in a mood to laugh) in both group and individual sessions and can reduce stress, make people happier and more committed, as well as improve their interpersonal skills.

Selected Bibliography:

Cousins, Norman. (1979) *Anatomy of an Illness* in which he described a potentially fatal disease he contracted in 1964 and his discovery of the benefits of humour and other positive emotions in battling the disease. Cousins found, for example, that ten minutes of mirthful laughter gave him two hours of pain-free sleep. His story baffled the scientific community and inspired a number of research projects.

Dr William F. Fry, psychiatrist, Stanford University examine the physiological effects of laughter in the late 1960s and is considered the father of ‘gelotology’ (the science of laughter). Dr Fry proved that mirthful laughter provides good physical exercise. He showed that laughter causes our body to produce endorphins (natural painkillers). When something strikes you as funny, you laugh. And when you laugh, your body responds. You flex, then relax, 15 facial muscles plus dozens of others all over your body. Your pulse and respiration increase briefly, and your brain experiences a decrease in pain perception, possible associated with the production of pain-killing, pleasure-giving, endorphins.

Dr Madan Kataria, creator of Laughter Yoga wrote an article *Laughter - The Best Medicine* for a health journal. Dr Kataria discovered that the body cannot differentiate between acted and genuine laughter. He created a range of laughter exercises including elements of role-play and other techniques. Realizing the importance of child-like playfulness, he developed further techniques to stimulate this within a group.

Dr. Andrew Weil, in his April 2005 newsletter wrote: I think it’s (laughter) one of the most effective ways to reduce stress, and preliminary research suggests laughter may also boost immunity, relieves pain, lower blood sugar in people with type-2 diabetes, and help protect against heart disease.

“Laughter is definitely a healing experience, and we're not talking metaphorically, we're speaking absolutely literally. Laughter is one of the best medicines you can have.” Deepak Chopra

Up to 80 muscles are used during a hearty laugh the blood pressure rises, the heart beats faster and blood oxygen levels increase. In fact, a study released last year by German gelotologist Professor Gunther Sickl revealed that a one-minute guffaw has the same health benefits as a 45-minute gym workout. When the laughter stops, the blood pressure returns to normal and stress hormones are reduced, actually strengthening the immune system.
Breakout Session: Ethnic Enclaves: Traditional Healing Practices

Presenters: Fidel T. Rodriguez & Murali D. Nair

Objectives:
1. To understand the basic principles of Traditional Healing Practices of Ethnic Enclaves.
2. To experience selected traditional healing practices of Asian, Hispanic and African communities.
3. To learn about healing practices which can be utilized in day today lives of participants.

Summary of Session:
In this session, you will learn about series of traditional healing practices from Asian, Hispanic and African communities. You will experience some of the modalities, which you can then use in your practice, share with family or friends, or use for your own health.

Selected Bibliography:

Website citations:
- Ifa divination system Nigeria- Inscribed in 2008 (3.COM) on the Representative List of the Intangible Cultural Heritage of Humanity (originally proclaimed in 2005)
Breakout Session: Geriatric Focus: Music & Reminiscence Therapy

Presenters: Monika White & Roger Goodman

Objectives:
1. To understand the basic principles of Geriatric Focus: Music & Reminiscence Therapy and potential uses in body and mind.
2. To experience diverse music as a stress-management modality.
3. To learn about particular aspects of Music & Reminiscence Therapy for day to day utilization.

Summary of Session:
In this session, you will learn about the mind-body, complementary-integrative healing modalities of Geriatric Focus: Music & Reminiscence Therapy. You will experience series of vocal and instrumental music modalities, which you can then use in your practice, share with family or friends, or use for your own health. This session is relevant for all.

More about this session:
This session will focus on the use of music as a therapeutic method and the ways it enhances reminiscence. With their years of experience in providing traditional American music for older adults, Dr. Monika White and her husband, Roger Goodman have personally experienced the positive effect of familiar music on residents of care facilities as well as more active seniors in the community. In addition to sharing these experiences, they will play for those attending this breakout session.

Selected Bibliography information:
Since more than 3 decades now, music with seniors (or younger persons), either as an educational or recreational activity, but also as a therapeutically approach has progressed. Even nowadays, in the medical field, more and more studies prove its efficiency as complementary therapy with no known side-effects. The areas where music therapy has a positive outcome, reach from pulmonary disorders to a lot of neurological chronic diseases, including aphasia, dementia or Parkinson. And at the end of life, music therapy has found a remarkable place for expressing or supporting strong emotional feelings. Evidence-based results on physiological and hormonal changes is also be reviewed in this article.


