

# Day 1: Friday, October 8

11:30 AM - 7:30 PM EST

**11:30 - 12:00** Conference Welcome

**12:00 - 12:45** How Food Impacts Your Brain and Body

**Presented by:** Samantha Gilbert, Eat for Life

*Renowned nutritionist will discuss how a diet that caters to your unique biochemistry can heal your brain. She will explore the gut-brain connection, and will address facts and myths regarding gluten and dairy.*

**12:45 - 12:55** Break

**12:55 - 1:40** Living Life with E's: Practice Makes Perfect

**Presented by:** Melissa Bernstein, LifeLines & Melissa & Doug Toys

*Well-being includes developing a practice to live a meaningful and authentic life. Five key components – Energy, Equanimity, Empathy, Essence and Engagement – help you journey through life with E's!!! Melissa will introduce these E's and help you put these concepts into practice in your own life.*

**1:40 - 1:50** Break

**1:50 - 2:35** How Hormones and Metals Affect Womens' Mental Health

**Presented by:** Dr. Judy Bowman, Mensah Medical

*With testimonial from Deb Sheesley Tokarz, author of I Cu Copper*

*Far too often, women struggle with Anxiety, Depression, and other mental health challenges that often misdiagnosed and are usually the results of biochemical imbalances that are very treatable. Dr. Judy Bowman addresses such concerns, while author Deb Tokarz shares her own personal story of overcoming such challenges.*

**2:35 - 2:45** Break

**2:45 - 3:45** Small Discussion Groups

**3:45 - 4:00** Break

**4:00 - 5:00** Panel Discussion: Supporting Mental Health with Technology

**Panelists:** Sheila Allen (Pediatric Therapeutics), Alex Doman (Neurotechnology), Dr.

Jamie Juarez (I Can Type), Wynford Dore (Zing Performance)

**Moderated by:** Dr. Albert Mensah, Mensah Medical

*Seemingly every day, new breakthroughs in technology help us better navigate both mental and physical health challenges. In this panel, hear from several innovators whose technology breakthroughs are helping thousands of individuals overcome their challenges.*

# Day 1: Friday, October 8

11:30 AM - 7:30 PM EST

5:00 - 5:15 Break

5:15 - 6:00 **Panel Discussion: Supporting Youth (and Their Families) Facing Mental Health Struggles**  
**Panelists:** Dr. Phyllis Heffner (Psychiatrist), Dr. Patricia Perez (The Chicago School of Professional Psychology)

**Moderated by:** DJ Wells, Mensah Research Institute

*The mental health challenges faced by young people are usually quite complex, and require a comprehensive, integrative approach for successful treatment. Drs. Heffner and Perez will discuss such integrative approaches, including the need to support family members in their own efforts to support their loved ones.*

6:00 - 6:15 Break

6:15 - 7:00 **Concurrent Breakout Sessions**

**1. Not So Strange Bedfellows: Faith and Mental Health**

**Presented by:** Dr. Michael Stevens, Clinical Psychologist

*What role can/does religion and spirituality play in addressing the mental health needs of people? Dr. Stevens explores what can be complex conversations about the role of faith in promoting mental well-being.*

**2. Integrative Psychiatry**

**Presented by:** Dr. Lila Massoumi (Integrative Psychiatrist) and Dr. Albert Mensah (Mensah Medical)

*Join Dr. Mensah and Dr. Massoumi in this interactive conversation about what Integrative Psychiatry is and how it works to support patients.*

**3. New Innovations in Stress Management: EMDR, DeTUR and More**

**Presented by:** Dr. Perry Passaro, Clinical Psychologist

*Dr. Passaro share background info on cutting edge techniques in overcoming stress and anxiety. He will guide us through a self-administered installation of Eye Movement Desensitization and Reduction (EMDR), including a modified protocol for Desensitization of Triggers and Urge Reduction (DeTUR).*

**4. How to Have Transformational Discussions About Touchy Topics**

**Presented by:** Dr. David Gruder, Human Potential Strategist

*Relationships are under massive stress because of polarized views about the state of society, politics, COVID, and more. In this presentation, Dr. Gruder provides a practical 4-step process for discussing touchy topics, so your relationships grow closer instead of more strained.*

