A State of the Art Symposium on Integrative Medicine

Present the 4th Biennial Symposium of Integrative Medicine Professionals in the Land of Enchantment

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

Course Director:
Arti Prasad, MD

Special Offering:
Sweat Lodge Ceremony
Monday, October 13, 2008

6:30 AM  Sunrise Yoga and Meditation
Mukta Kaur Khalsa

7:00 AM  Pre-registration and Continental Breakfast
Featuring artist-in-medicine Dave Hoover (Celtic harp)

8:00 AM  Welcome
Arti Prasad, MD and Victoria Maizes, MD

8:30 AM  Opening Remarks
Pope Moseley, MD

Plenary Sessions
Moderator: Arti Prasad, MD

8:45 AM  Limitless Compassion
David R. Shlim, MD

9:45 AM  The Healing Power of Humor
Russ Mason, MS

10:45 AM  Refreshment Break

Breakout Sessions
11:00-12:30 PM  Spirit 1 – Wisdom
1. Integrative Medicine Research Update
Mary L. Hardy, MD
2. Creating Sacred Space in the Workplace-The Journey
Robin L. Liberatori, RN and Etty Baker, MS, RD, LD/N
3. Fibromyalgia: A Comprehensive Approach to a Challenging Condition
Adam Perlman, MD, MPH, FACP
4. Mind-Body Medicine, Training and Translation
Victor S. Sierpina, MD
5. Indigenous Wisdom...Contemporary Challenges: Curanderismo in the 21st Century
Elena Avila, RN, MSN
6. The Neuro-Physiological Basis of Managing Stress and Increasing Emotional Intelligence
Bruce Cryer and Lee Lipsenthal, MD, ABHM
7. Movement is Life: A Nia Workshop
Ana Edwards, MA
8. Why Diets Don’t Work: Nutrition vs. Starvation
Steven Komadina, MD

12:30-1:30 PM  Lunch Provided

Keynote Presentation
Moderator: Arti Prasad, MD

1:30 PM  Spontaneous Healing: a Modern Look at an Ancient Phenomenon
Larry Dossey, MD

2:30 PM  Refreshment Break

Breakout Sessions
3:00-4:30 PM  Spirit 2 – Discovery
9. How to Make It Stick – A Ten Year Experience at George Washington University Center for Integrative Medicine – John C. Pan, MD
10. Incorporating Integrative Medical Research into an In Vitro Fertilization Program: Defining IVF – Paul C. Magarelli, MD, PhD and Diane K. Cridennda, LAc, DOM, FABORM
11. A New Integrative Concept for the Treatment of Acute and Chronic Disease – Alta Smit, MD BCh, BSc, MF Hom
12. Transformational Educational Experiences in Integrative Medicine – Victoria Maizes, MD
13. Veterans Administration Use of Chiropractic Services – James J. Lehman, DC, MBA, DABCO
14. The Pipe. The Lodge. 10,000 Years of Balance – William Sparks
15. Our Food is Making Us Crazy: The Omega 3 Story in Mental Health – Steven Komadina, MD
16. Creativity for Hope, Health and Healing – Patricia A. Repar, DMA

4:30 PM  Reception with Program Faculty
Featuring artist-in-medicine Dave Hoover (Celtic harp)

5:30 PM  Sweat Lodge Ceremony

Tuesday, October 14, 2008

6:30 AM  Tai Chi
Victor S. Sierpina, MD

7:00 AM  Continental Breakfast

Plenary Sessions
Moderator: Robert Leverence, MD

8:00 AM  Finding Balance in Medical Life
Lee Lipsenthal, MD, ABHM

9:00 AM  The Healing Power of Forgiveness
Russ Mason, MS

10:00 AM  Refreshment Break

Breakout Sessions
10:30-12:00 PM  Spirit 3 – Hope
17. Evidence-based CAM Therapy for Women’s Health
Mary L. Hardy, MD
18. Integrative Clinical Care Model at Beth Israel Hospital
Roberta Lee, MD
19. Natural Approaches to Protecting Against and Fighting Breast Cancer
Christine Horner, MD, FACS

