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Cancer Treatment Centers of America®  
HOLISTIC HEALTH AND HEALING CONFERENCE

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# Nourishing Mind, Body and Spirit

Saturday-Sunday, April 2-3, 2016

The Pfister Hotel  
Milwaukee, Wisconsin

## Conference Description and Learning Objectives

With a focus on evidence-based practices and integrative models of care, this first-time conference — sponsored by Cancer Treatment Centers of America® (CTCA), a national leader and role model in integrative patient care — will explore holistic practices for self-care and how to deliver these practices to patients and caregivers.

The learning objectives of the conference are:

- Focus on evidence-based practices and integrative models of care.
- Support clinicians and caregivers with health and wellness options that heal the whole person — mind, body and spirit.
- Explore holistic practices for self-care and discover how to deliver these practices to patients and caregivers.

## Target Audience

The conference has been created health care professionals interested in holistic health and wellness.

## Conference Location

The conference will be held at the historic Pfister Hotel at 424 E. Wisconsin Ave., Milwaukee, WI. Located in the heart of downtown Milwaukee, Pfister Hotel rooms in the historic part of the hotel have traditional furnishings; tower rooms are sleek and modern.

Amenities include a steakhouse, martini bar, lobby bar and lounge and a historic dining room serving Sunday brunch. There's also a spa and a fitness center, and an indoor pool with views of Lake Michigan.

## Conference Parking

Self-parking overnight at the Pfister Hotel is \$27 per night. Valet parking for one day is \$17, and valet parking overnight is \$31. Pfister Hotel parking is located at 411 E. Mason St., Milwaukee, WI.

## Conference Dates

### **Saturday, April 2, 2016**

*Conference Check-In/On-site Registration, Continental Breakfast, Keynote Address, Plenary and Concurrent Sessions, Workshops Lunch, Holistic Marketplace and Dinner Event at The Box MKE.*

### **Sunday, April 3, 2016**

*Continental Breakfast, Candlelight Yoga, Plenary and Concurrent Sessions, Keynote Address, Lunch and Holistic Marketplace.*

## Registration

**Early Bird Registration Fee:** \$325

**Registration Fee after February 1, 2016 and before March 18, 2016:** \$400

**Registrations after March 18, 2016** (accepted on a space-available basis): \$425

**On-Site Registrations** (accepted on a space-available basis): \$425

Registration Fee includes conference syllabus and materials, workshops, plenary and concurrent sessions, continental breakfast (Saturday and Sunday), lunch (Saturday and Sunday), Saturday Evening Dinner Event at The Box MKE and Candlelight Yoga (Sunday). A limited number of guest tickets to the Saturday Evening Dinner Event at The Box MKE can be purchased for \$50 each. Inquire at the Conference Check-In Desk.

Visit <http://www.cvent.com/d/mfqkj7> to register.

*Registrations cannot be shared.*

## **Cancellations**

Cancellations will be refunded, less a \$75 administrative fee, if notification is provided to CTCA® before March 18, 2016 (email [arlene@exceptionaleventswi.com](mailto:arlene@exceptionaleventswi.com)).

CTCA reserves the right to cancel or postpone any conference due to unforeseen circumstances. In the unlikely event CTCA must cancel or postpone this conference, CTCA will refund the registration fee, but is not responsible for any related costs, charges or expenses to participants including fees assessed by airline / travel / lodging agencies. Conference attendees shall bear the risk of loss of all such expenses.

## **Keynote Speakers**

***N. N. D. Patel, MD***, Assistant Professor of Medicine, University of Minnesota, Co-Director Anticoagulation Clinic and Faculty Member, Dept. Hematology and Oncology, VA, Minneapolis, MN

Dr. Patel will discuss Ayurveda — a 5,000-year-old system of holistic healing that contains timeless wisdom and practical methods for achieving physical, mental / emotional, energetic and spiritual balance and ease. A classic definition of wellness will be explored along with how it can be adapted to our 21st century lifestyles. This discussion will be a blend of ancient and modern theory and practical applications that can be used in everyday life. Attendees will also have the opportunity to participate in, directly experience, and practice meditative / energetic-breathing techniques.

***Veda Andrus, EdD, MSN, RN, HN-BC***, Vice President, Education and Program Development for The BirchTree Center for Healthcare Transformation, Florence, MA.

Veda will discuss how the quality of the care provider / patient relationship influences patients' health care experiences and impacts their healing journeys.

