March 22-24, 2010

2010 Integrative Mental Health Conference

Phoenix, AZ at the Arizona Biltmore Resort & Spa

COURSE CO-DIRECTORS
Andrew Weil, MD, University of Arizona
Victoria Maizes, MD, University of Arizona

CONFERENCE ADVISORY GROUP
Andrew Weil, MD, University of Arizona
Victoria Maizes, MD, University of Arizona
James Lake, MD, Stanford University, University of Arizona
Dan Shapiro, PhD, Penn State College of Medicine
Pamela Reed, PhD, RN, University of Arizona
Sally Dodds, PhD, LCSW, University of Arizona

The University of Arizona
Arizona Health Sciences Center

Sponsored by The University of Arizona College of Medicine at the Arizona Health Sciences Center
Presented by the Arizona Center for Integrative Medicine
WHY YOU SHOULD ATTEND

Limited success characterizes the treatment of many patients with mental health problems. While medications and therapy have their place, there is growing scientific evidence for the effectiveness of treatment modalities including nutritional recommendations, dietary supplements, mind-body interventions, sleep hygiene, acupuncture, and spiritual counseling. This conference will help prepare mental health care providers to advise their patients about these and other alternative approaches.

This course will introduce you to a community of like-minded physicians, psychologists, nurses, counselors, and social workers and provide you with essential information on:

- A new framework of integrative mental health
- The use of dietary change, nutritional supplements, and physical activity to foster mental well-being
- How techniques such as hypnosis, acupuncture, meditation, and yoga can supplement traditional psychiatric treatment
- Why mind-body connections, mindfulness, and spirituality are essential components of mental health
- The integrative treatment of common mental health conditions.
- A variety of successful models for incorporating integrative mental health into clinical practice.
- Emerging research about brain biology, omega-3 fatty acids, and psychoneuroimmunology.

WHAT YOU WILL LEARN

Upon conclusion of this course, participants will be able to:

- Describe the different paradigms of mental health and disease as practiced in conventional medicine, Buddhist psychology, Native American medicine, and psychological approaches.
- Identify the pharmaceutical drugs which are most and least effective in treating mental illness.
- Distinguish the dietary supplements which are most and least effective in treating mental illness.
- Incorporate into clinical practice non-pharmacological interventions, including nutritional recommendations, dietary supplements, mind-body interventions, self-help groups, adequate sleep time, and spiritual counseling.
- Evaluate new and emerging research in mental health and illness on sleep, psychoneuroimmunology, omega-3 fatty acids, brain function, and neuroimaging.
- Select the appropriate integrative mental health approach for a variety of conditions, including depression, anxiety, bipolar, and pediatric mental health.

GOALS

To enhance the ability of mental health care providers to promote wellness, healing, flourishing, and transformation within the context of an integrative mental health care paradigm.

To raise awareness of evidence-based uses of nutrition, mind-body practices, botanicals, dietary supplements, light, music, spirituality, and energy medicine techniques as treatments for common mental health problems.

To gather together leading professionals from a variety of domains – psychiatry, psychology, nursing, social work, as well as funders with a passion for integrative mental health (IMH) – in order to launch a new field and to create a set of IMH initiatives, including a training fellowship.
PRACTICE GAP AND NEEDS ASSESSMENT

Despite the growing trend in patients' use of alternative and complementary medicine, with and without the knowledge of their physicians, and despite increasing scientific proof of the effectiveness of techniques such as dietary change, physical activity, mind-body medicine, dietary supplements, energy medicine, acupuncture, and hypnosis in the treatment of certain types of mental illness, the field of mental health care has become narrowly focused on the practice of psychopharmacology, supplemented by traditional group and individual therapy. The purpose of this conference is to inform medical professionals about how to treat their patients within a new paradigm of integrative mental health care that utilizes scientifically proven alternative methods in combination with drugs and traditional psychotherapy to address patients' physical, psychological, and spiritual needs.

The topic and program for this conference were developed by a national advisory group (listed elsewhere in the brochure) and informed by the recommendations of a meeting of mental health and integrative medicine experts held at the Arizona Center for Integrative Medicine in October 2008. This conference is a first step in the development of a post-graduate curriculum in integrative mental health for psychiatrists, psychologists, social workers, counselors, and other mental health care professionals.

