INTEGRATIVE MANAGEMENT OF CHRONIC PAIN
ADHD CHILDREN
ADVERSE CHILDHOOD EXPERIENCES
PSYCHOSIS
MENTAL HEALTH & WHOLENESS
PROMOTE HUMAN FLOURISHING
WELL-BEING IS A SKILL
INTEGRATIVE APPROACHES TO AUTISM
UNHEALTHY NUTRITION
MICROBIOME & MENTAL HEALTH
INTEGRATIVE APPROACHES
POSITIVE PSYCHOLOGY
DEPRESSION IN MEDICAL SETTINGS
TEACHING INTEGRATIVE MEDICINE IN PSYCHIATRY RESIDENCY

MOVEMENT & TRAUMA
THE CRAVING MIND
REDUCING GLOBAL BURDEN OF DEMENTIA
APPROACH TO TREATMENT RESISTANT MOOD DISORDERS
MENTAL HEALTH & WHOLENESS
EMOTION & THE BRAIN
INNOVATIVE CLINICAL PRACTICE MODELS
PSYCHEDELIC STORIES
MACRONUTRIENT DEFICIENCY
SLEEP DISORDERS
TRAUMA & ADDICTION
NEUROTHEOLOGY

RESILIENCY
CANNABIS
PRO/CON
The Integrative Mental Health Conference offers a unique opportunity for healthcare professionals to learn integrative care techniques and network with like-minded physicians, psychologists, nurses, social workers, counselors, and therapists.

Why You Should Attend
The Integrative Mental Health Conference will help prepare mental health professionals to advise their patients about integrative methods to enhance mental well-being. This conference will provide attendees with essential information on:

- The integrative treatment of common mental health conditions
- Emerging research about brain biology, microbiome, psychedelics, positive psychology, addiction, and trauma
- How mind-body connections, mindfulness, and spirituality are essential components of mental health
- The use of diet and nutritional supplements to foster mental wellbeing
- Successful models to incorporate integrative mental health into clinical practice, education and training

What You Will Learn
Upon conclusion of this course, you will be able to:

- Recognize the role of trauma and adverse childhood experiences in the development of mental illness
- Discuss new therapeutic options for preventing and/or treating mental illness
- Recommend ways to enhance flourishing mental health and well-being
- Incorporate integrative approaches into clinical practice when treating common mental health conditions including depression, anxiety, bipolar, trauma, chronic pain, ADHD, and autism
- Discuss the neuroscience of addiction as well as integrative strategies
- Understand the relationship between foods, nutrients and mental health
- Distinguish the dietary supplements which are most effective in treating common mental health disorders
- Recognize the emerging science on the impact of the microbiome on mental health and disease
- Provide nutritional advice to patients for prevention and treatment of mental health problems
- Discuss micronutrient deficiencies that may contribute to mental illness
- Converse with patients about spirituality and mental well-being
- Evaluate the benefits and risks of nutrition, supplement, mind-body, sleep, movement, and pharmaceuticals for specific mental health conditions
- Discuss current controversies and state of the science regarding cannabis and psychedelics in mental health treatment
- Recognize and reduce burnout and improve resiliency among healthcare professionals
- Examine the latest research on Alzheimer’s, including recently established subtypes of the disease

The topic and program for this conference were developed by a prominent national advisory group and informed by a focus group meeting of mental health providers held at the University of Arizona Center for Integrative Medicine in February 2018.

Educational Format
The conference format includes lectures with question-and-answer sessions, panel discussions, presentations of case studies, a variety of concurrent sessions, and a series of concurrent workshops.

