



# 7th Annual Integrative Healthcare Conference

Provided by  
**MAHEC**

## EXPERIENCING INTEGRATIVE MODALITIES TO MITIGATE PAIN

**August 28 - 29, 2015**

**MAHEC Mary C. Nesbitt Biltmore Campus • Asheville, NC**

**Friday: 8:30 AM - 4:45 PM**

**Saturday: 8:30 AM - 12:00 PM**

### Description

Whether acute or chronic, pain is widespread, affecting millions of people each year. Conventional treatments alone have done little to alleviate the burden of pain necessitating a need for complementary modalities to help address multiple domains of the pain experience.

The 7th Annual Integrative Healthcare Conference is an interactive, experiential learning opportunity where participants will discover a variety of modalities that can be incorporated into treatment plans for patients with acute or chronic pain syndromes. Attendees will explore evidence-based techniques, experience therapies, view demonstrations, learn mechanisms of action and in many cases how to perform the technique and teach the patient how to self-manage pain using mind-body practices.

Coming to the Integrative Healthcare Conference? Make plans to stay for the **Holistic Nurse Certification Prep Course!**

Sunday, August 30 – September 1, 2015

8:30 AM – 5:30 PM

MAHEC, Asheville, NC

For more information and to register visit

[www.internationalintegrativehealthinstitute.com](http://www.internationalintegrativehealthinstitute.com)

### Audience

Nurses, physicians, advanced practitioners, allied health professionals, and any others interested in experiencing integrative, holistic care.

### Objectives

*Upon completion of this program, the participants should be able to:*

- Discuss the utility of integrative therapies in the management of acute or chronic pain
- Identify types of integrative therapies and discuss its appropriate application
- Recognize evidence-based best practices for implementing integrative modalities into care plans
- Demonstrate stretches, poses, postures, and breathing techniques used to aid in pain suppression
- Discuss the role integrative health plays in addressing pain around the world

### KEYNOTE SPEAKER



### LOURDES LORENZ

**DHA-ABD, MSN-IH, RN, AHN-BC, NEA-BC**

Founder and CEO, International Integrative Health Institute  
Board certified Advanced Holistic Nurse  
Board certified Advanced Nurse Executive  
Healing Touch apprentice  
President-Elect of the American Holistic Nurses Association

# Agenda

## Friday, August 28, 2015

7:45 AM – 8:30 AM	Registration Check-In, Exhibits, and Light Breakfast		
8:30 AM – 8:40 AM	Welcome and Announcements		
8:40 AM – 9:20 AM <b>PLENARY</b>	<b>Integrative Health: A Holistic Approach to Caring for Patients with Pain</b> Lourdes Lorenz, DHA-abd, MSN-IH, RN, AHN-BC, NEA-BC President Elect; American Holistic Nurses Association		
9:20 AM - 9:30 AM	Exhibits and Break		
<b>CONCURRENT 1</b> 9:30 AM – 10:30 AM	<b>Acupuncture for the Treatment and Management of Pain</b> Joshua Herr, MS, L.Ac.	<b>Biofeedback: Helping the Brain Rewire Away from Pain</b> Mary Ammerman, Psy.D., BCN	<b>The Role of Massage Therapy in Treating Wrist Pain</b> Marek Sawicki, BA. CAyu. LMBT,RYT
10:30 AM - 10:45 AM	Exhibits and Break		
<b>CONCURRENT 2</b> 10:45 AM – 12:00 PM	<b>Mindful Meditation for Coping with Pain</b> Scott MacGregor, MS, LPCA, LCAS-A, CFLE	10:45 AM – 12:15 PM <b>Evidence-Based Yoga for Pain Conditions</b> Kristine Kaoverii Weber, MA, eRYT500	
12:00 PM - 1:15 PM	Exhibits and Lunch		
<b>CONCURRENT 3</b> 12:45 PM – 2:15 PM	<b>Integrating the Alexander Technique in Medical Rehabilitation for People with Back Pain</b> Idelle Packer, MS, PT, CTAT, M.AmSAT	1:15 PM – 2:15 PM <b>When Pain Strikes: Herbs and Supplements in Your Tool Box</b> Marilyn Haas-Haseman, PhD, ANP-BC	
2:15 PM - 2:30 PM	Exhibits and Break		
<b>CONCURRENT 4</b> 2:30 PM - 3:30 PM	<b>5Rhythms® as a Movement Practice for Patients with Pain</b> Barbara Marlowe, LCSW; Certified 5R® Teacher	<b>Dietary Modification to Decrease Inflammation</b> Marilyn Haas-Haseman, PhD, ANP-BC	
3:30 PM - 3:45 PM	Exhibits and Break		
3:45 PM - 4:45 PM <b>PLENARY</b>	<b>Caring for the Caregiver: Working or Living with Someone Experiencing Chronic Pain</b> Leisa Easom, PhD, RN		
4:45 PM	Adjourn		