## **Contact Hours**

The conference has applied for *AMA PRA Category 1 Credit(s)*™ (CME) and *ANCC credit* (CEU), and will report eligibility in final conference agenda, which will also include specific details.

## Conference Highlights

### **Stuart Pimsler Dance and Theater (SPDT) Workshop**

Stuart Pimsler Dance and Theater (SPDT) is a nationally recognized performance company that has been co-directed by Suzanne Costello and Stuart Pimsler since its inception in 1970. In the United States, SPDT's work has been presented at The Kennedy Center for the Performing Arts, Dance Theater Workshop (NYC), Central Park's Summer Stage, Jacob's Pillow, The American Dance Festival, the National Civil Rights Museum, and the Guthrie Theater among many others. Join SPDT as they demonstrate how to foster stronger relationships, communication and understanding between care providers and their patients by exploring the power of touch and movement.

### **Renewal, Serenity and Self-Care Opportunities Workshop**

Take time to relax, refresh and rejuvenate

- Slip into the *CTCA Renewal Room* to experience an environment of healing and hope. Replace your cell phone, pager and other distractions with aromatherapy, music therapy, journaling, a massage chair, Reiki and more — all designed to calm and transform you.
- Relieve yourself of stress, and relax at the Pfister's full-service *WELL Spa + Salon*, which offers unique spa services such as a Remineralizing Hydrotherapy Bath or Hammam Steam Shower + Mud. *WELL Spa + Salon* rates apply. Space is limited, so schedule your services well in advance. Call (414) 277-9207.
- Explore the unique boutiques of Milwaukee's historic *Third Ward*, known as Milwaukee's Arts and Fashion District and home to the award-winning Third Ward Riverwalk and the Milwaukee Public Market.
- Visit the *Milwaukee Art Museum*, home to a rich collection of over 30,000 works of art. Located on the shore of Lake Michigan, its campus includes the Santiago Calatrava–designed Quadracci Pavilion, annually showcasing three feature exhibitions, and the Eero Saarinen–designed Milwaukee County War Memorial Center.
- Discover Milwaukee's premier natural history and science facility — the *Milwaukee Public Museum (MPM)*, world-renowned for its exhibits, collections, ongoing scientific research and educational offerings. Three floors of exhibits encompass life-size dioramas, walk-through villages, world cultures, dinosaurs, a rain forest and a live butterfly garden, and the Daniel M. Soref National Geographic Theater and Planetarium.

- Visit *Discovery World*, a science and technology center focusing on innovation and technology, and Great Lakes education and conservation. Its building is filled with interactive exhibits, the Reiman Aquarium, two theaters, and is home to Wisconsin's official flagship, the [Denis Sullivan](#), a fully functional sailing vessel modeled after a 19th-century Great Lakes schooner.

### **Holistic Marketplace**

Enter the Holistic Marketplace at the 7<sup>th</sup> Floor Foyer and you will be one step closer to your best self where you feel empowered and on a positive path to wellbeing. Purveyors of natural products and services will be on hand during the course of the conference offering a wide range of exceptional products.

### **The Saturday Evening Dinner Event at The Box MKE**

Enjoy cocktails, hors d'oeuvres, dinner and dancing with a DJ at The Box MKE. New to the Milwaukee scene, The Box MKE is a one-of-a-kind loft-style, urban, contemporary environment. Located in the heart of downtown just walking distance from The Pfister, The Box MKE is full of history, like much of downtown Milwaukee. Converted from a bank building in its prior life, many historical aspects remain including its notable architecture, cream city brick and high-arching windows.

### **Candlelight Yoga**

On Sunday morning, enjoy the tranquility of a Candlelight Yoga class with Edie Starrett, registered yoga instructor. The half-hour class will blend stretching, gentle movement and restorative poses with a focus on relaxing into the deepest layers of the body to return you to a place of release, surrender and calm. No experience needed. Wear something comfortable, bring your own mat and enjoy the benefits of letting go.