EDUCATIONAL FORMAT

The conference includes lectures with question-and-answer periods, panel discussions, and a variety of concurrent sessions. There are five types of concurrent sessions: Condition-specific, which cover particular mental health problems; Non-pharmacological approaches, about such mental health interventions as dietary change, acupuncture, self-help groups, and the use of synchronicity; Emerging science, which present new areas of research; Modeling change, which inform participants about successful models of practice; and Experiential, which give participants opportunities to learn about and experience hypnosis, breath-work, yoga, and laughter therapy. The five types of concurrent sessions are designated in the program by symbols (see Legend preceding Monday schedule).

WHO SHOULD ATTEND

The conference is designed for physicians, psychologists, nurses, social workers, counselors, and other mental health care providers.

For more information, visit: www.azcim.org/IMHC

For conference questions, contact:
University of Arizona Office of Continuing Medical Education
Phone: 520.626.7832
Email: uofacme@email.arizona.edu
Faculty
(in order of presentation)

PLENARY SESSIONS

Andrew Weil, MD
Founder & Director, Arizona Center for Integrative Medicine, Clinical Professor of Medicine & Public Health, Jones-Lovell Endowed Chair in Integrative Rheumatology, University of Arizona

Alfred Kaszniaik, PhD
Head, Dept. of Psychology, Professor of Psychology, Neurology & Psychiatry, University of Arizona

Lewis Mehl-Madrona, MD, PhD
Associate Professor, Dept. of Psychology, Argosy University, Honolulu; Clinical Asst. Professor of Family Medicine, University of Hawaii School of Medicine

Bernard Beitman, MD
Mind-brain Researcher

James Lake, MD
Adjunct Clinical Faculty, Stanford Psychiatry and Arizona Center for Integrative Medicine, University of Arizona

Alan Gelenberg, MD
Clinical Professor of Psychiatry, University of Wisconsin; Professor Emeritus of Psychiatry, University of Arizona; President & CEO, Healthcare Technology Systems, Madison, WI

Jon Kabat-Zinn, PhD
Professor of Medicine Emeritus, Founder, Stress Reduction Clinic & Center for Mindfulness in Medicine, Health Care & Society, University of Massachusetts Medical School

Richard Davidson, PhD
William James & Vilas Professor of Psychology & Psychiatry, Director, Waisman Laboratory for Brain Imaging & Behavior, Director, Center for Investigating Healthy Minds, University of Wisconsin-Madison

Esther Sternberg, MD
Author, Healing Spaces: The Science of Place and Well-being; Medical Researcher

Joseph Hibbeln, MD
Acting Chief, Section on Nutrition Neurosciences, Laboratory of Membrane Biochemistry & Biophysics, National Institute on Alcohol Abuse & Alcoholism

Daniel Siegel, MD
Clinical Professor of Psychiatry, Co-Investigator, Center for Culture, Brain, & Development, Co-Director, Mindful Awareness Research Center, UCLA School of Medicine; Executive Director, Mindsight Institute, Los Angeles

Tierona Low Dog, MD
Director of the Fellowship, Arizona Center for Integrative Medicine, Clinical Associate Professor of Medicine, University of Arizona

Scott Shannon, MD
Assistant Clinical Professor of Psychiatry, Integrative Health Clinic, University of Colorado Children's Hospital, Denver

Vilayanur Ramachandran, MD, PhD
Distinguished Professor, Dept. of Psychology, Director, Center for Brain & Cognition, University of California, San Diego

Victoria Maizes, MD
Executive Director, Arizona Center for Integrative Medicine, Associate Professor of Clinical Medicine, Family Medicine & Public Health, University of Arizona

CONCURRENT SESSIONS

Charles Popper, MD
Clinical Associate in Psychiatry, McLean Hospital, Belmont, MA; Clinical Instructor in Psychiatry, Harvard Medical School

Gulshan Sethi, MD
Professor of Surgery, Medical Director of Circulatory Sciences, Director of Clinical Services, Arizona Center for Integrative Medicine, University of Arizona

Jingduan Yang, MD
Director, Acupuncture & Chinese Medicine, Jefferson-Mrynna Brind Center of Integrative Medicine, Thomas Jefferson University

