

INTEGRATIVE MENTAL HEALTH STRATEGIES

MARCH 28, 2024



JOIN US FOR

*The Next Generation of
Wellness Interventions*

VIA LIVE WEBINAR

JOIN US FOR THIS LIVESTREAM EVENT!

Location	Live Webinar (<i>Webex platform</i>)
Date	Thursday, March 28, 2024
Check-in	8:30 am–9:00 am
Program	9:00 am–4:00 pm

[REGISTER ONLINE](#)

OBJECTIVES

Upon completion, participants will be able to:

- Explain how the nervous system drives emotional regulation and list specific interventions for building the vagal resilience required for effective emotional regulation
- Describe at least three ways in which Subtle Yoga® provides a foundation for improving mental health outcomes across all four quadrants of healthcare—treatment, prevention, aftercare, and health promotion
- Describe the evidence for using HRVB and outline protocols for integration into clinical practice
- Identify the need for specialized psychological testing and refer clients as needed to diagnose and/or optimize therapeutic outcomes
- Define 3 ways that nutrition contributes to, or ameliorates, depression, anxiety, and Insomnia Type 2
- Explain why functionally-based pain management practices provide an essential component of comprehensive chronic pain management approaches

DESCRIPTION

Join us for the 2nd annual, “Integrative Mental Health Strategies: The Next Generation of Wellness Interventions.”

While this event is designed for mental health practitioners of all types and specialties, offering a wide variety of mental health continuing education credits, it is open to anyone and everyone interested in enhancing mental health and overall wellness. In our fast-paced, highly-specialized society, where elements of mental and physical health have been increasingly treated as separate components of a functional machine, this conference strives to connect systems, honoring the fact that all dimensions of mental and physical well being are inextricably intertwined. This annual conference offers practical strategies that may be immediately applied in practice to remove blocks to wellness, align all aspects of the human body/mind complex, and pave a path to living a vital, healthy life. It features evidence-based modalities drawn from the cutting edge of scientific research, while also honoring ancient technologies which have proved over time to be highly effective and efficient in restoring optimal function. Our goal is to educate, increase awareness of options that enhance mental health, and delineate specialties in a manner that allows practitioners to seamlessly refer clients (or themselves) for the best care possible. Join us for a day of innovative mental health modalities, designed to deeply enhance the health and mental wellness of individuals and their communities.

MAHEC

PART OF NC AHEC

INTEGRATIVE MENTAL HEALTH STRATEGIES:

The Next Generation of Wellness Interventions

CONFERENCE AGENDA

9:00–10:00 Emotional Regulation Through a Polyvagal-Informed Lens — Debra Premashakti Alvis, PhD, MMT, C-IAYT

Emotional regulation is a cornerstone for healthy self and relational functioning. Polyvagal theory offers insights into the way that our autonomic nervous system mediates social engagement, trust, and intimacy. Concepts from the theory along with Polyvagal-informed applications, can support therapists and clients in managing their emotional regulation. This experiential seminar provides an overview of how the nervous system drives emotional regulation and provides specific interventions for building the vagal resilience required for effective emotional regulation.

10:00–11:00 Whole Person Health: The Role of Subtle Yoga in Treatment, Prevention, Aftercare and Health Promotion — Kristine Kaoverii Weber, MA, c-IAYT, eRYT500 & Brett Sculthorp, LCSW, LCAS, CPS

This unique cutting-edge session offers an overview of how a yoga-based integrative model of mental health may be applied to dramatically enhance health and well being. The pandemic, and the corresponding increased need for mental health services, has generated greater discussion around the future of mental health. The growing demand for more efficient and effective services had also led to a deep inquiry into consciousness and the nature of mind.

11:15–12:15 Integrating HRV Biofeedback (HRVB) into Clinical Practice — Richard Gevirtz, PhD, BCB

Mechanisms for HRV Biofeedback, based on current scientific evidence, are reviewed and presented as a key method for transforming mental health practice. Protocols that may immediately be put into practice will be presented for using HRVB in the treatment of disorders such as anxiety and depression and for stress related disorders (IBS, Headache, etc.).

12:45–1:45 Psychological Testing as a Diagnostic Guide: Move Your Integrative Practice to the Next Level and Produce Excellent Outcomes — Jack Ginsberg, PhD

Psychological testing can help provide clarification, setting clients on the right track to receive the best possible care, resulting in a better experience for both clients and practitioners. Join Dr. JP Ginsberg to discover some of the most revealing psychological tests that may assist clinicians with differential diagnosis and in determining the best course of action for clients requesting help. Topics include psychometric diagnostic classification, specialized evaluations, Measurement Based Care, and tips to living within the current billing environment.

