



"2016 Utah Integrative Health & Resiliency Conference: The Evidence, The Experience, The Application"

Monday, March 14th

8:00 – 8:30 AM	REGISTRATION
8:30 – 8:40 AM	WELCOME: Glenn Richardson, Ph.D.
8:40 – 8:55 AM	COMMENTS AND WELCOME: Dean Alberta Comer, M.L.S.
8:55 – 9:30 AM	CONFERENCE OVERVIEW: Glenn Richardson, Ph.D. <i>"Conceptual Overview of Integrative Health and Resiliency"</i>
9:30 – 10:30 AM	OPENING KEYNOTE: Michael Spigarelli, M.D., Ph.D., MBA <i>"Breaking Down the Silos of Care"</i>
10:30 – 10:40 AM	BREAK
10:40 AM – 11:40 AM	BREAKOUT #1

<p>Michael Johnson, Ph.D., APRN</p> <p><i>"Towards a Neurodevelopmentally Informed Model of Spiritual Growth"</i></p> <p>Room 1170</p>	<p>Terri Flint, Ph.D.</p> <p><i>"Growth Mindset: An Essential Ingredient for Behavior Change"</i></p> <p>Room 1130</p>	<p>Erica Shields, Ph.D.</p> <p><i>"RISE UP AND BE...: Application of the Resiliency Model in Health and Fitness Coaching"</i></p> <p>Room 1715</p>	<p>Thomas McConkie, BA</p> <p><i>"Healing from the Causal Body: How Mindful Awareness Can Support Whole Body-Mind Healing and Integration"</i></p> <p>Room 1150</p>
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11:40 – 12:40 PM	LUNCH – NETWORKING – EXHIBITORS
12:40 – 1:55 PM	KEYNOTE: Fred Luskin, Ph.D. – <i>"Forgive for Good"</i>
1:55 – 2:05 PM	BREAK
2:05 – 3:05 PM	BREAKOUT #2

<p>Deahna Brown, LMT, E-RYT Yoga Instructor</p> <p><i>"Yoga for Emotional Balance"</i></p> <p>Room 1715</p>	<p>Eric Trunnell, Ph.D.</p> <p><i>"How to Meditate While Doing Wu Tai Chi"</i></p> <p>Room 1725</p>	<p>Deborah Byrnes, Ph.D.</p> <p><i>"The Connection Practice: Uniting Empathy and Insight"</i></p> <p>Room 1130</p>	<p>Beth Hardy SCMT, MTBC Music Therapist</p> <p><i>"Music Therapy Experiential: Tapping into the Power of Music"</i></p> <p>Room 1170</p>
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3:05– 3:15 PM	BREAK
3:15 – 4:15 PM	CLOSING KEYNOTE: Timothy P. Mellin, DC, DAAIM, CW2 (Retired) <i>"Integration of Veterans into Civilian Life Using Integrative Modalities"</i> (Panel of Veterans)

Monday Evening Session: 6:30 – 8:00 PM
"Forgiveness Workshop" with Fred Luskin, Ph.D.
Free Open to the Public – Sponsored by HIARC

Tuesday, March 15th

- 8:30 – 8:40 AM WELCOME: **Judy Wolf, MBA** – HIARC Executive Director
- 8:40 – 8:45 AM UTE BLESSING: **Lacee Harris, MPH, MSW**
- 8:45 – 9:45 AM OPENING KEYNOTE: **Hugo Rodier, M.D.**
“HERMETIC HEALTH: An Amateur’s Integration of Science, Theology, Philosophy, Anthropology, Politics and Economics”
- 9:45 – 9:55 AM BREAK
- 9:55 – 10:55 AM BREAKOUT #3

<p>Lacee Harris, MPH, MSW UTE Tribal Leader</p> <p><i>“Indigenous Healing”</i></p> <p>Room 1715</p>	<p>N. Lee Smith, M.D. John Kesler, J.D.</p> <p><i>“How to Experience and Amplify Four Proven Principles of Optimal Health and Resilience Through a Meditative Practice Called Integral Polarity Practice”</i></p> <p>Room 1130</p>	<p>Lisa Meerts-Brandma, Doctoral Student</p> <p><i>“Increasing Resilience Through Outdoor Adventure”</i></p> <p>Room 1725</p>	<p>Lindsay Frei, BFA Artist in Residence Huntsman Cancer Institute</p> <p><i>“Art is Therapy”</i></p> <p>Room 1170</p>
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- 10:55 – 11:05 AM BREAK
- 11:05 AM – 12:05 PM BREAKOUT #4

<p>Al Zylstra, Ph.D. Craig Plunkett</p> <p><i>“It’s Never Too Late: Teaching Felons Empathy, Forgiveness and Resilience”</i></p> <p>Room 1130</p>	<p>Alfred Mowdood, M.L.S Erica Lake, M.L.S April Love, M.L.S</p> <p><i>“Researching and Accessing Resilience Resources and Services”</i></p> <p>Room 1150</p>	<p>Allison Stuart, Ph.D.</p> <p><i>“Resilient Health at Any Size”</i></p> <p>Room 1715</p>	<p>Susan Sample, Ph.D., M.F.A.</p> <p><i>“Heal Write – The Personal and Professional Power of Writing”</i></p> <p>Room 1170</p>
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- 12:05 – 1:05 PM LUNCH – NETWORKING – EXHIBITORS
- 1:05 – 2:05 PM KEYNOTE: **Amy Locke, FAAFP, M.D.** – *“Holistic Wellness and Aging”*
- 2:05 – 2:15 PM BREAK
- 2:15 – 3:15 PM BREAKOUT #5

<p>Holly Stokes, M.NLP, C.Ht. TPM</p> <p><i>“Brain Habits That Silently Steal Our Health”</i></p> <p>Room 1130</p>	<p>Alyssa Johnson, Ms.OM, L.Ac</p> <p><i>“How Acupuncture and Oriental Medicine Can Help You Build a Resilient Body”</i></p> <p>Room 1715</p>	<p>Kathy Klotz, Executive Director Intermountain Therapy Animals</p> <p><i>“Beyond a Walk in the Park: The Case for Including Animals in Therapeutic Regimens”</i></p> <p>Room 1725</p>	<p>Graduates Students - University of Utah - Department of Health Promotion and Education</p> <p><i>“Body, Mind, Spirit Modalities That Access the Energy Field”</i></p> <p>Room 1170</p>
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- 3:15 – 3:25 PM BREAK
- 3:25 – 4:25 PM CLOSING KEYNOTE: **David Derezotes, Ph.D.**
“Creating Individual, Institutional and Community Transformations”



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