



2022 INTEGRATIVE MENTAL HEALTH **SUMMIT**

October 7-9



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Dream**



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Welcome

Welcome to the Integrative Mental Health Summit!

We are so excited and humbled to bring to you more than three dozen of the foremost thought leaders, inspirational survivors, and incredible resource providers in the mental health and integrative medicine communities. Journey's Dream and the Mensah Research Institute share a vision of a world where all people are empowered with knowledge and connected to resources that address root causes of mental health challenges... where restored health is the norm, not the exception.

Never before has this vision been so important. These past three years have challenged the collective mental health of the entire world in ways that we never would have imagined possible. The global COVID-19 pandemic, and the resultant loss of loved ones, the economic challenges, isolation and social distancing, the political turmoil regarding mitigation strategies, and so much more have led to unprecedented levels of depression, anxiety, stress, and the manifestation of several more serious mental health concerns. Now, more than ever, people need information and resources to help them navigate their own or their loved ones' cognitive concerns. People need support finding those resources in a mental health provider landscape that is overtaxed and ever-changing. Similarly, mental healthcare providers and advocates need to network with each other to remain up to date on innovative techniques, collaborative and cross-modal treatment options, and emerging thought leadership in integrative and functional protocols for addressing mental health concerns.

This conference has been convened, and so many incredible individuals and organizations have chosen to join us, with these needs in mind. Our hope is that this is just the beginning of a continuous and expanding sharing of resources and awareness. We hope that you find benefit from working with our speakers and sponsors, and that you consider upgrading to a VIP registration (if you haven't already) so that you can revisit and more fully digest the information and dialogue shared over this jam-packed weekend. It's not too soon to start making plans to join us next year; we'd love to hear your recommendations for additional topics and presenters we should consider for the continuation of this important conversation.

We would like to extend a special thanks to all the people and organizations that have made this event possible. This includes our Platinum Sponsor Nano Soma, our Gold Sponsor DHA Laboratory, and all the other generous partners and resource providers who you can find listed on the sponsors and resources sections of our conference website. We also want to thank Dr. Maryam Tafreshi and the incredible faculty and alumni of the Chicago School of Professional Psychology whose knowledge, expertise and research will inform several of the sessions at this conference. Finally, and most importantly, we want to thank you for being here, and for participating in our important conversation. We hope you leave this conference with new information, new contacts, and renewed energy for the pursuit and promotion of mental health and holistic, integrative, natural healing.

DJ Wells
Executive Director
Mensah Research Institute

Breaha Wallin
Executive Director
Journey's Dream



Integrative Mental Health Summit

October 7 - 9 | Online, Eastern Time

Summit Schedule

October 7 | Friday

- 12:00** Opening
- 12:30** DNA Integrity & Mental Illness
- 1:15 - 1:25 | Break —
- 1:25** Panel Discussion: Supporting Someone with Mental Illness
- 2:10 - 2:20 | Break —
- 2:20** The Gut/Brain Relationship
- 3:05 - 3:15 | Break —
- 3:15** Small Discussion Groups
- 3:45 - 4:00 | Break —
- 4:00** The Importance of Happiness for Mental Health
- 4:45 - 4:55 | Break —
- 4:55** Breakout Sessions
- The Mental Health Across a Continuum
 - 5 Things You Can Do To Sleep Better
- 5:40** Platinum Sponsor: Nano Soma Discussion

October 8 | Saturday

- 12:00** Opening
- 12:30** Psychiatry Redefined, Functional Medicine Approaches to Suicide Prevention
- 1:15 - 1:25 | Break —
- 1:25** Panel Discussion: Mental Health in Minority Communities
- 2:10 - 2:20 | Break —
- 2:20** Thriving After Trauma & PTSD
- 3:05 - 3:15 | Break —
- 3:15** Small Discussion Groups
- 3:45 - 4:00 | Break —
- 4:00** Panel Discussion: Navigating the Long-Term Emotional Fallout from School Violence and Mass Shootings
- 4:45 - 4:55 | Break —
- 4:55** Breakout Sessions
- From Autism, Anxiety & Depression to Recovery!
 - Building Your Somatic Toolbox; Breathing Techniques, Vagus Nerve Stimulation, and Physical Practices for Easing Anxiety
 - Spiritual Practices for Mental Health
- 5:40** Gold Sponsor and Generous Supporter: DHA Labs

October 9 | Sunday

- 12:00** Opening
- 12:30** Using Personalized Nutrition to Improve Autism and ADHD
- 1:15 - 1:25 | Break —
- 1:25** Breakout Sessions
- Substance Use Disorder and a Unique Way to Treat it Through the Use of Music
 - How to Pursue a Career in Integrative Mental Health
 - Train Your Brain for Success
- 2:10 - 2:20 | Break —
- 2:20** Addressing the Opioid and Mental Health Crises
- 3:05 - 3:15 | Break —
- 3:15** Small Discussion Groups
- 3:45 - 4:00 | Break —
- 4:00** Suppose Mental Health is a Reductionist Term for Soul Health
- 4:45 - 4:55 | Break —
- 4:55** Breakout Sessions
- The Optimal Tool: Tapping into Your Higher Guidance
 - Could Gut Inflammation Be the Cause of Your Anxiety?
 - Brain on Fire: Root Causes of Microglial Activation
- 5:40** Closing: Journeys Dream & Mensah Research Institute

Day 1: Friday, October 7

12:00 PM - 6:00 PM EST

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

12:30 - 1:15 **The Future of Medicine and DNA**

Presented by: Dr. William Walsh, Walsh Research Institute

Dr. Walsh will share some of the latest research coming out of the Walsh Research Institute that explores DNA, including our bodies' ability to use and repair it, and its impact on mental health.

1:15 - 1:25 **Break**

1:25 - 2:10 **Panel Discussion: Supporting Someone with Mental Illness - Especially if They're Not Open**

Panelists: Dr. Patricia Perez (The Chicago School of Professional Psychology),

Dr. Meshanette Johnson-Sims (Marriage & Family Therapist)

Taking action may be difficult for a support network when their loved one isn't open to acknowledging, discussing, or treating their mental illness. During this session Drs. Perez & Johnson-Sims will share resources & various tools for supporting someone through their mental health challenges.

2:10 - 2:20 **Break**

2:20 - 3:05 **The Gut-Brain Relationship**

Presented by: Dr. Deb Simkin, Same Here Global

The gut is now called the second brain. It influences how the brain develops and contributes to the development of many chronic diseases. It begins its influence even prenatally. Modern lifestyle changes can help produce a healthy gut and thereby influence the destiny of human disease.

3:05 - 3:15 **Break**

3:15 - 3:45 **Small Discussion Groups**

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

4:00 - 4:45 **Importance of Happiness for Mental Health**

Presented by: Ambassador Hamid Al-Bayati, Psychology Counsel of the United Nations

United Nations Ambassador Al-Bayati will address the background and importance of International Day of Happiness (IDH) proclaimed by the United Nations in 2012, the impact of IDH on mental health during COVID-19 global crisis, and the role of NGOs especially PCUN in promoting Mental Health.

