

6th Annual & 1st Virtual USC IHW Conference

“Wellness is an Inside Job: Healing the Mind & Body, Heart & Soul”

Saturday, November 14, 2020

All times in Pacific Standard Time (PST)

8 AM - 8:45 AM	<ul style="list-style-type: none"> Introductions/Welcome <ul style="list-style-type: none"> Jeffrey I. Gold, PhD Opening Ceremonies <ul style="list-style-type: none"> Tobi Fishel, PhD; Marc Weigensberg, MD 											<p>Music Corner</p> <p>Need a break from the day? Tune into some fantastic music from USC Thornton School of Music!</p>	<p>Exhibitor Hall</p> <p>The Werc Shop</p> <p>Acumed: Integrated Structural Acupuncture</p> <p>Boiron</p> <p>USC Hillel: The Bradley Sonnenberg Wellness Initiative</p> <p>Honey</p> <p>Andrew Weil Center for Integrative Medicine</p>
8:45 AM - 10:45 AM	<ul style="list-style-type: none"> Keynote Address – EEDS Code: 96YIRD <ul style="list-style-type: none"> Deepak Chopra, MD, FACP (8:45-9:20AM) & Lisa Miller, PhD (9:20-9:55 AM) Fireside Chat: Deepak Chopra, MD, FACP & Lisa Miller, PhD (9:55-10:25 AM) Community Q&A: Deepak Chopra, MD, FACP & Lisa Miller, PhD (10:25-10:45 AM) Moderated by Varun Soni, PhD, JD, MA, MTS 												
10:45 AM - 11 AM	Break												
11 AM - 12 PM	<ul style="list-style-type: none"> Poster Session 												
12 PM - 1 PM	<p>Lunch Break – EEDS Code: 10YOKS</p> <ul style="list-style-type: none"> Virtual Cooking Class & Mindful Eating Session Alexander Reyes, AOS; Elise Marie Collins, MA 												
1 PM - 2 PM	<p>YOGA Track</p> <p>Experiential Yoga for Nervous System</p> <p>EEDS Code: 62SHOW</p> <p>May Che, certified yoga therapist</p>	<p>CBD & Cannabis Track</p> <p>Bonni Goldstein, MD; Ziva Cooper, PhD; Richard Wallace; Daniele Piomelli, PhD; Bob Solomon, JD; Charlie Kaplan, PhD</p>	<p>Geriatric Wellness Track</p> <p>Healthy Centenarians</p> <p>EEDS Code: 75ZEDS</p> <p>Murali Nair, PhD, DSW; Elise Marie Collins, MA</p>	<p>Mindfulness Track</p> <p>Co-Sponsored by the Center for Mindfulness Science</p>	<p>Mindfulness for Parenting</p> <p>EEDS Code: 42DYED</p> <p>Lisa Miller, PhD</p>	<p>Ethically Approaching Indigenous Medicine</p> <p>EEDS Code: 40SOUL</p> <p>Ronan Hallowell, MA, EdD</p>	<p>Acupuncture & Herbal Medicine</p> <p>EEDS Code: 47SIPS</p> <p>Andrew Shubov, MD</p>	<p>Clinical Mind-Body Techniques</p> <p>EEDS Code: 10PALL</p> <p>Marc Weigensberg, MD</p>	<p>Health Professionals as Shamans</p> <p>EEDS Code: 05IMID</p> <p>Jim Burklo, MDiv, Rev</p>	<p>Sustainability in Healthcare</p> <p>EEDS Code: 56NOTA</p> <p>Kate Gottlieb, MHE, CHES, CWWPM</p>	<p>Social Determinants of Health, Social Justice, & BLM</p> <p>EEDS Code: 14CLAD</p> <p>Ricky Bluthenthal, PhD</p>		
1:50 PM – 2 PM	Break												
