Healing Hearts, Minds & Bodies
Keys to Emotional & Mental Well-Being, and Pathways to Getting There

Friday, May 16, 6 - 9 pm (5:30 registration)
Opening speaker: Gayathri Ramprasad
Keynote address: Dr. James Gordon

Saturday, May 17, 7:30 am – 6 pm
• Continuing education & community workshops
• Panel discussion
• Health and exhibitor resource fair
• Luncheon table talks
• Networking and next steps

First Unitarian Church of Portland, 1211 SW Main Street

Opening speaker, Gayathri Ramprasad, MBA, CPS, is the founder of ASHA International and the author of Shadows in the Sun: Healing from Depression and Finding the Light Within.

Keynote speaker, Dr. James Gordon, is a Harvard educated psychiatrist and world-renowned expert in using mind-body medicine to heal depression, anxiety and psychological trauma; founder-director of The Center for Mind-Body Medicine.

Dr. Gordon is the author of Unstuck: Your Guide to the Seven-Stage Journey Out of Depression, the best-selling book on holistic healing.

Target Audience:
• Professionals seeking holistic and integrative mental health education and continuing education units.
• Community members who have had challenging experiences with our current mental health system.
• All who want to learn about alternatives to be more effective change agents for shifting the medical model to a holistic one.

For more information or to register:
• www.RethinkingPsychiatry.org
• www.Chitari.org
• Lunch provided with pre-registration.
• Sliding scale available.

Contributing Sponsors:
Returning Veterans Project, Mountain Peak Nutritional, ASHA International, Cedar Hills Hospital, Sherwood Natural Medicine and Reflexology, Sunnyside Collaborative Care
Healing Hearts, Minds & Bodies: 
Keys to Emotional & Mental Well-Being, and Pathways to Getting There

Friday, May 16, 2014

4:30 – 5:30 pm  Private Patron’s Reception with James Gordon, MD

6:00 – 6:45 pm  Opening Speaker
Gayathri Ramprasad, MBA, CPS: Shadows in the Sun – Healing from Depression & Finding the Light Within
My journey from adversity to advocacy

7:00 – 8:30 pm  Keynote Speaker
James Gordon, MD: Unstuck – Your Guide to the Seven-Stage Journey Out of Depression
A psychiatrist’s non-drug approach to the treatment of depression

8:30 – 9:30 pm  Q&A and Books Signing

Saturday, May 17, 2014

7:30 – 8:30 am  Registration, Check In, Health Fair (exhibitors and networking)

8:30 – 10:00 am  Concurrent Workshops – Session 1
• James Gordon, MD: A New Medicine sponsored by Returning Veterans Project
• Ukiah Marcus, MSW, LCSW, CADC: Holotropic Breathwork™ in Psychotherapy
• Mary Hammond, MA, LPC, DCEP: Energy Psychology with Depression and PTS
• Khaki Morino, LCSW, CADC III, RYT-200: Yoga for Affirmation and Relaxation

10:00 – 11:30 am  Concurrent Workshops – Session 2
• David Eisen, LAc, MSW, OMD & Joanna Flores, MAcOM, LAc, AOBTA-CI: Chinese Medicine Approaches to Mental Health
• Antonia Lindsey Rathburn, MA, ATR, LMHC: Eyesong – An Autobiography of Genetics, Culture, Art Therapy & Miracles
• Dave Mowry: Stand Up for Mental Health – A Peer Led Comedy Looking at the Lighter Side
• Cindy Fisher, M.O.M.S. Movement & Chaya Grossberg, Blogger at Mad In America: Beyond Soteria – Creating a Place for Withdrawing from Psychiatric Drugs and Restoring Wellness
• Eva Edelman: Orthomolecular Approaches to Mental Health – Nutrient & Herbal Therapies

11:30 – 12:15 pm  Health Fair

12:00 – 1:00 pm  LUNCH and Table Top Discussions

1:15 – 2:45 pm  Panel Discussion
James Gordon, MD; Satya Ambrose, ND, Lac; Keith Lowenstein, MD; Elissa Mendenhall, ND:
Holistic and Integrative Approaches to the Development of Emotional and Mental Well-Being

3:00 – 4:30 pm  Concurrent Workshops – Session 3
• Lori Stargrove, ND & Mitch Stargrove, ND, LAc: Interactions, Polypharmacy and Collaborative Care – Optimizing Patient Outcomes through Individualized Therapies, Context, and Biochemistry
• Steve Goldsmith, MD: Healing Paradox in Mental Health Treatment – Getting Well by Doing What Seems Bad for You
• Ben Luskin: Live Your Truth – Lessons I Learned along My Own Path of Recovery from Severe TBI
• Jon Keyes, LPC & Kate Kirkham, LAc: Healing and Recovery from Trauma Using Acupuncture and Herbs – Hands On (10 participant max)
• Grace Sweet: Laughter Bridges for Mental Health – A Program of Success over Stress Institute

4:30 – 5:30 pm  Health Fair

5:30 pm  Closing