Day 1: Friday, October 7

12:00 - 6:00 PM EST

4:45 - 4:55 Break

4:55 - 5:40 Concurrent Breakout Sessions

1. Mental Health Across a Continuum

Presented by: Dr. Andrew Pleener, Integrative Psychiatrist

There are many ways in which we all face life challenging events, and these occurrences physically disrupts the architecture of our nervous system. When we begin to understand these concepts, it becomes evident that mental health is not simply a binary topic of "sickness vs healthy" but rather a continuum that every single person on this planet is a part of. Our position across the continuum is impact from the life events we face, and the integrative modalities we utilize to heal.

2. 5 Things You Can Do to Sleep Better

Presented by: Dr. Nishi Bhopal (Sleep Medicine) and Dr. Smita Patel (Sleep Medicine)

In this session, we will discuss what it means to experience healthy, restorative sleep, and 5 holistic strategies to optimize sleep quality. This session will be ideal for both clinicians and patients.

5:40 - 6:00 Day One Wrap Up

A conversation with Platinum Sponsor Nano Soma - Dr. Richard Presser



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Day 2: Saturday, October 8

12:00 PM - 6:00 PM EST

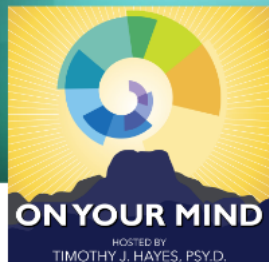
12:00 - 12:30	Day Two Welcome
12:30 - 1:15	Functional Medicine Approaches to Suicide Prevention Presented by: Dr. James Greenblatt, Psychiatry Redefined <i>This presentation introduces a model of suicide prevention inclusive not only of psychosocial factors but also biomarkers linked to an increased risk of suicide. It explores new research supporting the legitimacy and potential clinical utility of biomarkers such as deficiencies of cholesterol and lithium, and blood-based markers of inflammation. Bridging research, concept, and application, this presentation seeks to redefine our suicide prevention efforts.</i>
1:15 - 1:25	Break
1:25 - 2:10	Panel Discussion: How the Acculturation Process Causes Trauma: Mental Health Within Minority Communities Panelists: Dr. Karen Brown (Infinity Linc International), Dr. Tiffany Way (Clinical Social Worker), Dr. Joyce Yip Green (Infant, Family, and Early Childhood Mental Health Specialist) <i>Learn the difference between assimilation and acculturation and how the acculturation process causes long-term trauma. Specifically, minority and marginalized population groups are at risk when navigating through the acculturation process. Drs. Brown, Way and Green will discuss how this occurs and ways we can mitigate these risks.</i>
2:10 - 2:20	Break
2:20 - 3:05	Thriving After Trauma & PTSD Presented by: Erica Cuni, Integrative Mental Health Expert & Psychotherapist <i>Understanding the mind-body relationship has proven to be the key to going from surviving to thriving. Move over, Freud. It's a new Era.</i>
3:05 - 3:15	Break
3:15 - 3:45	Small Discussion Groups
3:45 - 4:00	Break

Day 2: Saturday, October 8

12:00 PM - 6:00 PM EST

- 4:00 - 4:45** **Panel Discussion: Navigating the Long-term Emotional Fallout from School Violence and Mass Shootings**
Panelists: Superintendent Jennifer DeSousa (Doral Academy, TX) and Dr. Mike Lukens (Clinical Psychologist)
Moderated by: September Dohrmann, CEO Space International
We recognize there's inevitable trauma for children who have had direct or indirect exposure to violence, especially when there are deaths of peers involved, as has been the reality for so many who've been involved in school shootings. This presentation will focus on the types of struggles and challenges to their emotional well being that we can expect after such traumatic events, and how we can support them.
- 4:45 - 4:55** **Break**
- 4:55 - 5:40** **Concurrent Breakout Sessions**
- 1. From Autism, Anxiety, and Depression, to Recovery**
Presented by: Ninka-Bernadette Mauritson, Barefoot Autism Warriors
Learn how to turn autism symptoms and mental illness around by addressing the 5 hidden messages behind EVERY symptom. When you know how to listen to these messengers and adjust your life accordingly - EVERYTHING changes.
 - 2. Building Your Somatic Toolbox; Breathing Techniques, Vagus Nerve Stimulation, and Physical Practices for Easing Anxiety**
Presented by: Kathryn Nicolai, *Nothing Much Happens* Podcast Host & Author
Stress is a biological experience. You can reduce stress with particular physical activities, which will be demonstrated in this session. Having a plan in place for dealing with stress is empowering and the journey starts today.
 - 3. Spiritual Practices for Mental Health**
Presented by: Dr. Albert Mensah (Mensah Medical) & Mark Hattas (Journey's Dream)
Join Dr. Mensah and Mark Hattas in this interactive conversation about the various spiritual practices one can utilize to improve their mental health.
- 5:40 - 6:00** **Day Two Wrap-Up**
A conversation with Gold Sponsor and generous support Direct Healthcare Access Laboratory

On Your Mind Podcast by Journey's Dream



What's on your mind? Are you or a loved one struggling with mental health challenges? Do you have a specific personal or professional interest in mental health? Perhaps you are looking to build mental and emotional resiliency.

The *On Your Mind* podcast brings together professionals in the field who are successfully supporting people through mental health challenges to a place of true and lasting well-being. Here you will find hope and inspiration. You will walk away with practical tools and innovative, effective solutions. Find people who believe you can be well and will support you moving from a place of fear to a place of opportunity. Sixty+ episodes and new interviews weekly at: www.JourneysDream.org/Help/Podcast



Journey's Dream



Amity is an all-inclusive, safe place where members who desire sustained mental health connect and support each other. Together, we uplift and empower each other to thrive in life.

Amity connects people who want to:

- Reclaim Peace of Mind
- Feel a genuine sense of Well-Being
- Flourish in Life

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- It's private, so you'll find like-minded, supportive people.
- Connect with people based on common areas of interests.
- You can post text, images, and video, ask questions, reply with comments, and cheer others on.
- You will always find fresh, relevant content you can apply in your daily life.



Join us via: www.JourneysDream.org/Amity

Day 3: Sunday, October 9

12:00 PM - 6:00 PM EST

12:00 - 12:30 Day Three Welcome

12:30 - 1:15 Using Personalized Nutrition to Improve Autism and ADHD

Presented by: Julie Matthews, Certified Nutrition Consultant

Personalized nutrition is the future of healthcare. You will be introduced to Julie's BioIndividual Nutrition approach and practice of personalizing nutrition and diet strategies. This identifies and addresses the unique biochemical and underlying needs of the individual to help children with autism and ADHD live happy, healthy lives, and which can be applied to all chronic conditions.

1:15 - 1:25 Break

1:25 - 2:10 Concurrent Breakout Sessions

1. Substance Use Disorder and a Unique Way to Treat It Through the Use of Music

Presented by: Dr. Barry Reiman, Recovery Unplugged Treatment Center

This session focuses on understanding Substance Use Disorders and the problems presented with a loved one being addicted. Explore alternative ways to help those that are suffering through the use of music.

2. How to Pursue a Career in Integrative Mental Health

Presented by: Dr. Donald Moss (Saybrook University) and Dr. Patricia Perez (The Chicago School of Professional Psychology)

Interested in Integrative Mental Health, Psychiatry, or Psychology? Learn from Dr. Moss and Dr. Perez on the steps you can take to build your career within this imperative field.

3. Train Your Brain For Success

Presented by: John Kennedy, Neuroplastician

During this session John will discuss the incredible power of our brains to change physically from stimulation called neuroplasticity. This knowledge can help you understand and then overcome some of the cognitive, mental and emotional obstacles to your performance and those you care about.