Marlene Freeman, MD
Staff Psychiatrist, Perinatal & Reproductive Psychiatry Clinical Research Program, Massachusetts General Hospital; Lecturer, Dept. of Psychiatry, Harvard Medical School

Kenneth Pelletier, PhD, MD (hc)
Clinical Professor of Medicine & Public Health, Director, Corporate Health Improvement Program, University of Arizona; Clinical Professor of Medicine & of Psychiatry, UCSF School of Medicine, San Francisco

Daniel Monti, MD
Director, Jefferson-Myrna Brind Center of Integrative Medicine, Associate Professor of Psychiatry & Emergency Medicine, Thomas Jefferson University & Hospital

Steven Gurveich, PhD
Clinical Assistant Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona

Rubin Naiman, PhD
Clinical Assistant Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona; Director, Circadian Health Associates, Tucson

John Norcross, PhD
Distinguished Professor of Psychology, University of Scranton; President, APA Division of Clinical Psychology; Editor, Journal of Clinical Psychology: In Session
Monday
March 22, 2010

7:00-8:15 a.m.
Registration/(Breakfast on Your Own)

8:15-8:30 a.m.
Andrew Weil, MD, Welcome/Openings

8:30-10:30 a.m.
Plenary #1: Mental Health Paradigms:
Andrew Weil, MD, The Need for a New
Paradigm of Mental Health;
Alfred Kaszniak, PhD, Psychological
Interventions Derived from Buddhist
Meditative Practice: Theory and
Empirical Research;
Lewis Mehl-Madrona, MD, PhD, Indigenous
Models of Mind and Mental Health Care;
Bernard Beitman, MD, The Core
Processes of Psychotherapy

10:30-11:00 a.m.
Break

11:00-11:30 a.m.
Plenary #2: James Lake, MD, A Vision
of the Future of Integrative Mental Health

11:30 a.m.-12:15 p.m.
Plenary #3: Alan Gelenberg, MD,
Psychopharmacology in 2010: the
Fabulous, the Mediocre, and the Ugly

12:15-12:45 p.m.
Ask the Experts: Morning speakers Q&A

12:45-2:00 p.m.
Lunch

2:00-3:15 p.m.
Concurrent Sessions

A - Charles Popper, MD: Nutritional
Management of Bipolar Disorder in
Adults and Youth

B - Gulshan Sethi, MD: Laughter
Therapy NO CME

C - Jingduan Yang, MD: Acupuncture
and Chinese Medicine for Mental
Health NO CME

D - Marlene Freeman, MD: Perinatal
Depression: An Integrative Approach

E - Kenneth Pelletier, PhD, MD (hc):
MindBody Goes to Work: Clinical
and Cost Outcomes of MindBody
Interventions in the Corporate/Worksite
Environment

Sunday
March 21, 2010

5:00 - 7:00 p.m.
Early Registration

This conference was made possible
through the generous support of the
Ted and Dr. Roberta Mann
Foundation

Legend
- Condition
- Modeling Change
- Experiential
- Emerging Science
- Non-Pharmacological Approaches
Tuesday
March 23, 2010

3:30-5:00 p.m.
Concurrent Sessions:

F - Daniel Monti, MD: Anxiety and Traumatic Stress

G - Steven Gurveich, PhD: Mind-Body Medicine – Clinical Hypnosis for Medical and Mental Health Conditions

H - Rubin Naiman, PhD: Sleep, Dreams, and Mental Health: A Critical Link

I - John Norcross, PhD: Integrating Self-Help Resources into Clinical Practice: 18 Proven Strategies

J - Henry Emmons, MD: Creating the Chemistry of Joy: Integrating Natural and Mindfulness Therapies for Anxiety and Depression

5:15-6:15 p.m.
Plenary #4: Jon Kabat-Zinn, PhD, The Increasing Role of Mindfulness and Mindfulness-Based Interventions in Mental Health

7:30-8:20 a.m.
Breakfast/Registration

8:20-8:30 a.m.
Introduction to the Day – emerging research in mental health

8:30-9:30 a.m.
Plenary #5: Richard Davidson, PhD, Transforming Your Mind by Changing Your Brain: Meditation and Neuroplasticity

9:30-10:30 a.m.
Plenary #6: Esther Sternberg, MD, Psychoneuroimmunology

10:30-11:15 a.m.
Break

11:15 a.m.-12:15 p.m.
Plenary #7: Joseph Hibbeln, MD, Deficiencies in Omega-3 Essential Fatty Acids and Mechanisms of Substance Abuse

12:15-12:45 p.m.
Daniel Siegel, MD, Moderator. Discussion with Morning Speakers and Audience: How Can/Should Research Be Targeted to Advance IMH?