Music therapy is a science that has been applied since many centuries ago, but it has been organized as a profession during the past century. This science studies the therapeutic effects of music in human beings. Professionals who practice this science are called "music therapists" and they must be trained not only in music theory and performance, but also in psychology, anatomy, research techniques, and other subjects. Today, we can find music therapy research in many areas such as the effects of music in children with autism, adults with psychiatric illnesses, elderly with Alzheimer and Parkinson disease, people with brain injuries, among others. Numerous studies demonstrate the functionality of music therapy in patients with neurological disorders. These studies show that music helps patients to gain control over their walking patterns after a brain injury, stimulates long and short term memory in patients with Alzheimer disease, and increase self esteem and social interaction in elders.

Breakout Session: Yoga as a Way to Heal Communities

Presenters: Kaitlyn Power, MSW and Teresa Power, JD, Author, Cert. Yoga Teacher

Objectives:
1. To understand the health benefits of yoga for both children and adults
2. To experience yoga as not only a form of stress-management but also a physical activity as well.
3. To learn about using yoga with children and adults as a healthy outlet to balance their lives.

Summary of Session:
In this session, you will learn about the mind body connection of yoga, and how it can help both children and adults alike to build balance, strength, and flexibility while at the same time promoting calmness and easing stress. This mother and daughter team will also teach you some basic yoga poses so that you can incorporate a healthy activity into your daily lifestyle and share it with your family and friends.

Why Practice Yoga?
Yoga is as modern as it is ancient, and is one of the most widely practiced exercise systems in the world. For thousands of years yoga has kept muscles and joints running smoothly, toned internal organs, increased circulation, quieted the mind, and helped to manage pain. The reason why yoga can be practiced by anyone from a young child to an older adult is because the poses are meant to be practiced at one's individual pace in order to keep the body aligned and balanced. Yoga can help to create good habits and a foundation for well-being in our fast-paced modern society.

Selected Bibliography:

Medical studies are starting to prove the many health benefits of yoga, not only for adults, but also for children.
Breakout Session: Yoga Therapy for Stress, Anxiety, and Trauma

Presenter: May Che, C-IAYT, Yoga Therapist

Objectives:
1. Discuss the prevalence of anxiety and trauma experienced in the US and how yoga may be utilized as a therapeutic modality to manage and cope with symptoms of distress.
2. Describe trauma-sensitive instructions and postures for those experiencing high levels of stress and anxiety and survivors of trauma.
3. Demonstrate techniques from yogic practices and principles including movements, postures, breathing exercises, and guided meditation.

Summary of Session:
Approximately 31% of American adolescent (age 13-18) and 19% of American adults experience an anxiety disorder. Yoga has been researched and described as a promising interventional approach in treating mental disorders. When taught and practiced with care and sensitivity, yoga’s traditional techniques are particularly effective in stimulating the parasympathetic response of the autonomic nervous system, leading to numerous positive physiological effects. Yoga is also shown to affect the endocrine system, which is also well documented in lowering cortisol concentration and raised serotonin and melatonin. There are many variation in styles and techniques in yogic practices - including physical movements, postures, breathing exercises, meditation practices, and mindful lifestyle choices. Choosing appropriate practices is pivotal and gentler, breath-based, and mindfulness-based practices are recommended for stress management.

Benefits of Yoga as Therapy for Mental Disorders:
1. Accessible and widely accepted
2. Relatively low cost with online, in-home, or group class settings
3. Relatively low risk of side effects compared with pharmacological treatment
4. Can be easily integrated into everyday life and contribute to relapse prevention

Selected Bibliography:
Breakout Session: Pain Management for Older Adults

Presenter: Rebecca Cunningham, OTD, OTR/L

Objectives:
1. To understand the basic pathophysiology of pain, and the impact of chronic pain on occupational performance.
2. To learn about gate control theory, and evidence based strategies to improve management of pain.
3. To experience use of self-analysis tools to support older adult use of pain management strategies in daily habits and routines.

Summary of Session:
In this session, you will learn about the pathophysiology of pain, the mind-body connection that influences pain perception and chronic pain progression, central sensitization of the nervous system, and the impact of chronic pain on occupational performance. Additionally, you will learn about the gate control theory for pain modulation and evidence based strategies to improve management of pain. Finally, you will experience use of self-analysis tools to support older adult utilization and integration of pain management strategies into their daily habits and routines, in order to support improvements in self-management of symptomatology.

