

General Registration:

One Day: \$90 / Two Days: \$170

Student Rate:

One Day: \$45 / Two Days: \$90

Contact Hours:

*May 14-6.25, May 15-6.0 = 12.25**

To Register For Conference Go To:

<http://www.hotelumass.com/registration>

Location: UMass Center at Springfield

**Tower Square, 1500 Main Street, Suite 260,
Springfield, MA 01115**

**Lodging: Springfield Marriott at Tower Square,
2 Boland Way, Springfield, MA 0111**

(UMass Conference-Room Rate: \$110.00 per night)

*This activity has been submitted to the ANA Mass. Assoc., Inc. for approval towards 12.25 contact hours (pending). The ANA Mass. Assoc., Inc. is accredited as an approver of continuing nursing education by the ANCC Commission on Accreditation.

Note: Partially supported by HRSA ANE Grant # 114-1097



Program Faculty

Gabrielle P. Abelard, DNP, PMHNP, PMHCNS-BC, RN, BS – Clinical Assistant Professor, Coordinator, Psychiatric-MH NP Program, UMass Amherst College of Nursing.

Donna Brooks, BS, E-RYT – Founder and Principle of Body Wisdom Therapeutic Yoga and Somatic Movement.

Pamela Burris, MSN, RN, AHC-BC – Clinical Nurse and Wellness Educator at UMass Amherst, Home Care Nurse for Baystate VNA and Yoga Instructor.

Genevieve E. Chandler, RN, PhD – Associate Professor, UMass Amherst College of Nursing.

Lori Anne Lyne, MS, ACNP-BC – Clinical Placement Coordinator, UMass Amherst College of Nursing. Nurse Practitioner in Preventive Cardiology and Wellness.

Kristina King, FNP, MSN, CH – Clinical Herbalist and Reiki Practitioner.

Carla H. Mariano, EdD, RN, AHN-BC, FAAIM – Consultant, and Past-President of the American Holistic Nurses Association.

Keith McCormick, DC, CCSP – Board Certified Chiropractor.

Isabel Murphy, Oriental Medical Therapist.

Alison Myra Ozer, LMT – Licensed Massage Therapist, Shiatsu Practitioner, Instructor.

Haleya Priest, Med, LMT, RMT – Licensed Massage Therapist, Reiki Master, Founder of Pioneer Valley Reiki, and Sanctuary Healing Arts Center.

Rebecca M. C. Spencer, PhD – Associate Professor of Psychology and Neuroscience, UMass Amherst.

David Spound, M.Ed – Certified Teacher of Mindfulness Based Stress Reduction (MBSR), Consultant.

Rachel Walker, PhD, RN – Assistant Professor, UMass Amherst College of Nursing.

Deborah Wilson, RN – IV Infusion Therapist, Berkshire Visiting Nurses Association Pittsfield, Massachusetts.

Donna Zucker, RN, PhD, FAAN – Associate Professor at UMass Amherst College of Nursing.

For more information, log on to our nursing website at: www.umass.edu/nursing



Managing Chronic Health Conditions and Personal Well-Being: Evidenced-Based Complementary and Integrative Health (CIM) Modalities

May 14th and 15th, 2015



**Integrative Health Symposium
at the
UMass Center at Springfield**

Promoting Inner Wellness and Healing.....

This Integrative Health Symposium brings together multi-disciplinary healthcare professionals and educators dedicated to improving patient care and personal well-being. Strategies for creating balance, managing stress, and alleviating symptoms will be discussed. Evidenced-based presentations will blend with demonstrations, exhibits and opportunities to experience selected CIM modalities.

Objectives: At the end of the program participants will be able to:

- Explore and experience integrative health techniques which promote personal wellbeing and can be implemented in clinical practice.
- Describe evidenced-based integrative health modalities to improve patient outcomes for chronic health conditions.

Audience: Interdisciplinary healthcare providers, practitioners, educators and students.

Join us!



Thursday, May 14th Caring For Self With Integrative Health Modalities

8:00 AM	Registration & Breakfast
8:30 AM	Opening Remarks and Welcome - Gabrielle P. Abelard and Dean Stephen Cavanagh
8:45 AM	Self-Care for Personal and Professional Transformation; Evidence-Based Therapies: What is the Evidence? - Keynote: Carla Mariano
9:45 AM	Morning Break
10:00 AM	Mindfulness-Based Stress Reduction - David Spound
10:45 AM	Self-Care is Healthcare: A Wellness Model for Everyone - Pamela Burris
11:30 AM	Lunch and Labyrinth Walk - Donna Zucker
12:45 PM	Mind-Body Mechanics 101: The Biology of Stress and Resilience - Rachel Walker
1:30 PM	The Power of Self Massage - Alison Myra Ozer
2:30 PM	Afternoon Break
2:45 PM	The Power of Sleep: Promoting Wellness - Rebecca M. C. Spencer
3:30 PM	Writing for Resilience - Genevieve E. Chandler
4:15 PM	Wrap Up

Friday, May 15th Caring For Others Using Integrative Health Modalities

8:00 AM	Registration & Breakfast
8:30 AM	Opening Remarks and Welcome - Lori Anne Lyne and Associate Dean for Academic Affairs, Linda A. Lewandowski
8:45 AM	Holistic Complementary/Integrative Modalities (CIM) in Pain Management - Keynote: Carla Mariano
9:45 AM	Morning Break
10:00 AM	Osteoporosis: Integrative Methods to Help Reduce Fracture Risk - Keith McCormick
10:45 AM	Humanizing Ebola Can Transform Our Health Care - Deborah Wilson and Genevieve E. Chandler
11:30 AM	Lunch and Labyrinth Walk - Donna Zucker
12:45 PM	Somatic Movement for Neurodegenerative Disease - Donna Brooks
1:30 PM	Afternoon Break and Active Session - Isabel Murphy
2:00 PM	Cardiometabolic Risk Reduction: An Integrative Approach - Lori Anne Lyne
2:45 PM	Using Reiki at End of Life - Haleya Priest
3:30 PM	Medicinal Mushrooms: Humble Powerhouses - Kristina King
4:15 PM	Closing Remarks and Summary