

By Connecticut's Statewide Behavioral Health Integrative Medicine Collaborative

# The 3rd Annual Holistic Healing and Recovery Through Integrative Medicine Conference

December 7th, 2018

**8:30AM SIGN IN | 9AM - 4PM EVENT | 6 CREDITS**  
**Red Lion Hotel, 100 Berlin Rd, Cromwell, CT 06416, Free Parking**  
**Seeking Vendors \$100 and apply online!**

An active day of wellness and recovery for the mind and body at the 3rd Annual Holistic Healing and Recovery through Integrative Medicine Conference. The conference includes alternative therapies and inspirational speakers who are designed to promote mental health & recovery from addiction for both professionals and individuals in recovery.

In the morning, keynote Dr. Romie Mushtaq, MD, ABIHM will teach about the mind and body's response to stress that can create a myriad of mental health-related issues from anxiety, depression, and brain fog. Her three-step program will help you improve mental and physical health by creating a personalized prescription for health. Based on the latest research in neuroscience, positive psychology, and mindfulness this program uses science and medical evidence about shifting your mindset and mindfulness techniques. These will help you connect to calm and feel back in control.

Be empowered directly from those in recovery with a panel moderated by Colette Anderson, LCSW of The Connecticut Women's Consortium, while a panel from the new Auricular Acupuncture initiative at DMHAS will introduce the NADA model and the new cohorts. In the afternoon, participants choose two active breakout sessions with topics like Emotional Freedom Technique, Ayurveda for Addiction, Mindfulness in Balance, EMDR, Journey of Loss and Recovery: Expressive Art Making, Making Sense Out of Scents and more. Throughout the day, take a moment to renew your energy in the Healing Arts Space staffed by Advocacy Unlimited, TOIVO Center's Staff.

*CEC, CME and Credits for social workers, addiction professionals, marriage & family therapists, counselors, clinical psychologists, physicians, and more. The Southwest Connecticut Mental Health System designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credit(s)™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

**Learn more at [www.womensconsortium.org](http://www.womensconsortium.org) | \$50**

**CLIENT SIGN UP** - If your DMHAS-funded agency would like to bring clients, please designate one point person who will transport and accompany up to 5 clients to the event and be responsible for tickets. Slots are first to come, first serve and will go quickly! Registration for these slots comes closer to the event and will be online, for questions contact [events@womensconsortium.org](mailto:events@womensconsortium.org)

# Renew Your Recovery

Keynote Dr. Romila “Romie” Mushtaq, MD, ABIHM

is a traditionally trained neurologist with additional board certification in integrative medicine. Dr. Romie brings together Western medicine and Eastern wisdom to help change the conversation on brain and mental health. Individuals learn to heal the root cause of stress-based illnesses such as insomnia, anxiety, and career-burnout. Her programs bring together her unique wisdom in neuroscience, integrative medicine, and mindfulness. She is a regular expert contributor in national media in outlets such as Fox Business, NBC, The Huffington Post, Fox News, and NPR.

## Poetry

Slowing Down  
with Haiku

Yoga and haiku writing require us to slow down. Learn both practices to observe the present moment.

Donna Faulkner

## Art Making

Journey of  
Loss and Recovery

Transform loss through expressive art making. Learn how art making can be a form of self-care. You will have the opportunity to create your own unique piece.

Debra Gottschalk MAATC

## Storytelling

Beyond the Story

Create original dramatic works using your own life experiences. The Life Stories program offers training in acting, storytelling, screenwriting and directing.

Corrine Taylor

## Ayurveda

Ayurveda for Addiction

Ayurveda includes yoga, analysis, healthy routine, detoxification meditation and diet to keep the mind-body balance and can be used for addiction.

Dr. (Vaidya) Jaya Daptardar B.A.M.S.,  
M.H.A. R.A.A.P

## Aromatherapy

Making Sense  
Out of Scents

Learn the basics of essential oils and the many benefits of several different oils in overall mind-body-spirit wellness.

Alicia Feller, LCSW

## Mindfulness

Mindfulness-Based Stress  
Reduction: Gentle  
Yoga & Meditation

Learn meditation techniques and body-based practices including a body scan and gentle yoga to improve their sense of well-being and provide relief from stress.

Tracey Sondik, PsyD

## Tapping

Emotional Freedom  
Technique

EFT is a form of psychological acupressure, that draws on various theories of alternative medicine including acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy

Emily A. Wickman, LCSW

## Recovery

Let Love Lead the Way

In a state of love, embrace self-compassion and forgiveness to allow you spirit to heal from trauma and learned behaviors that promote fear.

Dr. Romie Mushtaq

## Balance & Fitness

Mindfulness in Balance

Learn about two complementary worlds: mindfulness training and natural movement fitness including a mix of balance and meditation techniques.

Marannie Rawls-Philippe, CSCS

## EMDR

EMDR Exercises

Eye Movement Desensitization and Reprocessing (EMDR) is an innovative and powerful therapy used for the desensitization of PTSD and other mental health concerns.

Donald F. DeGraffenried,  
LCSW

## Breath-Body-Mind

Introduction to  
Breath-Body-Mind

Learn some of the breath, mediation, and Qigong practices that are easy and have been proven to effectively lower a person's stress level.

Linda Lentini,  
Deron Drumm

## Broken Brain

Broken Brain:  
Mindfulness &  
Integrative Medicine to  
Health Depression and  
Addiction

Learn about effective treatment through clinical and therapeutic tools, managing the gut microbiome, mindfulness, acupuncture, and supplements.

Dr. Romie Mushtaq

Healing Arts Room by TOIVO Center, Advocacy Unlimited



Visit all day for self-care, sign up for individual massage, reiki, acupuncture at the Healing Arts space registration table or join during group activity times.

Group activities such as Qigong, Chair Yoga, Aromatherapy, Acupuncture, Massage, Reiki, Sound Healing, Tea available