20. Integrating CAM into Undergraduate Medical Education: Results from NCCAM R25 Initiative
Rita K. Benn, PhD

21. An Ayurvedic Assessment Workshop
Vasant D. Lad, BAMS, MA

22. Hypnotherapy: A Powerful Adjunct to Modern Medicine
Robert E. Sapient, MD, CHt

23. Treating Allergic Disease with Oral Tolerance Using Low Concentration Biologicals
Alta Smit, MD BCh, BSc, MF Hom

24. SuperHealth: A Yogic System for Addictive Behavior
Mukta Kaur Khalsa, LPC

12:00-2:00 PM  Explore the Delicious Flavors of Santa Fe on Your Own

Plenary Session
Moderator: Arti Prasad, MD

2:00 PM  The Healing Power of Sound and Energy
Brian D. Dailey, MD, FACEP, FACFE

3:00 PM  Refreshment Break

Breakout Sessions
3:30-5:00 PM  Spirit 4 – Faith
25. Agent of Change: The Consortium of Academic Health Centers for Integrative Medicine
Victor S. Sierpina, MD and Adam Perlman, MD, MPH, FACP

26. An Integrative Medical Model in a Primary Integrative Care Setting
Theri Grego Raby, MD

27. Metabolic Syndrome: What You Need to Know
Randy Horwitz, MD, PhD

28. The Neuro-Physiological Basis of Managing Stress and Increasing Emotional Intelligence
Bruce Cryer and Lee Lipsenthal, MD, ABHM

29. Ayurvedic Subtle Therapies: Sound, Touch, Sight, Taste and Smell
Vasant D. Lad, BAMS, MA

30. Healing the Self through Self Portraits – a drawing workshop (This is a 3-hour workshop and will end at 6:30 PM)
Amy Stein, MFA

31. Creating Sacred Space in the Workplace-The Journey
Robin L. Liberatori, RN and Etty Baker, MS, RD, LD/N

32. The Integration of American Indian Medicine and Western Medicine: How to Meet the Needs in American Indian Communities
Karen Waconda-Lewis, BS

5:00 PM  Adjourn for the Day

5:30 PM  Sweat Lodge Ceremony
Wednesday, October 15, 2008

6:30 AM  Sunrise Yoga and Meditation
  Mukta Kaur Khalsa

7:00 AM  Continental Breakfast

Plenary Sessions
Moderator:  Sanjeev Arora, MD
8:00 AM  Herban Legends: The Myths Surrounding Botanical Medicine
  Tierona Low Dog, MD

9:00 AM  “Spices”: The Healing Power of Life
  Roberta Lee, MD

10:00 AM  Refreshment Break

Breakout Sessions
10:30-12:00 PM  Spirit 5 – Heal

33.  What Influences Healing in the Clinical Encounter? Creating a Salutogenesis Oriented Session (SOS) in Primary Care
  – David P. Rakel, MD

34.  Integrative Medicine – International Developments and Perspectives – David Riley, MD

35.  Wellness Coaching: Tools to Support Healthy Lifestyle Change – Melissa H. Kennedy, MD

36.  Energetic Healing Techniques – Brian D. Dailey, MD, FACEP, FACFE

37.  Your Stress Oasis: A Guided Imagyory Workshop – Jane Butterworth, LMFT, LMT

38.  Coping with Cancer and Its Treatment: It is Not That Easy! – Aligirdas S. Fedoravicius, PhD

39.  Mindful Eating and Living (MEAL) – Brian M. Shelley, MD

40.  Herbal Pharmacy – Tierona Low Dog, MD

12:00 PM  Conference Adjourns

The University of Arizona Health Sciences Center

Faculty
Randy Horwitz, MD, PhD
Tierona Low Dog, MD
Victoria Maizes, MD

University of New Mexico And UNM Health Sciences Center

Faculty
Sanjeev Arora, MD
Melissa H. Kennedy, MD
Robert Leverence, MD
Pope L. Moseley, MD, MS
Patricia A. Repar, DMA
Robert E. Sapien, MD, CHt
William Sparks

