

Advances in Mind-Body Medicine CME/CE Conference

May 20 - May 22, 2021

Thomas Jefferson University * Live Virtual CME/CE Conference

UPDATED 4/14/21

Preliminary Agenda - Subject to Change

Day 1	8:00AM - 5:00PM	Presenter
8:00AM - 9:00AM	Welcome and Science, History, and Overview of Mind-Body Medicine	Dr. Daniel Monti
9:00AM - 9:45AM	Neurobiology of Homeostasis	Dr. George Zabrecky
9:45AM - 10:00AM	Morning Meditation	
10:00AM - 11:00AM	Moving beyond blame: Using lifestyle neuroscience for behavior change	Dr. Austin Perlmutter
11:00AM - 12:00PM	Brain Health: Facts and Myths	Dr. Mijail Serruya
12:00PM - 1:00PM Lunch		
1:00PM - 2:00PM	Integrative Approach to Depression	Dr. Madeleine Becker
2:00PM - 3:00PM	Integrative Approach to Anxiety	Dr. Birgit Rakel
3:00PM - 3:15PM	Afternoon Meditation	
3:15PM - 4:15PM	Gut-Brain Connection	Dr. Anthony Bazzan
4:15PM - 5:15PM	Role of Stress and Inflammation on Immune Health	Dr. Sara Gottfried
Day 2	8:00AM - 5:00PM	Presenter
8:00AM - 9:00AM	Evolving Research on Mindfulness Based Interventions	Dr. Diane Reibel
9:00AM - 10:00AM	Mindfulness for Clinician Wellness	Dr. Aleeze Moss Dr. Diane Reibel
10:00AM - 10:15AM	Morning Meditation	
10:15AM - 11:15AM	How Meditation, Mindfulness, and Spirituality Affect the Brain	Dr. Andrew Newberg
11:15AM - 12:15PM	The Scientific Basis for Energy Psychology	Marie Stoner, M.Ed.
12:15PM - 1:15PM Lunch		
1:15PM - 2:15PM	Integrating Mind-Body Practices into the Office Visit	Dr. Bernardo Merizalde
2:15PM - 3:15PM	Traumatic Stress Reduction and the Neuro Emotional Technique (NET): A Scientific Overview	Dr. Daniel Monti
3:15PM - 3:30PM	Afternoon Meditation	
3:30PM - 4:30PM	Advanced Mind-Body Principles and the Neuro Emotional Technique	Dr. Deborah Walker
DAY 3	8:00 AM - 3:30 PM	PRESENTER
8:00AM -9:00AM	Hypnosis for Pain Management: Current State of the Art	Dr. Bernardo Merizalde
9:00AM -10:00AM	Nutrition and Brain Health	Dr. Reina Marino
10:00AM -10:15AM	Morning Meditation	
10:15AM - 11:15AM	Food Addiction and Emotional Eating	Dr. Anna Tobia
11:15AM - 12:15PM	Neurofeedback: Scientific Overview & Clinical Applications	Dr. Christina Herring
12:15PM - 1:15PM Lunch		
1:15PM -2:15PM	Evidence-Based Smoking Cessation: The JeffQuit Program & Beyond	Dr. Anna Tobia
2:15PM -3:15PM	Acupuncture & Brain Health	Dr Seth Koss
3:15 PM - 3:10PM	Final Announcements	