Chronic pain is defined as prolonged, persistent pain that typically lasts at least six months, leading to a dysfunction of the central nervous system. This dysfunction is referred to as central sensitization, and occurs when the nervous system gets regulated in a persistent state of high reactivity due to the exposure to persistent and prolonged pain signaling. Therefore, utilization of strategies and techniques to regulate the nervous system is essential in the management of chronic pain. As the alteration of existing habits and routines can be challenging, tools and techniques for self-analysis and problem solving can support patient activation and resulting behavior changes, and improve self-efficacy with occupational performance and self-management of symptoms.

While this session will be focused on application of these concepts and tools to the older adult population, pain management principles can be implemented with individuals across the lifespan with developmentally appropriate modifications.

Selected Bibliography:
Breakout Session: Lakota Healing Songs

Presenter: Ronan Hallowell, EdD, MA

Objectives:

1. To understand the basic principles of Lakota Native American ceremonial and healing traditions.
2. To examine issue related cultural appropriation and respectful intercultural sharing and exchange.
3. To participate in a drumming and singing circle that embodies Lakota values connected to their healing practices.

Summary of Session:
In many Native American traditions, including the Lakota of South Dakota, each person has “medicine”, personal gifts and talents that can help oneself and others heal from physical and emotional injuries and traumas. In the Lakota tradition, ceremonial songs are considered a form of medicine. This session will provide participants an opportunity to explore cross-cultural perspectives on medicine and healing and think about how these perspectives contribute to the practice of integrative medicine. This session will be taught around a Lakota big-drum where the participants sing and drum together. Participants will learn to sing Lakota healing songs and will share their questions, experiences and insights in a talking circle process based on Native American discourse principles.

Selected Bibliography:

Breakout Session: Pediatric Acupuncture – not as scary as it sounds!

Presenter: Monika Kobylecka, L.Ac.

Objectives:

1. To discuss the difference between what most adults (and the media) thinks about acupuncture and what we actually do – closing the wide gap between the two.
2. To introduce the benefits of acupuncture in a pediatric patient population.
3. To learn how acupuncture can be integrated into a Western, medical setting.

Session description:

In this session, your curiosities, fears, apprehensions and anxieties about acupuncture will be put to rest. These days, acupuncture is no longer a foreign concept but a lot about this treatment strategy remains very misunderstood. We will discuss the most common barriers that keep us from suggesting acupuncture to our patients and the fears that keep our patients from trying it. If the only images that pop into your mind when you hear “acupuncture” include needles or Kung Fu Panda, join us to get the real story about this highly effective treatment option.

Selected bibliography:

Breakout Session: Virtual Reality and Healthcare: VR applications for Pain Management

Presenter: Jeffrey I. Gold, Ph.D.

Objectives:
1. To understand the use of virtual reality for health and wellness.
2. To experience virtual reality for pain management and wellness.
3. To learn about evidence-based research and clinical applications of virtual reality.

Summary of Session:
In this session, you will learn about the clinical applications of virtual reality for pediatric pain and stress management. You will have an opportunity to watch and try virtual reality experiences, become familiar with some clinical research, and discuss future applications for healthcare, education, and research. VR is quickly becoming relevant for pain, stress, education, simulation, and a variety of healthcare applications. This breakout is relevant for children, adolescents, young adults, adults, and the elderly.

What is Virtual Reality?
1. Virtual reality (VR) is an interactive computer-generated experience, taking place within a simulated environment, that incorporates mainly auditory and visual, but also other types of sensory feedback like haptic. VR is an almost-too-real-and-highly-immersive experience that will eventually include all sensory inputs. The mind can actually be tricked into thinking what it's experiencing is real.
2. The integration of wearable technology and with software developed in a 360-degree experience for the purposes of education, simulation, entertainment, or for healthcare (e.g., stress reduction, pain relief, behavior change).
3. Five reasons why VR is a game-changer: (Forbes, 2016)
   a. Full sensory immersion;
   b. The rise of a full virtual social network;
   c. Augment the ease of learning difficult circumstances;
   d. Providing grounds for difficult circumstances; and
   e. Ease of accessibility through a lower-price point

Selected Bibliography:
Breakout Session: Acupuncture for Women’s Health: Enhancing fertility, post hormonal treatment, and how acupuncture, nutrition and herbal medicine play a key role in the integrative care of a woman

PRESENTER: Marin L. Kokin, L.Ac.

