

**EVENT/CONFERENCE: Open to the Public**

**Mind-Body Approaches to Treatment  
and Wellness: The Wave of the Future**

**JUNE 15 & 16, 2012**

**8:30am to 4:30pm**

**Benedictine Hospital Auditorium**

**105 Mary's Avenue**

**Kingston, NY**

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**PRESS  
RELEASE**

The Hudson Valley Psychological Association (HVPA) has teamed up with the Oncology Support Program of Benedictine Hospital in Kingston, member of the Health Alliance of the Hudson Valley, to organize and host a June conference focusing on mind-body approaches to healing and wellness.

Designed for curious mental health professionals, students, veterans and the general public, ***Mind-Body Approaches to Treatment and Wellness: The Wave of the Future***, will be held in the Benedictine Hospital Auditorium on June 15<sup>th</sup> and 16<sup>th</sup>. The conference brings together the latest in emerging mind-body approaches to reducing stress, enhancing quality of life and treating or improving physical and emotional health issues.

What is the mind body connection? Mind-body specialist Dr. James Gordon states that the mind and body are essentially inseparable: "...the brain and peripheral nervous system, the endocrine and immune systems, and indeed, all the organs of our body and all the emotional responses we have, share a common chemical language and are constantly communicating with one another." Mind-body therapies and practices include behavioral, cognitive, social, expressive, and spiritual techniques.

Experts from diverse backgrounds will showcase meditation, movement, guided imagery, clinical hypnosis, Bioenergetic Analysis, and emergent

mind-body psychotherapies including Somatic Experiencing (SE), Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Technique (EFT) and Advanced Integrative Therapy (AIT). The main conference objective is to build community level and cross-disciplinary appreciation for the richness and potential of methods available for healing and human development in the Hudson Valley. Each conference day concludes with a Faculty Q&A on Integrating Mind Body Approaches into Treatment and Daily Practice.

Mental Health professionals who will be presenting at this conference:

Dr. Ron Robbins, Dr. Patricia Gerbarg, Dr. Richard Brown,  
Dr. David Sherwood, Dr. Charles Burbridge, Dr. Glenn Soberman,  
Cindy Dern, LCSW-R, Jeff Schneider, LCSW, and Stephanie Speer, MA.

Friday Special Guest Panelist: Frederic Lowen, son of Alexander Lowen  
who founded Bioenergetic Analysis.

Partial proceeds from the event will support the Oncology Support Program's Chesed Fund which provides assistance to cancer patients with financial needs.

For details and registration for this conference you can go to:

<http://hvpamindbodyconference.eventbrite.com/>

Additional questions should be directed to conference coordinator  
Glenn Soberman, Ph.D. at [glennsoberman@gmail.com](mailto:glennsoberman@gmail.com) or 845-255-2443.