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:
University Hospitals
Connor Integrative Health Network

SPONSORED BY:
SCHOOL OF MEDICINE
Case Western Reserve University
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, UH Connor Integrative Health Network
Assistant Professor of Psychiatry,
Case Western Reserve University School of Medicine

Aparna Bole, MD
Department of Pediatrics,
UH Rainbow Babies & Children’s Hospital
Assistant Professor of Pediatrics,
Case Western Reserve University School of Medicine

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.

Donald Mannarino, MA
Clinical Hypnotist, UH Connor Integrative Health Network

Dawn Miller, MA, RYT
Yoga Therapist and Instructor,
UH Connor Integrative Health Network

Suzanne Cushwa Rusnak, MEd, MSSA
Coordinator, Mindfulness Programming,
UH Connor Integrative Health Network

Steven Standley
Chief Administrative Officer, University Hospitals

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

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Friday, October 16
4TH ANNUAL
DAN AND LINDA ROCKER SILVERBERG
HEAL THE HEALER HEALTH SYMPOSIUM
OPTIMAL YOU: BODY, MIND, SPIRIT
Friday, October 16

4TH ANNUAL
DAN AND LINDA ROCKEY SILVERBERG
HEAL THE HEALER HEALTH SYMPOSIUM
OPTIMAL YOU: BODY, MIND, SPIRIT