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## 5. Healing the Invisible Wounds: Domestic Violence and Mental Health

**Presented by: Dr. DeAnza Spaulding, Domestic Violence Advocate**

*Domestic violence takes a significant mental health toll on everyone involved. The pandemic has given rise to an increase in cases and severity of domestic abuse. Dr. Spaulding discusses these disturbing trends and suggests tools and strategies for helping victims recover.*

## 6. Neurological Reasons Why Learning Struggles and Mental Health Are Linked

**Presented by: Wynford Dore, Zing Performance**

*The overlap between mental health and learning struggles is so important - yet often overlooked. Recent breakthroughs have given us great hope and helped create insightful measures for whether or not we can harness neuroplasticity to good effect and deal with the root causes of these issues.*

7:00 - 7:30

## Day One Wrap-Up

**A conversation with Platinum Sponsor Nano Soma with Dr. Richard Presser and Dr. Raghavan**

# Day 2: Saturday, October 9

10:30 AM - 6:00 PM EST

10:30 - 11:00 Day Two Welcome

11:00 - 11:45 **Bridging Integrative and Western Medicine as a Path to Deeper Healing**  
**Presented by: Dr. Robert Scheeler, Family Physician and Headache Specialist**  
*Dr. Scheeler is a former Mayo Clinic physician who is also trained and certified in functional and integrative medicine. His presentation will explore the relationship between evolving new edge medicine, precision medicine, genomics, and mind/body/spirit medicine as they relate to evolving mainstream Western Medicine.*

11:45 - 12:00 Lunch Break

12:00 - 12:45 **COVID from a Pediatric Perspective**  
**Presented by: Dr. Elizabeth Mumper, The RIMLAND Center**  
*COVID in childhood is a very different illness than COVID in a chronically ill adult. Dr. Mumper will review morbidity and mortality data, mitigation strategies, mental health impacts, pros and cons of COVID injections, and safe and effective clinical treatments for outpatients.*

12:45 - 1:00 Break

1:00 - 2:00 **Panel Discussion: Hope for Autism**  
**Panelists: Dr. Jamie Juarez (Hope for Autism), Ninka Murtison (Barefoot Autism Warriors)**  
**Moderated by: September Dohrmann, CEO Space International**  
*Hear the inspiring stories of two "Autism Warrior Moms" who refused to accept the limitations that "experts" placed on their children. Both not only changed the outlooks and outcomes for their children, but they now help other families find resources and treatments that improve Autistic children's lives.*

2:00 - 2:15 Break

2:15 - 3:00 Small Discussion Groups

3:00 - 3:10 Break

3:10 - 3:55 **Get Out of Your Own Way**  
**Presented by: Leisa Hart, Fitness Expert & Motivational Speaker**  
*Leisa's no-nonsense approach inspires others to rise above their challenges and find the success power that lies within.*

# Day 2: Saturday, October 9

10:30 AM - 6:00 PM EST

3:55 - 4:05 Break

4:05 - 5:05 **Panel Discussion: Overcoming the Mental Health Impacts of Trauma**  
**Panelists:** Dr. George Lindenfeld (Medical Psychology Center), Brad Yates (Emotional Freedom Techniques), David Grand (Brainspotting), Dr. Timothy Hayes (Clinical Psychologist)  
**Moderated by:** September Dohrmann, CEO Space International  
*Hear from four cutting edge innovators in techniques for overcoming both the immediate and the long-term impact of experiencing significant trauma.*

5:05 - 5:15 Break

5:15 - 5:35 **Living as Your Optimal Being**  
**Presented by:** Mark Hattas and Rex Montague-Bauer  
*Two of the co-founders of Journey's Dream share details of their new, comprehensive program designed to help individuals self-navigate a path to the best versions of themselves.*

5:35 - 6:00 Day Two Wrap-Up

# Day 3: Sunday, October 10

12:00 PM - 6:00 PM EST

12:00 - 12:30 Day Three Welcome

12:30 - 1:30 Nutrient-Based Psychiatry

**Presented by: Dr. William Walsh, Walsh Research Institute**

*One of the true pioneers of Orthomolecular Medicine shares his insights on the power of nutrients to impact how the brain functions and how to overcome psychiatric concerns using non-pharmaceutical nutrient treatments.*

