
Monday & Tuesday, March 14th and 15th, 2016

J. Willard Marriott Library, University of Utah

Sponsored by University of Utah School of Medicine and University of Utah College of Health, Department of Health Promotion and Education, J. Willard Marriott Library, College of Social Work and Peace & Conflict Studies

12.25 AMA PRA Category 1 Credit(s)™ Available
### 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.  
“Conceptual Overview of Integrative Health and Resiliency”

**9:30 – 10:30 AM**  
OPENING KEYNOTE: Michael Spigarelli, M.D., Ph.D., MBA  
“Integrating Together: Trust and Confidence”

**10:30 – 10:40 AM**  
BREAK

**10:40 AM – 11:40 AM**  
BREAKOUT #1

- **Room 1170**  
  Michael Johnson, Ph.D., APRN  
  “Towards a Neurodevelopmentally Informed Model of Spiritual Growth”

- **Room 1130**  
  Terri Flint, Ph.D.  
  “Growth Mindset: An Essential Ingredient for Behavior Change”

- **Room 1715**  
  Erica Shields, Ph.D.  
  “RISE UP AND BE...: Application of the Resiliency Model in Health and Fitness Coaching”

- **Room 1150**  
  Thomas McConkie, BA  
  “Healing from the Causal Body: How Mindful Awareness Can Support Whole Body-Mind Healing and Integration”

**11:40 – 12:40 PM**  
LUNCH – NETWORKING – EXHIBITORS

**12:40 – 1:55 PM**  
KEYNOTE: Fred Luskin, Ph.D. – “Forgive for Good”

**1:55 – 2:05 PM**  
BREAK

**2:05 – 3:05 PM**  
BREAKOUT #2

- **Room 1715**  
  Deahna Brown, LMT, E-RYT  
  Yoga Instructor  
  “Yoga for Emotional Balance”

- **Room 1725**  
  Eric Trunnell, Ph.D.  
  “How to Meditate While Doing Wu Tai Chi”

- **Room 1130**  
  Deborah Byrnes, Ph.D.  
  “The Connection Practice: Uniting Empathy and Insight”

- **Room 1170**  
  Beth Hardy SCMT, MTBC  
  Music Therapist  
  “Music Therapy Experiential: Tapping into the Power of Music”

**3:05 – 3:15 PM**  
BREAK

**3:15 – 4:15 PM**  
CLOSING KEYNOTE: Timothy P. Mellin, DC, DAAIM, CW2 (Retired)  
“Integration of Veterans into Civilian Life Using Integrative Modalities” (Panel of Veterans)

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**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

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<thead>
<tr>
<th>Speaker</th>
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<tbody>
<tr>
<td>Lacee Harris, MPH, MSW</td>
<td>“Indigenous Healing”</td>
<td>1715</td>
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<tr>
<td>N. Lee Smith, M.D.</td>
<td>“How to Experience and Amplify Four Proven Principles of Optimal Health and Resilience Through a Meditative Practice Called Integral Polarity Practice”</td>
<td>1130</td>
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<tr>
<td>Lisa Meerts-Brandsma, Doctoral Student</td>
<td>“Increasing Resilience Through Outdoor Adventure”</td>
<td>1725</td>
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<tr>
<td>Lindsay Frei, BFA</td>
<td>“Art is Therapy”</td>
<td>1170</td>
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10:55 – 11:05 AM  BREAK
11:05 AM – 12:05 PM  BREAKOUT #4

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<thead>
<tr>
<th>Speaker</th>
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<tr>
<td>Al Zylstra, Ph.D.</td>
<td>“It’s Never Too Late: Teaching Felons Empathy, Forgiveness and Resilience”</td>
<td>1130</td>
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<td>Craig Plunkett</td>
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<td>Alfred Mowoodood, M.L.S</td>
<td>“Researching and Accessing Resilience Resources and Services”</td>
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<td>Erica Lake, M.L.S</td>
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<td>John Kesler, J.D.</td>
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<td>April Love, M.L.S</td>
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<tr>
<td>Allison Stuart, Ph.D.</td>
<td>“Resilient Health at Any Size”</td>
<td>1715</td>
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<tr>
<td>Susan Sample, Ph.D., M.F.A.</td>
<td>“Heal Write – The Personal and Professional Power of Writing”</td>
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<tr>
<td>Graduates Students - University of Utah - Department of Health Promotion and Education</td>
<td>“Body, Mind, Spirit Modalities That Access the Energy Field”</td>
<td>1170</td>
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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

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<tr>
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<tr>
<td>Holly Stokes, M.NLP, C.Ht. TPM</td>
<td>“Brain Habits That Silently Steal Our Health”</td>
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<tr>
<td>Alyssa Johnson, Ms.Om, L.Ac</td>
<td>“How Acupuncture and Oriental Medicine Can Help You Build a Resilient Body”</td>
<td>1715</td>
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<td>Kathy Klotz, Executive Director</td>
<td>“Beyond a Walk in the Park: The Case for Including Animals in Therapeutic Regimens”</td>
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<td>Intermountain Therapy Animals</td>
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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”

Accreditation: The University of Utah School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (AACME) to provide continuing medical education for physicians.