Course Director
Arti Prasad, MD
Professor of Medicine
Chief, Section of Integrative Medicine
Director, Integrative Cancer Programs
Founder and Executive Director, UNM Center for Life – Integrative Medicine Specialty Clinic
Clinical Associate Professor, Arizona Center for Integrative Medicine, University of Arizona

Health Sciences Center

Objectives
During and after this symposium, participants will be able to:
- Assess some of the latest original research in the field of CAM and Integrative Medicine, with special emphasis on healing and spirituality, mind-body medicine, botanicals and nutrition, as well as their integration with conventional healthcare.
- Delinate core concepts relating to Integrative Medicine and medical education, especially the patient-provider relationship, teaching health care professionals, and academic leadership.
- Understand the basic concepts of, differences between, and clinical applications of traditional healing systems such as Curanderismo, Native American medicine and Ayurvedic medicine.
- Participate in personal experiences with healing modalities such as art therapy, meditation, or sweat lodge ceremony and movement therapies such as Yoga, Tai Chi, and Nia.

Who Should Attend
This symposium is designed for the following groups of people: Physicians, Physician assistants, Nurses, Pharmacists, Chiropractors, Dietitians, Acupuncturists, Massage therapists, Naturopaths, Body workers, Psychologists, Licensed social workers, Health benefits administrators, Hospital administrators, Clergy, Other complementary care providers, UNM Faculty.

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 educational activity for a maximum of 15.5 AMA PRA Category 1 Credit(s) ™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Who Should Attend
This activity is approved for 15.5 contact hours by the University of New Mexico Office of Continuing Medical Education, an accredited provider of continuing nursing education by the New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. Per the criteria for approval from the New Mexico Nurses’ Association, participants who are requesting nursing credit must attend the entire conference to obtain the certificate of credit. Certificates of nursing credit will be issued at the end of the conference on Wednesday, October 15, 2008 in exchange for conference evaluations.

Pharmacists
The University of New Mexico Health Sciences Center College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmaceutical education. This educational activity can earn a maximum of 15.5 Contact Hours. Participants requesting credit must attend the entire conference to receive a statement of credit. Certificates will be mailed upon request. Program No. 039-999-08-005-L04-P.

For additional information, please contact the Office of CME at (505) 272-3942 or visit the website at http://hsc.unm.edu/cme.

CANCELLATION POLICY
If you cannot attend, the Office of Continuing Medical Education will refund tuition, less a $40.00 administrative fee provided it is received in writing prior to October 8, 2008. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, the Office of 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 UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Properly completed 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://www.unm.edu/~ubppm/ubppmanual/3700ex_a.htm

REGISTRATION FEES
Your registration fee includes conference materials, continental breakfasts and yoga and Tai Chi Monday – Wednesday, reception on Monday, lunch on Monday
ACCOMMODATIONS

The SIMPLE Conference will be held at the Santa Fe Convention Center, 201 W. Marcy, Santa Fe, New Mexico 87501.

A block of rooms have been reserved at the Hilton Santa Fe/Historic Plaza, 100 Sandoval Street, Santa Fe, New Mexico 87501. Special rates of $165.00 for single or double occupancy are available for the nights of October 11-14, 2008 if reservations are made no later than September 18, 2008. The Hilton Santa Fe/Historic Plaza is within walking distance to the Santa Fe Convention Center. All reservations will be guaranteed with a major credit card.

Check-in time is 4:00pm and check-out time is 12:00pm. The Office of CME does not maintain a petty cash fund. All cash payments MUST BE IN THE EXACT AMOUNT. Make check payable to the UNM Office of CME.

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.