1:30 - 1:40 Break

1:40 - 2:30 Panel Discussion: Addiction Recovery for the Body, Mind, and Spirit

**Panelists: Dr. Lyle Murphy (Alternative to Meds Center), Dan Hostetler (Above and Beyond Family Recovery Center), Susan Kuchnicki (Addiction Recovery Advocate)**

**Moderated by: Dr. Viviane Pecanha, The Chicago School of Professional Psychology**

*Addictions expert Dr. Viviane Pecanha moderates a panel of experts in addiction recovery – from those running recovery centers to those who have firsthand experience with overcoming the struggles of addiction*

2:30 - 2:40 Break

2:40 - 3:25 Small Discussion Groups

3:25 - 3:35 Break

3:35 - 4:25 Panel Discussion: Sleep Well for Mental Health

**Panelists: Dr. Nishi Bhopal (Sleep Medicine Expert), Dr. Smita Patel (iNeuro Institute), Kathryn Nicolai (“Nothing Much Happens” Host)**

**Moderated by: Breaha Wallin, Journey’s Dream**

*Research demonstrates the importance of sleep and proper rest in the maintenance of sound mental and physical health. Hear from three experts/advocates in this important, emerging, integrative field.*

4:25 - 4:35 Break

4:35 - 5:20 Concurrent Breakout Sessions

# Day 3: Sunday, October 10

12:00 PM - 6:00 PM EST

- 1. Panel Discussion: Community Programs and Centers for Mental Health, Beatrice Birch (Inner Fire), Dr. Lyle Murphy (ATMC), Dr. Matthew Samocki (THRIVE & Great Lakes Bay Region Mental Health Partnership)**  
**Moderated by: Neisha Becton, Pathways to Recovery**  
*Some of the best resources for healing and mental health recovery can be found in community-based programs across the country. Neisha Becton, who provides organizational support to several such programs while heading her own community organization in Oakland, CA, leads a discussion with several other community resource providers.*
- 2. Panel Discussion: Supporting the Mental Health Needs of our Veterans, Marcus Farris (Mission 22), Steve Salazar (360 Veterans Association)**  
**Moderated by: Dr. Karen Brown**  
*Our Armed Forces veterans face several unique mental health challenges, and unfortunately they often also face unique barriers to securing the mental health support they need. This panel discussion addresses both of these concerns.*
- 3. A Global Movement for Mental & Physical Health: The Intersection of International Psychology with Orthomolecular/Integrative Medicine**  
**Presented by: Dr. Maryam Tafreshi (The Chicago School of Professional Psychology) and Dr. Albert Mensah (Mensah Medical)**  
*Truly integrative mental healthcare means identifying ways that medical treatments support, and are supported by, psychological care. International Psychology provides an important framework for such integrative care.*
- 4. Pathways to Health: The Example of Living with Cardiovascular Disease**  
**Presented by: Dr. Donald Moss, Saybrook University**  
*An individual's ability to cope with the stress and anxiety of chronic illness can have a significant impact on his or her physical wellness. Integrative Medicine expert Dr. Moss provides a case-specific example of this mind/body integration*
- 5. Alcoholism Recovery**  
**Presented by: Dr. Viviane Pecanha, The Chicago School of Professional Psychology**  
*Alcohol addiction was already a significant problem in the US and around the world, and that problem was certainly enhanced by the social isolation caused by the COVID-19 pandemic. International Psychology and addictions expert Dr. Pecanha will discuss current trends and resources for overcoming this persistent and pervasive societal concern.*

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12:00 PM - 6:00 PM EST

## 6. Diet and Nutrition for Autism Case Study

Presented by: Julie Matthews

*Join successful author, researcher, podcast host and resource provider Julie Matthews as she discusses some of her case studies that demonstrate the power of proper nutrition in overcoming the challenges faced by our children struggling with Autism and ADHD.*

5:20 - 6:00 Conference Wrap-Up

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