AMA Credit: The University of Utah School of Medicine designates this live activity for a maximum of 12.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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MONDAY AND TUESDAY – MARCH 14TH AND 15TH, 2016


University of Utah J. Willard Marriott Library

MONDAY, MAY 14, 2016

WELCOME

Alberta Comer, M.L.S.
Dean and Director, J. Willard Marriott Library

Comer holds a Master of Library Science Degree from Indiana University-Bloomington and has served as Dean and Associate Dean of Library Services at Cunningham Memorial Library, Indiana State University since 2004.

“Alberta Comer has a national reputation as an inspiring and thoughtful leader,” says Michael Hardman, Interim Senior Vice President of Academic Affairs at the U. “She brings to the U an expansive knowledge of libraries, as well as a strong focus on students, faculty collaboration, and the cultivation of positive community and donor relations. We welcome her to Utah and the university.”

CONFERENCE OVERVIEW

Glenn Richardson, Ph.D.

Dr. Richardson is a Full Professor in the Department of Health Promotion and Education in the College of Health at the University of Utah. He had previous appointments at the University of Kentucky and Texas A&M University. He has presented to over 350 professional and consumer audiences on resilience and resiliency nationally and internationally. He is the author of the seminal article “The Metatheory of Resilience and Resiliency” that was published in the Journal of Clinical Psychology. He is the author of six books and over 60 articles related to positive and optimal health. He teaches resilience and resiliency classes both at the graduate and undergraduate levels.

“Conceptual Overview of Integrative Health and Resiliency”

Learning Objectives:
Upon completion of the introduction, participants will:

- Understand the dimensions of Integrative Health at a Personal Level
- Understand the interactions of integrative Health in their Ecosystems
- Describe the essence of the resiliency process in acquiring positive health qualities
- Understand how each of the presentations of the conference function within the integrative health model
OPENING KEYNOTE SPEAKER

Michael Spigarelli, M.D., Ph.D., MBA

Dr. Spigarelli is the Founder and CEO of Research Strategy, L.L.C. Former Professor of Pediatrics, Internal Medicine and Pharmacology who joined the Department of Pediatrics at the University of Utah in February 2011 as Division Chief for Adolescent Medicine, Division Chief of Clinical Pharmacology and Director of the Clinical Trials Office. He completed his medical training and Internal Medicine/Pediatric Residency at the University of Michigan in Ann Arbor, and fellowships in Adolescent Medicine and Clinical Pharmacology at Cincinnati Pediatrics and Internal Medicine. He also holds a PhD in Medicinal Chemistry and has had extensive experience with clinical trial design, conduct, and data analysis. The focus of his personal research involves genomics based projects including understanding the role genetics plays in the interaction between development, environment and disease processes throughout the pediatric age spectrum as well as working to understand body image and eating disorder symptoms. As a clinician who has experience with adolescents he recognizes and appreciates the potential as well as the difficulty associated with the transition between child and adulthood. He has published and presented seminars nationally and internationally on topics from adolescent medicine and gynecology through pharmacology and serves as the chair for the Adolescent Section for the Best Pharmaceuticals for Children’s Act steering committee.

“Integrating Together: Trust and Confidence”

Learning Objectives:

- To understand barriers and obstacles to a fully interconnected integrative wellness system
- To discuss potential solutions for improved integration
- To network with others to achieve higher ordered integration
- To interactively demonstrate functional integrative strategies

BREAKOUT #1

Michael Johnson, Ph.D., APRN

Adjunct Assistant Professor, Psychiatry, University of Utah
Research Assistant Professor, College of Nursing, University of Utah
BS 1991, Biology-Neurobiology, University of Utah
MSN 2002, Psychiatric Mental Health Nursing, University of Utah. Project: Neuroscience for clinical practice,
PhD, Psychology, University of Utah. Project: The Neuromagnetic Correlates of Induced Compassion in
Advanced Zen Practitioners

Michael Johnson has degrees in neurobiology, as a psychiatric nurse practitioner, and a PhD in psychology. His work has involved using state of the art neuroimaging methods (MEG, EEG, MRI) to examine spiritual states and traits in Zen practitioners including the generation of compassion. He has worked throughout his career in child psychiatric clinical practice, and on numerous behavioral genetics and neuroimaging projects. He currently teaches models of neuroscience integrating brain and mind to clinical practitioners in training within the College of Nursing, and in addition to his current meditation project is beginning a new project to examine neuronal correlates of social and empathy functioning in normal and autistic children.

University Neuropsychiatric Institute-Child Outpatient Clinic (UNI Child Outpatient), Clinician, 08/2003 –
Present

“Towards a Neurodevelopmentally Informed Model of Spiritual Growth”

Learning Objectives:

Participants will:

- Understand the impact of negative life events on both brain and personal growth trajectories.
- Understand the importance of accepting biologically forced change in life planning.
- Understand the structure and function of the neocortex as it relates to mind and the developmental theories of human growth.
- Understand how brain development allows certain forms of psychological and spiritual growth to emerge.
Terri Flint, Ph.D.

