

American Association of Integrative Medicine

Friday, August 7th -Schedule is subject to change without notice"

START TIME

Flying A lecture room

07:30 am

08:00 am

08:30 am

09:00 am

09:30 am

10:00 am

10:30 am

11:00 am

11:30 am

12:00 am

12:30 pm

01:00 pm

01:30 pm

02:00 pm

02:30 pm

03:00 pm

03:30 pm

04:00 pm

04:30 pm

05:00 pm

05:30 pm

06:00 pm

Facilitating Reflection and Self-Care to Achieve Optimal
Healthcare Provider and Client Satisfaction

Margaret Erickson

Awards ceremony - Lifetime Achievement (MCC Theater)
Lunch Break - Food court and shops on campus

Holistic and Integrative Care: Are they the same,
complementary, or different perspectives?

Margaret Erickson

Break (03:00 pm to 03:15 pm)

Targeting Lyme Disease and its Co-Infections

Zev Myerowitz

Beach Banquet 05:45pm until 7:45 (1 mile East. self transportation)

American Association of Integrative Medicine

Saturday, August 8th

-Schedule is subject to change without notice"

START TIME

Flying A lecture room

07:30 am

08:00 am

08:30 am

Guidelines to Intuition

09:00 am

Michael Kudlas

09:30 am

10:00 am

Networking Break (09:45 am to 10:00 am)

10:30 am

LENS Neurofeedback: An Amazing Neurofeedback Technology

11:00 am

Robert McCarthy

11:30 am

12:00 am

12:30 pm

Awards ceremony - Lifetime Achievement (MCC Theater)

Lunch Break - Food court and shops on campus

01:00 pm

01:30 pm

Gait Assessment and Correction for the Busy Clinician

02:00 pm

Michael Kudlas

02:30 pm

03:00 pm

03:30 pm

04:00 pm

04:30 pm

05:00 pm

05:30 pm

06:00 pm

Facilitating Reflection and Self-Care to Achieve Optimal Healthcare Provider and Client Satisfaction (3 hrs) AAIM

Presenter: Margaret Erickson

Abstract: Self-care, as a concept in the healthcare arena, is used loosely, in different ways, and has different meanings. Traditionally it was used in reference to a client's **ability to perform one's own care and activities** of daily living, which allowed for independent living with minimal support or assistance. Today it is frequently defined in regard to **an individual's ability to make lifestyle choices regarding exercise, healthy nutritional choices, utilization of stress reduction activities, and maintenance of one's life roles, choices and responsibilities**. Furthermore, the importance of self-care and its relationship to healthcare providers having resources needed to provide excellent patient/client care has been noted. Facilitating individuals' self-care knowledge, which is based on their worldview, is essential to helping them overcome life challenges and events, heal, and achieve optimal growth and development. By **understanding people's stories** and helping them to access their self-care resources, healthcare providers are able to support and facilitate people to enact self-care actions, which promotes a sense of satisfaction, healing, health, and well-being through the lifespan. As a multi-faceted construct and process, essential to nurses and other **healthcare providers' wellbeing; and providing patient centered care, it is critical that healthcare providers** understand what self-care is and how to implement it within their lives and professional practice. This presentation will discuss Self-Care, a core construct of Modeling and Role-Modeling; how it is assessed by the client's story and its impact on patient satisfaction and well-being. Gathering the clients' stories and facilitating care that supports people in accessing their Self-care Knowledge and Resources, to allow them to implement holistic Self-Care Actions will be presented through discussion, case studies and an interactive/experiential format. Healthcare practitioners will be able to apply their knowledge in their personal and professional lives to facilitate greater wellbeing for themselves and their clients.

Room: **Flying A lecture room**

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Gait Assessment and Correction for the Busy Clinician (3 hrs) AAIM

Presenter: Michael Kudlas

Abstract: This fast paced three hour seminar will demonstrate a quick method to accurately assess gait failure and correct it during a common 6-10 minute office call. The attendees will be able to assess and correct most all gait failures using the Kudlas Gait Technique (KGT). This is a functional introductory 3 hours of a 12 hour seminar. Material included in the seminar is a discussion on the mechanics of gait as well as causes of failure and how to determine possible gait abnormalities from the case history, visual analysis and drugs the patient is taking. During these three hours a unique diagnostic assessment tool will be presented to demonstrate gait problems and the specific body sequences that will correct the gait failure. This is a practical seminar designed for hands on assessment by the attendees and is designed so that the attendees can apply what they have learned the following Monday in their offices. The material presented does not include all the in depth didactic material about gait which, while nice to know, is functionally

useless in gait correction. That material, for background knowledge, is presented in Part II and Part III of the seminar. This three hour introductory seminar is distilled down to the basics which allow for safe, immediate and practical success in the office with immediate positive results.

