

INTEGRATIVE MENTAL HEALTH STRATEGIES

FEBRUARY 17, 2023



JOIN US FOR

*The Next Generation of
Wellness Interventions*

VIA LIVE WEBINAR

JOIN US FOR THIS LIVESTREAM EVENT!

Location Live Webinar (*Webex platform*)

Date Friday, February 17, 2023

Check-in 9:30 am–10:00 am

Program 10:00 am–4:15 pm

[REGISTER](#)

DESCRIPTION

Join us for the groundbreaking inaugural conference, “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 cognition. All are welcome to join us for a day of innovative mental health modalities, designed to enhance the health and mental wellness of our communities!

Due to the construction of a large parking deck at MAHEC, this initial event will be held on a livestream platform. We are setting the stage to expand this conference with on-site attendance in 2024.

AUDIENCE

Mental health professionals including psychologists, substance use counselors, clinical social workers, licensed counselors, marriage and family therapists, school counselors, and others in the general population who are interested in this topic.

OBJECTIVES

Upon completion, participants will be able to:

- Describe the impact of environmental toxins on mental health and identify signs that medical referral may be judicious, rather than simply treating psychological symptoms
- List at least three common causes and telltale signs of nutritional deficiency capable of producing psychiatric symptoms and explain when lifestyle changes and referral to appropriate healthcare providers are necessary to reverse vitamin and mineral deficiencies
- Describe instrumentation used to measure heart rate variability (HRV) and explain patterns of HRV associated with normal healthy vs. disease states, as well as ideal parameters for optimal performance
- Explain the impact that an unhealthy gut can have as a causative factor in mental health issues and articulate why many clients, in spite of taking medications and supplements, are not showing improvement in their symptoms related to mental health issues
- Explain why TMS technology ranks at the frontier of interventional psychiatry and describe parameters for its use in the effective treatment of Major Depressive Disorder (MDD), Obsessive Compulsive Disorder (OCD), and potentially in other common mental illnesses



INTEGRATIVE MENTAL HEALTH STRATEGIES: *The Next Generation of Wellness Interventions*

CONFERENCE AGENDA

9:30–10:00 Registration/Check-in

10:00–11:00 **It's Environ-Mental: What Pollution Is Doing to Our Brains — Jenny Goodman, MD**

Mental ill-health has many causes; it's multifactorial. However, one important, often-ignored underlying cause is environmental pollution. The earth is becoming increasingly saturated with heavy metals, pesticides, plasticisers, and other chemicals which make their way into our bodies and our brains, where they do all types of damage. Our current epidemics of autism, Alzheimer's disease, and other conditions may be largely explained by environmental toxicity, as they were vanishingly rare before the industrial revolution. There is plenty we can do about it, and Dr. Goodman shares strategies for prevention, detoxification, and care.

11:00–12:00 **Nutritional Depletion and the Impact on Mental Health — Allan Redash, MD**

Many of our clients take medications and expect the desired outcome to automatically happen. What they do not realize is that, for metabolic processes to occur (or breakdown of the medication into active components), multiple vitamins and minerals are necessary. Food sensitivity and chronic stress also play a role. The end result is often a depletion of vitamins and minerals, which may result in additional symptomatology or a misdiagnosis. As a mental health clinician partnering with prescribers, this information is vital in order to provide the best collaborative care possible.

12:00–1:00 Break for Lunch

1:00–2:00 **Transcranial Magnetic Stimulation (TMS): Treatment for Major Depressive Disorder (MDD), Obsessive Compulsive Disorder (OCD), and Future Applications — Dr. Dara Fezelnia, DO, and Tara Shields**

Transcranial Magnetic Stimulation (TMS) is a highly effective modality for the treatment of Major Depressive Disorder (MDD). Learn about this exciting technology at the frontier of interventional psychiatry and how it can treat depression, Obsessive Compulsive Disorder (OCD), and possibly much more! After this session, you will feel more confident identifying good candidates for TMS and connecting them to a treatment provider.

2:00–3:00 **HRV as a Common Pathway of Behavioral Disorder, Sensitized Pain, Chronic Illness, and Elite Performance — JP "Jack" Ginsberg, PhD**

Heart rate variability (HRV) is a validated index of autonomic function that can differentiate between states of health, behavioral disorder, and chronic illness. HRV is also a marker of readiness for peak performance. This session will present the basic science of HRV in terms of its measurement and its physiological significance.

3:00–3:15 Break

3:15–4:15 **Improving the Gut-Brain Connection — Allan Redash, MD**

It is well-established that there is a very strong relationship between the gastrointestinal (GI) tract and the human brain. An unhealthy gut is undoubtedly the origin of many mental health issues. Join Dr. Redash to learn how balancing the microbiome may positively influence cognition, ameliorate some symptoms often attributed to mental illnesses, optimize other common interventions due to improved absorption of nutrients and medications, and even reverse some conditions!

4:15 Adjourn

CONFERENCE FACULTY



Dara Fazelnia, MD, is a second year psychiatry resident at Mountain Area Health Education Center (MAHEC). She received her Bachelor of Science in Human Biology from NC State University and completed medical school at Campbell University School of Osteopathic Medicine. She has an interest in interventional psychiatry and neuromodulation that was sparked by seeing dramatic transformations in the TMS clinic at MAHEC. In her free time, she enjoys cooking, playing board games, and listening to podcasts.