Terri Flint is the Director of EAP & Employee Wellness at Intermountain Healthcare in Salt Lake City. This includes both the Employee Assistance Program and the Live Well Program for employees and families. She is a Clinical Social Worker with a Ph.D. in Social Work. She has worked for Intermountain for 26 years and loves the opportunities she has to influence others to live well both at work and at home.

To practice what she preaches she lives in Park City where she loves to read, garden and ride her horses, Henri and Gus.

“Growth Mindset: An Essential Ingredient for Behavior Change”

Learning Objectives:

• Participants will understand the difference between fixed and growth mindsets
• Participants will understand how providers may promote fixed mindsets
• Participants will understand how mindsets can change.
• Participants will understand how they can promote growth mindsets.

Erica Shields, MPH, Ph.D.

Erica is an NASM certified personal trainer, weight-loss and fitness nutrition specialist, NPC fitness competitor and coach, pageant coach, and public health professional with over 30 years of experience working as a public health educator in local and state health departments, schools, communities, and universities.

Her target populations have included elementary school-aged children, incarcerated youth, and adults with chronic diseases such as diabetes, heart disease, and obesity. She has conducted research and taught public health-related undergraduate and graduate level courses at Brigham Young University and the University of Utah.

“RISE UP AND BE...: Application of the Resiliency Model in Health and Fitness Coaching”

Learning Objectives:

By the end of this breakout, attendees will be answer to answer the following:

• What are the qualities and characteristics of an effective health/fitness coach?
• How is resilience/resiliency related to health behavior?
• How do I apply the resiliency model in health/fitness coaching?

Thomas McConkie, BA

Thomas is an author, public speaker, and teacher. He currently serves as Faculty at Pacific Integral where he researches adult development and helps individuals and organizations grow through embodied practice. He has been practicing mindfulness and other meditative techniques for over 17 years and studying their effects on human potential.

“Healing from the Causal Body: How Mindful Awareness Can Support Whole Body-Mind Healing and Integration”

Learning Objectives:

• What do we mean when we say “mindful awareness”?
• How does developmental psychology inform our understanding of mindfulness (state vs. stage)?
• What can we do to stabilize this awareness?
• How does this promote healing?
KEYNOTE
Fred Luskin, Ph.D.
Frederic Luskin, Ph.D. founded and currently serves as Director of the Stanford University Forgiveness Projects. He is also Senior Consultant in Health Promotion at the Stanford University Health Center and Department Chair in Clinical Psychology at Sofia University. At Stanford Dr. Luskin teaches classes on The Art of Happiness, Meditation, Developing Emotional Intelligence and The Psychology of Storytelling to undergraduate and graduate students. He also conducts numerous workshops and staff development trainings in his work for the Stanford Be Well wellness program.

Dr. Luskin teaches stress management, emotional intelligence and happiness skills to corporate clients throughout the United States. His work focuses on the research proven triad of a healthy and happy life: Enhancing interpersonal relationships, creating a positive purpose in life and guided practice in appreciation and other positive emotions.

“Forgive for Good”

Learning Objectives:
- To understand the mind body link in forgiveness
- To practice two simple forgiveness techniques
- To derive a practical definition of forgiveness that will be an aid in practice
- To review the 9 steps to forgiveness

BREAKOUT #2
Deahna Brown, MA, E-RYT
Deahna is a warm, knowledgeable yoga professional who has been practicing and teaching yoga for over twenty-five years. She has been an enthusiastic student of Hatha Yoga teacher Angela Farmer, Iyengar Yoga teacher MaryBeth Gallant, and Raja Yoga teacher Robert Rose. Since 2006 she has also been studying Shambhava Yoga and Meditation at Shoshoni Yoga Retreat in Rollinsville, CO. Deahna teaches a flowing style of Hatha Yoga that incorporates strength, flexibility, and balance. Asanas are taught with precise verbal direction in order to achieve healthy alignment, and poses are held for longer periods of time in order to experience the pose from within. Deahna is registered with Yoga Alliance as an experienced instructor who is approved to train and certify other instructors.

“Yoga for Emotional Balance”

Learning Objectives:
- Participants will gain an understanding of basic principles regarding the practice of hatha yoga as a tool for emotional and mental wellbeing
- Participants will experience gentle postures and breathing techniques used to alleviate anxiety
- Participants will experience gentle postures used to elevate mood and increase energy and mental clarity
- Participants will have the knowledge to build on these techniques and put them to use in other settings

Eric Trunnell, Ph.D.
Formerly University of Utah – Graduate Advisor – Health Promotion and Education, Associate Professor – Health Promotion and Education, Adjunct Associate Professor – Parks Recreation and Tourism Education: Bachelor of Science, BBIOL, Westminster College of Salt Lake – Master of Science, MS, University of Utah – Doctor of Philosophy, DHE, University of Utah. During my stay at the University of Utah, I served as both assistant as pre-tenured and as a tenured associate professor in the Department of Health Education since 1988. Before that I did a year “post-doc” in the Department OB-GYN after receiving my Ph.D. from the Department of Health Education at the University of Utah in 1986.

Eric has been retired Since July 2015.