1:45–2:45 An Introduction to Nutrition for Mental Health and Nutritional Psychology — Leslie Korn, LMHC, PhD

This fascinating session provides an introduction to the field of nutrition for mental health and nutritional psychology, where you will learn the basics of enhancing mood, endurance and focus using nutritional and culinary methods, while enhancing self-care. You'll also learn how to introduce these methods to your clients to improve their self-care strategies and to provide the missing link to mental health today.

3:00–4:00 Integrative Pain Management — Peter Behel, MA

Chronic pain is a widespread phenomenon that the CDC estimates affects 50 million adults. In recent times, the escalating fatalities associated with the long term use of narcotics has prompted the FDA to require opioid pain medications to provide additional guidance for their safe use, including advising that opioids not be used for extended periods unless alternative treatment options are first considered. Because of the principle role that the autonomic nervous system plays in modulating pain signal transmission, moderating chronic pain can be achieved by down-regulating autonomic nervous system activity, with none of the potentially toxic, long-term side effects.

CONFERENCE FACULTY



Debra Premashakti Alvis, PhD, MMT, C-IAYT, is a licensed psychologist and a seasoned international presenter. She has decades of experience in helping clients and clinicians strengthen their emotional regulation through creating nervous system resilience. Dr. Alvis fosters this resilience through a Polyvagal-informed approach integrating mindfulness, gentle movement, and somatic approaches.

Debra's training includes mindfulness meditation teacher certification developed by Tara Brach and Jack Kornfield and over 1,000 hours of yoga teacher training. A thirty-five-year, personal contemplative practice provides an additional foundation for her work. As a consultant, presenter, and private practitioner she is known for her gentle, compassionate, and focused demeanor.



Peter Behel, MA, is an Adjunct Professor at Sonoma State University where he currently instructs a course in Biofeedback and Autonomic Regulation. He is a senior fellow of the Biofeedback Certification International Association and currently serves as a provider for Kaiser Permanente, where he specializes in addressing stress-related health concerns. Beginning in 1987 Peter began specializing in treating chronic pain sufferers as a member of Mt. Diablo Hospital Medical Center's multidisciplinary chronic pain program. His work has been profiled in the former New York Times #1 bestseller, *8 Weeks to Optimum Health* by Andrew Weil, M.D. He is the author of several articles on applied autonomic regulation and continues to present on chronic pain, most recently at the Association of Applied Psychophysiology and Biofeedback's Annual Convention, and the American

Congress of Rehabilitation Medicine's Aural Conference in 2022.



Richard Gevirtz PhD, BCB, is a Distinguished Professor of Psychology at the California School of Professional Psychology at Alliant International University in San Diego. He has been involved in research and clinical work in applied psychophysiology and biofeedback for the last 30 years and was the president of the Association for Applied Psychophysiology and Biofeedback, 2006-2007.

His primary research interests are in understanding the physiological and psychological mediators involved in disorders such as anxiety, chronic muscle pain, fibromyalgia, and gastrointestinal pain. In this vein, he has studied applications of heart rate variability biofeedback for anxiety, pain, gastrointestinal, cardiac rehabilitation, and other disorders. He is the author of many journal

articles and chapters on these topics.



Jack Ginsberg, PhD, has advocated for Autonomic Self-Regulation as a self-empowering mind-body practice for over 20 years. He is currently adjunct faculty at Saybrook University and Research Associate Professor at the University of South Carolina School of Medicine. Dr. Ginsberg has been a PI, Co-PI or Co-I on research grants from the DoD, VA, and NIH studying heart rate variability (HRV) and HRV biofeedback ongoing collaboration with researchers at Duke School of Medicine. Dr. Ginsberg has authored or co-authored more than 70 reviewed scientific journal articles and book chapters, been a scientist reviewer of research grant proposals for NIH, VA, and DoD and edited or reviewed dozens of published scientific articles. He has given presentations on HRV and HRVB at scientific meetings, academic seminars, and webinars. Currently he is a Mentor

for a NIOSH-K grant application by a University of Southern California post-doctoral fellow to study worker burnout using physiological ambulatory monitors.



