



# 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

*CEUs Available  
Full Agenda on Back*

**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](http://www.RethinkingPsychiatry.org)
- [www.Chitari.org](http://www.Chitari.org)
- Lunch provided with pre-registration.
- Sliding scale available.

## Contributing Sponsors:

Returning Veterans Project, Mountain Peak Nutritionals, 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	<b>Private Patron's Reception with James Gordon, MD</b>
6:00 – 6:45 pm	<b>Opening Speaker</b> Gayathri Ramprasad, MBA, CPS: <i>Shadows in the Sun – Healing from Depression &amp; Finding the Light Within</i> My journey from adversity to advocacy
7:00 – 8:30 pm	<b>Keynote Speaker</b> James Gordon, MD: <i>Unstuck – Your Guide to the Seven-Stage Journey Out of Depression</i> A psychiatrist's non-drug approach to the treatment of depression
8:30 – 9:30 pm	<b>Q&amp;A and Books Signing</b>

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**Saturday, May 17, 2014**

7:30 – 8:30 am	<b>Registration, Check In, Health Fair (exhibitors and networking)</b>
8:30 – 10:00 am	<b>Concurrent Workshops – Session 1</b> <ul style="list-style-type: none"><li>• James Gordon, MD: <i>A New Medicine</i> sponsored by <b>Returning Veterans Project</b></li><li>• Ukiah Marcus, MSW, LCSW, CADC: <i>Holotropic Breathwork™ in Psychotherapy</i></li><li>• Mary Hammond, MA, LPC, DCEP: <i>Energy Psychology with Depression and PTS</i></li><li>• Khaki Morino, LCSW, CADC III, RYT-200: <i>Yoga for Affirmation and Relaxation</i></li></ul>
10:00 – 11:30 am	<b>Concurrent Workshops – Session 2</b> <ul style="list-style-type: none"><li>• David Eisen, LAc, MSW, OMD &amp; Joanna Flores, MAcOM, LAc, AOBTA-CI: <i>Chinese Medicine Approaches to Mental Health</i></li><li>• Antonia Lindsey Rathburn, MA, ATR, LMHC: <i>Eyesong – An Autobiography of Genetics, Culture, Art Therapy &amp; Miracles</i></li><li>• Dave Mowry: <i>Stand Up for Mental Health – A Peer Led Comedy Looking at the Lighter Side</i></li><li>• Cindy Fisher, M.O.M.S. Movement &amp; Chaya Grossberg, Blogger at Mad In America: <i>Beyond Soteria – Creating a Place for Withdrawing from Psychiatric Drugs and Restoring Wellness</i></li><li>• Eva Edelman: <i>Orthomolecular Approaches to Mental Health – Nutrient &amp; Herbal Therapies</i></li></ul>
11:30 – 12:15 pm	<b>Health Fair</b>
12:00 – 1:00 pm	<b>LUNCH and Table Top Discussions</b>
1:15 – 2:45 pm	<b>Panel Discussion</b> James Gordon, MD; Satya Ambrose, ND, LAc; Keith Lowenstein, MD; Elissa Mendenhall, ND: <i>Holistic and Integrative Approaches to the Development of Emotional and Mental Well-Being</i>
3:00 – 4:30 pm	<b>Concurrent Workshops – Session 3</b> <ul style="list-style-type: none"><li>• Lori Stargrove, ND &amp; Mitch Stargrove, ND, LAc: <i>Interactions, Polypharmacy and Collaborative Care – Optimizing Patient Outcomes through Individualized Therapies, Context, and Biochemistry</i></li><li>• Steve Goldsmith, MD: <i>Healing Paradox in Mental Health Treatment – Getting Well by Doing What Seems Bad for You</i></li><li>• Ben Luskin: <i>Live Your Truth – Lessons I Learned along My Own Path of Recovery from Severe TBI</i></li><li>• Jon Keyes, LPC &amp; Kate Kirkham, LAc: <i>Healing and Recovery from Trauma Using Acupuncture and Herbs – Hands On (10 participant max)</i></li><li>• Grace Sweet: <i>Laughter Bridges for Mental Health – A Program of Success over Stress Institute</i></li></ul>
4:30 – 5:30 pm	<b>Health Fair</b>
5:30 pm	<b>Closing</b>