“How to Meditate While Doing Wu Tai Chi”

Learning Objectives: Participants will be able to…
- Pay attention while walking and doing Wu Tai Chi
- Open and close joints of body while doing Wu Tai Chi
- Dissolve using proper phrasing and paying attention while doing Wu Tai Chi
- Combine open and close with dissolving while doing Wu Tai Chi
Deborah Byrnes, Ph.D.


Dr. Byrnes is a Professor Emeritus in the School of Teacher Education and Leadership in the College of Education and Human Services at Utah State University. Dr. Byrnes’ scholarship and research has focused on the social and emotional development of children and teachers. She has engaged in research and teaching exploring such issues as social isolation, prejudice, language diversity, emotional intelligence, qualities of highly functioning teachers, creativity, developing inclusive communities, and most recently mindfulness and resilience. She has also recently become a certified Connection Practice coach and trainer. Central to her work is her desire to work with children and adults to create healthy, caring and peaceful communities.

“The Connection Practice: Uniting Empathy and Insight”

Learning Objectives: In this experiential session you will...
- Develop greater emotional intelligence by exploring the inner self and bringing greater understanding to a current life challenge or celebration.
- Increase connections with others by increasing your ability to describe and communicate the potential feelings and needs of others.
- Connect with a stress free state that you can rapidly and reliably drop into when confronted with life’s challenges.
- Experience how this state coupled with empathy for self and others can help you gain new insights.

Beth Hardy, SCMT, MTBC – Music Therapist

Beth Hardy received her music therapy degree from Berklee College of Music in Boston, MA in 2008 and has received advanced training in Hospice & Palliative Care Music Therapy and Music Therapy Assisted Childbirth. Beth recently moved to Utah from California, where she worked for seven years at the Palo Alto VA Hospital. While there, Beth had the opportunity to provide music therapy services to veterans in inpatient psychiatry, blind rehabilitation, PTSD and trauma recovery, long term care, and hospice care. Beth currently works part-time at Huntsman Cancer Institute in the Wellness and Integrative Health Center. She is passionate about creating new programs to help her clients find deep connection and inner peace through music.

“Music Therapy Experiential: Tapping into the Power of Music”

Learning Objectives: Participants will...
- Understand the meaning of the term “music therapy” and the training that is required to become a board-certified music therapist.
- Understand the primary functions of music therapy in adult oncology.
- Be able to list at least three populations in which music therapy is used.
- Be able to list at least three evidence-based benefits of participating in group music therapy.

CLOSING KEYNOTE

Timothy P. Mellin, DC, DAAIM, CW2 (Retired)

Tim is a Staff Physician, Chiropractor, and Integrative Medicine Specialist in the Holistic Medicine Department at the George E. Wahlen Department of Veteran Affair Hospital.

EMT-AI (paramedic)-Northern Virginia Community College
Bachelor’s Degree-University of Minnesota-Premed, Business Communications
Bachelor’s Degree-Logan Health Science University-Human Biology
Doctor of Chiropractic-Logan Health Science University-Biomechanics
Board Certification Acupuncture-University of Western states, Health Science University-Traditional Chinese Medicine
Board Certification Integrative Health-American Association of Integrative Medicine
Board Certification Integrative Medicine-American Association of Integrative Medicine
Diplomate Integrative Medicine-American Association of Integrative Medicine
Certification-Personal Injury Training Institute-Motor Vehicle Collision Occupant Injuries
20 years of emergency rescue experience

“Integration of Veterans into Civilian Life Using Integrative Modalities”

Learning Objectives:
- Understand veterans: As people, as patient’s. They are different!
- Improve understanding of the VA: What is available, what and where are the options?
- Improve understanding of how Integrative Health practitioners can improve outcomes for their veteran patients.
- Improve understanding of the numerous options for care available to veterans.
OPENING KEYNOTE

Hugo Rodier, M.D.

Dr. Rodier received his Medical Degree from the University of Utah. He has an Integrative Health Clinic in Sandy, Utah. He is an integrative physician who specializes in healing chronic disease at the cellular level by blending proper nutrition, lifestyle changes, & allopathic practices when necessary. By restoring STOMACH AND INTESTINAL HEALTH practically all patients are able to stop their prescription drugs for their chronic problems.

Dr. Rodier is an Adjunct Professor for the University of Utah in the Department of Foods and Nutrition and College of Health. He is a nationally-recognized expert on using nutrition to heal chronic disease and regularly speaks to clinicians and consumers alike on topics related to gut health and how to use diet and nutrition to support wellness.

Dr. Rodier is a radio talk show host, author and popular public speaker. He is an expert at separating fact from fiction in integrative health.

“HERMETIC HEALTH: An Amateur’s Integration of Science, Theology, Philosophy, Anthropology, Politics and Economics”

Learning Objectives:

- Understanding Integrative Health core principles.
- Sharing said principles with patients and/or audiences in entertaining-spiritual ways.
- Applying said principles in medical and non-medical practices.

BREAKOUT #3

Lacee Harris, MPH, MSW, LCSW

Lacee Harris, MPH, MSW, LCSW - Northern Ute Tribe, Spiritual Leader, Medicine Man Lacee was raised on a reservation in Northern Utah.