12:45-2:00 p.m.
Lunch

2:15-3:30 p.m.
Concurrent Sessions

K - Scott Shannon, MD: The Ecology of the Child: A Post-Modern View of Pediatric Mental Health

L - Amy Weintraub: LifeForce Yoga: Empower Your Clients to Manage Their Moods NO CME

M - Alfred Kaszniaik, PhD: Empathy and Compassion: the Convergence of Buddhist and Social Neuroscience Views

N - Kathy Matt, PhD: Nutrition and Mental Health: a Review of the Science

O - Practical Strategies for Creating Integrative Practice – Panel of Practitioners: James Lake, MD, Daniel Monti, MD, Pamela Pappas MD
Wednesday
March 24, 2010

3:45-4:45 p.m.
Concurrent Sessions

P - Naomi Lam, MD: Integrative Approaches to Depression

Q - Andrew Weil, MD: Breath Work for Optimal Health

R - Pamela Reed, PhD, RN: Spirituality and Mental Health: Paradigms and Evidence

S - Bernard Beitman, MD: Synchronicity, Weird Coincidences, and Psychotherapy

T - Mark Gilbert, MD: “To keep on trying...to climb your own mountain”: The Psychoneuroimmunology of Resilience, Optimism and Hope

5:00-6:00 p.m.
MEET THE FACULTY RECEPTION

7:00-9:00 p.m.
Native American Ceremony with Lewis Mehl-Madrona, MD, PhD

7:30-8:20 a.m.
Breakfast/Registration

8:20-8:30 a.m.
Introduction to the Day

8:30-9:30 a.m.
Plenary #8: Panel: Tierona Low Dog, MD, Scott Shannon, MD, Botanicals and Dietary Supplements in Mental Health

9:30-10:30 a.m.
Plenary #9: Vilayanur Ramachandran MD, PhD, Brain Biology and Mental Health

10:30-11:00 a.m.
Break

11:00 a.m.-12:15 p.m.
Plenary #10: Panel and Audience Interaction: Andrew Weil, MD, and Victoria Maizes, MD, Moderators, Strategic Directions to Advance IMH

12:15-12:30 p.m.
Andrew Weil, MD, Closing
HOTEL INFORMATION
The course will be held at the world-renowned Arizona Biltmore Resort & Spa (2400 E. Missouri, Phoenix, AZ 85016). Built in 1929 and recently renovated, the hotel retains much of its original Frank Lloyd Wright-inspired elegance. Set in the heart of Phoenix, convenient to Sky Harbor Airport and world-class shopping and cultural amenities, the Biltmore has been a favorite of celebrities and U.S. presidents throughout its colorful history. Its 39 lush acres offer various recreational opportunities, including three championship golf courses, tennis courts, eight swimming pools, and beautiful hiking trails. Amenities include a luxurious spa and a fully equipped recreation center that offers a daily schedule of classes, including yoga, meditation, tai chi, and Pilates. Visit www.arizonabiltmore.com for more information.

Special room rates will be honored the nights of March 19-24 for conference participants – $179 single or double occupancy. Attendees wishing to arrive up to 3 days earlier or stay up to 3 days later will be offered the group rate based on availability for the extra nights. Check-in time: 4:00 p.m. Check-out time: Noon. We anticipate that the hotel rooms will fill early. To secure a room and avoid disappointment, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 2/19/10 or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis.

For reservations, contact the Arizona Biltmore at (800) 950-0086 or (602) 955-6600 and ask for the “University of Arizona Mental Health Conference” room block to qualify for the special group rate.

