



International Integrative Behavioral Health Symposium

Epigenetics, Neuroplasticity,
and Integrative Medicine

*"The Third Revolution
in Psychiatry"*

A 2-DAY CONFERENCE

**THURSDAY, SEPTEMBER 24 &
FRIDAY, SEPTEMBER 25, 2015**

Hilton Woodcliff Lake
200 Tice Blvd., Woodcliff Lake, NJ

PROGRAM AGENDA

Thursday, September 24

- 8 a.m.** **REGISTRATION** - *Complimentary Breakfast*
- 8:15 a.m.** *Integrative Modality - Music*
Rachel Allen & Melinda Gardiner MHTP
- 8:30 a.m.** **PROGRAM OVERVIEW:** Diego Coira, M.D.
- 8:45 - 9:30 a.m.** **EPIGENETICS AND NEUROPLASTICITY CHANGE YOUR LIFESTYLE AND CHANGE YOUR GENES;**
Scott Shannon, M.D.
- 9:30 - 9:40 a.m.** *Integrative Modality - Dance*
- 9:40 - 10:20 a.m.** **THE SCIENCE OF EPIGENETICS SCIENCE OF LIFESTYLE CHANGE;** Dan Handley, Ph.D.
- 10:20 - 10:30 a.m.** *Integrative Modality - Ike Lester, Caricature Artist*
- 10:30 - 10:50 a.m.** **BRAIN MAPPING AND NEURO-FEEDBACK IN THE TREATMENT OF DEPRESSION TREATING DEPRESSION THROUGH RETRAINING YOUR BRAIN;**
Fortunato Battaglia, M.D., Ph.D.
- 10:50 - 11:30 a.m.** **PSYCHONEUROIMMUNOLOGY: THE PHYSIOLOGY OF BEHAVIORAL HEALTH HOW DOES YOUR BEHAVIOR AFFECT YOUR IMMUNE SYSTEM;** Leonard Wisneski, M.D.
- 11:30 a.m. - 12:15 p.m.** **CASE STUDY #1 - POSTPARTUM DEPRESSION;**
Midge Grady, RN, MSN, APN,C, Moderator;
Diego Coira, M.D.; Manny Alvarez, M.D.; Dan Asimus, M.D.;
New Jersey Mental Health Players
- 12:15 - 1:30 p.m.** **LUNCH** - *Featuring Integrative Modality - Music;*
Complimentary lunch
- 1:30 - 2:15 p.m.** **NEUROPLASTICITY- THE BEACON OF HOPE REWIRING YOUR BRAIN;** Dan Asimus, M.D.
- 2:15 p.m.** *Integrative Modality - Native American Flutes*
- 2:30 - 3:10 p.m.** **FLEXIBLE ECLECTIC PSYCHOTHERAPY, A MODEL FOR PSYCHOTHERAPY INTEGRATION COMBINING PSYCHIATRIC TECHNIQUES TO IMPROVE YOUR HEALTH;**
Diego Coira, M.D.
- 3:10 - 3:30 p.m.** **BREAK** - *Featuring Integrative Modality - Music;*
Complimentary snacks
- 3:30 - 4 p.m.** **MINDFULNESS BASED STRESS REDUCTION - YOGA;**
Midge Grady, RN, MSN, APN,C, with Rachel Allen
- 4 - 4:45 p.m.** **CASE STUDY #2 - CO-MORBID DIABETES, HYPERTENSION, AND DEPRESSION;**
Midge Grady, RN, MSN, APN,C, Moderator;
Dan Asimus, M.D.; Len Wisneski, M.D.; Diego Coira, M.D.;
New Jersey Mental Health Players
- 4:45-5 p.m.** *Integrative Modalities - Music*