Objectives:
1. Understanding Integrative Care of a Woman and how that may change your clinical intake.
2. How to enhance a women’s fertility from early teens to adulthood with acupuncture, herbal medicine, and nutrition.
3. Post hormonal treatments which incorporate various foods and acupuncture to reduce symptoms.

Summary of Session:
In this session, you will learn how complementary-integrative care of a woman (including teens) will alter your clinical intake by learning what to ask and how to interpret the answers. This information will allow you as a practitioner to recognize when acupuncture can be an integral part of your treatment plan. Nutrition plays a tremendous role in hormone balancing whether for fertility or menopausal symptoms. Incorporating this knowledge into your practice will create open discussions with your patient about lifestyle as well as using food as medicine. This session will also include an overview of the use of acupuncture during the menstrual cycle and female reproductive health.

What is Acupuncture?
Acupuncture is a complete medical protocol focused on correcting imbalances of energy in the body. Acupuncture is used to prevent, diagnose and treat disease, as well as to improve general health. Typically known for the treatment of pain, acupuncture’s traditional role is the balancing of energy to address a range of disorders and the subtle mechanisms that may be responsible for overall benefits to health. Acupuncture has been demonstrated to activate a number of the body’s own opioids as well as improving the brain’s sensitivity to opioids. A number of other biochemicals involved in pain reduction have been found to be released or regulated by acupuncture stimulation. When the body is under stress, the hypothalamus releases neurochemicals, and research shows that acupuncture can calm this response. Acupuncture has also been shown to increase the release of endorphins which play an important role in the regulation of physical and emotional stress responses such as pain, heart rate, blood pressure and digestive function.

Selected Bibliography:
Breakout Session: Music As Medicine: Mindfulness & vocal Toning with Ancient Tibetan Singing

Presenters: Jahna and Michael Perricone

Music and sound as healing tools have long been known to support wellness and wellbeing. Tibetan singing bowls, also known as Himalayan singing bowls, are musical instruments that have been used in healing and spiritual rituals for thousands of years. When multiple bowls are played together, the vibrations blend to produce rich overtones and harmonics that help to calm the nervous system, relieve anxiety and lessen body tension. In present day, more and more alternative medicine practitioners (including music therapists, massage therapists, and yoga therapists) are using Tibetan singing bowls to help support their clients’ health.

Studies supporting music and sound healing are plentiful. Sound and music therapies have been shown to reduce chronic pain, balance brain function and even help destroy certain cancer cells. Other studies have shown that specific sound frequencies can increase bone density. According to a paper in the Journal of Advanced Nursing, listening to music can reduce chronic pain by up to 21 per cent. It also can help people feel more in control of their pain and less disabled by their condition.

Studies specifically involving the health effects of Tibetan singing bowls on wellbeing are still limited; however, the results are promising! One such study examined the effects of Tibetan singing bowl meditation on mood, anxiety, pain, and spiritual well-being. As compared with pre- meditation, it was found that participants following the sound meditation, reported significantly less tension, anger, fatigue, depressed mood, and had an increase in spiritual well-being. Additionally, participants who were previously naïve to this type of sound meditation experienced a significantly greater reduction in tension compared with participants more experienced in this type of meditation. This observational study found significant beneficial effects of Tibetan singing bowl meditations on a number of markers related to well-being!

Selected Bibliography:

1. Tamara L. Goldsby, PhD, Michael E. Goldsby, PhD, Mary McWatters, BA, Paul J. Mills, PhD. “Effects of Singing Bowl Sound Meditation on Mood, Tension, and Wellbeing: An Observational Study” http://journals.sagepub.com/doi/full/10.1177/2156587216668109
3. Fabian Maman https://tama-do.com/roothtmls/cell-research.html
Breakout Session: Mantra Meditation: The Power of Sound

Presenter: Marisa Perdomo PT., DPT

Objectives:
7. To understand the basic principles of meditation with the use of sound such as a mantra or music and the potential physiological benefits such as in improving immune system functions and overall health and well-being.
8. To experience mantra meditation as a stress-reduction modality.
9. To learn to master your inner reactions to external stressors which can improve mental health and physical disorders.

Summary of Session:
In this session, you will learn about meditation, a mind-body, integrative healing modality that is used to gain control over emotional responses to external stimuli in order to create a sense of inner calmness. The participant will learn a mantra meditation call Kirtan Kryia. This meditation combines chanting, breathing and visualization techniques to achieve a state of relaxation.