“Indigenous Healing”

Learning Objectives:

- Provide a historical background for understanding how the dissemination of European diseases, food, animals and ownership/use of land affected indigenous people’s health across multiple tribes in North America.
- Understand the role that herbal medicines play in indigenous healing rituals and ceremonies and barriers to harvesting traditional medicinal plants.
- Understand the dietary, regulatory and land use barriers that affect indigenous people, especially those living on reservations—and their impact on indigenous diseases, mental health and alcoholism today.
- Demonstrate how a spiritual leader and medicine man works with a tribal member to integrate traditional healing rituals with conventional medical care. Understand how to provide healthcare to an indigenous patient with greater sensitivity and understanding of their unique history and challenges.
N. Lee Smith, M.D.

Dr. Lee Smith received his Medical Degree from the University of California, San Francisco. After his residency in Internal Medicine at the University of Utah, he developed a subspecialty in Behavioral Health. This field explores the interface between mental and physical health, and creates effective ways of treating stress related physical illness. His research has found that over half of general medicine patients have such “mind-body” disorders. Much of his research has focused on how mental stress presents itself physically, how it affects medical treatment outcomes, and how to diagnose and treat these disorders in a general medical setting. Director, Stress Medicine at the Center for Mind-Body Health, Salt Lake City, UT.

John T. Kesler, J.D.

John is a practicing attorney in Salt Lake City, Utah, as well as facilitator, writer, consultant and lecturer in the areas of societal and personal flourishing, transformation, and their intimate interconnections. Mr. Kesler founded and chaired the first state level healthy communities coalition in Utah. He was a co-founder and first co-chair of the US Healthy Communities States Network. Mr. Kesler served for 15 years on the board of the University of Utah Hospitals and Clinics, including over 10 years as board chair. He also served as board chair for over a decade for the University of Utah Neuro-Psychiatric Hospital, which has pioneered an integral model of treatment.

Mr. Kesler has developed an awareness and meditation practice called integral polarity practice (IPP), an integral approach which emphasizes a deep connection between personal awareness, integration and growth on the one hand, and social engagement on the other.

“How to Experience and Amplify Four Proven Principles of Optimal Health and Resilience Through a Meditative Practice Called Integral Polarity Practice”

Learning Objectives:
The attendee will be able to...

- Describe how opposing polarities are fundamental to physiological health (such as Expansion/Contraction) and also to human development (such as Agency/Communion); and how taking any one of such poles to an extreme creates pathology.
- Experience how integration of such seemingly opposite poles shows them to be necessary for each other, solving not only physiological disruption by resolving stressful conflicts, but also creating personal integration and growth.
- Define four principles proven to optimize both resilience and improved health outcomes: An internal locus of control, connectedness, purpose and meaning, and hope.
- Meditatively experience, interconnect and amplify these four principles using Integral Polarity Practice.

Lisa Meerts-Brandsma, Doctoral Student

Lisa is a doctoral student in the Parks, Recreation and Tourism Department at the University of Utah. Prior to moving to Salt Lake City, Lisa worked as a guide in the outdoor industry, and has led trips for Open Sky, a wilderness therapy program, Deer Hill Adventures, which is focused on youth programming, the University of New Hampshire’s Outdoor Adventure Program, and the REI Outdoor School.

“How Increasing Resilience through Outdoor Adventure”

Learning Objectives:

- Define resilient drives, and resiliency model.
- Draw connections between resiliency model and outdoor adventure.
- Describe how to bring outdoor adventure that occurs in a wilderness setting into everyday life.
- Learn activities that can facilitate this process.
Lindsay Frei, BFA
Current Artist in Residence Huntsman Cancer Institute, Wellness and Integrative Health Center.
Lindsay received a master of fine arts degree from the University of Utah, where she taught painting and drawing courses and received the Howard Clark Exhibition Scholarship.
Frei’s work has been exhibited in galleries throughout Utah, California, and New York, and has been featured in multiple industry publications. She is very excited to be working with the patients, their families, and staff at HCI as an Artist in Residence.

“Art is Therapy”

Learning Objectives:
• Understand how art can help a patient express and release a range of emotions, especially when facing a difficult health challenge
• Appreciate a variety of ways that anyone, even those who do not see themselves as artistic, can tap their own creativity and expression through appreciating and creating art
• Explore the qualities of color in famous artists’ work and how they achieve emotive significance
• Learn how to use art to have fun and lighten one’s burdens

BREAKOUT #4

Al Zylsta, Ph.D.

Dr. Zylstra teaches a unique perspective of human behavior that inspires and motivates. He teaches that empowerment is opportunity, resilience is possible, and that positive expectations enhance positive outcomes. Dr. Zylstra has created research based personal empowerment programs that are designed to instill personal power, stimulate resiliency, enhance spiritual awareness, and inspire hope and purpose. The children’s program, Strategic Personal Resiliency for Kids (SPRK), is a child/mentor program that focuses on the development and enhancement of resiliency and self-reliance. The Adolescent and Adult Resiliency Programs (AARP), strengthen belief in the ability to effectively cope with the present and to strategically direct the course of one’s life. Dr. Zylstra is a guest lecturer and presenter, and works as a volunteer support instructor with adult probation and parole. He has served as a member of the board of trustees of the HIARC organization for 11 years. He has also worked as a school psychologist and administrator. Dr. Zylstra graduated from Brigham Young University with a Ph.D. in psychology.