Room: [Flying A lecture room](#)

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Guidelines to Intuition (1.5 hrs) AAIM

Presenter: Michael Kudlas

Abstract: This paper presents an explanation and practical information on the concept of intuition. Designed for individuals in the healing arts, but with applications for everyday use, historical examples of intuition as well as examples of the hard science research on how intuition can be explained by Pribram, Prietch and others is presented that backs up the use of intuition in everyday life and the healing arts. In addition, information is presented on ways to enhance intuition and gain awareness in the use of it. Additional information is presented about three distinct Eras of healing that have been influenced by intuition and the way healing has been presented historically. The multidimensional nature of man will be discussed as well as how this awareness of man's multiple nature has influenced both intuition's applications in healing as well its acceptance as a viable force in healing.

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Holistic and Integrative Care: Are they the same, complementary, or different perspectives? (2 hrs) AAIM

Presenter: Margaret Erickson

Abstract: The words we use matter. They speak to our philosophy, our intentions, and impact on our perceptions. Holism, holistic health, integrative health, integrated health, and integrative medicine are often used interchangeably, and yet they are different, have different connotations, and affect different outcomes. How we define terms or a word is important, as they not only convey our philosophy and worldview but they are also received by other people through their **"worldview" lens**. **This, in turn**, has an impact on how the **words are perceived and consequently how people respond, thus a "conversation" or communications can go down a different path than was initially expected, desired, or useful**. Our current **healthcare system isn't working. One of the major problems we have is our need to move from the traditional focus of a biomedical, allopathic model to an orientation of health, wellness, well-being, and health promotion**. Although we recognize the need for the paradigm shift, there has been great difficulty

in moving in that direction. We understand that the use of a holistic, integrative approach will provide the **best “fit” for a health and wellness based healthcare system and yet we cannot even use language** consistently to describe what that care will look like or be based on. Before a uniform and consistent **“health” based system can be created, healthcare providers must first be able to clearly articulate what philosophical assumptions underpin the new paradigm, what does “health” look like, how is it defined,** how it can be implemented, and what are the desired outcomes. Through presentation, interactive discussions and experiential exercises participants will be able to discuss and explore these issues, more clearly communicate with their clients and colleagues, and begin to form a dialogue that can facilitate the transformation of the healthcare system.

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LENS Neurofeedback: An Amazing Neurofeedback Technology (2 hrs) AAIM

Presenter: Robert McCarthy

Abstract: This program will provide a comprehensive review of LENS technology and neurofeedback methodology, especially its use in a clinical setting to treat various medical disorders. LENS can be learned by any licensed healthcare clinician interested in expanding their scope-of-practice and providing integrative healthcare to patients. Three case histories of patients treated with LENS will be discussed in detail. During the workshop, participants are strongly encouraged to bring up questions about LENS techniques and procedures, as well as raise questions about their own treatment cases that might add to our collective discussion. There is absolutely no question that LENS neurofeedback represents an innovative, interdisciplinary clinical technology and specialty, with a rapidly expanding scientific research database, that now provides clinicians and patients alike with a treatment option not previously available.

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Targeting Lyme Disease and its Co-Infections (2.5 hrs) AAIM

Presenter: Zev Myerowitz

Abstract: **This class offers a remarkable educational opportunity to learn from one of the country's most experienced practitioner in the treatment of tick-borne illnesses.** Dr. Myerowitz practices in the State of Maine where Lyme disease is prevalent. He has been successfully treating this disease for over five years.

More patients and families nationwide are affected by Lyme disease and its co-infections, suffering debilitating and life altering symptoms. This program will help you gain a more comprehensive

understanding of Lyme disease and common co-infections, important diagnostic tools, and the most advanced integrative treatment options.

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