JP "Jack" Ginsberg, PhD, earned a BS in Biology cum laude from Yale University, an MA in Anthropology from Brandeis University and in Psychology from Boston College, and a PhD in Clinical Neuropsychology from the University of Memphis (TN). Presently, he is a Licensed Clinical Psychologist Neuropsychologist in South Carolina after retiring from the Columbia (SC) VA hospital in 2019. He is currently adjunct faculty at Saybrook University (departments of Applied Psychophysiology, Clinical Psychology, and Research) 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 in patients with either chronic pain or PTSD. Currently, he is collaborating with researchers at Virginia Commonwealth University School of Medicine, Duke University School of Medicine, and University of South Carolina School of Medicine on grant proposals under review by NIH and DoD to study HRV and heart rate variability biofeedback (HRVB). Dr. Ginsberg has advocated for integrative management of chronic pain and PTSD using Autonomic Self-Regulation as a self-empowering, mind-body treatment for the past 15 or more years. He authored or co-authored more than 70 peer-reviewed scientific publications, chapters, and abstracts; served as a scientist reviewer of research grant proposals for NIH, VA, and DoD; and edited or reviewed numerous published scientific articles. In addition, Dr. Ginsberg has given invited presentations on HRV and HRVB at scientific meetings, academic seminars, and webinars. He was program Co-Chair of the Association for Applied Psychophysiology and Biofeedback (AAPB) Special 50th Anniversary Annual Scientific meeting in Denver, CO. His most recent service activities are Board Member of the Heart Rate Variability Institute and Chair of the American Congress of Rehabilitation Medicine Task Force on Biofeedback in Rehabilitation Medicine.



Jenny Goodman, MD, is a medical doctor, broadcaster, and lecturer. She qualified at Leeds University Medical School in 1982 and worked as a junior doctor in General Medicine, Surgery, and A&E. Profoundly disillusioned with conventional medicine's inability to actually heal sick people, and its failure to inquire about the causes of illness or to do preventive healthcare, she left. She then lectured extensively, both on medical sciences to practitioners of alternative medicine and on topics such as women's health and the politics of health, to the general public in adult education classes. She also obtained a Master's degree in psychotherapy and counseling, and worked as a therapist at the Hammersmith Hospital, thinking her days as a medic were finally over. However, in the 1990s, she was lucky enough to discover what is now the British Society for Ecological Medicine—a group of doctors and other practitioners who practice nutritional and environmental medicine (it was then called the BSAENM, British Society for Allergy, Environmental, and Nutritional Medicine). They were asking the same questions that had gone unanswered for her throughout medical school. And they were finding answers, helping their patients to dramatically better health through changes in diet, nutrition, and detoxification. Dr. Goodman trained with the BSEM's post-grad course and qualified in Ecological Medicine, learning in depth about the nutritional and environmental factors that affect our physical and mental health, and passing this information on to patients. She has been practicing Ecological Medicine for 20 years now, with a special interest in fertility, pre-conception care, and working with children. For 10 years, she ran a case discussion group where medical and naturopathic/nutritional practitioners shared knowledge and clinical experience. She is the author of *Staying Alive in Toxic Times: A Seasonal Guide to Lifelong Health*, published in January 2020 by the Yellow Kite imprint of Hodder & Stoughton.



Allan Redash, MD, is a board-certified Ob/Gyn who focuses is on being proactive, preventing the onset of all chronic degenerative diseases, and promoting optimal mental health. Dr. Redash, a bilingual physician, attended undergraduate studies at St. John's University in New York and completed his medical education at Universidad Autonoma de Guadalajara in Guadalajara, Mexico. Dr. Redash completed an internship through The Fifth Pathway Program at New York Medical College, Valhalla, NY. He began his residency program at The Brooklyn-Caledonian Hospital Center and completed it at the New York Methodist Hospital, both of these located in Brooklyn, NY. In his last year of residency, he was awarded "Outstanding Resident of the Year" and also held the title of

Chief Resident. He has served in the preceptorship program at Vanderbilt University in Nashville, TN, in the School of Nursing and in a preceptorship program at Aquinas College, also in Nashville, TN. At Osher Lifelong Learning Institute, he taught a course on Integrative Medicine. Dr. Redash is an active member of the American Academy of Anti-Aging, Metabolic, and Functional Medicine. He has trained residents in community and teaching hospitals. Actively involved in the community, Dr. Redash and his wife, Teri Redash, RN, regularly speak on topics related to health and wellness.



Tara Shields, is the TMS coordinator and brain stimulation technician at Mountain Area Health Education Center (MAHEC). She feels honored to guide patients through their TMS journey and see the transformation that comes with treating depression and other neuropsychiatric conditions with non-invasive brain stimulation techniques like TMS. She received a BS in Physics and Psychology from Furman University and has worked in a variety of mental health settings since 2007. In 2019, she helped to start a TMS practice in Asheville and later came to MAHEC to help develop a brain stimulation program with the commitment to the community and mission to serve all people regardless of ability to pay. Outside of work, she enjoys living in Asheville with her husband and two sons. You may find her on the volleyball courts, teaching a yoga class, or out dancing to live music.

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 **5.0** 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 **5.0** 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 **5.0** hours Category A.

CEUs: MAHEC designates this entire continuing education activity as meeting the criteria for **0.5** 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 **5.0** contact hours.

REGISTRATION

Early registration deadline: February 3, 2023

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 #69604

Name _____

Credentials _____

PIN # _____ (4 digits of your choosing that you will use each time you register)

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 _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

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.

General Registration Fee

\$159.00 \$174.00 if paying after 2/3/2023

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

\$139.00 \$154.00 if paying after 2/3/2023

Peer Support Specialist Registration Fee

\$79.00 \$94.00 if paying after 2/3/2023

RN Refresher Registration Fee

\$79.00 \$94.00 if paying after 2/3/2023

Qualified Professional Registration Fee

\$79.00 \$94.00 if paying after 2/3/2023

MAHEC Employee Registration Fee

\$79.00 \$94.00 if paying after 2/3/2023

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?



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