Register online at www.imhc2019.com
### Scientific Program Advisory Group

- Andrew Weil, MD
- Victoria Maizes, MD
- Esther Sternberg, MD
- Ole Thienhaus, MD
- Charles Raison, MD
- Belleruth Naparstek, ACSW
- Bonnie Kaplan, PhD
- Priscilla Abercrombie, NP, PhD, AHN-BC
- Dan Monti, MD
- Ruth Buczynski, PhD
- Scott Shannon, MD

### Sunday, April 14, 2019

**4:00 PM – 6:00 PM**  
Early Registration

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 AM – 8:00 AM</td>
<td>Breakfast on Your Own / Registration</td>
</tr>
</tbody>
</table>
| 8:00 AM - 8:15 AM    | Welcome and Openings  
Andrew Weil, MD  
Victoria Maizes, MD |
| 8:15 AM – 8:45 AM    | Plenary #1:  
Integrative Mental Health  
Andrew Weil, MD |
| 8:45 AM – 9:45 AM    | Plenary #2:  
Taming the Hungry Ghost: Trauma and Addiction  
Gabor Maté, MD |
| 9:45 AM - 10:30 AM   | Break                                                                 |
| 10:30 AM - 11:00 AM  | Plenary #3:  
We Are the Medicine: Human Development, Childhood Adversity and Flourishing in an Era of Ordinary Magic  
Christina Bethell, PhD, MBA, MPH |
| 11:00 AM – 11:45 AM  | Plenary #4:  
The How of Happiness: The Science of Interventions Aimed at Increasing Well-Being  
Sonja Lyubomirsky, PhD |
| 11:45 AM - 12:15 PM  | Ask the Experts: Q&A with Plenary Speakers 1-4                          |
| 12:15 PM - 1:45 PM   | Lunch                                                                 |

### Concurrent Sessions

- **1:45 PM - 2:45 PM**  
Concurrent A: Beyond the Prescription Pad: Integrative Approaches to Anxiety  
Victoria Maizes, MD
- **Concurrent B:** Mindfulness and Aggressive Rehabilitation for Chronic Pain: Beyond Symptom Management  
Ronald D. Siegel, PsyD
- **Concurrent C:** Integrative Approaches to ADHD in Children  
Sanford Newmark, MD

### Tuesday, April 16, 2019

**7:00 AM – 8:00 AM**  
Breakfast on Your Own

**8:00 AM - 8:15 AM**  
Introduction to the Day

**8:15 AM – 9:00 AM**  
**Plenary #5:**  
Wellbeing Is A Skill  
Richard Davidson, PhD

**9:00 AM - 9:45 AM**  
**Plenary #6:**  
How and Why to Promote Better Diets for Improving Mental Health  
Bonnie Kaplan, PhD

**9:45 AM - 10:30 AM**  
Break
A special evening program: Psychedelic Stories - What the New Science of Psychedelics Means for Mental Health Care

There’s a resurgence of interest in psychedelic plants and drugs, human studies of their benefits in treating mental health conditions, and favorable publicity about their therapeutic potential. Examples include: MDMA for PTSD; Psilocybe mushrooms and psilocybin for OCD, depression, and spiritual growth; ayahuasca for a wide range of physical and psychological ailments; LSD and psilocybin as adjuncts to end-of-life care in terminal cancer; and iboga and ibogaine for the treatment of opioid and alcohol addiction. Presenters will also discuss the new practice of microdosing with LSD and psilocybin to enhance creativity and productivity. All of these substances have very low toxicity compared to widely used medications. Their effects depend on dosage, set, and setting, as well as the experience and skill of therapists.

Featuring: Andrew Weil, Charles Raison, and Michael Pollan
FACULTY

Priscilla Abercrombie, NP, PhD, AHN-BC, NBC-HWC
Founder, Women's Health & Healing; President, Integrative Medicine for the Underserved

Seth Ammerman, MD, FAAP, FSAHM, DABAM
Clinical Professor, Division of Adolescent Medicine, Department of Pediatrics, Stanford University

David Berceli, PhD
Founder, President, and CEO of TRE™

Christina Bethell, PhD, MBA, MPH
Professor, Johns Hopkins Bloomberg School of Public Health; Director, Child and Adolescent Health Measurement Initiative

Dale Bredesen, MD
Mary S. Easton Professor of Neurology, Center for Alzheimer’s Disease at the University of California, Los Angeles