What is Mantra Meditation?
The participant will repeat a series of sounds, phrases or words (mantra) with and without music. The rhythm of a mantra, or sound current, is achieved by either singing or chanting. Mantra meditation can result in reduction of proinflammatory cytokines and enhance anti-inflammatory cell function resulting in physiological effects such as lowering blood pressure and heart rate. Practitioners believe that mantra meditation can provide an array of spiritual, mental and physical healing.

What are the physical benefits of Mantras?
Mantras relieves stress, releases endorphins, regulates heart rate and blood pressure and enhance positive alpha brain waves.

Selected Bibliography:
3. Black, DS; Cole, SW; Irwin, MR; Elizabeth, B; St Cyr, M; Nazarian, N; Khalsa, DS; Lavretsky, H. Yogic meditation reverses NF-κB and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial. Psychoneuroendocrinology.(2013) 38(3):348-355.
4. Eyre, H. A; Acevedo, B; Yang, H; Siddarth, P; Van Dyk, K; Ercoli, L; Leaver, A; Cyr, N; Narr, K; Baune, B; Khalsa, D; Lavretsky, H. Changes in Neural Connectivity and Memory Following a Yoga Intervention for Older Adults: A Pilot Study. J Alzheimer's Disease. (2016);52(2):673-684.
7. Moss, AS; Wintering, N; Roggenkamp, H; Khalsa, DS; Waldman, MR; Monti, D; Newberg, AB. Effects of an 8-Week Meditation Program on Mood and Anxiety in Patients with Memory Loss J of alternative and complementary medicine (2012);18(1):48-53.
New Moon Group: Music, Mindfulness & Intention Setting

Objectives:
1. Demonstrate the New Moon Group’s method for integrating Music, Holotropic Breathwork, and Intentional Healing
2. Provide experiential opportunity for attendees to take part in New Moon Group session
3. Q&A to follow

The New Moon Group was formed in 2001 by Paul duGré in order to be a space for persons to explore intentionality in healing (Zahourek, 2012; Zahourek, 2005; Zahourek, 2004; Jonas & Crawford, 2003; Schlitz, 1995) and breathwork (Grof & Grof, 2010; Holmes et al., 1996; Taylor, 1994) in a musical setting.

Paul duGré has been one of LA’s most prolific audio engineers. Paul has been a professional music producer since he was a teenager in Santa Barbara. He has produced and engineered albums by musical luminaries such as Los Lobos, X, Leo Kottke, Sam Phillips, Iris Dement, Bad Religion, Tracy Chapman, Weezer, Matthew Sweet and countless others. Paul became interested in integrative health after recovering from lymphoma. The set of huáccá Paul received from his father were originally produced by UCLA scholar Daniel Statnekov, who discovered these ancient tools for sound healing and shared them in a modern context in his book, “Animated Earth” (Statnekov, 2003). Paul began the New Moon Group through his knowledge of holotropic breathwork, intention setting, and the use of the huáccá to focus this work in groups.

Nils de Mol van Otterloo is a Doctoral student at the Suzanne Dworak-Peck School of Social Work and a former Research Scholar at Keck Medical School at University of Southern California. Prior to this he was a Fulbright Academic and Professionalism Research Scholar on Musical Reminiscence Therapy for Dementia Care at Amrita Institute of Medical Sciences in Kerala, India. Nils met Paul at a spiritual retreat in 2004 where he was trying to find help recovering from a seizure disorder.

The New Moon Group meets on the New and Full Moon with the purpose of giving attendees the opportunity to improve their health through meditation, holotropic breathwork, and setting intentions for their future.

Selected Bibliography:

Intentionality and Healing:

Holotropic Breathwork:

Peruvian Whistles:
Breakout Session: Healing Touch and Clinical Massage: Managing Acute/Chronic Pain
Presenter: Tveen Kirkpatrick, RN & Stacy Rosenthal, RN

Objectives:
1. Describe the various forms of energy therapy
2. Identify evidence based research supporting healing touch and massage for managing acute and chronic pain
3. Participate in providing or receiving healing touch and massage

Summary of Session:
This session will provide an overview of various energy therapies and massage. We will present evidence-based research supporting Healing Touch and Clinical Massage in managing acute and chronic pain. You will have an opportunity to provide and/or receive healing touch and massage.

What is Healing Touch and Massage?
Healing Touch is an energy therapy in which practitioners consciously use their hands in an intentional way to support and facilitate physical, emotional, and mental health.

