



Your care. In our hands.

Department of Medicine
State University of New York



June 16, 2007

Fee: \$40 Students: \$20

Register online at:
www.MBSSI.org



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Department of Medicine
State University of New York



750 East Adams St.
Syracuse, NY 13210

Full Name: Last, First, Middle Initial _____ Degree _____

Mailing Address: Street _____ City _____ State _____ Zip Code _____

Daytime Phone _____ Fax Number _____ E-Mail Address _____

Profession _____ Principal Specialty _____ Organization Affiliation _____

FORM OF PAYMENT

Check is enclosed: Please make your check payable to Crouse Health Foundation/MBSSI Account and mail with registration form to:
Mind Body & Health Conference, c/o Crouse Health Foundation, 736 Irving Ave., Syracuse, NY 13210

Bill my credit card: VISA MasterCard

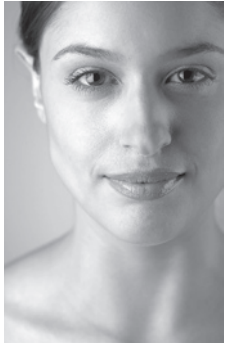
Credit Card Number _____ Expiration Date _____ Tuition Fee _____

Signature _____ Name as it Appears on Card _____

Registrations paid by credit card may be paid online at www.mbssi.org

MIND BODY & HEALTH CNY CONFERENCE: SYRACUSE, NY – JUNE 16, 2007

Mind Body & Health



CNY Conference

Sat. June 16, 2007

Biology, Beliefs and Mind Body Medicine

At Crouse Hospital's Marley Education Center
765 Irving Ave., Syracuse, NY

Visiting Speakers

Andrew Newburg, M.D.
University of Pennsylvania

Gregory Fricchoine, M.D.
Benson-Henry Mind Body Institute
Harvard Medical School

David Hufford, PhD
Penn State College of Medicine

Registration information
www.mbssi.org

Presented by



Mind Body Spirituality & Society Initiative



The Connection
of Mind, Body
and Health is an
Inescapable Reality
Whose Time is Now.



MIND/BODY MEDICINE

Mind/body medicine integrates modern scientific medicine, psychology, nutrition, exercise physiology, and belief to enhance natural healing capacities of body and mind. The end result is self-care, mind/body interventions, which are scientifically proven and complement the conventional medical pathways of surgery and pharmaceuticals. (source: www.mbmi.org)

CONFERENCE PARTICIPANTS

Physicians (all fields), psychologists, nurses, social workers, counselors, clergy, health administrators, and students, especially those who are:

- Examining new solutions for patient care
- Seeking to learn the latest in mind/body medicine
- Interested in the relationship of beliefs and biology
- Concerned with culturally appropriate care

CONFERENCE OBJECTIVES

To bring together the Central New York community to consider the mind/body/spirit connection and how it can be utilized to improve healthcare and individual lives.

REGISTRATION

Seating is limited. Pre-registration is advised.
Special introductory rates: **Tuition fee - \$40. Students - \$20.**
If paying by check, make check payable to Crouse Health Foundation.
Mail with completed registration to:
Mind Body & Health Conference, c/o Crouse Health Foundation,
736 Irving Avenue, Syracuse, New York 13210.
Register online with credit card at www.mbssi.org.
Telephone registrations 315 464-5774 or email inquiries to:
info@mbssi.org.