2:10 - 2:20 Break

Day 3: Sunday, October 9

12:00 PM - 6:00 PM EST

- 2:20 - 3:05** **Addressing the Opioid and Mental Health Crises**
Presented by: Dr. John Rosa, Integrative Medicine Specialist & Opioid Crisis Expert
THE OPIOID CRISIS: Yesterday, Today, and Tomorrow. The purpose of this session is to bring awareness to this crisis devastating the nation, provide insight on prevention and treatment, explain the risk factors for opioid usage, and share how integrative medicine plays a pivotal role.
- 3:05 - 3:15** **Break**
- 3:15 - 3:45** **Small Discussion Groups**
- 3:45 - 4:00** **Break**
- 4:00 - 4:45** **Suppose Mental Health is a Reductionist Term for Soul Health...**
Presented by: Beatrice Birch, Inner Fire
Healing is the process of tapping untapped wells within the innermost Soul. Appeal to and balance the whole human being of Body, Soul and Spirit while engaging in one's unique tapering journey.
- 4:45 - 4:55** **Break**
- 4:55 - 5:40** **Concurrent Breakout Sessions**
- 1. The Optimal Tool - Tapping Into Your Highest Guidance**
Presented by: Dr. Timothy Hayes, Clinical Psychologist
The Optimal Tool - a powerful, effective, and efficient tool for dismantling negative emotions and tapping into your highest guidance. The Optimal Tool is an integral part of the Optimal Being program offered by Journey's Dream. This program offers a comprehensive set of tools for managing one's emotions and building confidence in one's intuition and creativity.
 - 2. Could Gut Inflammation Be the Cause of Your Anxiety?**
Presented by: Samantha Gilbert, Nutritional Therapy Counselor & 'Eat For Life' Host
Learn how the gut microbiome impacts the brain and cognitive functioning. Through food, and other therapeutic options such as pre, pro, and postbiotics, one can heal their gut.

Day 3: Sunday, October 10

12:00 PM - 6:00 PM EST

3. Brain on Fire: Examining Root Causes of Microglial Activation

Presented by: Brendan Vermeire, Board-Certified Holistic Health Practitioner

Microglial activation...it sounds serious and important, but what is it and how does it relate to the Mental Health Crisis? Learn the answers to all of these questions and more with functional medicine specialist Brendan Vermeire. In this session, you will learn how to confidently navigate the myriad of root causes that contribute to Microglial Activation Syndrome in order to help patients optimize their cognitive and mental well-being.

5:20 - 6:00 Conference Wrap-Up

Join the Executive Directors from Journey's Dream & Mensah Research Institute as they bring a close to the 2nd Annual Integrative Mental Health Summit



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SPEAKERS



Ambassador Hamid Al- Bayati

PSYCHOLOGY COUNSEL OF THE UNITED
NATIONS

Friday, October 7, 4:00 PM - Keynote
"The Importance of Happiness for Mental Health"

Ambassador Al-Bayati is currently teaching at the School of Public and Global Affairs, Fairleigh Dickinson University. He was the Permanent Representative of Iraq to the United Nations from 2006 to 2013. Previously he was Iraq's Deputy Foreign Minister for Political Affairs and Bilateral Relations from 2004 to 2006.

Following Saddam's invasion of Kuwait in 1990 the UN Security Council considered Iraq as a threat to international peace and security and adopted many resolutions against Iraq under chapter VII, that imposed sanctions. Ambassador Al-Bayati worked for four years to solve complicated problems and to convince the 15 members of the UN Security Council to lift sanctions on Iraq. In a special session presided by then Vice President Joe Biden the Security Council took significant steps on December 15, 2010, to return Iraq to the legal and international standing it held prior to the invasion of Kuwait.

In 2012, Ambassador Al-Bayati presented a draft resolution to the President of the General Assembly to proclaim an International Day of Happiness IDH. The resolution proclaimed March 20 as the IDH and was adopted by consensus. In March 2013, the UN and the whole world celebrated for the first time the International Day of Happiness.

After obtaining a B.A. degree from Baghdad University, Dr. Al-Bayati did his masters at Cairo University, and a Ph.D. in Middle East Politics from Manchester University in the UK. He published several books in Arabic and English as well as studies and articles.



Dr. Nishi Bhopal, MD

BOARD CERTIFIED IN PSYCHIATRY AND SLEEP MEDICINE

Friday, October 7, 4:55 PM - Breakout Session A
"5 Things You Can Do To Sleep Better"

Nishi Bhopal, MD is board certified in Psychiatry, Sleep Medicine, and Integrative Holistic Medicine. She graduated from the University College Cork School of Medicine, completed her Psychiatric residency at Henry Ford Health System, and a fellowship in Sleep Medicine at Harvard Medical School. She is also a Certified Integrative Psychiatry Provider.

Dr. Bhopal is the founder of Pacific Integrative Psychiatry & Sleep in San Francisco and is a founding member of the SameHere Psych Alliance, a global initiative to reduce the stigma around mental health.

She has a special interest in the intersection of sleep and mental wellbeing. Through her training in Integrative Psychiatry and Ayurveda, and personal experiences with yoga and meditation, she blends the best of ancient wisdom and modern medicine.

Dr. Bhopal has a YouTube channel where she shares holistic strategies to optimize sleep and mental health. She's on a mission to make mental wellness and the science of sleep easy to understand and accessible to all.



Beatrice Birch

FOUNDER & EXECUTIVE DIRECTOR OF INNER FIRE

Sunday, October 9, 4:00 PM - Keynote

"Suppose Mental Health is a Reductionist Term for Soul Health..."

Beatrice Birch, executive director and founder of Inner Fire and a Hauschka Artistic Therapist, began her professional career as a teacher in an inner-city Waldorf School in Bristol, England in 1975. Deeply inspired by the healing aspects of Waldorf Education, she later completed a three-year medically based training in Hauschka Artistic Therapy in Gloucestershire, England.

She has since worked as a therapist, lectured, and consulted in multiple capacities over the past 35 years in the United States, United Kingdom, Holland, and Taiwan. Beatrice has worked in her private practice, larger medical practices, and both public and private therapeutic residential communities with both adults and children struggling with a variety of conditions including cancer, heart disorders, asthma, addictions, and other mental and “soul” health challenges.

At Inner Fire, which she founded in 2013, Beatrice focuses on her work as a therapist and guide, in addition to overall program direction and development. Inner Fire is a proactive healing community in southern Vermont, offering striving individuals the choice to recover from traumatic and debilitating life experiences which typically lead to addiction or mental (soul) health challenges, while strengthening themselves on a deeper soul-spiritual level, but without the use of the mind altering, psychotropic medications. Beatrice is not against medications as they could have their place for shorter periods of time in an emergency, but she believes in the power of choice. Inner Fire supports individuals who want to avoid medications in the first place, support those who long to taper to a level which works for them which could mean off, or who are reeling from the horrendous withdrawal symptoms of the benzodiazepine they had tapered from previously.



