

Applied Integrative Strategies for Pediatric Anxiety

A live, virtual conference on Sept 7-9, 2023



**PSYCHIATRY
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Continuing Education
to Transform Mental
Health Care

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2023 AIS Conference Agenda Sept 7-9, 2023

A live virtual event with up to 12 CME credits available

Day 1 - Thurs, Sept 7th 5pm-8:15pm MDT

Day 2- Fri, Sept 8th 8:45am-5pm MDT (lunch break noon-1pm)

Day 3- Sat, Sept 9th 8:45am-4pm MDT (lunch break noon-1pm)

The **Applied Integrative Strategies for Pediatric Anxiety Conference** features nationally and internationally renowned experts in the areas of pediatric care and mental wellness who will share evidence-based integrative approaches to anxiety. The goals of this conference are to equip pediatric providers to meet the growing demand for pediatric behavioral health services and to answer the call for increased awareness and use of evidence-based, complementary/alternative resources & treatment options. The AIS conference is hosted by Dr. Mary Wilde in collaboration with Conference Direct and generous support from Psychiatry Redefined, a Continuing Education platform dedicated to transforming mental health care. Reach out to drmary@drmarywilde.com with any questions.

*This experience is powered by **CMEfy** – an AI-powered platform that directs learners along a pathway to capture reflections at the point of inspiration, point of care. Clinicians may earn up to 12 CME/CE credits via **ReflectCE**, the accredited activity portal. Learn more at about.cmfy.com/cme-info.

The intended audience for the AIS conference is pediatricians, family physicians, developmental behavioral pediatricians, psychiatrists, & other pediatric specialists. Though the conference is designed for physicians, physician assistants, nurse practitioners, and therapists are welcome to attend. Registration covers attendance at the live event and access to recordings for 1 year following the event. No refunds will be granted for any reason. Register at <http://bit.ly/AISconference>

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Thursday, Sept 7th 2023

5:00-5:15pm MDT Conference Welcome and Introduction Mary Illions Wilde, MD
(conference host)

5:15-6:15pm MDT Nutritional Alternatives to Pharma: Applying the art and
science of nutritional interventions for mental health in children and adolescents
Leslie Korn, PhD, MPH, LMHC

6:15-7:15pm MDT Using Hypnotic Language and Integrative Strategies For Pain
and Anxiety Jody Thomas, PhD, LCP

7:15-8:15pm MDT Integrative Modalities for Managing Pediatric Anxiety in the
Primary Care Setting Sneha Venkatraman, MD

Friday, Sept 8th 2023

8:45-9:00am MDT Welcome & Morning Movement

9:00am-10:00am MDT A Mind-Body Approach for Anxiety and Sleep Kathy
Flaminio, LGSW, MSW, E-RYT-200

10:00am-11:00am MDT Considering Comorbidities: Integrative Approaches to
ADHD Sandy Newmark, MD

11:00am-12:00pm MDT A Crisis of Care: Redefining Our Models of Anxiety
Treatment in Children & Teens James Greenblatt, MD

12:00pm-1:00pm MDT ~LUNCH BREAK~

Friday, Sept 8th 2023 (cont'd)

- 1:00pm-2:00pm MDT** **Experiential Session: Mindfulness** Brian Thompson, MA
- 2:00pm-3:00pm MDT** **A Bioindividual Approach to Nutrition in Kids and Teens with Anxiety** Julie Matthews, MS, CNC
- 3:00pm-4:00pm MDT** **Integrated Care Strategies: Diagnosing and Treating Pediatric Anxiety, OCD, and PANS/PANDAS** Roseann Capanna-Hodge, EdD, BCN, LPC
- 4:00pm-5:00pm MDT** **Building Resilience: Life Lessons** Ana Maria Verissimo, MD, MA

