



AlterMed
Research Foundation

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Ft. Collins, CO 80524

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University of Colorado
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AlterMed
Research Foundation

presents



COLORADO INTEGRATIVE MEDICINE CONFERENCE

Focus on Mind-Body Medicine
and Lifestyle Management

JULY 22-24, 2016

**YMCA OF THE ROCKIES
ESTES PARK, COLORADO**

Sponsored by the University of Colorado School of Medicine
and AlterMed Research Foundation

SCOTT SHANNON, MD

COURSE DIRECTOR, COLORADO INTEGRATIVE MEDICINE CONFERENCE
CIMC 2016: FOCUS ON MIND-BODY MEDICINE AND LIFESTYLE MANAGEMENT



Over the last decade, two rapidly emerging scientific domains have altered our view of the human brain. Together, neuroplasticity and epigenetics paint a new picture elaborating how quickly and completely the brain reacts and responds to our surroundings. Whether it is in response to aerobic exercise, fast food, emotional traumas, novel cognitive demands, or inadequate sleep, a wide range of innate chemicals quickly bathe the brain and influence its capacity to change for the better or the worse.

Epigenetics refers to changes in the activity of our genetic code that occur without altering our DNA. You can think of epigenetics as the master control that augments expression or repression of our inherited DNA. This in turn determines our health. We can't alter our genes, but epigenetics empowers us by recognizing that choices we make have the capacity to alter our well-being. Diet and lifestyle provide our two most clear cut options to take charge of these epigenetic controls for mental or physical health.

Increasingly, neuroscientists are telling us that the current approaches to medicating the entire brain with neurotransmitter agents (serotonin, norepinephrine, dopamine, etc.) represent crude and inexact tools to address the enormous complexity of the brain. As we appreciate the rapid responsiveness found in specific brain regions, we are also uncovering new tools that allow us to take advantage of the impressive neuroplasticity found in the human brain.

Together, epigenetics and neuroplasticity are our two best hopes for improved mental and physical health care in the new millennium. This conference will showcase a range of speakers and tools that will broaden our thinking and enhance our treatment options. You will learn to harness the powers of lifestyle and integrative medicine approaches. I invite you to join us in Estes Park for a beautiful setting, warm friendship, and some hot new ideas.

Scott Shannon, MD

KEYNOTE SPEAKER

JOHN RATEY, MD

Associate Clinical Professor of Psychiatry – Harvard Medical School • Internationally recognized expert in Neuropsychiatry

GUEST SPEAKERS

IRVING KIRSCH, PhD

Associate Director of the Program in Placebo Studies & Lecturer in Medicine – Harvard Medical School • Emeritus Professor of Psychology – Plymouth University (UK), University of Hull (UK) and the University of Connecticut

SCOTT SHANNON, MD

Author of *Mental Health for the Whole Child* • Editor of *Handbook of Complementary and Alternative Therapies in Mental Health* • Assistant Clinical Professor of Psychiatry – University of Colorado School of Medicine • Integrative Psychiatrist – Wholeness Center

KAMYAR HEDAYAT, MD

Founder and President – American Society of Endobiogenic Medicine, Integrative Physiology • Medical Director – Full Spectrum Health Center • Co-President – Systems Biology Research Group

AMANDA ARCHIBALD, RD

Principal – Field to Plate, LLC • COO – NCG Health Solutions, Specialties: Culinary Nutrition and Culinary Genomics

BRIDGET BRIGGS, MD

Board Certified Family Practitioner – Bridget R Briggs, MD, Inc.

MEL DRISKO, MSTCM, LAC

NCCAOM Board Certified Acupuncturist

ROBERTA KLINE, MD, FACOG

Co-Founder, CEO, and Chief Medical Officer – Genomic Solutions Now!, NCG Health Solutions, and the Genesis Center 4 Personalized Health

MARK MCGINLEY, MD

Pulmonologist and Critical Care Physician – Wyoming Medical Center • Medical Director – Respiratory Therapy Program, Casper College

SARAH K MEADOWS, MS, CHCP

Manager of Accreditation and Programs – Office of Professional Education, National Jewish Health

SAJ RAZVI, MA, LPC

Executive Director – Trauma Dynamics • Sub-Investigator for FDA approved Phase II Clinical Trial of MDMA Assisted Psychotherapy • National expert and speaker for PESI Education focused on Complex PTSD