2 PM - 3 PM	<p>Experiential Kundalini Yoga & Mantra Meditation</p> <p>EEDS Code: 64ATOM</p> <p>Marisa Perdomo, DPT</p>	<p>1:00PM EEDS Code: 16MINA</p> <p>2:00PM EEDS Code: 88COCO</p> <p>3:00PM EEDS Code: 93IFFY</p>	<p>Wellness for Dementia Care</p> <p>EEDS Code: 95VIDE</p> <p>Tiffany Chow, MD, MS; Yuri Jang, PhD; Brian O'Rourke, MDiv, Rev</p>	<p>Science and Practice of Mindfulness</p> <p>Allen Weiss, PhD; Rael Cahn, MD, PhD</p> <p>1:00 PM EEDS Code: 23SEEK</p> <p>2:00PM EEDS Code: 21PRIG</p>	<p>Pediatric Mindfulness and Biofeedback</p> <p>84PING</p> <p>Randy Semple, PhD; Matthew Goodman, PhD</p>	<p>Virtual Reality & Healthcare</p> <p>Diane Gromala, PhD; Skip Rizzo, PhD; Brandon Birckhead, MD; Jeffrey I. Gold, PhD</p>	<p>Clinical Massage & Healing Touch</p> <p>EEDS Code: 44VIBE</p> <p>Tveen Kirkpatrick, RN, CCRN; Stacy Rosenthal, RN, PHN</p>	<p>Medical Clowning</p> <p>EEDS Code: 69MUFF</p> <p>Zachary Steel; Ryan Ziltzer</p>	<p>Positive Thinking</p> <p>EEDS Code: 35CRIB</p> <p>Murali Nair, PhD, DSW; Mike Averill, MBA; Elise Marie Collins, MA; Wahaj Bokhari</p>	<p>Indigenous Spiritual Traditions</p> <p>EEDS Code: 97SANG</p> <p>Marc Weigensberg, MD; Miguel Rivera</p>	<p>Wellness during COVID-19</p> <p>EEDS Code: 50HILL</p> <p>Tobi Fishel, PhD</p>		
2:50 PM – 3 PM	Break												
3 PM - 4 PM	<p>Science of Yoga Yoga Roundtable Q&A</p> <p>EEDS Code: 85THIN</p> <p>Marisa Perdomo, DPT; Jim Burklo, MDiv, Rev; May Che; Sara Ivanhoe, MA; Gabrielle Lewis</p>		<p>Telehealth for Occupational Therapy</p> <p>54PLOP</p> <p>Rebecca Cunningham, OTD, OTR/L, MSCS</p>	<p>Mindfulness for Addiction and Substance Abuse</p> <p>EEDS Code: 83ROOK</p> <p>David Black, PhD, MPH</p>	<p>2:00PM EEDS Code: 95WOMB</p> <p>3:00PM EEDS Code: 47OUZO</p>	<p>Self-Administered Acupuncture</p> <p>43BULB</p> <p>Monika Kobylecka, MS, LAc</p>	<p>The Best Self Visualization Method</p> <p>71HOED</p> <p>Lorne Schussel, PhD, MS</p>	<p>Narrative Medicine</p> <p>86MOLY</p> <p>Christopher Adrian, MD; Erika Wright, PhD</p>	<p>Sacred Datura: Chumash Traditions</p> <p>40BUSY</p> <p>Jim Adams, PhD</p>	<p>Traditional Ethnic Healing</p> <p>91TAMP</p> <p>Murali Nair, PhD, DSW; Fidel T. Rodriguez (Awo Ifaseye Shangodayo)</p>	<p>The Art of Living</p> <p>EEDS Code: 39THEM</p> <p>James Collins, PhD; Marguerite Weston Heery, MBBS, FRACP</p>		
3:50 PM – 4 PM	Break												
4 PM - 5 PM	<ul style="list-style-type: none"> Closing Ceremonies <ul style="list-style-type: none"> Jeffrey I. Gold, PhD; Miguel Rivera 												
5 PM - 6 PM	<ul style="list-style-type: none"> Wine Tasting with a Sommelier! <ul style="list-style-type: none"> In Good Taste's "Wild Child" Case \$75/case Didn't order the wine? Enjoy your own glass and listen to the sommelier for FREE! 					<ul style="list-style-type: none"> Mixology Lesson with a Certified Mixologist! <ul style="list-style-type: none"> Amanda Greenbaum Mindful Margarita & Sangria del Alma Non-alcoholic alternatives provided! \$15/person 							