Dr. Karen Brown, Ph.D., FP

FOUNDER OF INFINITY LINC INTERNATIONAL

Saturday, October 8, 1:25 PM - Panel Discussion
*"How the Acculturation Process Causes Trauma:
Mental Health Within Minority Communities"*

Karen Brown, Ph.D., FP, started life as a military dependent where she discovered a love of all things cultural. She spent 26 years in the U.S. Army as a Combat Medic honing her understanding, awareness, and love for culture, inclusion, and international engagement.

She holds a B.S. in Biology/Life Sciences from Kansas State University, an M.A. in Forensic Psychology, and a PhD in International Psychology, both from The Chicago School of Professional Psychology. Dr. Brown's dissertation research focused on transgenerational trauma, its resulting effects, and ways to mitigate those effects.

She promotes holistic well-being which encompasses mind, body, and spirit. She is a published author both with the United States and Australia and is the founder of LINC International, a training and consulting company providing building blocks for establishing cultural bridges and the development of innovative and collaborative solutions. She is the founder and chief facilitator for the Crestview Youth Coalition, a grassroots organization that focuses on supporting the youth in Crestview, Florida, and its surrounding areas.

She is an all-around performer who has demonstrated focused leadership and unwavering commitment to integrity at the highest levels of academia and her career choices. Currently, Dr. Brown is an adjunct professor at The Chicago School of Professional Psychology where she teaches courses at the doctoral level and is a dissertation chair providing mentorship and guidance to eight doctoral students and candidates.



Erica Cuni, LMFT, CIMHP

INTEGRATIVE MENTAL HEALTH EXPERT

Saturday, October 8, 2:20 PM - Keynote
"Thriving After Trauma & PTSD"

Named as one of "The Leaders to Learn From in 2022," Erica Cuni, LMFT, CIMHP, is a leading Integrative Mental Health Expert, Keynote Speaker, and fellow survivor.

With 15+ years in the mental health field, including being a Professor, Director, and Psychotherapist, plus training from the holistic side of wellness, her cutting-edge perspective is trauma-informed, nervous-system based, and holistic-minded. Her mission is to empower people worldwide with the skills to thrive consciously.

She's experienced intergenerational trauma (family of Italian & Sicilian immigrants and Combat War Veterans), childhood trauma (ACES score: 7), work trauma (burnout, compassion fatigue, moral injury, vicarious trauma, & first-hand trauma), and a near-death experience from the Mack Truck accident. She's learned how to successfully break the cycles, heal, and move forward - thanks to understanding how her nervous system works.

She offers weekly affordable "Thrive Consciously" Webinars, Individual Coaching, Corporate Services, and Keynote Speaking on her website www.ericacuni.com.

IMH
SUMMIT



Jennifer DeSousa

SUPERINTENDENT & PRINCIPAL

Saturday, October 8, 4:00 PM - Panel Discussion
"Navigating the Long-term Emotional Fallout From School Violence and Mass Shootings"

Superintendent Jennifer DeSousa serves as the leader of Doral Academy, a free public charter school district opening in August 2022 near the Sunfield community in Buda, TX.

Part of a National Blue-Ribbon Award-winning charter network, Doral Academy offers a rigorous STEM-focused curriculum that prioritizes individualized learning, creativity, critical thinking, and project-based learning. Prior to accepting the leadership role for Doral, DeSousa was the Principal at Theodore R. and Thelma A. Gibson Charter School in Miami, FL, where she implemented and oversaw a comprehensive school/district improvement campaign that raised the school's performance rating from F to B in just one year's time.

DeSousa has over two decades of experience and expertise in teaching, instructional leadership, and educational administration.



Samantha Gilbert

**NUTRITIONAL THERAPY COUNSELOR AND
PODCAST HOST**

Sunday, October 9, 4:55 PM - Breakout Session B
"Could Gut Inflammation Be the Cause of Your Anxiety?"

Samantha Gilbert is a Nutritional Therapy Counselor, Hope Communicator, and Life Guide, specializing in nutritional therapy for depression, anxiety, OCD, ADHD, and autism.

Sami spent most of her life battling severe depression, anxiety, obsessive-compulsive disorder, and body image dysmorphia. Since finding her own path to wholeness through nutrition therapy, she now eats for life and is dedicated to helping others find this same healing path.

For over 13 years she's helped thousands of clients including couples and children from 23 countries heal their mind and body through nutrition therapy and lifestyle medicine. She is also the creator of the Eat for Life Podcast, a show that investigates the root causes of what ails you so you can heal and live the life you are meant for.

Sami has been featured in First for Women magazine, Mind Body Green, and regularly shares her knowledge on various podcasts and summits..



Dr. Joyce Yip Green, Ph.D.

**INFANT, FAMILY, AND EARLY CHILDHOOD
MENTAL HEALTH SPECIALIST**

Saturday, October 8, 1:25 PM - Panel Discussion
*"How the Acculturation Process Causes Trauma:
Mental Health Within Minority Communities"*

Dr. Joyce Yip Green is committed to strengthening the mental health and wellness of individuals, families, and communities. She is an assistant professor at Loyola Marymount University graduate department of Marital and Family Therapy/Clinical Art Therapy.

She earned her PhD in International Psychology from the Chicago School of Professional Psychology. She also holds endorsements in California as an Infant-Family and Early Childhood Mental Health Specialist and Reflective Practice Facilitator Level II. Dr. Green has presented nationally and internationally on the practice and application of international psychology, art therapy, as well her cultural research examining socialization goals and parenting beliefs of Rwandan infant caregivers. Her current research draws from her personal history and immigration experiences as a refugee from Laos as a young child. Her research investigations uses arts-based methodologies to examine the experiences of immigration and acculturation by those impacted by war and displacement from Laos and South Korea.

She is a co-founder of Infinity Line International, an organization that applies the principles of international psychology to build cultural bridges through training and consultation. She is also licensed as a marriage and family therapist and clinical art therapist, offering in-person and virtual mental health services in the state of California.



Dr. James Greenblatt, MD

FOUNDER OF PSYCHIATRY REDEFINED

Saturday, October 8, 12:30 PM - Keynote
"Functional Medicine Approaches to Suicide Prevention"

A pioneer in the field of functional and integrative medicine, board-certified child and adult psychiatrist, James M. Greenblatt, MD, has treated patients since 1988. After receiving his medical degree and completing his psychiatry residency at George Washington University, Dr. Greenblatt completed a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School.

He currently serves as the Chief Medical Officer at Walden Behavioral Care in Dedham, MA. Dr. Greenblatt has lectured internationally on the scientific evidence for nutritional interventions in psychiatry and mental illness. He is the author of seven books, including *Answers to Anorexia*, *Finally Focused: The Breakthrough Natural Treatment Plan for ADHD*, and his upcoming book *Functional & Integrative Medicine for Antidepressant Withdrawal* which will be released in Spring 2022.

Dr. Greenblatt was inducted into the Orthomolecular Hall of Fame in 2017 by the International Society of Orthomolecular Medicine. He is also the founder of Psychiatry Redefined, an educational platform dedicated to the transformation of psychiatry, which offers online courses, webinars, and fellowships for professionals. Please visit www.PsychiatryRedefined.org or www.JamesGreenblattMD.com for more information.

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Mark Hattas

**BEST-SELLING AUTHOR & CO-FOUNDER OF
JOURNEY'S DREAM**

Saturday, October 8, 4:55 PM - Breakout Session A
"Spiritual Practices for Mental Health"

Mark Hattas has, amongst other accomplishments, started, built, and sold a \$20M/yr tech company. He was later diagnosed with Bipolar I Disorder and told there was no cure. Mark didn't accept that prognosis and found resources and the path to his full restoration to health.