Craig Plunkett - Oregon Department of Corrections, Volunteer Service Provider

Mechanical Engineer / Designer/ Quality Control Manager/ Sales Engineer
Stephen’s Minister - Layperson performing one on one care to persons experiencing a difficult time in life, like grief, divorce, job loss, chronic or terminal illness, relocation or separation.
Oregon Youth Authority - Mentor.
Owner and president of two companies - Craig Plunkett & Associates Inc./ and Superior Funeral Service, Inc.
Member of 10 profit and non-profit board of directors, 3 as president, 2 as vice president and 1 as secretary

“It’s Never Too Late: Teaching Felons Empathy Forgiveness and Resilience”

Learning Objectives:
• Participants will gain greater awareness and insight into the life of a felon convicted of murder and other crimes – from the early teen years of crime (often drug/alcohol related) to an aging adult serving a 30 year-to-life sentence.
• Participants will learn of the meaningful dialogue created through bringing together victims, judges and felons that fosters understanding, empathy, and forgiveness of self and others.
• Participants will be able to explain three components of Personal Inspirational Psychology used with clients and how this process contributes to their resiliency and continued progress.
• Participants will be able to explain the meaning of “Erroneous Beliefs” and “Impermeable Behavior”, and how clients can learn vital information to help them develop behaviors of increasing return.
Alfred Mowdood, M.L.S.
Alfred has 17 years of experience at the J. Willard Marriott Library. He has the rank of Librarian and works in Research and User Services as the Head of Faculty Services at the Marriott Library. Additionally, he is an Adjunct Assistant Professor in Exercise and Sport Science. Alfred has worked as a librarian that provides support to students, staff, and faculty in the College of Health, Undergraduate Studies, and Athletics.

Erica Lake, M.L.S.
Erica Lake joined the faculty at the Spencer S. Eccles Health Sciences Library in 2011 as Associate Director of the Hope Fox Eccles Health Library, the consumer health library for University of Utah Health Care. In this role, Erica ensures that patients, their families, and the general community have access to the services and resources they need to make informed choices about their health care. Erica earned her MLS from Indiana University, and worked in academic, public, and special libraries, before entering the field of hospital librarianship in 1999. She was Senior Medical Librarian at Intermountain Healthcare for 11 years, where she worked to increase clinical access to evidence-based information, and played a leadership role in coordinating corporate-wide availability of electronic biomedical resources. In 2004, she received the Barbara McDowell Award for Excellence in Hospital Librarianship from the Midcontinental Chapter of the Medical Library Association. Erica thoroughly loves her profession, and receives great satisfaction knowing she contributes to improved patient care.

April Love, M.L.S., MA
Associate Librarian, Marriott Library, University of Utah
B.A. 1969, General Science, University of Oregon
M.L.S. 1970, Library Science, University of Oregon
M.A. 1976, Biology/Marine Biology, University of Oregon
April has over 40 years’ experience as a library professional. She began working as the Science and Engineering Bibliographer at the University of California, Irvine (UCI) libraries and moved to the University of Utah Marriott Library in 2004. She continues to support the sciences and engineering research and teaching, including working with the College of Health LEAP program first-year students. She has had a life-long interest in the relationship between spirituality and health, and have first-hand experience how mindfulness and meditation maximizes positive inter-relationships. She actively participates with the Interfaith Campus Advisory Committee at the University of Utah since 2005 and the Utah Pride Interfaith Coalition since 2009.

“Researching & Accessing Resilience Resources and Services”

Learning Objectives:
- Discover new resources available at the U Libraries.
- Learn 10 tips to be a better searcher.
- Learn the basics of EMBASE and PsycINFO.
- Explore local & international research and perspectives on resilience.

Dr. Allison Stuart
Dr. Allison Stuart is an experienced wellness professional with a background that includes worksite, community, and academic settings. Allison earned her PhD in Health Promotion and Education from the University of Utah, where her research focused on the mind-body connection and the synergistic effect of promoting both physical and psychological health in wellness programming. Allison has done research on the merits of teaching healthy lifestyle practices in a size-friendly manner, and applies this approach in her work.

Known for thinking outside the box, Allison develops forward-thinking, evidence-based wellness programs that help people rediscover joy in leading a healthy and balanced lifestyle. Her programs have resulted in improved eating habits, increased physical activity enjoyment, greater self-awareness, and strengthened self-compassion and self-kindness.

Allison has taught undergraduate courses on stress management and healthy lifestyles at the University of Utah, as well as presented her work at state and national conferences.

“Resilient Health at Any Size”

Learning Objectives:
- Describe the non-diet, “Health at Every Size®” approach.
- Understand the benefits of using a non-diet approach instead of a weight loss approach.
- Explore how resilience theory (e.g., motivational drives) can be applied to enhance the non-diet approach.
- Describe the outcomes of a combined non-diet/resilience health education program implemented at a worksite.
Susan Sample, Ph.D., M.F.A.