Massage is the manual manipulation of blood and oxygen within the soft body tissues (muscle, tendons, ligaments, and connective tissues) to enhance one’s own healing and health.

Selected Bibliography:
Breakout Session:
“Smartphone Applications for Health & Wellness”

Presenter: Jeffrey I. Gold, Ph.D.

Objectives:
4. To understand the use of smartphone applications for health and wellness.
5. To experience mindfulness on your smartphone.
6. To learn about evidence-based research and clinical applications of smartphone Mindfulness.

Summary of Session:
In this session, you will learn about the smartphone applications for health, wellness, as designed for mindfulness. You will have an opportunity to watch and try a smartphone delivered mindfulness application, become familiar with some clinical research, and discuss future applications for healthcare, education, and research. Smartphone delivered health and wellness applications are quickly becoming relevant for stress, education, and a variety of healthcare applications for the person “on-the-go.” This breakout is relevant for children, adolescents, young adults, adults, and the elderly.

What are Smartphone Applications for Health & Wellness?
4. Health and wellness apps are mobile application programs that offer health-related services on smartphones, tablet PCs and other communication devices. There are many types of health and wellness apps focusing on various aspects of promoting digital health.
5. Specifically, fitness apps on smartphones are programs that use data collected from a smartphone’s inbuilt tools, such as the Global Positioning System, accelerometer, microphone, speaker, and camera, to measure health and fitness parameters.
6. Five Top smartphone applications for Mindfulness
   a. Headspace;
   b. Calm;
   c. Stop, Breathe, and Think;
   d. Aura; and
   e. Smiling Mind

Studies investigated apps relate to the following areas: alcohol, asthma, breastfeeding, cancer, depression, diabetes, general health and fitness, headaches, heart disease, HIV, hypertension, iron deficiency/anemia, low vision, mindfulness, obesity, pain, physical activity, smoking, weight management and women's health.

Selected Bibliography:
Session Title: Drumming through the Ages (Percussive Healing Through Time)

Presenter: Giavanni R Washington, PhD

Objectives:
1. To understand the power of percussive healing over since the beginning of time
2. To learn about percussive techniques for healing for application in personal lives
3. To experience “neurological enlightenment” through percussion

Summary of Session:
Drumming is a long-established conduit for change. Found in most cultures throughout the world, drumming has been used in community gatherings for healing, music making, and ceremony.

Drumming has been scientifically proven to: reduce stress, increase serotonin production, elevate mood, strengthen the immune system, and increase the cells that destroy cancer and virally infected cells. Such positive physiological changes reduce psychological resistance and prepare participants to do the important work of personal excavation, and speed up the process of reaching enlightenment – a space free of judgment and full of profound insights.

Selected Bibliography:


IIH Breakout Session: Healing from Ancient traditions - The use of Herbal Remedies in the Latino Community

Presenter: Martha E Rivera MD, FAAP, FAIHM

Objectives:

1. Provide basic principles of herbal medicine with brief history of Latino herbal remedies.
2. Promote appropriate use of herbal medicines by practitioners and consumers.
3. To encourage the integration of herbal medicines into mainstream health service delivery system.

Summary of Session:
Herbal medicines are major remedies used by traditional systems developed with different concepts from those of modern medicine. There are many safe effective herbal treatments for everyday ailments- teas, liniments, compresses, salves and soothing baths for a multitude of disorders. A practitioner should be acquainted with remedies used by their patient population. Interactions and safe practices will be introduced in this talk.

Selected Bibliography

Medicinal Plants at Home. Maria Transitory Lopez Luengo and Carlotta Manez Arizona 2015 Skyhorse Publishing

Healing with Herbs and Rituals :A Mexican Tradition. Eliseo “Cheo” Torres 2006 University of New Mexico Press


Latino Folk Medicine. Anthony M. DeStefano 2001 Ballantine

Herbal Contraindications and Drug Interactions plus Herbal Adjuncts with Medicines. Francis Brinker, N.D. Eclectic Medical Publication

National Geographic Guide to Medicinal Herbs- The World's Most Effective Healing Plants. Rebecca L. Johnson & Steven Foster, Tierona Low Dog & David Kiefer. National Geographic Society

The Way with Herbs. Michael Tierra, L.Ac. O.M.D.

Healing with Medicinal Plants of the West cultural and scientific basis for their use. Cecilia Garcia, James D. Adams, Jr. Abedus Press 2005