CANCELLATION & REFUND POLICY
Cancellations received in writing on or before March 8, 2010, will be refunded less a $50 administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

CONTINUING MEDICAL EDUCATION CREDIT
(Check our website at www.AzCIM.org/IMHC for accreditation updates)

MEDICINE - University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 16.50 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

AzPA - This program is co-sponsored by the Arizona Psychological Association and the University of Arizona College of Medicine at the Arizona Health Sciences Center. AzPA is approved by the American Psychological Association to sponsor continuing education for psychologists. AzPA maintains responsibility for this program and its content. 16.50 credit hours are pending approval.

AAPA - The American Academy of Physician Assistants accepts Category 1 credit from AOACCME. Prescribed credit from AAPA, and AMA PRA Category 1 Credit(s)™ for the PRA from organizations accredited by ACCME. This activity has been approved for a maximum of 16.50 AMA PRA Category 1 Credit(s)™.

ACNP - The American College of Nurse Practitioners (ACNP) accepts AMA PRA Category 1 Credit(s)™ from organizations accredited by the ACCME. This activity has been approved for a maximum of 16.50 AMA PRA Category 1 Credit(s)™.

AzNA - Credit approval for this activity is being sought from Arizona Nurses Association (AzNA) and is pending.

AAFP - Credit approval for this activity is being sought from American Academy of Family Physicians and is pending.

NASW - This program is approved by the National Association of Social Workers (provider #886527297) for 16.5 continuing education contact hours.

STUDENT SCHOLARSHIPS
A limited number of partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of $150. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference, by January 15, 2010, to: Darlene Kerr, Administrative Associate, Arizona Center for Integrative Medicine, PO Box 245153, Tucson, AZ 85724. (Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after February 1.)

SPECIAL ASSISTANCE
Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Denise Garrett, 520-626-7832 or uofacme@email.arizona.edu. Requests should be made as early as possible to allow time to arrange the accommodation.
Registration Form: Integrative Mental Health *(Please Print or Type)*

Name ____________________________________________
Specialty Area ____________________________________
Institution ________________________________________
Address __________________________________________
City__________________ State/Country _________________
Zip/Postal Code ________ Daytime Phone _____________
Fax ____________________ Email ______________________
Degree(s) □ MD □ DO □ PhD □ RN □ MSW □ Other ______

I heard about this conference from (circle one): email, brochure mailing, other (please specify)

□ I would prefer a non-fish vegetarian meal

□ I have the following food allergy/special diet request ____________________________________________

To request special accommodation for a disability, please call 520-626-7832 or email uofacme@email.arizona.edu.

Concurrent Session Selection
#1 (Monday, 2:00 pm) 1st choice ____ 2nd choice ____
#2 (Monday, 3:30 pm) 1st choice ____ 2nd choice ____
#3 (Tuesday, 2:15 pm) 1st choice ____ 2nd choice ____
#4 (Tuesday, 3:45 pm) 1st choice ____ 2nd choice ____

□ DO NOT include me in the registrant list to be provided to all course attendees.

Early Bird Registration by February 1 □ $395 □ $495
□ MD, DO, ND & other physicians
□ Psychologists, social workers, counselors, nurses, allied health professionals, practitioners in training* and others □ $295 □ $395
□ AzCIM Fellows & Alumni □ $350 □ $450

$175 daily rate - □ Monday □ Tuesday □ Wednesday

* Practitioners in training must include a letter of verification from training program with registration to qualify for reduced tuition fee.

A limited number of students will be awarded partial scholarship registrations of $150. See inside brochure for details or visit www.AzCIM.org/IMHC.

Tuition includes course materials, continuing education credit, and meals designated in program.

□ Enclosed is a check or money order in U.S. dollars made payable to University of Arizona Foundation. Tuition paid to University of Arizona Foundation is not a tax deductible gift contribution. Tuition, meals, and lodging may be tax deductible as education expenses. Check with your tax advisor.

□ Please charge my □ Visa □ Mastercard □ AMEX Amount $________

Card No. ___________________________ Exp. Date ________

Cardholder’s Name __________________________

Cardholder’s Signature ________________________

Complete registration form and mail with payment to: Office of Continuing Medical Education, PO Box 245121, Tucson, AZ 85724-5121 Or fax completed registration form with credit card information to: (520) 626-2427. Cancellations received in writing on or before March 8, 2010, will be refunded, less a $50 administrative fee. No refunds will be made after that date. Substitute participants will be accepted.