Saturday, Sept 9th 2023

- 8:45-9:00am MDT** **Welcome & Morning Movement**
- 9:00am-10:00am MDT** **Walking the Walk Together: How to Practice What We Preach** Andy Barnes, MD, MPH
- 10:00am-11:00am MDT** **Mindfulness for Treatment of Anxiety** John Carbone, MD
- 11:00am-12:00pm MDT** **A Mind, Body, Spirit Approach to Build Resilience in Anxious Kids and Teens** Mary Illions Wilde, MD
- 12:00pm-1:00pm MDT** ~LUNCH BREAK~
- 1:00pm-2:00pm MDT** **Experiential Session: Movement & Mantras** Molly Carmel, LCSW-R
- 2:00pm-3:00pm MDT** **The Vital Role of Amino Acids and Nutrition in Mental Health** Koby Taylor, PharmD
- 3:00pm-4:00pm MDT** **Breakout Session: Case Discussion, Professional Development, & Debriefing**
- 4:00-4:15pm** **Closing/Wrap Up** Mary Illions Wilde, MD

Speaker/Presenter Bios



Nutritional Alternatives to Pharma: Applying the art and science of nutritional interventions for mental health in children and adolescents

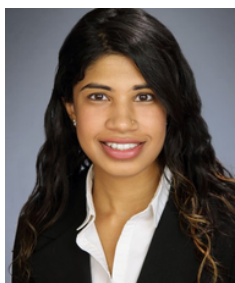
Leslie Korn, PhD, MPH, LMHC Dr. Korn is a licensed psychotherapist, board-certified in clinical supervision, dual board-certified in bodywork therapies and certified in functional nutrition. She specializes in traumatic stress and complex trauma. She has been in private practice for over 40 years and works with children and adults to improve mental health and reduce or eliminate psychotropic medications. Dr. Korn was a clinical fellow and instructor at Harvard Medical School where she introduced somatic therapies in 1985. She lived and worked in the jungle of Mexico for over 25 years, was a Fulbright research scholar in herbal medicine and was funded by the NIH as principal investigator in mind body medicine. Dr. Korn has a PhD in Behavioral Medicine from the Union Institute and University, an MPH from Harvard School of Public Health, and an MA in cross-cultural health psychology from Lesley University. She provides certification training programs for clinicians in integrative medicine and nutrition and is the author of 10 books.



Strategies to Help Patients Through Anxiety Related to Pain or Procedures

Jody Thomas, PhD, LCP Dr. Thomas is a licensed clinical health psychologist and specialist in pediatric medical illness and trauma. She is an internationally known expert in pediatric pain, a sought-after speaker and writer, and has trained medical professionals around the world. She is also the founder and CEO of the Meg Foundation, a nonprofit dedicated to empowering kids and families to prevent pain and medical anxiety. Before starting the Foundation, she was the founding Clinical Director of the Packard Pediatric Pain Rehabilitation Center at Stanford, and Assistant Professor (currently adjunct faculty) at the Stanford University School of Medicine. As an expert in medical hypnosis, she is also core faculty for the National Pediatric Hypnosis Training Institute. Her work has been featured in academic textbooks, the mainstream media, and on the American Academy of Pediatrics and US Center for Disease Control websites. She was recently honored to be part of a collaboration with the U.S. Department of Health and Human Services and was invited to speak at press events alongside the Surgeon General of the United States.

Speaker/Presenter Bios



Integrative Modalities for Managing Pediatric Anxiety in the Primary Care Setting

Sneha Venkatraman, MD Dr. Sneha Venkatraman is a Clinical Assistant Professor of Psychiatry at Keck School of Medicine of USC where she is Ward Chief of the adolescent inpatient unit. She completed a child and adolescent psychiatry fellowship at UCLA and completed residency at the University of Arizona-Tucson.

She has experience in a two-year track at the University of Arizona where she saw patients in the Integrative Psychiatry Clinic and completed a mental health-specific curriculum with the Andrew Weil Center for Integrative Medicine. She is a certified Integrative Psychiatric Practitioner through the Integrative Psychiatry Institute fellowship. She serves as Chair of the Mental Health Special Interest Group in the Academic Consortium of Integrative Medicine and Health. She is passionate about bringing the integrative approach to training experiences by reflecting the bio-psycho-social formulation in treatment planning and patient care.