NARDA ROBINSON, DO, DVM, MS, FAAMA

Assistant Professor – Department of Clinical Sciences, Colorado State University, College of Veterinary Medicine and Biomedical Sciences • Member – American Board of Medical Acupuncture (board-certifying organization for physician medical acupuncturists)

JANET E SETTLE, MD, ABHM, FAARFM

Integrative Psychiatrist, Integrative Psychiatry and Functional Medicine • Co-Founder – Psychiatry MasterClass

FREDERICK STEVEN WAMBOLDT, MD

Co-Director of the Center for Health Promotion and Professor of Medicine – National Jewish Health • Professor of Psychiatry – University of Colorado School of Medicine

FRIDAY

22

- 3:00 - 6:00 PM Conference Check-In
- 7:00 - 7:10 PM Welcome and Introduction
- 7:10 - 8:40 PM **KEYNOTE Exercise: Perfect Elixir to Keep the Brain Young** (Ratey)
- 8:40 - 10:00 PM Welcome Reception

SATURDAY

23

- 8:00 - 9:00 AM **KEYNOTE Go Wild: Free Your Body and Mind from the Afflictions of Civilization** (Ratey)
- 9:00 - 10:00 AM **The Emperor's New Drugs: Antidepressants and the Placebo Effect** (Kirsch)
- 10:30 - 11:30 AM **Epigenetics and Neuroplasticity** (Shannon)
- 11:30 - 12:30 PM **Trauma and the Body: Mapping Autonomic Responses for Assessment and Intervention in Mental Health** (Razvi)

MENTAL HEALTH TRACK

- 2:00 - 4:00 PM **Trauma Dynamics Experiential: Autonomic Stress Processing Workshop** (Razvi)

LIFESTYLE TRACK

- 2:00 - 4:00 PM **Succeeding with Weight Management in Busy Clinics by Transforming Care Systems** (Wamboldt and Meadows)
- 4:30 - 6:30 PM **Nutrigenomics and Culinary Genomics: A Personalized Approach to Feeding Your Genes for Optimal Health of Body and Mind** (Kline and Archibald)

- 8:00 - 10:30 PM Networking Event

SUNDAY

24

- 8:30 - 9:30 AM **Harnessing the Placebo Effect** (Kirsch)
- 9:30 - 10:30 AM **Endobiogeny: Personalized Medicine for All** (Hedayat)
- 10:45 - 11:30 AM **CBD in Mental Health** (Shannon)
- 11:30 - 12:15 PM **The Art of Methylation in Mental Health** (Briggs)

MENTAL HEALTH TRACK

- 1:30 - 2:30 PM **PsychoEndocrinology: The Role of Thyrotropin Releasing Hormone (TRH) in Anxiety and Depression** (Hedayat)
- 1:30 - 3:30 PM **Female Hormones In Mental Health: Practical Knowledge and Tools** (Settle)
- 3:45 - 5:45 PM **Interpretation of Genomics in Mental Health** (Briggs)

LIFESTYLE TRACK

- 1:30 - 2:30 PM **Breathing as Medicine** (McGinley)
- 3:15 - 5:45 PM **Medical Acupuncture and Chinese Acupuncture** (Robinson and Drisko)

ACCREDITATION AND DESIGNATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Colorado School of Medicine and AlterMed Research Foundation. The University of Colorado School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this live activity for a maximum of **17 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

EXHIBITOR BOOTH HOURS

- July 22, 2016 6pm - 10pm
- July 23, 2016 7:30am - 6pm
- July 24, 2016 8am - 4pm

Interested exhibitors, sponsors and volunteers, please contact: info@AlterMedResearch.org

TARGET AUDIENCE

- Primary care and specialty (e.g. integrative / preventive medicine, psychiatry, PM&R, etc.) physicians
- Nurses and allied health professionals
 - Nurses, nurse practitioners, and physician assistants
 - Mental health counselors (psychologists, LPCs, social workers, master level therapists, etc.)
 - Dietitians / nutritionists
 - Administrators
 - Professors
 - Complementary and Alternative Medicine professionals
- Residents, fellows, and full-time students

CONFERENCE OBJECTIVES

- At the conclusion of the course, the participant should be able to:
- Assess the clinical value of genomics and epigenetics
 - Apply evidence-based lifestyle strategies based on genomics and epigenetics
 - Examine ethical and empirically validated methods of harnessing the placebo effect
 - Explore the physiological implications of trauma and the relevance for treating PTSD
 - Implement mind-body therapies in clinical practice to meet growing demand

