



SCHOOL of MEDICINE

Section of Integrative Medicine and the
Office of Continuing Medical Education

and Arizona Center for Integrative Medicine,
University of Arizona

October 13-15, 2008

Santa Fe Convention Center
201 W. Marcy
Santa Fe, New Mexico 87501

Present the 4th Biennial

Symposium of
Integrative
Medicine
Professionals in the
Land of
Enchantment

*A State of the
Art Symposium
on Integrative
Medicine*

**Featuring Drs.
Larry Dossey,
Tieraona Low Dog,
Lee Lipsenthal,
Vasant Lad and
many other
distinguished
speakers**

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, MB 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**
Featuring artist-in-medicine Lisa Donald, Cellist

Plenary Sessions

Moderator: Robert Leverage, 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, MASc
22. Hypnotherapy: A Powerful Adjunct to Modern Medicine
Robert E. Sapien, MD, CHT
23. Treating Allergic Disease with Oral Tolerance Using Low
Concentration Biologicals
Alta Smit, MB 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 Griego 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, MASc
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**
Tieraona 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 Imagery Workshop – Jane Butterworth, LMFT, LMT
38. Coping with Cancer and Its Treatment: It is Not That Easy! – Algirdas S. Fedoravicius, PhD
39. Mindful Eating and Living (MEAL) – Brian M. Shelley, MD
40. Herbal Pharmacy – Tieraona Low Dog, MD

12:00 PM **Conference Adjourns**

Invited Guest Speakers

Elena Avila, RN, MSN
Etty Baker, MS, RD, LD/N
Rita K. Benn, PhD
Jane Butterworth, LMFT, LMT
Diane K. Cridennda, LAc, DOM, FABORM
Bruce Cryer
Brian D. Dailey, MD, FACEP, FACFE
Larry Dossey, MD
Ana Edwards, MA
Algirdas S. Fedoravicius, PhD
Mary L. Hardy, MD
Christine Horner, MD, FACS
Mukta Kaur Khalsa, LPC
Steven Komadina, MD
Vasant D. Lad, BAMS, MASc

The University of Arizona Health Sciences Center

Faculty

Randy Horwitz, MD, PhD
Tieraona 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

For full faculty designation, see the UNM CME website at <http://hsc.unm.edu/cme>.

Roberta Lee, MD
James J. Lehman, DC, MBA, DABCO
Robin L. Liberatori, RN
Lee Lipsenthal, MD, ABHM
Paul C. Magarelli, MD, PhD
Russ Mason, MS
John C. Pan, MD
Adam Perlman, MD, MPH, FACP
Theri Griego Raby, MD
David P. Rakel, MD
David Riley, MD
Brian M. Shelley, MD
David R. Shlim, MD
Victor S. Sierpina, MD
Alta Smit, MB BCh, BSc, MF Hom
Amy Stein, MFA
Karen Waconda-Lewis, BS

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 health care.
- Delineate 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.

Nurses

This activity is approved for 15.5 contact hours by the University of New Mexico Office of Continuing Medical Education, an approved 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

Sweat Lodge Ceremony

Native Americans hold purification and healing ceremonies. These ceremonies take place in structures called sweat lodges and have been a major part of Native culture and spirituality for tens of thousands of years. Lakota Elder and teacher, Harry Charger from the Lakota, Dakota, Nakota Nation in the Green Grass Reservation in South Dakota will "pour water" and serve as the spiritual guide for this year's ceremonies. The cost is \$60.00 per person and includes transportation to the ceremony site and the sweat lodge ceremony.

At each ceremony, there will be two sessions. Please register early as these sessions are limited to 20 people per session.

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.

We have applied for continuing education credits for the following group:

- Acupuncture and Oriental Medicine – National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)

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 6, 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

and refreshment breaks each day of the conference. All pre-registration requests must be accompanied with payment before confirmations are made. Please confirm your registration prior to making airline reservations.

The Office of CME does not maintain a petty cash fund. All cash payments MUST BE IN THE EXACT AMOUNT. It is UNM policy to charge offerer \$15 plus normal merchant bank fees for each returned check.

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.

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. TO MAKE ROOM RESERVATIONS, PARTICIPANTS SHOULD CALL THE HOTEL DIRECTLY AT (800) 336-3676 OR GENERAL RESERVATIONS AT (800) 445-8667. PLEASE IDENTIFY YOURSELF AS A PARTICIPANT OF THE SIMPLE 2008 CONFERENCE. Rates will not be changed at check-in or checkout for attendees who fail to identify their affiliation with their meeting at the time the reservation is requested.

Check-in time is 4:00pm and check-out time is 12:00pm. The Hotel will make every reasonable effort to accommodate early arrivals and late check-out requests will be reviewed based on hotel demand. Parking is available at the Hotel and is \$15 per vehicle/per day.

ARTS-IN-MEDICINE AT UNM

Music for the SIMPLE Program is provided by Art-in-Medicine; <http://artsinmedicine.unm.edu>.

ACKNOWLEDGEMENTS

Special thanks to the following companies and individuals for their support of the Symposium:

PLATINUM SPONSOR

HEEL, Inc.

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HeartMath

BRONZE SPONSOR

Wellness Inventory

FRIENDS

Ayurvedic Institute

Borders Books and Music

Vitamin Cottage

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.

Make check payable to the UNM Office of CME and mail it along with this form to: The University of New Mexico, Office of Continuing Medical Education, MSC09 5370, 1 University of New Mexico, Albuquerque, New Mexico 87131-0001. Telephone registrations (505) 272-3942 and Fax (505) 272-8604 registrations will be accepted for Visa, MasterCard and Purchase Orders only. Registrations faxed without a Visa or MasterCard number or a copy of the Institutional Purchase Order will not be processed. Your registration will be confirmed by mail.

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

Sweat Lodge Ceremony

Monday, October 13th \$60.00 \$_____ Tuesday, October 14th \$60.00 \$_____

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

Total Registration Fees \$_____

____ Full-time UNM Students and UNM House Officers – Conference Registration Free (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 10/13/08 ____ Tuesday 10/14/08 ____ Wednesday 10/15/08

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.