A Mind-Body Approach for Anxiety and Sleep

Kathy Flaminio, LGSW, MSW, E-RYT-200 Kathy is the CEO/Founder of *movemindfully*® a training and consulting company on the science of mindfulness, movement, and social/emotional learning. Kathy holds a master's degree in social work with over 20 years of experience in schools and was adjunct faculty for Saint Mary's University. Kathy has trained over 50,000 professionals in mindfulness, movement, and social-emotional strategies and has partnered with the M Health University of Minnesota Masonic Children's Hospital and United Hospital to provide trauma-responsive practices to the child/adolescent and adult mental health units. She is co-author of *Moving Mountains: An Integrative Manual to Help Youth with Intensity, Reactivity and Anxiety*.

Speaker/Presenter Bios



(Co-presenter) A Mind-Body Approach for Anxiety and Sleep

Chrissy Mignogna, BA, E-RYT Chrissy is lead trainer and director of education for movemindfully®. She is a frequent presenter (both locally and nationally), training thousands of educators, parents, counselors, and therapists to use movemindfully simple trauma-responsive mind-body practices in educational and therapeutic settings. Chrissy currently teaches in Dakota County Juvenile Services and in early education, elementary, middle, and high schools. She provides trauma-responsive mind-body practices for the child/adolescent, adult, and geriatric mental health units at M Health Fairview Masonic Children's Hospital and United Hospital. In addition to training and teaching, Chrissy leads inclusive community-based yoga classes for adults and seniors.



Considering Comorbidities: Integrative Approaches to ADHD

Sandy Newmark, MD Dr. Newmark is a clinical Professor in the Department of Pediatrics at the University of California and Director of Clinical Services at the Osher Center for Integrative Medicine. He is also the head of the Pediatric Integrative Neurodevelopmental Program at the Osher Center, specializing in the treatment of Autism, ADHD and other developmental or chronic childhood conditions. He also has a long-standing interest and expertise in nutrition and its impact on childhood development and general health. He combines conventional medicine with nutrition, behavior management and various complementary modalities. Dr. Newmark has lectured widely on both autism and ADHD and has authored 4 chapters in Integrative Medicine textbooks. He has written a book entitled *ADHD Without Drugs, a Guide to the Natural Care of Children with ADHD*. His UCTV talk on ADHD has had over 4.6 million views.

Speaker/Presenter Bios



A Crisis of Care: Redefining Our Models of Anxiety Treatment in Children & Teens

James Greenblatt, MD A pioneer in the field of integrative medicine, board-certified child and adult psychiatrist, James 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 served as the Chief Medical Officer at Walden Behavioral Care in Waltham, MA for nearly 20 years and has been an Assistant Clinical Professor of Psychiatry at Tufts University School of Medicine and Dartmouth College Geisel School of Medicine. He is the author of eight books, including the best-seller, *Finally Focused: The Breakthrough Natural Treatment Plan for ADHD*. His updated edition of *Answers to Anorexia* was released in October 2021 and his newest book, *Functional & Integrative Medicine for Antidepressant Withdrawal* is available now. He is the founder of Psychiatry Redefined, which provides online learning to professionals in the integrative and functional medicine approach to mental health.



Experiential Session: Mindfulness for Anxiety

Brian Thompson, MA Brian is a dedicated mindfulness facilitator with over a decade of experience. Brian holds a Master's degree in Mindfulness Studies from Lesley University and is passionate about sharing the transformative benefits of mindfulness with the community. Devoted to promoting mindfulness as a powerful tool for personal and community growth, Brian is committed to helping individuals develop their own authentic relationships with mindfulness and meditation practices. His approach is tailored to resonate with each individual's unique journey. Brian currently serves as the Director of Community Engagement at Copper Beech Institute.

Speaker/Presenter Bios



A Bioindividual Approach to Nutrition in Kids and Teens with Anxiety

Julie Matthews, MS, CNC Julie is a Certified Nutrition Consultant with a master's degree in medical nutrition and published researcher specializing in complex neurological conditions for 20+ years. She's 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 *Nutrients*. Julie's approach is based on the BioIndividual Nutrition® needs of each person and stems from her clinical experience. Julie supports families and clinicians from around the world with her nutrition learning tools and professional training courses.