CONFERENCE SYLLABUS

We have opted not to print a paper syllabus as our contribution towards the Green Movement. The conference materials will be e-mailed to you in a PDF version a couple of weeks prior to the conference. It will be your choice to either print the conference materials and bring them with you or download it onto your laptop and bring your laptop to the conference. Please remember to provide your e-mail address on the registration form. Alternatively, you can opt to purchase the flash drive for an additional $20.00 and receive it at the CME conference registration desk. If you choose this option, the conference material will not be e-mailed to you prior to the conference.

SIMPLY SPECTACULAR

Enjoy a night of comedy, dance, music and helpful hints

Free Public Forum
Sunday, October 12, 2008
5:00-7:00 pm
Santa Fe Convention Center

Featuring:
Paul B. Roth, MD, Executive VP,
UNM Health Sciences Center
Steven Komadina, MD
Brian D. Dailey, MD
Patricia A. Repar, DMA
Russ Mason, MS
Arti Prasad, MD
Brian M. Shelley, MD

A donation of $10 is greatly appreciated and will benefit the UNM Integrative Medicine Program.

Registration Form

Symposium of Integrative Medicine Professionals in the Land of Enchantment
October 13-15, 2008 • Santa Fe Center • Santa Fe, New Mexico

Name: ____________________________
Title: (please circle) MD DC DOM ND RN PA Therapists Other: ____________________________
Street: ____________________________
City: ____________________________ State: ____________________________ Zip: ____________________________
Daytime Telephone: ( _______ FAX Number: ( _______
E-mail: ____________________________

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

Early Bird Registration (on or before September 1, 2008) *With 10% Discount:
MD, DO $ 595.00 $535.00
CAM Providers (DC, DOM, ND and Other CAM Doctors) $ 495.00 $445.00
Nurse, PA, Therapist and Others $ 425.00 $382.00

AFTER September 1, 2008
MD, DO $ 635.00 $571.00
CAM Providers (DC, DOM, ND and Other CAM Doctors) $ 535.00 $481.00
Nurse, PA, Therapist and Others $ 465.00 $418.00

ONSITE:
MD, DO $ 695.00 $625.00
CAM Providers (DC, DOM, ND and Other CAM Doctors) $ 595.00 $535.00
Nurse, PA, Therapist and Others $ 525.00 $472.00

Total Registration Fees

$ _______

- Electronic materials on 1G flash drive for additional $20

Full-time UNM Students and UNM House Officers – Conference Registration Fee (Please enclose a copy of ID card with registration)

Pre-registration is required by September 15, 2008. Scholarships are limited to 20 and are available on a first come first served basis.

I plan to attend the Sunrise Yoga and Meditation/Tai Chi (offered 6:30 am each day of Symposium)
Monday, October 13th Tuesday, October 14th Wednesday, October 15th

Monday, October 13, 2008
Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)
11:00 AM (Please select workshop 1, 2, 3, 4, 5, 6, 7 or 8) First Choice _____ Second Choice _____
3:00 PM (Please select workshop 9, 10, 11, 12, 13, 14, 15 or 16) First Choice _____ Second Choice _____
TUESDAY, OCTOBER 14, 2008
Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)
10:30 AM (Please select workshop 17, 18, 19, 20, 21, 22, 23 or 24) First Choice _____ Second Choice _____
3:30 PM (Please select workshop 25, 26, 27, 28, 29, 30, 31 or 32) First Choice _____ Second Choice _____

WEDNESDAY, OCTOBER 15, 2008
Concurrent Breakout Sessions (Please indicate 1st and 2nd choice.)
10:30 AM (Please select workshop 33, 34, 35, 36, 37, 38, 39 or 40) First Choice _____ Second Choice _____

Meals:
- Non-Vegetarian
- Vegetarian

Method of Payment:
- Check (Make payable to UNM Office of CME)
- UNM Tuition Remission Form (copy enclosed) Cannot be used for Public Forum or Sweat Lodge
- 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: ____________________________

Attention UNM Faculty and Staff!

Use your tuition remission form when paying for this conference.