CONTINUING EDUCATION CREDIT

Application submitted for 4.6 CNE contact hours - June 16th
2.5 CNE contact hours for workshop - June 15th

CONFERENCE MEDICAL DIRECTORS

Scott L. Treatman, DO, MPH
Crouse Hospital

Lisa Kaufmann, MD
Upstate Medical University

ADMINISTRATIVE DIRECTOR

Marnie Blount-Gowan
MBSSI

CONFERENCE SCHEDULE

FRIDAY – JUNE 15TH

2:00-5:00pm

PRECONFERENCE WORKSHOP

An Introduction to Mindfulness
Based Stress Reduction

Lisa Kaufmann, MD
Paulene Cecere, LCSW

SATURDAY – JUNE 16TH

8:30AM-3:30PM

8:30am

NETWORKING BREAKFAST/ REGISTRATION

9:00am

OPENING REMARKS

9:10-10:10am

The Potential for Illness Prevention via Mind/Body Approaches

Gregory Fricchione, MD

Explore the pathogenic effects of stress and allostatic loading. Consider the evidence for the stress buffering and health strengthening effects of: a) relaxation response b) cognitive behavioral therapy c) social support d) belief and conscious expectation. Review prevention studies. Offer an evolutionary perspective on the brain and spirit and discuss implications for modern medicine.

10:20-11:10am

SESSION 1 WORKSHOPS

Spiritual Experience: Distinguishing Visionary Experiences from Psychopathology

David Hufford, PhD

Recognize several common forms of normal spiritual experience. Distinguish common spiritual

experiences from symptoms of psychopathology on the basis of specific features. Understand the cultural forces governing the approval or stigmatization of various normal spiritual experiences.

Mindful Eating

Lisa Kaufmann, MD

A non-traditional approach to healthy weight loss, using the principles of mindfulness. Participants learn to recognize physical and non-physical hungers and how to cope in a healthy way.

11:20am-12:10pm

SESSION 2 WORKSHOPS

Heart Disease & Emotions

Gregory Fricchione, MD

To consider the epidemiology of anxiety and depression and other negative emotional states and of heart disease. Review how negative emotions increase the relative risk of heart disease and potential reasons why.

Understanding how to promote heart health and why mental health is essential.

A Holistic Approach to End of Life Care

Joel Potash, MD
Dorothy Wright, MD

At end of life, special attention must be given to the physical, emotional, social and spiritual concerns. An interdisciplinary approach for physicians, nurses, social workers/counselors, and spiritual care givers.

12:15pm

LUNCH

1:15pm

AFTERNOON SESSION

The Biology of Beliefs

Andrew Newburg, MD

Why do we believe what we believe? Exploring the basic components that make up our belief processes, the limitations of those beliefs, the context of health care and the beliefs in health that affect how people

care for themselves and how the health care system takes care of them. Also, the results of groundbreaking brain imaging studies that show how specific experiences can result in profound and compelling beliefs. This information can improve health care on many levels.

2:15pm

Spirituality & Health: Culturally Appropriate Care

David Hufford, PhD

Recognize diverse American religious practices that influence healthcare. Understand the difference between spirituality and religion. Accommodating differing religious views with regard to medical advice. The drive to treat the whole person makes culturally appropriate care an important aspect of all healthcare.

3:15-3:30pm

CLOSING REMARKS

CONFERENCE FACULTY

Andrew B. Newburg, MD

Assistant Professor Radiology and Psychiatry
Departments of Psychiatry and Religious Studies
University of Pennsylvania
Director, University of Pennsylvania Center for Spirituality and the Mind

Gregory Fricchione, MD

Associate Director of Psychiatry
Massachusetts General Hospital
Associate Professor Harvard Medical School
Director / Benson-Henry Institute for Mind Body Medicine

David J. Hufford, PhD

University Professor & Chair of Medical Humanities
Penn State College of Medicine
Adjunct Professor Religious Studies
University of Pennsylvania

Lisa Kaufmann, MD

Professor of Internal Medicine
Director, Center for Meditation and Health
Medical Director – Residency Outpatient
Practice Site
SUNY Upstate Medical University

Joel Potash, MD

Emeritus Professor
Center for Bioethics and Humanities
SUNY Upstate Medical University

Dorothy Urban Wright, MD

Medical Director, Palliative Care
Crouse Hospital

Pauline Cecere, LCSW

Private Practice
Clinical Faculty
SUNY Upstate Medical University