

Advances in Mind-Body Medicine CME/CE Conference

May 20 - May 22, 2021

Thomas Jefferson University * Live Virtual CME/CE Conference

UPDATED 5/14/21

Preliminary Agenda - Subject to Change

DAY 1 - THURS		8:00AM - 5:15PM (EDT)	PRESENTER
8:00AM - 9:00AM	Welcome and Science, History, and Overview of Mind-Body Medicine		Dr. Daniel Monti
9:00AM - 9:45AM	Neurobiology of Homeostasis		Dr. George Zabrecky
9:45AM - 10:00AM	Morning Meditation		Dr. Aleeze Moss
10:00AM - 11:00AM	Moving Beyond Blame: Using Lifestyle Neuroscience for Behavior Change		Dr. Austin Perlmutter
11:00AM - 12:00PM	Brain Health: Facts and Myths		Dr. Mijail Serruya
12:00PM - 1:00PM Lunch			
1:00PM - 2:00PM	Integrative Approach to Anxiety		Dr. Birgit Rakel
2:00PM - 3:00PM	Integrative Approach to Depression		Dr. Madeleine Becker
3:00PM - 3:15PM	Afternoon Meditation		Dr. Aleeze Moss
3:15PM - 4:15PM	Gut-Brain Connection		Dr. Anthony Bazzan
4:15PM - 5:15PM	The Role of Stress and Inflammation on Immune Health		Dr. Sara Gottfried
DAY 2 - FRI		8:00AM - 4:30PM (EDT)	PRESENTER
8:00AM - 9:00AM	Evolving Research on Mindfulness-Based Interventions		Dr. Diane Reibel
9:00AM - 10:00AM	Mindfulness for Clinician Wellness		Dr. Aleeze Moss Dr. Diane Reibel
10:00AM - 10:15AM	Morning Meditation		Dr. Diane Reibel
10:15AM - 11:15AM	How Meditation, Mindfulness, and Spirituality Affect the Brain		Dr. Andrew Newberg
11:15AM - 12:15PM	The Scientific Basis for Energy Psychology		Marie Stoner, M.Ed.
12:15PM - 1:15PM Lunch			
1:15PM - 2:15PM	Integrating Mind-Body Practices into the Office Visit		Dr. Bernardo Merizalde
2:15PM - 3:15PM	Traumatic Stress Reduction and the Neuro Emotional Technique (NET): A Scientific Overview		Dr. Daniel Monti
3:15PM - 3:30PM	Afternoon Meditation		Dr. Aleeze Moss
3:30PM - 4:30PM	Advanced Mind-Body Principles and the Neuro Emotional Technique		Dr. Deborah Walker
DAY 3 - SAT		8:00AM - 3:30PM (EDT)	PRESENTER
8:00AM - 9:00AM	Hypnosis for Pain Management: Current State of the Art		Dr. Bernardo Merizalde
9:00AM - 10:00AM	Nutrition and Brain Health		Dr. Reina Marino
10:00AM - 10:15AM	Morning Meditation		
10:15AM - 11:15AM	Food Addiction and Emotional Eating		Dr. Anna Tobia
11:15AM - 12:15PM	Neurofeedback: Scientific Overview & Clinical Applications		Dr. Christina Herring
12:15PM - 1:15PM Lunch			
1:15PM - 2:15PM	Evidence-Based Smoking Cessation: The JeffQuit Program & Beyond		Dr. Anna Tobia
2:15PM - 3:15PM	Illness from a Chinese Medicine Perspective		Dr. Seth Koss
3:15PM - 3:30PM	Final Announcements		