## Saturday, August 29, 2015

7:00 AM - 8:30 AM	Registration Check-In, Exhibits, and Light Breakfast		
<b>MOVEMENT SESSION (OPTIONAL)</b> 7:15 AM - 8:15 AM	<b>Morning Taiji (Tai Chi) and Qigong (Chi Kung) Exercises, A Chinese Toolbox for Encouraging Wellness</b> Matt Kabat		
8:15 AM - 8:30 AM	Registration Check-In, Exhibits, and Light Breakfast		
<b>CONCURRENT 1</b> 8:30 AM - 9:30 AM	<b>Aromatherapy Therapies for Clinical Practice</b> Lourdes Lorenz, DHA-abd, MSN-IH	<b>Myofascial Pain Reduction through Manual Therapy, a Chiropractor's Perspective</b> Brent Myers, D.C., CCSP	<b>Guided Imagery: Principles and Practice</b> Gregory Lathrop, RN, HN-BC, HTPa
9:30 AM - 9:40 AM	Exhibits and Break		
<b>CONCURRENT 2</b> 9:40 AM - 10:40 AM	<b>Using Music in the Clinical Setting for Relieving Pain Syndromes</b> Bruce Ladd, MS, L.Ac.	<b>Benefits of the Qigong (Chi Kung) Curriculum for Pain Reduction</b> Matt Kabat	<b>Hypnotherapy for Pain</b> Robert Luka, RN, CHt,CDE, IC
10:40 AM - 10:50 AM	Exhibits and Break		
<b>PLENARY</b> 10:50 AM - 12:00 PM	<b>Incorporating IH Therapies into Practice</b> Lourdes Lorenz, DHA-abd, MSN-IH, RN, AHN-BC, NEA-BC		
12:00 PM	Adjourn		
12:15 PM - 1:30 PM	Optional Lunch-n-Learn Session		
<b>OPTIONAL SESSION (ADDITIONAL FEE)</b>	<b>The Future of Nursing: Holistic Nurse Coaching</b> Lourdes Lorenz, DHA-abd, MSN-IH, RN, AHN-BC, NEA-BC		

## Credit

### Continuing Medical Education (CME) Credit:

The Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society to provide continuing medical education (CME) for physicians.

MAHEC designates this live activity, Practical Applications in Integrative Health, for a maximum of 11.0 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: The Mountain Area Health Education Center adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the activity.

### CNE:

The Mountain Area Health Education Center's Department of Nursing Education is an Approved Provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Up to 7.0 CNE contact hours on Friday

Up to 4.1 contact hours on Saturday.

Optional Lunch-n-Learn Session: 0.75 contact hour

Participants must attend entire day to receive credit for that day. No partial credit is given for this activity. MAHEC adheres to the ANCC/ACCME Standards regarding industry support to continuing nursing education. Disclosure of presenters, planners, and commercial support relationships, if any, will be made known at the time of the activity. Total credit earned will be determined based on the concurrents you attend.

### Continuing Education Units (CEU):

This live activity will offer a maximum of 1.1 CEUs (0.7 CEUs on Friday and 0.4 CEUs on Saturday).