Friday, September 25

- 8 a.m.** **REGISTRATION** - *Complimentary Breakfast*
- 8:15 - 8:30 a.m.** *Integrative Modalities - Music*
- 8:30-8:45 a.m.** **WELCOME:** Diego Coira, M.D.
- 8:45 - 9:30 a.m.** **INTEGRATIVE APPROACH TO ADHD & AUTISM;** Scott Shannon, M.D.
- 9:30 - 9:45 a.m.** *Integrative Modality - Tai Chi movements with vowel sounds, with Rachel Allen*
- 9:45 - 10:30 a.m.** **GUT BRAIN CONNECTION;** Dan Handley, Ph.D.
- 10:30-10:50 a.m.** **BREAK** - *Integrative Modality - Music; Complimentary snacks*
- 10:50 - 11:15 a.m.** **WERNICKE'S ENCEPHALOPATHY AN INTEGRATIVE APPROACH USING THIAMINE TO PREVENT BRAIN DEGENERATION;** Magdalena Spariosu, M.D.
- 11:15 - 11:45 p.m.** **CASE STUDY #3 - DEPRESSION COMORBID WITH RHEUMATOID ARTHRITIS;** Midge Grady, RN, MSN, APN,C, Moderator; Yukiko Kimura, M.D., Scott Shannon, M.D.; Lawrence Rosen, M.D.; New Jersey Mental Health Players
- 11:45 a.m. - 12 p.m.** *Integrative Modalities - Music*
- 12 - 1:15 p.m.** **LUNCH** *Featuring Integrative Modalities - Music; Complimentary lunch*
- 1:15 - 2:00 p.m.** **TEN NATURAL SUPPLEMENTS FOR MENTAL HEALTH;** Scott Shannon, M.D.
- 2:00 - 2:05 p.m.** *Integrative Modalities - Drumming*
- 2:05-2:40 p.m.** **INTEGRATIVE PSYCHOPHARMACOLOGY (USING SUPPLEMENTS TO REDUCE THE AMOUNT OF MEDICINE YOU TAKE);** Diego Coira, M.D.
- 2:40-3 p.m.** *Integrative Modalities - Music*
- 3 - 3:45 p.m.** **ADDICTION AND DUAL DIAGNOSIS, MOTIVATIONAL INTERVIEWING (MOTIVATIONAL TECHNIQUES TO TREAT ADDICTION AND MENTAL HEALTH);** Mary Woods, RNC, LADC, MSHS
- 3:45 - 4:30 p.m.** **CASE STUDY #4 - OPIATE ADDICTION AND DEPRESSION;** Midge Grady, RN, MSN, APN,C, Moderator, Mary Woods, RNC, LADC, MSHS; Dan Asimus, M.D., Scott Shannon, M.D.; Joseph Feldman, M.D.; New Jersey Mental Health Players
- 4:30 - 5 p.m.** **PUTTING IT ALL TOGETHER** Midge Grady, RN, MSN, APN,C; Diego Coira, M.D.; Nick Jacobs, FACHE

International Integrative Behavioral Health Symposium

Epigenetics, Neuroplasticity, and Integrative Medicine

"The Third Revolution in Psychiatry"

Purpose: This program is designed to provide an overview of new and current modalities in Integrative Behavioral Health. The nationally known faculty will provide presentations for treating mind, body and spirit. This two day program will appeal to various healthcare providers including psychiatrists, internists, family practitioners, other physicians, psychologists, APNs, Nurses as well as other healthcare providers in the field. Anyone with an interest in psychiatry will be welcomed to attend.

Objectives:

- State the science of epigenetics, neuroplasticity and psychoneuroimmunology and the implications for behavioral health management in the twenty-first century.
- Evaluate the care for a patient with postpartum depression.
- Describe the relationship between the mental health issues and physical illness including fibromyalgia and GI disorders.
- Explain the implementation of varied therapeutic approaches in the treatment of mental illnesses including ADHD, autism, addiction and dual diagnosis.
- State ten natural supplements that promote mental health.
- Integrate psychopharmacology with other therapies in the management of mental illnesses.
- Practice mindfulness stress reduction with yoga.

Accreditation: HackensackUMC is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

AMA Credit Designation: HackensackUMC designates this live activity for a maximum of 15.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nursing Contact Hours: 15.0 HackensackUMC is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number P170-9/15-18.



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