

Advances in Mind-Body Medicine

May 28, 2020 - May 30, 2020

Thomas Jefferson University * Dorrance H. Hamilton Building * Philadelphia, PA 19107

<i>*Preliminary Agenda - Subject to Change*</i>		
Day 1	7:30AM - 5:00PM	Presenter
7:30AM - 8:00AM	Registration and Morning Tea	
8:00AM	Welcome	Dr. Daniel Monti
8:15AM - 9:45AM	Science, History, and Overview of Mind-Body Medicine	Dr. Daniel Monti
9:45AM - 10:00AM	Morning Meditation	
10:00AM - 11:00AM	Neurobiology of Homeostasis	Dr. George Zabrecky
11:00AM - 12:00PM	Hypnosis for Pain Management: Current State of the Art	Dr. Bernardo Merizalde
12:15PM - 1:15PM	Lunch	
1:15PM - 2:15PM	Integrative Approach to Depression	Dr. Madeleine Becker
2:15PM - 3:15PM	Integrative Approach to Anxiety	Dr. Birgit Raket
3:15PM - 3:30PM	Afternoon Break	
3:30PM - 4:30PM	Gut-Brain Connection	Dr. Anthony Bazzan
4:30PM - 5:00PM	Review and Panel Discussion/ Questions	Speakers of the Day
Day 2	7:30AM - 5:00PM	Presenter
7:30AM - 8:00AM	Registration and Morning Tea	
8:00AM - 9:15AM	Special Keynote Presentation: Resilience	Dr. Darshan Mehta
9:15AM - 10:00AM	Mindfulness Part 1: Evidence-Based Stress Reduction	Dr. Diane Reibel

10:00AM - 10:15AM	Morning Meditation	
10:15AM - 11:15AM	Mindfulness Part 2: Wellness Outcomes	Dr. Diane Reibel
11:15AM - 12:15PM	The Scientific Basis for Energy Psychology	Dr. Marie Stoner
12:15PM - 1:15PM	Lunch	
1:15PM - 2:15PM	Integrating Mind-Body Practices into the Office Visit	Dr. Bernardo Merizalde
2:15PM - 3:15PM	Advanced Mind-Body Principles and the Neuro Emotional Technique	Dr. Deborah Walker
3:15PM - 3:30PM	Afternoon Break	
3:30PM - 4:30PM	Traumatic Stress Reduction and the Neuro Emotional Technique (NET): A Scientific Overview	Dr. Daniel Monti
4:30PM - 5:00PM	Review and Panel Discussion/Questions	Speakers of the day
Day 3	7:30AM - 3:00PM	Presenter
7:30AM - 8:00AM	Morning Tea	
8:00AM - 9:00AM	How Meditation, Mindfulness, and Spirituality Affect the Brain	Dr. Andrew Newberg
9:00AM - 10:00AM	Brain Health: Facts and Myths	Dr. Mijail Serruya
10:00AM - 11:00AM	Nutrition and Brain Health	Dr. Reina Marino
11:00AM - 12:00PM	Food Addiction and Emotional Eating	Dr. Anna Tobia
12:00PM - 1:00PM	Lunch	
1:00PM - 2:00PM	Evidence-Based Smoking Cessation: The JeffQuit Program and Beyond	Dr. Anna Tobia
2:00PM - 2:50PM	Neurofeedback: Scientific Overview & Clinical Applications	Dr. Christina Herring
2:50PM - 3:00PM	Closing Remarks and Final Questions	Dr. Daniel Monti and Speakers of the Day