Optional Lunch-n-Learn Session: 0.1 CEU

### NCBPTE

MAHEC, as part of the NC AHEC system, is a NCBPTE-approved provider of continuing competence for activities directly related to physical therapy. NCBPTE contact hours will vary depending on the sessions attended; up to 6.5 NCBPTE contact hours on Day One and up to 4.0 NCBPTE contact hours on Day Two.

## Medical Course Director

Daniel Frayne, MD  
MAHEC CME Advisor

## Registration

**Early Registration deadline: August 21, 2015**

### Registration fees:

\$199 for physicians

\$159 for advanced practitioners, nurses, allied health and others

\$99 for current nursing and allied health students  
(*Master and terminal degree students do not qualify*)

\$20 Optional Lunch-n-Learn Saturday

Registration fee includes light breakfast both days and lunch on Friday.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund or full credit toward a future MAHEC program unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. Substitutes are welcome but please notify us in advance of the program. All cancellations must be made in writing (fax, mail, or email).

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Conference attire is casual. Plan to wear comfortable clothes that allow you to participate in active learning.

Please bring a yoga mat if you sign up for the yoga session, 2B.

*Directions will be included with your confirmation letter.*

### Have a question?

Registration Information: 828-257-4475

### Want to register?

Fax Registration: 828-257-4768

Online Registration: [www.mahec.net](http://www.mahec.net)

Mail: MAHEC Registration  
121 Hendersonville Rd., Asheville, NC 28803

Special Services: 828-257-4481





August 28-29, 2015

Updated contact info

Name

Credentials

Social Security # XXX-XX- (last 4 digits required)

Occupation

E-mail Address

Home Address

City State Zip

Home County

Home # Work #

Employer

Department

Employer's Address

City State Zip

Work County

Please remove my name from the MAHEC mailing list. #16ME008/46445

Vegetarian meal requested

Gluten-free fare requested

Registration Fee:

Early Registration now thru August 21, 2015

- \$199 for physicians
\$159 for advanced practitioners, nurses, allied health and others
\$99 for current nursing and allied health students
\$20 Optional Lunch-n-Learn Saturday

Fees after August 21, 2015

- \$214 for physicians
\$174 for advanced practitioners, nurses, allied health and others
\$114 for current nursing and allied health students
\$20 Optional Lunch-n-Learn Saturday

Concurrent & Optional Session Selections

Friday, Concurrent Session 1

- 1A. Acupuncture for the Treatment and Management of Pain
1B. Biofeedback: Helping the Brain Rewire Away from Pain
1C. The Role of Massage Therapy in Treating Wrist Pain

Friday, Concurrent Session 2

- 2A. Mindful Meditation for Coping with Pain
2B. Evidence-based Yoga for Pain Conditions

Friday, Concurrent Session 3

- 3A. Integrating the Alexander Technique in Medical Rehabilitation for People with Back Pain
3B. When Pain Strikes: Herbs and Supplements

Friday, Concurrent Session 4

- 4A. 5Rhythms as a Movement Practice for Patients with Pain
4B. Dietary Modifications to Decrease Inflammation

Saturday morning Taiji and Qigong

Saturday, Concurrent Session 1

- 1A. Aromatherapy Therapies in Clinical Practice
1B. Myofascial Pain Reduction through Manual Therapy
1C. Guided Imagery: Principles and Practice

Saturday, Concurrent Session 2

- 2A. Using Music in the Clinical Setting for Relieving Pain Syndromes
2B. Benefits of Qigong Curriculum for Pain Reduction
2C. Hypnotherapy for Pain

Saturday Lunch-n-Learn (additional fee)
The Future of Nursing: Holistic Nurse Coaching

Payment:

- Check is enclosed
Credit card info provided

Charge my: Visa Mastercard
Discover Card American Express

Account #

Exp / Code on back of card

Name on Card

Signature

Make check payable to MAHEC and send to:
MAHEC Registration
121 Hendersonville Rd.
Asheville, NC 28803 Fax to: 828-257-4768