



HUDSON VALLEY PSYCHOLOGICAL ASSOCIATION
www.hvpa.org

Cultivating Psychologically Healthy Communities

~ And ~



Present:

MIND-BODY APPROACHES TO TREATMENT and WELLNESS:
The Wave of the Future
June 15 & 16, 2012

C O N F E R E N C E S C H E D U L E

Friday _____ **June 15, 2012**

8:00 – 8:30 am	Registration
8:30 – 9:55 am	Moving from Pathology to Wholeness: Following the Body's Course Ron Robbins, PhD (Keynote Presentation)
9:55 – 10:15 am	Break
10:15 – 11:40 am	The Role of EMDR in Addressing Psychogenic Illness David W. Sherwood, PhD
11:40 – 12:40 pm	Lunch
12:40 – 2:05 pm	Using Clinical Hypnosis in the Treatment of Irritable Bowel Syndrome Charles E. Burbridge, PhD, ABPH
2:05 – 2:25 pm	Break
2:25 – 3:50 pm	Release Stress and Painful Emotions and Enhance Happiness and Wellness Utilizing the Emotional Freedom Techniques (EFT) Jeff Schneider, LCSW
3:50 – 4:30 pm	Faculty – Q & A – Integrating Mind Body Approaches into Treatment and Daily Practice Special Guest Panelist: Frederic Lowen



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CONFERENCE SCHEDULE

Saturday _____ **June 16, 2012**

8:30 – 9:00 am	Registration
9:00 – 9:30 am	Mindfulness Meditation Stephanie Speer, MA
9:30 – 10:30 am	Breath-Body-Mind Techniques for Relief of Stress, Anxiety, PTSD, and Trauma following Mass Disasters Patricia Gerbarg, MD and Richard Brown, MD
10:30 – 10:50 am	Break
10:50 – 11:00 pm	Gerbarg and Brown Q & A Integrating Mind Body Approaches Into Treatment and Daily Practice
11:00 – 11:45 pm	Experiential Practice of Breath-Body-Mind Techniques Patricia Gerbarg, MD and Richard Brown, MD
11:45 – 12:45 pm	Lunch
12:45 – 2:10 pm	AIT Treatment for Panic Disorder Glenn Soberman, PhD
2:10 – 2:30 pm	Break
2:30 – 3:55 pm	Listening to your Body: Tuning into its Wisdom for Guidance and Vitality Cindy Dern, LCSW
3:55 – 4:20 pm	Faculty Q & A – Integrating Mind Body Approaches into Treatment and Daily Practice
4:20 – 4:30 pm	Closing Remarks by Hudson Valley Psychological Association President Rebecca Rooney, PhD