Mark now supports others on their journeys to sustaining living in their optimal state consistently. He is doing this through books, speaking, mentoring, programs, and companies, including co-founding Hattas Shay International Foundation, which birthed Journey's Dream. Mark also co-created the Optimal Being program used by companies individuals to learn and practice tools and principles in support of optimal living. Mark envisions a world where people are liberated from mental illness and live extraordinary lives.

Mark is an international best-selling author and most recently published Prisoner of War, a fictional story rooted in truths to spread hope to individuals and loved ones affected by mental health challenges.

Mark is sharing this life journey with his loving and understanding wife, Liz, and their five children. Mark is coming to us today from Naperville, Illinois. He is thrilled to be with you today and welcomes you with an open heart.

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Dr. Timothy J. Hayes, Psy.D

LICENSED CLINICAL PSYCHOLOGIST

Sunday, October 9, 4:55 PM - Breakout Session B
"The Optimal Tool: Tapping into Your Higher Guidance"

Timothy J. Hayes, Psy.D., is a Licensed Clinical Psychologist in private practice in Crystal Lake, Illinois. With over forty-five years of successful experience, doing therapy with individuals and families Dr. Hayes integrates mind/body energy techniques into a client-friendly model. This model emphasizes that people possess within themselves the resources necessary to deal effectively with a wide variety of problems and challenges.

Dr. Hayes specializes in relieving post-traumatic stress (PTSD) symptoms. He has helped countless individuals and families resolve the effects of severe trauma, whether recent or in the distant past. These traumas include; verbal, physical, emotional, and sexual abuse, as well as severe physical trauma and loss. Due to his experience and ability to integrate a range of therapeutic techniques, he helps clients in the most cost-effective and time-efficient way possible.

Dr. Hayes remains on "the cutting edge" of mental health services by integrating some of the newest and most effective approaches into a results-oriented therapy style. Some of the tools he employs are: EMDR (trauma reduction technique), Depth Oriented Brief Therapy Training (Coherence Therapy), Neuro-Emotional Technique (NET), The Emotional Freedom Technique (EFT) and The Bio-Energetic Synchronization Technique (BEST). As a psychologist and a father, Dr. Hayes has taught parenting skills and written extensively about power struggles, (for over twenty years).

His widely acclaimed book, Parenting Power Struggle Handbook is now available from his web site www.ch4cs.com. In addition to his role as therapist, and parenting expert, Dr. Hayes has been co-hosting and internet radio show one hour a day, five days a week for the past ten years, teaching and supporting people in using the most powerful, effective, efficient, and accessible tools he has learned in his career. He is also the host of the weekly podcast, On Your Mind, hosted by Journey's Dream in which he interviews people and professionals who are working to rewrite the narrative on mental health to one in which Optimal Health and Well-Being is possible and expected.

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Dr. Meshanette Johnson-Sims

LICENSED MARRIAGE & FAMILY THERAPIST

Friday October 7, 1:25 PM - Panel Discussion
*"Supporting Someone with Mental Illness -
Especially if They're Not Open"*

Dr. Meshanette Johnson-Sims is a licensed as a Marriage and Family Therapist and a Ph.D. whose dissertation explored meaning-making of political activists and detainees of the People Power movement during the Marcos Era in the Philippines. Her education and experience in Clinical Psychology, Cultural Psychology, and Trauma Services, has broadened her perspectives, frequently informs her program and instruction decisions, and has led to a deepening of her commitment to teaching about trauma-informed systems of care and creating them.

Spring 2022 made 18 years of her service to vulnerable populations! This is combined experience in child social work, clinical private practice specializing in work with adolescents, local government service, and with non-profit child and behavioral health agencies. She worked as a Child Welfare Social Worker in Los Angeles County for three years in the Emergency Response unit investigating allegations of abuse, exploitation, and neglect. She has trained clinical practitioners for 9 years, has 6 years of experience in mental health administration, and over 10 years of dedicated county public service.

Dr. MJ-Sims is an adjunct professor at Napa Valley College teaching Human Services in the Counseling Department. In addition, she serves full-time as a Napa County Assistant Deputy Director of HHSA- Mental Health. She chairs Napa County Suicide Prevention Council and has oversight over several programs including: the crisis continuum (including Mobile Crisis Response, Law Enforcement Embedded Mental Health and Crisis Stabilization), Children's Mental Health, Forensic Mental Health (including Jail & Juvenile Hall Mental Health), and Mental Health Access Assessment and Referral.

Community Service, Crisis Intervention, and Prevention are her passions. She looks for ways to utilize her education, influence, and career to support vulnerable populations to get what they need to thrive.

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John Kennedy

NEUROPLASTICIAN

Sunday, October 9, 1:25 PM - Breakout Session A
"Train Your Brain For Success"

John Kennedy is an internationally known pioneer in the field of Applied Neuroplasticity. He created the field in response to a contract by the US Marine Corps in 2007 to reduce casualties in combat and accelerate post combat trauma recovery.

The unique application of his successful process improvement methodology to the brain using neuroplasticity as the medium and an agile approach for continuous improvement has helped thousands of people all over the world exceed their performance expectations and improve their quality of life. These include high performers such as pilots, Snipers, Navy SEALs and professional athletes to people struggling with concussions, PTSD, depression, ADHD, learning disabilities and dementia.



Dr. Michael Lukens

**AUTHOR, CLINICAL PSYCHOLOGIST, &
CERTIFIED LIFE COACH**

Saturday, October 8, 4:00 PM - Panel Discussion
*"Navigating the Long-term Emotional Fallout from
School Violence and Mass Shootings"*

With three decades of experience, Dr. Lukens is a retired clinical psychologist. Dr. Lukens received his Bachelor of Arts in Psychology from Temple University in 1980, followed by a Master of Science in Clinical Psychology in 1984, and a Doctorate in Clinical Psychology in 1987 from the University of Connecticut.

Over the course of his career he became a pioneer in the area of human motivation. As a trained clinical psychologist, Dr. Lukens primarily focused on those suffering from eating disorders and addiction. A self-classified generalist, he focused on the broad idea of our shared struggles with pain and the defenses against that pain which backfire.

Having served as both the clinical director of some prominent programs in the state of Florida and as a consultant to fortune 500 companies he gained unparalleled experience in his field. He has co-authored and authored numerous books and journal articles about the theory and practice of psychotherapy. His primary focus has been on the development of his theory of motivation which can be found in his book titled, "The Physics of Emotion(ing): A Constructivist's Understanding of the Motivational Forces Governing Volitional Behavior". His unique approach to psychotherapy and change processes is based on this theoretical understanding of what actually makes people do what they do.

He is married to Regina, and has two boys, Matthew and Gregory.

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Julie Matthews

**CERTIFIED NUTRITION COUNSELOR AND
FOUNDER OF NOURISHING HOPE**

Sunday, October 9, 12:30 PM - Keynote

"Using Personalized Nutrition to Improve Autism & ADHD"

Julie Matthews is a Certified Nutrition Consultant and published nutrition researcher specializing in complex neurological conditions, particularly autism spectrum disorders and ADHD.

She is the author of the award-winning book, *Nourishing Hope for Autism*, and co-author of a study proving the efficacy of nutrition and dietary intervention for autism published in the peer-reviewed journal, *Nutrients*.