Susan is a writer-in-residence at the Huntsman Cancer Institute, teaches at the University of Utah in the Division of Medical Ethics and Humanities in the School of Medicine, and in the Department of Writing and Rhetoric Studies in the College of Humanities. A published poet, Susan researches the role of narrative at end-of-life and how writing is used by patients and family members, physicians, and other health-care providers. She has taught poetry workshops to chronically ill teenagers and reflective writing to medical students for more than 10 years. She has presented her work to professional organizations including the American Society for Bioethics and Humanities, National Communication Association, and Conference on College Composition and Communication.

“Heal Write – The Personal and Professional Power of Writing”

Learning Objectives:

- To learn about the role of narrative in health care and its beneficial impact on the well-being of patients and families;
- To learn how narrative can be incorporated into the training of health-care professionals to aid in professional identification and relieve moral distress;
- To learn how to establish a safe, respective space for reflective writing in a health-care practice;
- To understand the role of narrative and reflective writing through writing exercises.

KEYNOTE

Amy Locke, FAAFP, M.D.

Dr. Locke received her medical degree and residency training in Family Medicine from the University of Michigan Medical School. She served as faculty there until 2015. While at Michigan, she served as the Director of Integrative Family Medicine, directed the Integrative Medicine Fellowship program and worked at The Corner Health Center, an adolescent clinic.

Dr. Locke joined the University of Utah in 2015. Her experiences are focused on holistic medicine, preventive medicine and nutrition, with a goal of bringing the best of conventional and alternative medicine together to prevent and treat illness. In addition to her appointment in Family Medicine, she works with the Wellness team on employee and patient wellness initiatives.

She sees patients at the Madsen Family Medicine clinic for both routine Family Medicine and Integrative Family Medicine visits, as well as consults in Integrative Medicine.

Her educational efforts have spanned elementary school classrooms, undergraduates, health professional students, residents and practicing health professionals. She strives to increase education around Integrative Medicine and wellness topics both locally and nationally to increase access to services and focus on maintaining wellness within health systems and conventional medicine.

“Holistic Wellness and Aging”

Learning Objectives:

- Understand the key lifestyle measures for preventing disease in later life
- Know which studies to avoid or do on a limited basis to avoid harm.
- Be able to describe local programs to optimize health.
- Understand what are the most successful motivators for good health.
Holly Stokes, M.NLP, C.TPM, CHt.

Psychology BS: Portland State University, Portland, OR
M.NLP: Certified Master Neuro-Linguistic Practitioner, NLPCA San Francisco, CA
NLP Health Certified Coach, NLP Coaching Institute, San Francisco, CA
C.TPM: Certified Thought Pattern Management Practitioner, ALI, Portland, OR
Certified NLP Coach, Choices, Seattle, WA
CHt. Certified Hypnotherapist, Apositiva, Portland, OR

Holly began working with at-risk teens as a wilderness counselor where she worked closely with psychologists to help teens overcome addictions, learn positive communications and build self-esteem. This led her to finish her Bachelor of Science in Psychology at Portland State University. While doing her coursework, she was fascinated with research on the brain which inspired her to certify in Hypnosis and Neuro-Linguistic Programming. NLP looks at how the brain codes information and how we can use that code to effect personal change at a foundational level.

In her continued search for professional development she later added Master NLP Certification, NLP Health Certification and Thought Pattern Management. This spectrum of modalities gives Holly a unique perspective on human behavior, motivation and achievement. Through an interactive and participatory approach, Holly loves to engage the audience on the journey of personal discovery through her seminars and workshops.

“Brain Habits that Silently Steal our Health”

Learning Objectives:
From this course you’ll understand…
- How the brain learns, the basis of NLP (how the brain codes information).
- What creates a habit.
- How to set up a new habit in 5 minutes.
- How to begin changing an old habit.

Alyssa Johnson, Ms.OM, L.Ac

Alyssa has a Master’s Degree in Oriental Medicine from Northwestern Health Sciences University and is licensed in Utah to perform Acupuncture. She specializes in Pediatric Oriental Medicine utilizing acupuncture, acupressure, five element nutrition therapy, tuina, cupping and Japanese shonishin therapy to help children (1 month to 18 years) reduce pain, increase energy, boost immune function, build strong bodies and relax from stress.

“How Acupuncture and Oriental Medicine Can Help You Build a Resilient Body”

Learning Objectives:
- How does Traditional Chinese Medicine philosophy define resiliency?
- What acupuncture points and Chinese herbs might be used to build resiliency in the body?
- What additional activities or lifestyle advice would a TCM practitioner offer a patient?
- Example of acupressure tapping point routine for resiliency.
Kathy Klotz – Executive Director of Intermountain Therapy Animals and Reading Education Assistance Dogs® (R.E.A.D.®)

Kathy has directed Intermountain Therapy Animals (ITA) since January of 1997, helping it grow to become one of the largest groups of its kind. She was educated at Brigham Young University in a multi-major humanities program and spent 26 years in the corporate world in California, managing the delivery of professional services ranging from political opinion polls to hydrogeological groundwater services. She continued to wonder what she wanted to be when she grew up until she got Foster, her Australian Shepherd, and began volunteering with him at the Utah Schools for the Deaf and Blind and Primary Children’s Residential Treatment Center in 1993.