Integrated Care Strategies: Diagnosing and Treating Pediatric Anxiety, OCD, and PANS/PANDAS

Roseann Capanna-Hodge, Ed.D, LPC, BCN Dr. Roseann is an esteemed pioneer in the field of children's mental health and the founder of The Global Institute of Children's Mental Health and Dr. Roseann, LLC. Her unwavering mission is to transform the societal understanding and treatment of mental health issues and empower parents with an array of natural, science-backed tools designed to change the brain and behavior, as well as improve overall well being. Dr. Roseann is particularly known for her innovative BrainBehaviorReset™ method, a holistic approach that has effectively assisted thousands of individuals in managing complex conditions such as ADHD, anxiety, OCD, Lyme, and PANS/PANDAS. A bestselling author of three books, including the influential "It's Gonna be OK!™", she also hosts a popular podcast offering vital resources on children's behavior and mental health. As a sought-after media personality, Dr. Roseann's groundbreaking work has garnered attention across multiple platforms, further amplifying her mission and impact.

Speaker/Presenter Bios



Building Resilience: Life Lessons

Ana Maria Verissimo, MD, MA Dr. Verissimo is a retired Assistant Professor of Pediatrics in the Department of Developmental and Behavioral Pediatrics at Connecticut Children's Medical Center, University of Connecticut School of Medicine. She received her B.S. degree in Biochemistry at S.U.N.Y. at Stony Brook and her M.D. at Brown University School of Medicine. Dr. Verissimo completed her internship and residency in pediatrics at Rhode Island Hospital Brown University followed by a Pediatric Hematology Oncology Fellowship. She received a Master's Degree in Health and Healing from The Graduate Institute. She's a member of the American Society of Clinical Hypnosis (ASCH) and is an 'Approved Consultant' for ASCH. Dr Verissimo promoted the development of an Integrative Medicine Program at Connecticut Children's Medical Center since 2010 until her retirement in 2022. She has worked within primary care, pain and palliative medicine, and behavioral pediatrics. Dr. Verissimo is co-author of two published articles focusing on pre- and post-op use of relaxation strategies including pediatric hypnosis for patients who required Nuss procedure repair of pectus excavatum. While at Connecticut Children's, she also participated in wellness initiatives for pediatric residents and nursing staff through conferences, lectures, and experiential practice.



Walking the Walk Together: How to Practice What We Preach

Andy Barnes, MD, MPH Dr. Barnes is a Developmental-Behavioral Pediatrician and Associate Professor of Pediatrics at the University of Minnesota Medical School, where he is the fellowship director for Developmental-Behavioral Pediatrics and the clinical director for Minnesota's Leadership Education in Neurodevelopmental Disabilities (LEND) program. His research and clinical work focuses on factors that promote resilience such as sleep, self-regulation, and social relationships.

Speaker/Presenter Bios



Mindfulness for Treatment of Anxiety

John Carbone, MD Dr. Carbone graduated Phi Beta Kappa from the University of Connecticut, where he received his Bachelor of Science and Doctor of Medicine degrees. He is a Diplomat of the American Academy of Family Physicians. He has been trained as a Mindfulness Facilitator by internationally renowned Mindfulness expert Shinzen Young, and he has completed the practicum training in Mindfulness Based Stress Reduction through the Center for Mindfulness at the University of Massachusetts School of Medicine. He has participated in multiple retreats, conferences and seminars with pioneers in the integration of Mindfulness and Health Care, including Jon Kabat-Zinn, PhD; Deepak Chopra, MD; Jack Kornfield, PhD; Saki Santorelli, EdD; B. Alan Wallace, PhD; Susan Kaiser Greenland, JD; Sharon Salzberg, and Joseph Goldstein. Dr. Carbone has been teaching Mindfulness and has been using Mindfulness-Based Interventions in his role as a Family Physician for over 20 years.