Julie's approach is based on the BioIndividual Nutrition® needs of each person and stems from her 20 years of work with autism. Using autism as a model for complex chronic disease, her approach, and methodology, on personalized nutrition helps parents and practitioners specializing in varied disorders improve health and healing through strategic BioIndividual Nutrition and dietary intervention.

Julie supports families and clinicians from around the world with her nutrition learning tools and professional training courses. Visit NourishingHope.com and BioIndividualNutrition.com.



Ninka- Bernadette Mauriston

FOUNDER OF BAREFOOT AUTISM WARRIORS

Saturday, October 8, 4:55 PM - Breakout Session A
"From Autism, Anxiety, & Depression to Recovery!"

Ninka-Bernadette Mauriston turned her son's symptoms of infantile autism around between 2004 - 2008. She's a journalist, bestselling writer, podcaster, and founder of Barefoot Autism Warriors. Her community, courses, and membership are dedicated to helping other parents beat the chaos, tantrums, and fear by addressing THE 5 UNDERLYING MESSAGES BEHIND AUTISM SYMPTOMS.

Ninka believes that autism is a message, a wake-up call and that these children are prophetic messengers from God teaching us how to walk in integrity. She is helping thousands of other parents wake up, fix nature deficiency, environment, bio-individual nutritional imbalances, and emotional trauma by healing themselves - not treating symptoms.

Ninka has helped thousands of women all over the world turn symptoms around by ditching one-size-fits none protocols and extreme diets via her podcast, free community, courses and membership.



Dr. Albert Mensah, MD, BCIP

**CO-FOUNDER OF MENSAH MEDICAL &
ORTHOMOLECULAR MEDICINE EXPERT**

Saturday, October 8, 4:55 PM - Breakout Session A
"Spiritual Practices for Mental Health"

Dr. Albert Mensah is the co-founder of Mensah Medical in Warrenville, IL, a clinic that specializes in the treatment of biochemical imbalances, and the cognitive (and physical) disorders caused by those imbalances.

As a physician in this specialized field since 2005, Dr. Mensah has treated over 30,000 patients using all-natural, non-pharmaceutical, targeted nutrient therapy. His practice focuses on the management and treatment of cognitive disorders such as autism spectrum disorder, behavior/learning disorders, eating disorders, bipolar disorder, anxiety syndromes, childhood and adult schizophrenia, Alzheimer's Disease and Parkinson's Disease, as well as family medicine.

More recently, Dr. Mensah co-founded the Mensah Research Institute, a not-for-profit organization dedicated to conducting, supporting, and presenting research that provides scientific evidence of the efficacy of targeted nutrient therapy and other natural approaches to improving brain function, and to enhancing and optimizing mind/body health and balance.

Dr. Mensah regularly presents at conferences internationally, participates in physician training programs, and consults with other health care professionals. Dr. Mensah received his undergraduate degree from Northwestern University (Evanston, Illinois) and his medical degree from Finch University of Health Sciences-Chicago Medical School.

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Dr. Donald Moss, Ph.D.

**DEAN OF THE COLLEGE OF INTEGRATIVE
MEDICINE AND HEALTH SCIENCES AT
SAYBROOK UNIVERSITY**

Sunday, October 9, 1:25 PM - Breakout Session A
"How to Pursue a Career in Integrative Mental Health"

Donald Moss is Dean, College of Integrative Medicine and Health Sciences, at Saybrook University, Pasadena, CA. He is a licensed clinical health psychologist with an MA and Ph.D. in psychology from Duquesne University and is nationally certified in biofeedback, neurofeedback, and hypnosis. Dr. Moss is the education chair of the Society for Clinical and Experimental Hypnosis (SCEH) and manages their professional hypnosis webinar series. He also serves on the Board for Division 30 (hypnosis) of the American Psychological Association.

With a background in humanistic psychology, Donald Moss initiated graduate programs in integrative and functional nutrition, applied psychophysiology, wellness coaching, mind-body medicine, and most recently integrative social work at Saybrook University. Don is a leader in the fields of clinical hypnosis and mind-body science and has served as president of three major organizations in these fields.

With his colleague Angele McGrady, he has written two books proposing an integrative, mind-body spirit approach to healthcare and mental health care, "Pathways to Illness, Pathways to Health" (2013), and "Integrative Pathways: Navigating Chronic Illness with a Pathways Approach" (2019). Currently, they are developing a guide for laypersons, to apply self-care practices and lifestyle medicine to optimize living with chronic illness.

He has presented lectures, workshops, and training programs on psychophysiology, integrative healthcare, and mind-body practices throughout the world, from Mexico to Rome to Nanjing to Cairo.



Kathryn Nicolai

PODCAST HOST: NOTHING MUCH HAPPENS

Saturday, October 8, 4:55 PM - Breakout Session A
"Building Your Somatic Toolbox; Breathing Techniques, Vagus Nerve Stimulation, and Physical Practices for Easing Anxiety"

Kathryn Nicolai is the creator of the enormously successful podcast **Nothing Much Happens** and the author of the book of the same name. **Nothing Much Happens** is consistently ranked in the top 1% of all podcasts in the world and has received over 75 million downloads. It has been recognized in many articles for its excellence, originality, and production design.

Kathryn herself has become a leading voice in self-care, contributing to articles and op-eds about sleep, wellness, and bibliotherapy. She has appeared on countless wellness and personal interest podcasts sharing her techniques and insight for achieving better sleep and more mindful days.

As an architect of cozy, she leans on her years of experience as a yoga and meditation teacher to seamlessly blend storytelling with brain training methods that build better sleep habits over time.

She currently lives in Michigan with her wife and two dogs.



Dr. Smita Patel, DO

**INTEGRATIVE NEUROLOGIST & SLEEP
MEDICINE PHYSICIAN**

Friday, October 7, 4:55 PM - Breakout Session A
"5 Things You Can Do to Sleep Better"

Dr. Smita Patel is an Integrative Neurologist and sleep medicine physician, a physician leader and entrepreneur.

She graduated from Midwestern University/Chicago College of Osteopathic Medicine in 2001. She went on to complete her neurological training at the Medical College of Wisconsin (2005) and sleep medicine training at the University of Chicago (2006). Additionally, she completed a two-year fellowship in Integrative Medicine at the University of Arizona in Tucson, Arizona, under Dr. Andrew Weil (2011).

She serves as the Director and Founder of iNeuro Institute and Chief Medical Officer of Doctorpedia's Sleep and Wellbeing channel. She has set out to educate communities and expand integrative sleep and brain health medicine knowledge to underserved populations and/or those with limited access to care.

Given her educational background – which includes osteopathic medicine, neurology, sleep medicine, and integrative medicine – she really tries to provide a holistic approach to care. She intertwines a personalized approach to allow the body to heal with evidence-based therapies to include natural medicines, herbs, exercise, sleep, food as medicine, and pharmacological interventions.



Dr. Patricia Perez, Ph.D.

**ASSOCIATE PROFESSOR OF INTERNATIONAL
PSYCHOLOGY & CHILDREN/FAMILY MENTAL
HEALTH EXPERT**

Friday, October 7, 1:25 PM - Panel Discussion

"Supporting Someone with Mental Illness - Especially if They're Not Open"

Sunday, October 9, 1:25 PM - Breakout Session A

"How to Pursue a Career in Integrative Mental Health"

Patricia H. A. Perez, Ph.D. is an Associate Professor in the International Psychology (IP) Department at The Chicago School of Professional Psychology (TCSPP) and has been core faculty in the IP Department since 2014.

