

4TH ANNUAL

DAN AND LINDA ROCKER SILVERBERG
HEAL THE HEALER HEALTH SYMPOSIUM
OPTIMAL YOU: BODY, MIND, SPIRIT

CONTINUING MEDICAL EDUCATION



FRIDAY, OCTOBER 16 | 7:15 A.M. – 4:30 P.M.

700 Beta Banquet & Conference Center
700 Beta Drive
Mayfield Village, Ohio 44143

PRESENTED BY:



SPONSORED BY:



WHO SHOULD ATTEND

This conference is intended for all health care providers with an interest in integrative health including, but not limited to, physicians, nurses, physician assistants, psychologists, social workers, acupuncturists, massage therapists, Reiki masters and chiropractors.

LOCATION

The 700 Beta Banquet & Conference Center is attached to the Hilton Garden Inn Cleveland East, 700 Beta Drive, in Mayfield Village, at the Wilson Mills exit off Interstate 271. Free parking is available on-site.

ACKNOWLEDGEMENTS

A generous contribution from Dan and Linda Rocker Silverberg in support of this symposium is gratefully acknowledged.

FOR MORE INFORMATION

Contact the Case Western Reserve University CME Program at 216-983-1239, medcme@case.edu or visit our website at casemed.case.edu/cme.



The commitment to exceptional patient care begins with revolutionary discovery. University Hospitals Case Medical Center is the primary affiliate of Case Western Reserve University School of Medicine, a national leader in medical research and education and consistently ranked among the top research medical schools in the country by U.S. News & World Report. Through their faculty appointments at Case Western Reserve University School of Medicine, physicians at UH Case Medical Center are advancing medical care through innovative research and discovery that bring the latest treatment options to patients.

LEARNING OBJECTIVES

After attending, participants will be able to:

Identify and clarify their own needs to help avoid burnout and maintain a strong inner core of strength and flexibility.

Sharpen their personal sense of mission that goes beyond their job description and discover ways to enhance the value that they uniquely bring to their healing work.

Develop and maintain a positive attitude, take inspired action and engage in mindful presence to give the best care possible.

Define integrative health, recognize its benefits and integrate its modalities into treatment plans.

CONTINUING EDUCATION

Physicians

Case Western Reserve University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Case Western Reserve University School of Medicine designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists

Case Western Reserve University School of Medicine is approved by the Ohio Psychological Association – MCE Program to offer continuing education for psychologists. Case Western Reserve University School of Medicine, provider #341645979, maintains responsibility for the program.

Nurses

OhioMHAS Continuing Education Committee is an approved provider of Continuing Education for RNs and LPNs for the Ohio Board of Nursing and has awarded 5.25 CE contact hours per OBN003 92-1949CO.

Counselors and social workers

OhioMHAS has been approved as a provider of Continuing Professional Education credit by the Ohio Counselor, Social Work, Marriage and Family Therapist Board. 5.25 CPEs have been awarded to social workers per RSX088902-2169CO.

PROGRAM AGENDA

- 7:15 a.m. Registration opens**
- 7:30 a.m. Yoga therapy class**
- 8 a.m. Continental breakfast**
Registration continues
- 8:30 a.m. Welcome and introduction**
Song by music therapist
- 8:45 a.m. Keynote presentation**
Humor Therapy
Karyn Buxman, RN, MSN, CSP, CPAE
- 9:45 a.m. Break and visit exhibits**
- 10 a.m. Keynote presentation**
*The Science of Mind-Body Health:
Enhancing Resiliency*
Mimi Guarneri, MD
- 11 a.m. A New Day Rising:
You and Your Inner Resilience**
Heidi Weiker, MSSA
- 12 p.m. Lunch, visit exhibits, services available**
- 1:30 p.m. Breakout session one** (select one)
- DNA is Not Your Destiny –
The Effect of Lifestyle Medicine
on Your Genes*
Roy Buchinsky, MD
- Think and Lose:
Hypnosis Weight Loss Session*
Donald Mannarino, MA
- Mindfulness and Meditation*
Suzanne Rusnak, MEd, MSSA,
and Dawn Miller, MA, RYT
- 2:15 p.m. Break**