Judson Brewer, MD, PhD
Executive Director (interim) and Director of Research, Center for Mindfulness

Jasleen Chhatwal, MD
Clinical Assistant Professor, Department of Psychiatry, University of Arizona

Frederic C. Craigie, Jr, PhD
Clinical psychologist, consultant, educator, speaker and writer; Visiting Associate Professor, University of Arizona Center for Integrative Medicine

Richard J. Davidson, PhD
William James and Vilas Research Professor of Psychology and Psychiatry and Founder & Director of the Center for Healthy Minds, University of Wisconsin-Madison

Chanel Heermann, MD
AspenPointe – Telepsychiatry Clinic; SynerGenius Telepresence; Private Practice, Integrative Telepsychiatry; Faculty, Saybrook University, College of Integrative Medicine and Health Sciences

Robert L. Hendren, DO
Professor of Psychiatry, Department of Psychiatry & Langley Porter Psychiatric Institute, Co-director, Weill Institute for Neurosciences, Dyslexia Center, STAR Autism and Neurodevelopment Program, University of California, San Francisco

Bonnie Kaplan, PhD
Professor Emerita, Cumming School of Medicine, University of Calgary

Patricia Lebensohn, MD
Director of the Integrative Medicine in Residency program at the University of Arizona Center for Integrative Medicine; Associate Professor of Clinical Family and Community Medicine, University of Arizona

Sonja Lyubomirsky, PhD
Professor of Psychology, University of California

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

Gabor Maté, MD
Renowned speaker and bestselling author on addiction and stress

Pamela Mirsky, MD
Director, Consultation-Liaison Psychiatry, Banner University Medical Center, Tucson

Daniel Monti, MD, MBA
Enterprise Senior Vice President; Director, Marcus Institute of Integrative Health; Ellen and Ron Caplan Professor and Chair, Department of Integrative Medicine and Nutritional Sciences

Omid Naim, MD
Founder and Director, La Maida Institute; Founder and Staff Psychiatrist, Hope Integrative Psychiatry

Rubin Naiman, PhD
Clinical Assistant Professor of Medicine at the University of Arizona Center for Integrative Medicine; Director, New Moon Sleep, LLC

Belleruth Naparstek, ACSW
President and CEO, Health Journeys

Andrew Newberg, MD
Professor of Emergency Medicine and Radiology; Associate Director of Research, Marcus Institute of Integrative Health

Sanford Newmark, MD
Director of Clinical Programs, Osher Center for Integrative Medicine, University of California, San Francisco

Christopher Palmer, MD
Director, Department of Postgraduate and Continuing Education, McLean Hospital; Assistant Professor of Psychiatry, Harvard Medical School

Michael Pollan
Bestselling author and journalist; Lewis K. Chan Arts Lecturer and Professor of Practice of Non-Fiction at Harvard University

Charles Raison, MD
Mary Sue and Mike Shannon Chair for Healthy Minds, Children & Families; Professor of Human Development and Family Studies and of Psychiatry, University of Wisconsin-Madison

Noshene Ranjbar, MD
Assistant Professor of Psychiatry and Training Director, Child & Adolescent Psychiatry Fellowship Program, and Chief of the Division of Child and Adolescent Psychiatry at the University of Arizona

Mari Ricker, MD
Associate Professor in the Department of Family and Community Medicine at the University of Arizona and Associate Director of the Integrative Medicine in Residency program

Ethan Russo, MD
Director of Research and Development, International Cannabis and Cannabinoids Institute

Lynn Scheidenhelm, LCSW
Director of Innovation Centering Healthcare Institute

Scott Shannon, MD
Assistant Clinical Professor of Psychiatry, University of Colorado

Shauna Shapiro, PhD
Professor, clinical psychologist, author, and speaker

Thomas Sharpton, PhD
Assistant Professor, Department of Microbiology, Oregon State University

Ronald D. Siegel, PsyD
Assistant Professor of Psychology, Harvard Medical School

Andrew Weil, MD
Founder and Director of the University of Arizona Center for Integrative Medicine and the Lovell-Jones Endowed Chair in Rheumatology, Clinical Professor of Medicine and Professor of Public Health at the University of Arizona
Registration
Tuition includes course materials, continuing education credit and meals designated in the program. Tuition paid to the University of Arizona is not a tax-deductible gift contribution. Tuition, meals and lodging may be tax deductible as education expenses. Check with your tax advisor.