Leslie Korn, LMHC, PhD, is a licensed psychotherapist, national board certified in clinical supervision, certified in Functional Nutrition, and board certified in Polarity therapy, Bodywork, and Massage therapy. She has a private practice working with clients to improve mental health and reduce or eliminate medications using natural medicines. She developed the Brainbow Blueprint®, an individualized integrative approach based on decades of clinical experience and research. Dr. Korn pioneered somatic therapies for the treatment of mental illness at Harvard Medical School as a clinical fellow and instructor. She directs the Leslie Korn Institute of Integrative Medicine. She is the founding director of the Center for Traditional Medicine and director of research and education at the Center for World Indigenous Studies, a nonprofit advancing the rights of

indigenous peoples worldwide. Dr. Korn has a PhD in Behavioral Medicine from the Union Institute and University, an MPH from Harvard School of Public Health, and an MA in cross-cultural health psychology from Lesley University.



Brett Sculthorp, LCSW, LCAS, CPS, is a Licensed Clinical Social Worker (LCSW), a Licensed Clinical Addiction Specialist (LCAS) and a Certified Prevention Specialist (CPS). He works with individuals, couples, and groups. His clinical focus is trauma, and he utilizes the therapeutic modalities of Brainspotting, ego state work, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy, Trauma Release Exercises, Sensorimotor Psychotherapy, and physical, psychological, and spiritual practices of the yoga tradition. His prevention work focused on community building including educating about the social determinants of health, integrative futures studies, and other strategic planning methodologies, local economics, and social entrepreneurship principles. Brett's writing has been featured in *Yoga Therapy in Practice*. He has been practicing yoga for over 35 years.



Kristine Kaoverii Weber, MA, c-IAYT, eRYT500, has been an avid student of yoga since 1989, teaching yoga since 1995, and training yoga teachers since 2003. She is the director of the Subtle® Yoga Teacher Training for Behavioral Health Professionals program at the University of North Carolina Health Sciences at MAHEC in Asheville and the yoga therapy representative of the Integrative Health Policy Consortium where she advocates for the integration of yoga into the healthcare system. She is also a member of the Yoga Advisory Committee of the Alzheimer's Prevention and Research Association. Kristine presents workshops and trainings internationally and is frequently invited to present at health care and mental health conferences. She is the author of *Healing Self Massage* and has published numerous articles. Her work has been featured

in *Forbes*, *The Wall Street Journal*, *Yoga Therapy Today*, *YogaU*, *Redbook*, *BodySense*, *Women's World*, *Natural Health*, and *Lifetime TV*. Find out more at www.subtleyoga.com.

CREDIT OFFERINGS



NAADAC: This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445.

MAHEC is responsible for all aspects of their programming. Approved for **6.0** hours.



NBCC: MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is

solely responsible for all aspects of their programs. Approved for **6.0** hours.

Psychologists: MAHEC is recognized by the NC Psychology Board as an approved Provider of Category A Continuing Education for NC Licensed Psychologists. Approved for **6.0** hours Category A.

CEUs: MAHEC designates this entire continuing education activity as meeting the criteria for **0.6** CEUs as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this continuing education activity as meeting the criteria for **6.0** contact hours.

REGISTRATION

Early registration deadline: March 21, 2024

Program fees include administrative costs and educational materials. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00. MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds/credits given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

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REGISTER

REGISTRATION FORM

Updated contact information Event #72144

Name _____

Credentials _____

Occupation _____

Email Address _____

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove me from the MAHEC mailing list

Home Address _____

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Home # _____ Work # _____

Employer _____

Department _____

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MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

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Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768

General Registration Fee

\$169.00 \$184.00 if paying after 3/21/2024

Group Registration Fee (*five or more from the same agency; must register and pay at the same time*)

\$149.00 \$164.00 if paying after 3/21/2024

Peer Support Specialist Registration Fee

\$89.00 \$104.00 if paying after 3/21/2024

RN Refresher Registration Fee

\$89.00 \$104.00 if paying after 3/21/2024

Qualified Professional Registration Fee

\$89.00 \$104.00 if paying after 3/21/2024

MAHEC Employee Registration Fee

\$89.00 \$104.00 if paying after 3/21/2024

Discount code: _____

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

CHECK IS ENCLOSED

PAYING WITH CARD

Visa MasterCard Discover Card AmEx

Account # _____

Expiration Month/Year _____ / _____

Verification Code _____ (3 or 4-digit number)

Name on Card _____

Signature _____

HAVE A QUESTION?



Special Services

828-771-3490

Program Planner

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