2:30 p.m. Breakout session two (select one)

*Shared Values and Stewardship:
How Environmental Sustainability in
Health Care Promotes Personal Health
and Resilience in Our Healers*

Aparna Bole, MD

Therapeutic Yoga

Dawn Miller, MA, RYT

*Understanding the Fundamentals of the
John Barnes Method of Myofascial Release*

Carla Cavanagh

3:15 p.m. Break

3:30 p.m. Leadership closing keynote

Steve Standley

4:15 p.m. Closing remarks and song

4:30 p.m. Conference adjourns

REGISTRATION

Registration includes tuition, educational materials, related meals and refreshments. Registrations are accepted on a space-available basis. Registration fees are refundable less a \$25 fee if cancellation is made prior to Friday, October 2. No refunds will be made after this date.

POLICY DISCLOSURE

The policy of Case Western Reserve University School of Medicine CME Program requires that the Activity Director, planning committee members and all activity faculty (that is, anyone in position to control the content of the educational activity) disclose to the activity participants all relevant financial relationships with commercial interests. Disclosure will be made to activity participants prior to the commencement of the activity. Case Western Reserve University School of Medicine CME Program also requires that faculty make clinical recommendations based on the best available scientific evidence and that faculty identify any discussion of “off-label” or investigational use of pharmaceutical products or medical devices.

REGISTRATION FORM

TUITION AND FEES

Physicians (MD and DO):

\$155 before Tuesday, September 1 (\$185 after)

Other health care providers, residents, students:

\$95 before Tuesday, September 1 (\$125 after)

WAYS TO REGISTER

1. Register online at casemed.case.edu/cme (Activities & Events)
2. Mail this form/payment information to:
Case Western Reserve University CME Program
10524 Euclid Avenue, Cleveland, Ohio 44106-6026
3. Fax this form/credit card information to 216-844-8133
4. Call 216-983-1239 with form/credit card information

Name

Degree

Address

City, State, ZIP

Email

License number (nurses, counselors, social workers, psychologists)

Dietary restrictions

BREAKOUT SESSION ONE (SELECT ONE)

- DNA is Not Your Destiny
- Hypnosis Weight Loss
- Mindfulness and Meditation

BREAKOUT SESSION TWO (SELECT ONE)

- Shared Values and Stewardship
- Therapeutic Yoga
- Myofascial Release

METHOD OF PAYMENT

- Enclosed check (*payable to Case Western Reserve University*)
- Visa MasterCard Discover Card

Amount paid

Name as it appears on credit card

Card number

Security code on back

Expiration date

FACULTY

Francoise Adan, MD

Christopher M. and Sara H. Connor Master Clinician
in Integrative Health and Medical Director,
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Roy Buchinsky, MD

Director of Wellness, UH Primary Care Institute
Robert and Susan Hurwitz Master Clinician for Wellness,
UH Ahuja Medical Center
Senior Clinical Instructor of Medicine,
Case Western Reserve University School of Medicine

Karyn Buxman, RN, MSN, CSP, CPAE

Author and Co-Founder, The World Laughing Tour

Carla Cavanagh

Licensed Massage Therapist,
UH Connor Integrative Health Network

Mimi Guarneri, MD

President, Academy of Integrative Health and Medicine
Senior Advisor, Atlanta Health System Chambers
Center for Well Being and Integrative Medicine
Founder and Director, Guarneri Integrative Health, Inc.

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Dawn Miller, MA, RYT

Yoga Therapist and Instructor,
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Steven Standley

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Heidi Weiker, MSSA

Life Coach and Stress Resilience Specialist,
UH Connor Integrative Health Network



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CASE WESTERN RESERVE
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