In her work with ITA, Kathy has collaborated with and made presentations to the full spectrum of healthcare and social work professionals, including physicians, nurses, therapists, social workers and educators, as well as countless school children and community groups. She is ITA's Master Training Instructor and Team Evaluator, and served as a volunteer team with her dog Foster for more than eight years, until his death.

Under Kathy’s direction ITA has grown from 40 pet therapy volunteer teams to more than 400, with chapters in Montana, Idaho, Minnesota, Nevada and Kentucky. In addition, there are now 15 colleague therapy groups in 9 other states who have chosen to adopt ITA’s training and testing protocols.

Kathy directed ITA's introduction of Reading Education Assistance Dogs® (the R.E.A.D.® Program) in November of 1999 and has been instrumental in the growth and development of the program ever since, writing the training manuals, presentations and video productions and directing the training of teams, instructors and facility personnel.

“Beyond a Walk in the Park: The Case for Including Animals in Therapeutic Regimens”

Learning Objectives:

- Research regarding animal-assisted interactions.
- An overview of therapeutic settings in which animals have proven valuable.
- How therapy animals and handlers are selected and trained.
- Typical objections or issues and how we respond.

Graduates Students University of Utah - Department of Health Promotion and Education

Paul Anderson
Caitlin Dalton
Kathy Hoggan
Tiffany Jaeger
Bella Johnson
Sherry Meng
Katie Portwood
Glory Stanton
Aileen Truong
Emily Yeates

“Body, Mind, Spirit Modalities That Access the Energy Field”

Learning Objectives:

Upon the completion of the program, participants will:

- Understand the multidisciplinary nature of the energy field
- Experience how integrative modalities that focus on the body contribute to personal energy enhancement
- Experience how integrative modalities that focus on the mind contribute to personal energy enhancement.
- Experience how integrative modalities that focus on the spirit contribute to personal energy enhancement.
CLOSING KEYNOTE:

David Derezotes, Ph.D., LCSW

“Dr. Dave” Derezotes is Director of Peace & Conflict Studies in the College of Humanities, University of Utah and Professor and Director of the Bridge Training Clinic and Mental Health at the College of Social Work.

His latest textbook, “Transforming Historical Trauma Through Dialogue” is in part a study of individual and collective transformations. Dr. Dave is active on campus and in the community, facilitating dialogues on issues that divide people, and hosts the “Radical Middle” on KRCL RadioActive. He can often be found wandering on the Colorado Plateau on warm summer days.

“Creating Individual, Institutional and Community Transformations”

Learning Objectives:

- Participants will develop working understanding of what individual, institutional, and community transformation means
- Participants will identify their own individual transformations
- Participants will begin co-creating their collective institutional transformations
- Participants will begin co-creating their collective community transformations
The University of Utah Integrative Health Conference is a collaboration of educators, healthcare professionals, counselors, students and community networks. This conference will endeavor to bring better understanding and promotion of optimal health, well-being and healthy lifestyles through comprehensive and integrative approaches. By addressing social, cultural, political issues and beliefs, the conference intends to raise awareness, dispel myths and support evidence based methods which will improve the knowledge, understanding and well-being of students and professionals, as well as the greater community.

As health care costs rapidly rise, the Center for Disease Control predicts that Integrative Health and Complementary Medicine are destined to soon become part of mainstream medicine. For example, stress and anxiety are strong contributors to the medical problems seen in a physician’s office. Evidence is rapidly accumulating that patients who take responsibility for personal care, who create stress resilience and who practice complimentary medicine skills such as meditation can not only improve health outcomes, but also prevent illness.

This inaugural conference will disseminate the most current and up-to-date evidence based research and support for Integrative Health practices. The National Institute of Health has predicted that all providers of healthcare will be versed in Integrative Health modalities by the year 2020. The University of Utah recognizes and is responding to the burgeoning science driving interest in this field.

Upon completion of the conference participants will:

• Understand the nature of integrative health, and its future in medical practice and education.

• Understand which integrative health modalities are evidence based, which are best practices, and which might be harmful.

• Learn practical skills to improve mental, physical, spiritual, and ecological wellbeing.

• Experience concepts and skills that motivate people to adopt healthier lifestyles through integrative health modalities.

Conference Planning and Support

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University of Utah College of Health
Department of Health Promotion and Education
Professor and Director of Graduate Studies

Michael Spigarelli, M.D., Ph.D., MBA
Founder and CEO of Research Strategy

David Derezotes, Ph.D.
University of Utah College of Humanities
Director of Peace & Conflict Studies
Professor and Director Bridge Training Clinic and Mental Health at the College of Social Work.

J. Willard Marriott Library University of Utah
Dean Alberta Comer, M.L.S.
Alfred Mowdood, M.L.S.
Ron Shoger – Electronic Engineer
Sara Malone – Event Coordinator

HIARC
Health Integration and Resiliency Center
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N. Lee Smith, M.D. – Medical Director
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Chaplain Jody Davis – Trustee
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Wendy Anderson – Administrative Director

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Monday and Tuesday
March 14th and 15th, 2016
University of Utah J. Willard Marriott Library

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