Dr. Perez received her Bachelor of Arts degree in Psychology from Northwestern University, Master of Education degree in Child Development and Infant Studies from the Erikson Institute, and her Doctorate degree (minor in Multicultural Counseling) in Counseling Psychology from Loyola University Chicago. Dr. Perez has taught undergraduate and graduate courses in child development and psychology on-ground and online across five higher education institutions for the past 19 years.

Dr. Perez has over 25 years of experience working with young children and families in community-based settings, early intervention, hospitals, family support programs, and in private practice. Her areas of research and practice expertise include children and families, children with special needs, diversity and inclusion, cultural competence, lifespan development, infant mental health, child abuse and neglect, global trauma, third culture kids/adults, and acculturation psychology. Dr. Perez is a diversity psychotherapist, mixed methods researcher, developmental specialist, and international psychology consultant. Dr. Perez provides consultation nationally and internationally (US, Ghana, Kuwait, Philippines, Indonesia, Egypt).

Dr. Perez is a member of Division 52 of the American Psychological Association (APA) and has been appointed as the division representative for APA's Coalition for Psychology in Schools and Education. Since 2016, Dr. Perez serves as the chair of the scientific committee for the Middle East Psychological Association's annual Conference.

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Dr. Andrew Pleener, MD

**INTEGRATIVE PSYCHIATRIST & FOUNDER OF
#SAMEHERE PSYCH & STARR ALLIANCES**

Friday, October 7, 4:55 PM - Breakout Session A
"Mental Health Across a Continuum"

Andrew Pleener, MD is a board certified integrative psychiatrist and founder of the #SameHere Psych & STARR Alliances. #SameHere partners with some of the largest names and brands in Sports, Entertainment, & Industry to shift culture towards understanding that ALL of us live across a mental health continuum, where stress and trauma impact us all - and where we can learn to thrive and build resiliency through integrative healing approaches - something #SameHere refers to as "STARR exercises."

Prior to his work with #SameHere, he had been involved in humanitarian efforts including co-creating and directing a makeshift Psychiatric Trauma Center on the Island of St. Maarten during Hurricane Irma in 2017. The clinic served as the main source of medical treatment and shelter for the cities of Cupecoy and Maho from the time of impact throughout military evacuation. He was featured in Newsday and Central Florida Lifestyle Magazine for these efforts.

In 2019, he founded Regional Psychiatry to serve Central Florida with an Integrative approach to patient care. Dr. Pleener is a diplomat of the American Board of Psychiatry & Neurology (ABPN), and a Fellow of the American Institute of Stress (FAIS).



Barry Reiman, Psy.D

RECOVERY UNPLUGGED TREATMENT CENTER

Sunday, October 9, 1:25 PM - Breakout Session A
*"Substance Use Disorder and a Unique Way to Treat It
Through the Use of Music"*

Dr. Barry Reiman, the V.P. of Business Development for Recovery Unplugged Treatment Center, has been a featured guest on such daytime television shows as Dr. Phil, The Doctors and Face the Truth with Vivica A. Fox. Working in the field of addiction treatment for close to two decades, Dr. Barry has developed an acute understanding and passion for treating those struggling with Substance Use Disorders.

Dr. Barry's career in the treatment field stems from his personal connection to addiction. Dr. Barry has been in recovery since June of 1996, and has dedicated his personal and professional life to facilitating change in the lives of those looking for a way out of their addiction. His passion and thirst for knowledge has led to him becoming one of the Treatment Industry's leading influencers.



Dr. John Rosa, DC

**OWNER OF ABC MANAGEMENT & INTEGRATIVE
HEALTH SPECIALIST**

Sunday, October 9, 2:20 PM - Keynote

"Addressing the Opioid and Mental Health Crises"

Dr. John Rosa owns and supervises ABC Management, which is comprised of 21 integrative health clinics in Maryland and Virginia that sees over 60,000 patient visits per year. ABC Clinics combine medicine, chiropractic, physical therapy, acupuncture and behavioral medicine to give a comprehensive multidisciplinary approach to pain syndromes and musculoskeletal disorders.

Dr. Rosa is active in sports medicine with consulting/treating college, professional and Olympic athletes. He is the founder of Accessible Wellness Solutions – an onsite corporate wellness program offering consulting, lectures and management of onsite clinics, as well as “Overdose Free America” a nonprofit which uses the power of celebrity and entertainment to bring the Opioid Crisis the visibility and support it deserves.

Currently Dr. Rosa is the Board Chair to Maryland University of Integrative Health and is an expert speaker on the Integrative Medicine approach to treating pain.

In regards to the Opioid Crisis, Dr. Rosa has served as a White House Surrogate/Consultant, Law Enforcement Consultant (Homeland Security, CBP, DOJ, DEA, FDA, FBI and U.S. Postal), and State, National, and International Consultant to Opioid Task Forces. He has helped to reduce opioid prescriptions by up to 70% by integrating Chiropractic, physical therapy and behavioral medicine in a primary care setting.

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Dr. Deb Simkin, M.D., DFAACAP

**INTEGRATIVE MEDICINE SPECIALIST AND
FUNCTIONAL PSYCHIATRIST**

Friday October 7, 2:20 PM - Keynote
"The Gut-Brain Relationship"

Dr. Simkin teaches Functional Psychiatry at Emory School of Medicine, is Co-Chair for the Complementary and Integrative Medicine Committee for the Child and Adolescent Clinics of North America, and works in her own private practice.

She specializes in Functional / Integrative Medicine and Psychiatry for children, adolescents, young and middle-aged adults, treating numerous disorders using a wide range of methods and techniques.

She is published as a co-author and contributor to many books and numerous papers in journals such as the Psychiatric Times, Child and Adolescent Clinics of North America, and others.

She uses traditional family and individual therapies and medications, if necessary, to stabilize with the goal of getting off medications once underlying problems are addressed. Her range of treatments include mindfulness, guided imagery, exercise, neurofeedback, nutrient supplementation, genetic testing, and factors such as MTHFR, folate, and methylation cycles, among others.



Dr. Maryam Tafreshi, Ph.D.

**ADJUNCT PROFESSOR, MIND BODY MEDICINE
DEPARTMENT, SAYBROOK UNIVERSITY**

Dr. Maryam N. Tafreshi has a Ph.D. in International Psychology (IP) with a concentrating in Systems and Organization from The Chicago School of Professional Psychology (TCSPP). Her Masters' degree is in IP, and her Bachelors' degree is in Microbiology from the Azad University of Karaj, Iran. She is originally from Tehran, Iran, a US citizen, and has been an expatriate for over 13 years living in Chile, Brazil, Singapore, China, & Dubai.

In 2017, Dr. Tafreshi was selected as a TCSPP Global Psychology Scholars. With her award, she led and sponsored a multidisciplinary panel on the topic of "A Movement on Global Mental and Physical Health" for the 2018 Middle Eastern Psychology Association (MEPA) conference and presented on the same topic at the APA- Pre-Conference of Innovation for International Psychology.

