

# INTEGRATIVE MENTAL HEALTH CONFERENCE



APRIL 15 - 17, 2019  
SAN FRANCISCO

[WWW.IMHC2019.COM](http://WWW.IMHC2019.COM)

INTEGRATIVE MANAGEMENT OF CHRONIC PAIN  
**ADHD CHILDREN** MOVEMENT & TRAUMA **GUIDED IMAGERY**  
ADVERSE CHILDHOOD EXPERIENCES **THE CRAVING MIND** MINDFULNESS  
**PSYCHOSIS** REDUCING GLOBAL BURDEN OF DEMENTIA  
APPROACH TO TREATMENT RESISTANT MOOD DISORDERS  
MENTAL HEALTH & WHOLENESS **SPIRITUALTY INFORMED PERSPECTIVES**  
**PROMOTE HUMAN FLOURISHING** **EMOTION & THE BRAIN**  
**WELL-BEING IS A SKILL** INNOVATIVE CLINICAL PRACTICE MODELS  
INTEGRATIVE APPROACHES TO AUTISM **PSYCHEDELIC STORIES** **RESILIENCY**  
**UNHEALTHY NUTRITION** MACRONUTRIENT DEFICIENCY  
**MICROBIOME & MENTAL HEALTH** **SLEEP DISORDERS** **ANXIETY**  
INTEGRATIVE APPROACHES **TRAUMA & ADDICTION** **NEUROTHEOLOGY**  
**POSITIVE PSYCHOLOGY** PSYCHEDELIC RESEARCH  
**DEPRESSION IN MEDICAL SETTINGS** CANNABIS **PRO/CON**  
TEACHING INTEGRATIVE MEDICINE IN PSYCHIATRY RESIDENCY



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## EVENT

This premier integrative mental health summit is organized by The Andrew Weil Center for Integrative Medicine at the University of Arizona, the world's leader in training physicians and other health professionals in a new model of medicine. **Attendees will learn about integrative methods to enhance well-being from 35 internationally renowned experts who include best-selling authors, award-winning physicians, researchers, scientists and professors.**

## IMPORTANCE

Patients are increasingly looking for mental health care options that go beyond medications and conventional therapy, they are more often now turning to alternative and complimentary medicine. Attendees will gain a new or strengthened understanding of how integrative modalities play a role in maintaining, improving, and helping to heal mental health issues and diseases.

### LEARN ABOUT THE LATEST INTEGRATIVE METHODS FOR ENHANCING MENTAL WELL-BEING

- Brain biology, microbiome, psychedelics, positive psychology, addiction and trauma
- Diet & nutritional supplements
- Mind-body connections, mindfulness, spirituality
- Integrative treatment of common mental health conditions
- Integrative clinical practice models

### CONFERENCE LOCATION

 **San Francisco, California**  
Hilton Union Square

### CONFERENCE ORGANIZER

 THE UNIVERSITY OF ARIZONA  
**Andrew Weil Center**  
for Integrative Medicine

*"The biomedical model of mental health is obsolete. A new integrative model is emerging that takes account of psychological, social, and spiritual factors as well as brain biochemistry. This groundbreaking, multidisciplinary conference will cover the key components of integrative mental health treatment to help mental health professionals use this new model in practice."*

—Andrew Weil, MD, Founder and Director of The Andrew Weil Center for Integrative Medicine

EVENT CONTACT: KEITH LABAW | [KLAWAW@EMAIL.ARIZONA.EDU](mailto:KLAWAW@EMAIL.ARIZONA.EDU) | [WWW.IMHC2019.COM](http://WWW.IMHC2019.COM)

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**SPEAKERS**



**ANDREW  
WEIL, MD**



**MICHAEL  
POLLAN**



**RICHARD  
DAVIDSON, PH.D.**



**GABOR  
MATÉ, MD**



**SONJA  
LYUBOMIRSKY, PH.D.**



**DALE  
BREDESEN, MD**



**CHARLES  
RAISON, MD**



**SANFORD  
NEWMARK, MD**



**JUDSON BREWER,  
MD, PH.D.**



**ANDREW  
NEWBERG, MD**



**RUBIN NAIMAN  
PH.D.**



**VICTORIA  
MAIZES, MD**



**BONNIE KAPLAN,  
PH.D.**



**SHAUNA  
SHAPIRO, PH.D.**



**ROBERT  
HENDREN, D.O.**



**BELLERUTH  
NAPARSTEK, ACSW**



**RONALD SIEGEL,  
PH.D.**



**ETHAN  
RUSSO, MD**



**SCOTT  
SHANNON, MD**



**SETH AMMERMAN,  
MD**



**MARI  
RICKER, MD**



**NOSHENE  
RANJBAR, MD**



**CHRISTOPHER  
PALMER, MD**



**DANIEL  
MONTI, MD**



**PAMELA  
MIRKSY, MD**



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## SPEAKERS



**THOMAS SHARPTON,**  
PH.D.



**PATRICIA  
LEBENSOHN, MD**



**CHANEL  
HEERMANN, MD**



**LYNN  
SCHEIDENHELM,**



**FREDERIC  
CRAIGIE, PH.D.**



**JASLEEN  
CHHATWAL, MD**



**CHRISTINA  
BETHELL, PH.D.**



**DAVE  
BERCELLI, PH.D.**



**PRISCILLA  
ABERCROMBIE, RN,  
PH.D.**



**OMID NAIM**

## ABOUT THE CONFERENCE ORGANIZER



THE UNIVERSITY OF ARIZONA  
**Andrew Weil Center  
for Integrative Medicine**

[www.integrativemedicine.arizona.edu](http://www.integrativemedicine.arizona.edu)

Celebrating 25 years, The Andrew Weil Center for Integrative Medicine at the University of Arizona was founded in 1994 by integrative medicine pioneer, Dr. Andrew Weil. It has grown from a visionary concept to the world leader in integrative health education, research, and clinical care. The Center is leading the transformation of health care by training a new generation of health professionals and by empowering individuals and communities to optimize health and well-being through evidence-based, sustainable, integrative approaches.

### HISTORY HIGHLIGHTS

- Developed the first and most comprehensive academic curriculum in integrative medicine.
- Co-founded the Consortium of Academic Health Centers for Integrative Medicine, with Duke University and the University of Massachusetts. The Consortium has more than 70 member institutions engaged in clinical, educational, and research programs in integrative medicine.
- Created the first Integrative Medicine in Residency program, A national model for training of all physicians in integrative medicine.
- With more than 1400 alumni treating patients in 48 states and around the world, graduates of the Fellowship in Integrative Medicine are changing the lives of patients everywhere.

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