COURSE DEVELOPMENT TEAM

Scott Shannon, MD

cIMc Course Director • (See Faculty page)

Lisa Corbin, MD, FACP

Medical Director – Center for Integrative Medicine, University of Colorado Hospital • Associate Professor – Department of General Internal Medicine, University of Colorado School of Medicine

Kerri Diamant

Founder and Executive Director of AlterMed Research Foundation

Marianne Wamboldt, MD, RYT

Professor of Psychiatry – University of Colorado School of Medicine

REGISTRATION FORM

CONFERENCE INFORMATION

BY MAIL

Send the completed form with credit card number or check made payable to

AlterMed Research Foundation
1342 Jayhawk Drive
Suite 200
Ft. Collins, CO 80524

ONLINE

Register at AlterMedResearch.org/cimc2016 (see Conference Information page for QR code #1) or RegOnline.com/cimc2016

BY PHONE

Register by calling **970.310.3030** between the hours of 9:00 a.m. and 5:00 p.m. Mountain Time

INFORMATION

FIRST NAME

LAST NAME

CREDENTIALS (MD, DO, ND, PA, NP, RN, PsyD, PhD, MS, etc.)

ORGANIZATION

ADDRESS

CITY

STATE

ZIP CODE

() -
DAYTIME PHONE

() -
EVENING PHONE

EMAIL

Check if you would like to share your email for networking purposes

Check if you have any disabilities that affect your attendance at the conference and tell us your special needs so that we can better accommodate you

TUITION

Physicians \$565

Nurses, Allied Health Professionals \$465

Residents, Fellows, Full-time Students \$295
(with letter for verification)

PAYMENT

Visa

Mastercard

Check

CREDIT CARD NUMBER

EXPIRATION DATE

NAME OF CARD HOLDER

SIGNATURE

AMERICANS WITH DISABILITIES ACT

AlterMed Research Foundation intends to fully comply with the legal requirements of the Americans with Disabilities Act. If any registrant is in need of any special accommodation, please do not hesitate to submit a written request at least one month prior to the conference or check the box on the Registration Form.

FURTHER INFORMATION

For more information about the conference, please visit AlterMedResearch.org/cimc2016 or contact **970.310.3030** between 9:00 a.m. and 5:00 p.m. (Mountain Time).

SMARTPHONE QR CODES



QR code #1
(AlterMed Conferences page)



QR code #2
(Central Lodges reservations)

EVENT LOCATION

The conference will be held at the **Assembly Hall** at the **YMCA of the Rockies, 2515 Tunnel Road, Estes Park, Colorado 80511**. Please check in for the conference in the Assembly Hall.

TRAVEL

Allow for a 2-hour drive from Denver International Airport (DIA). Use E-470 to bypass Denver traffic. To book a shuttle from DIA to the YMCA of the Rockies, please visit www.estesparkshuttle.com.

CONFERENCE CANCELLATION

All cancellation requests must be made in writing. Cancellations postmarked by **June 22, 2016** will get full refunds minus a \$100 processing fee. No refunds will be made for requests postmarked after June 22, 2016. Paid registration may be transferred to your designated alternate attendee of the same registration type if written request is confirmed by **July 15, 2016**.

ACCOMMODATIONS

Prior to **May 22, 2016**, you may reserve a room at the Central Lodges (CIMC blocked rooms) online at:

<http://www.reseze.net/cassets/mkt/YMCA/landingpage/505071.html>

or use QR code #2 to left. If you would like to stay earlier or later than the period shown available online, please book online for the conference nights first. Then with your reservation number in hand, call Family Reservations at **888.613.9622** or **970.586.3341 x1010** to add the additional nights. Starting **May 22, 2016**, call the same number with any lodging questions or to reserve lodging and mention **AlterMed** or **CI-MC Conference**. The day rate includes parking as well as 3 daily buffet meals starting with dinner on Friday and ending with lunch on Sunday. Please note the lodging cancellation policy on the reservation website. If you are not lodging at the YMCA, each person will be charged a daily \$20 off-grounds fee to be paid at time of registration and optional meals will cost an additional \$32.50 per day at the YMCA.

SPONSORSHIP AND EXHIBITOR OPPORTUNITIES

For more information to sponsor or exhibit, please contact **970.310.3030** or info@AlterMedResearch.org.