<table>
<thead>
<tr>
<th>IMHC Registration</th>
<th>Registration January 10 – March 31</th>
<th>Late Registration April 1 – April 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>MD, DO, ND and other physicians</td>
<td>$996.18</td>
<td>$1181.18</td>
</tr>
<tr>
<td>Psychologists</td>
<td>$996.18</td>
<td>$1181.18</td>
</tr>
<tr>
<td>Nurses, Social Workers, and other health professionals, and all others</td>
<td>$897.07</td>
<td>$1,082.07</td>
</tr>
<tr>
<td>Medical Residents</td>
<td>$599.70</td>
<td>$674.70</td>
</tr>
</tbody>
</table>

The syllabus will be online for the 2019 conference, providing attendees with the most current and complete information from conference speakers. You may purchase a print version of the syllabus or a digital version collected on a USB drive that includes the speakers’ presentations as received by the production deadline.

Special Assistance
Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by completing a customer service ticket at imhc.arizona.edu/conference/support/. Requests should be made as early as possible to allow time to arrange the accommodation.

Cancellation and Refund Policy
Cancellations received in writing on or before March 30, 2019, will be refunded less a 15% administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

Student Scholarships
A limited number of partial registration scholarships will be awarded to students in healthcare professions and physicians practicing in federally recognized underserved areas or Indian health centers. Awarded scholarships will reduce the conference cost to $378.95. Note that scholarship recipients are not eligible for CME. Interested students and healthcare professionals in underserved areas should submit proof of status and an essay of no more than 250 words explaining how they would benefit from attending the conference. Applications and all supporting documents must be received by February 1, 2019 to be eligible. Please email applications to azcim-events@list.arizona.edu Scholarship awards will be announced by late February 2019. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after the deadline should they wish to do so.

Hotel Information
The conference hotel, Hilton San Francisco Union Square, is located in the famed Theater District, which places you within walking distance to cable cars and Moscone Center and about 1 mile from Chinatown and Nob Hill.

This historic three-tower hotel provides rooms with city views. Take advantage of our exclusive conference room rate and make your reservations at www.imhc2019.com. Rooms are limited, so book today! You may also call the hotel at 1-800-HILTONS and mention group code IMHC for the special conference room rate—subject to availability. The discounted room rate is valid 3 days before and 3 days after the conference, subject to availability. The last day to make your reservation under the group discount is March 14, 2019.

Continuing Medical Education Credit
For the most current continuing education credit information, visit the conference website at imhc2019.com. For additional credit types, please check with the relevant governing body or professional organization.

CME: This is a Directly Provided activity and has been awarded a maximum of 20.75 AMA PRA Category 1 Credit(s)™. This activity is to be held 2019/04/15 through 2019/04/17. The University of Arizona College of Medicine — Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine — Tucson designates this live activity for a maximum of 20.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Dietetics: The Commission on Dietetic Registration has approved this activity for a maximum of 21.0 CPEUs.

Nursing: Continuing Education Information: Up to 20.75 contact hours.

University of Arizona Continuing Professional Education is an approved provider of continuing nursing education by the Continuing Nursing Education Group, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

APA:
APA: 22.25 CEs for Conference attendance are pending approval from the Arizona Psychological Association.

The Arizona Psychological Association (AzPA) is approved by the American Psychological Association to sponsor continuing education for psychologists. AzPA maintains responsibility for these programs and their content.

Social Workers: This program is approved by the National Association of Social Workers (Approval # 886794105-4718) for 22 continuing education contact hours.