A Mind, Body, Spirit Approach to Build Resilience in Anxious Kids and Teens

Mary Illions Wilde, MD Dr. Wilde is an integrative pediatrician and owner of Imagine Pediatrics Behavioral Health and Wellness in St. George, Utah. She uses a strength-based, whole-child approach to address emotional and behavioral issues in kids. Her main focus areas are anxiety, ADHD, and parenting. Dr. Wilde has created several online resources, including an online program for kids and teens with anxiety called Resilience School, and a parenting membership community called Compassion Parenting. She is an author, podcaster, TEDx speaker, and frequent contributor to various online platforms. She and her husband Jason are the parents to 8 sons.

Speaker/Presenter Bios



Experiential Session: Movement & Mantras

Molly Carmell, LCSW-R Molly is a therapist, coach, author, & podcaster. In addition to her extensive training in Substance Use and Eating Disorders, Molly is trained intensively in Dialectical Behavioral Therapy – a practice she passionately advocates. Recognizing the limitations of a "brain-only" approach in treating complex issues like addiction and eating disorders, she is also a trained Shaman, Reiki healer, a certified Tibetan bowl singing practitioner, and certified in BREATHE breathwork and a dedicated devotee of daily meditation. Molly's work has been featured on The Today Show, Good Morning America, Dr. Oz, Dateline NBC, Anderson Cooper 360, and Extreme Makeover as well as in People magazine, the New York Times, Forbes, DailyMail, the Los Angeles Times, and more.



The Vital Role of Amino Acids and Nutrition in Mental Health

Koby Taylor, PharmD Koby is a compounding pharmacist and owner of Fusion Specialty Pharmacy, a fully functional retail pharmacy based in Southern Utah which provides service in 26 states. After earning an undergraduate degree in molecular biology, Koby received a Doctorate of Pharmacy degree from the University of Utah with an emphasis in compounding medication. He later started Fusion Specialty Pharmacy so he could be more available to talk with customers about their health and work closely with physicians to create customized formulations based on unique patient needs. Koby is an adjunct faculty member in the pharmacy program at the University of Utah and teaches pharmacy technician classes at DXATC in St. George, UT. Koby is married with 5 children and loves wakesurfing.

Sponsors

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Led by renowned integrative psychiatrist., Dr. James Greenblatt, Psychiatry Redefined provides the most comprehensive, scientific, practical, convenient, and cost-effective training available in integrative and functional psychiatry. Our clinician-led online courses, fellowship program, intensive programs, and seminars and conferences will help you target and treat the root causes of mental illness, providing your patients with a greater chance of lasting recovery and wellness. Learn more at www.PsychiatryRedefined.org.

DHA LABORATORY



DHA Laboratory currently works with the top clinicians worldwide to provide reliable biochemical assays. DHA's core tests have been used in research and treatment of over 90,000 patients with behavioral and emotional conditions like:

- Anxiety & Depression
- Autism Spectrum Disorder (ASD)
- ADHD & ADD
- Schizophrenia
- Post-traumatic-stress-disorder (PTSD)
- Neurodegenerative Disease

DHA Laboratory is most well-known for its Kryptopyrrole Quantitative Urine Analysis and functional blood chemistry like the whole blood histamine test. DHA provides evidence-based laboratory testing to providers nationally and internationally, offering lab testing support through simple, fluid ordering processes for patients and clients. For more information about how DHA works with providers go to <https://www.dhalab.com/physician-partnership-program>.



UpToDate is an evidence-based resource for clinicians to support medical decision-making. Part of Wolters Kluwer Health, UpToDate has been informing physicians for over 30 years, now with over 7,000 authors, editors, and peer reviewers. In this conference, UpToDate is providing 1 month of free access to participants to support and expand the learning. For more information about UpToDate go to <https://www.wolterskluwer.com/en/solutions/uptodate>.

Conference Benefits

Conference attendees will:

- gain exposure to evidence-based integrative approaches to pediatric anxiety
- connect with like-minded professionals
- be supported in developing personal self-care practices to fortify their own emotional wellness
- have the opportunity to earn up to 12 CME credits through course reflection via **CMEfy**
- receive a complimentary 1-month subscription to UptoDate, an evidence-based clinical resource & software system offering point-of-care learning

Join us for the conference!
Register at
<https://bit.ly/AISconference>