Dr. Tafreshi specializes in addressing key global issues such as Empowerment; Diversity, Inclusion, & Equity; Multicultural & Emotional Competency; Global Mental and Physical Health. Her Empowerment research is complex, multilevel research, showing the effects of attitudes and policies on empowerment, and the relationship of empowerment with mental & physical health & satisfaction in life. She has also organized various presentations for Mensah Medical including 13 virtual presentations on diverse global issues, which were of high concern during our double global pandemic.

Dr. Tafreshi has been a member of APA, APA Division 52 International Committee for Women Forum, ICFW, APA Federal Action Report Network, MEPA, and is currently a member of the Kharrazian Institute, advancing her knowledge on clinical strategies & treatment applications for chronic illness in support of UN Sustainable Developmental Goals, goal #3, Good Health & Well Being.



Brendan Vermeire

**FUNCTIONAL MEDICINE SPECIALIST AND
FOUNDER OF METABOLIC SOLUTIONS LLC**

Sunday, October 9, 4:55 PM - Breakout Session B
"Brain on Fire: Root Causes of Microglial Activation Syndrome"

Brendan is a Mental and Metabolic Health Scientist & Researcher, Functional Medicine Educator, Writer, and Speaker. He is a Board-Certified Holistic Health Practitioner, Master Nutrition Coach, Master Personal Trainer, USAW Sports Performance Coach, and Crossfit Trainer.

He began his career as a personal trainer and nutrition coach at the age of 18 after disappointingly being medically discharged from the United States Navy Seal training pipeline due to an injury. After being exposed to the power of functional lab testing in the start of his career, he began intensely pursuing that as a career path which has led him to be widely regarded as one of the top leading experts in Metabolic Health and Functional Education.

He is the proud owner and founder of the Metabolic Solutions Institute for Functional Health and Fitness Practitioners and the creator of the Functional Mental Health Practitioner Certificate Course. He is also the founder of the Metabolic Solutions Research & Education Foundation, a not-for-profit foundation dedicated to 'changing the way the world views mental health' through advancing the science of Mental Health Dysfunction. He is also the creator of The Mental M.A.P.™, a cutting-edge Lab Panel for Mental Health.



Breaha Wallin

**CO-FOUNDER & EXECUTIVE DIRECTOR OF
JOURNEY'S DREAM**

Breaha Wallin is a communications expert whose career experience includes public affairs with Fortune 50, The Dow Chemical Company, and managing a \$1M budget and global communications for joint venture Dow Kokam.

In 2013, Breaha founded Breaha Wallin Communications, providing strategic counsel to corporate and non-profit clients across the United States. Following her brother Journey's struggle with mental health challenges and subsequent death in 2013, Breaha was inspired to co-found Hattas Shay International Foundation and Journey's Dream.

Through this work, Breaha shares hope where often there's despair; co-creating a world where mental health recovery is the mainstream expectation and everyone has access to excellent, multi-faceted care.



Dr. William Walsh, Ph.D., FACN

**FOUNDER & PRESIDENT OF THE WALSH
RESEARCH INSTITUTE - NUTRIENT THERAPY
PIONEER**

Friday, October 7, 12:30 PM - Keynote
"DNA Integrity & Mental Illness"

William J. Walsh, Ph.D., FACN, president of the non-profit Walsh Research Institute, is an internationally recognized expert in the field of nutritional medicine and a key scientist paving the way for nutrient-based psychiatry and nutritional medicine. After earning degrees from Notre Dame and the University of Michigan, Dr. Walsh received a Ph.D. in chemical engineering from Iowa State University.

The collaboration with renowned (late) Carl C. Pfeiffer, MD, PhD, a pioneer in the field of nutritional research therapy, led Dr. Walsh to the development of individualized nutrient protocols to normalize body chemistry and brain chemistry. Over the past 30 years, Dr. Walsh has developed biochemical treatments for patients diagnosed with behavioral disorders, attention deficit (hyperactivity) disorder, autism, clinical depression, anxiety, bipolar disorders, schizophrenia, and Alzheimer's disease that are used by doctors throughout the world. His book, "Nutrient Power: Heal Your Biochemistry and Heal Your Brain", describes the evidence-based nutrient therapy system.

Dr. Walsh's noted accomplishments include: (a) groundbreaking studies reporting reduced violent behavior following nutrient therapy, (b) the 1999 discovery of undermethylation and copper/zinc imbalances in autism, (c) the 2000 finding of metallothionein protein depletion in autism, (d) the 2007 published study linking copper overload and post-partum depression, (e) the identification of five biochemical subtypes of clinical depression, (f) the 2011 development of the Walsh Theory of Schizophrenia, and (g) the direction of the Beethoven Research Project that revealed that the composer suffered from severe lead poisoning.



Tiffany Way, LCSW

**CLINICAL SOCIAL WORKER & INTERNATIONAL
PSYCHOLOGY DOCTORAL CANDIDATE**

Saturday, October 8, 1:25 PM - Panel Discussion
*"How the Acculturation Process Causes Trauma:
Mental Health Within Minority Communities"*

Tiffany Way is a Licensed Clinical Social Worker and International Psychology doctoral candidate, dedicated to providing a safe and therapeutic environment with a person centered and wellness-based approach to mental health treatment.

Tiffany is licensed by the ASWB (Association of Social Work Boards) and has been providing individual, couples, and family therapy for 16 wonderful years. As a licensed clinician, Tiffany utilizes multiple treatment modalities such as, Cognitive Behavioral Therapy, Trauma Focused Therapy, Interpersonal Therapy, Addiction Counseling and various mindfulness techniques. Specialties include but are not limited to: stress and anger management, ADHD, mood disorders, grief and loss, depression, anxiety, PTSD and compulsive disorders.

Tiffany is currently studying transgenerational trauma within the Garifuna population of Nicaragua and will be sharing some their experiences with the IMHS audience.



DJ Wells

**EXECUTIVE DIRECTOR OF THE MENSAH
RESEARCH INSTITUTE**

Detmer (DJ) Wells is the Executive Director of the Mensah Research Institute, as well as the Director of Marketing & Communications for Mensah Medical. Additionally, Wells is an adjunct faculty member at Governors State University in University Park, IL, where he teaches writing and academic research methods classes. He has taught writing at the collegiate level for more than 20 years, and has also led courses on media production, mass communications/media theory, grant writing/fundraising, and literary criticism. Wells earned his Bachelor's degree in Radio, Television and Film from Northwestern University, and his Masters in Communications from Governors State University.

Prior to joining Team Mensah, Wells served as the Executive Director of the Urban Health Program at the University of Illinois at Chicago, an educational pipeline program that looks to address health disparities by preparing, recruiting, supporting, and graduating traditionally underrepresented minority students in the health professions. Wells has also spent time heading PR, Marketing, External Affairs, and Communications offices in corporate settings and for several colleges and universities, heading up an international marketing effort for distance learning products, and running the day-to-day operations of a 1,200-seat regional performing arts center.

Wells most prides himself as a staunch and active advocate, serving in key leadership roles of several advocacy groups such as the Black Caucus of Health Workers (a caucus of the American Public Health Association), the Illinois Committee on Black Concerns in Higher Education (ICBCHE), the Illinois African American and Latino Higher Education Alliance (IALHEA), and the Illinois Council for College Attendance (ICCA).



**Journey's
Dream**



Mensah Research Institute

Evolved Medicine for 21st Century Physicians