## CTCA Holistic Health and Healing Conference Schedule — April 2-3, 2016

### Saturday, April 2, 2016

- 7:00 am **Check In/On-Site Registration**  
**Continental Breakfast**
- 7:45 am **Welcome and Announcements**  
*Jacklynn A. Lesniak, MS, BSN, RN, Senior Vice President, Patient Care Services and Chief Nursing Officer, Cancer Treatment Centers of America at Midwestern Regional Medical Center*
- 8:00 am **Keynote Address**  
**An Ayurvedic Definition of Health and Wellbeing**  
*N.N.D Patel, MD, Assistant Professor of Medicine, University of Minnesota, Co-Director Anticoagulation Clinic and Faculty Member, Dept. Hematology and Oncology, VA, Minneapolis, MN*  
Dr. Patel will discuss Ayurveda — a 5,000-year-old system of holistic healing that contains timeless wisdom and practical methods for achieving physical, mental / emotional, energetic and spiritual balance and ease. A classic definition of wellness will be explored along with how it can be adapted to our 21st century lifestyles. This discussion will be a blend of ancient and modern theory and practical applications that can be used in everyday life. Attendees will have the opportunity to participate in, directly experience, and practice meditative / energetic-breathing techniques.
- 9:05 am **Concurrent Session 1**  
**Stress and Its Impact on the Adrenal Glands; A Naturopathic Perspective**  
*Eliot W. Edwards, ND, FABNO, Naturopathic Oncology Provider, Cancer Treatment Centers of America at Midwestern Regional Medical Center*  
Connecting the dots between stress and our adrenal function is not always understood or recognized by conventional medicine. However, naturopathic medicine takes a holistic view of the patient and acknowledges this relationship. Additionally, naturopathic doctors look to address stress in the lives of their patients as part of a holistic approach to their care. Stress can often cause or contribute to many chronic conditions such as: poor immune function, blood sugar dis-regulation (pre-diabetes and diabetes), weight gain, hypertension, insomnia, asthma, etc. Dr. Edwards will review appropriate functional medicine workup for patients who present with conditions related to chronic stress. He will review differential diagnoses and outline conditions that must be ruled out when a patient presents with the chief complaint of fatigue. He will explore the connection between adrenal health conditions and will discuss naturopathic strategies for addressing these functional issues.

### **Optimizing Mind and Body with Optimal Nutrient Intake**

*Sarah Kiser, MS, RD, CSO, Clinical Oncology Dietitian, Cancer Treatment Centers of America at Western Regional Medical Center*

Sarah will present knowledge on evidence-based nutrition recommendations for disease prevention and wellness. Discussion points include the pathophysiology of inflammation, the role of over-nutrition and nutrient deficiencies in the inflammatory process, and gene nutrient interactions and implications of common genetic polymorphisms. Takeaways include how to use diet as a lifestyle approach to wellness and longevity, practical tips for optimizing nutrient bioavailability, meal planning for everyday utility, and knowing what questions to ask your health care provider as an informed consumer.

### **Mindfulness: An Essential Component of a Holistic Wellness Program**

*Renee Avery, MS, LPC, Mind-Body Medicine Therapist, Cancer Treatment Centers of America at Southwestern Regional Medical Center*

Mindfulness — a simple practice that has been shown to boost the immune system, increase feelings of wellbeing, decrease depression, improve sleep, deepen spiritual connections, and improve memory and attention skills. Learn about mindfulness — what it is and what it is not. Renee will lead participants in an experiential exercise and talk about ways to integrate mindfulness practice into everyday life.

### **Dance / Movement Therapy (DMT)**

*Alexandria Callahan, BC-DMT, LCPC, Mind-Body Therapist, Cancer Treatment Centers of America at Midwestern Regional Medical Center*

The body holds our life stories. Through movement, we can explore our connection to who we are and how to convey this to others. Movement is an outward expression of one's internal world. Often when our words or thoughts are unclear, our bodies can still tell a story. DMT has been used in hospitals across the world to assist a wide array of patients dealing with various medical situations including: polio, cancer, birthing mothers, trauma victims, stress issues, etc. When nurses observe subtle body cues, they can better assist patients during assessments, helping patients who may be experiencing intense pain or anxiety and calming patients during times of fear or uncertainty. Recognizing our own movement patterns can assist us in regulating ourselves during times of stress and enhance our self-care. An experiential will be provided to assist participants in finding a movement-based connection that helps with self-regulation.

9:55 am

**Break/Refreshments**

**Holistic Marketplace**

10:15 am

**Workshop 1**

**Caring for the Caregiver/Creating a Space for Self-Care**

*Stuart Pimsler Dance and Theater*

This workshop provides caregivers a creative outlet for the stresses of their profession. Workshop leaders help foster stronger relationships,



communication and understanding amongst teams of staff members and between caregivers and their patients by exploring the power of touch and movement. Through the integration of movement and voice, memories and stories, participants explore ways to express feelings associated with their profession.

## **Workshop 2**

### **Renewal, Serenity and Self-Care Opportunities**

*Options include visits to the CTCA Renewal Room (22<sup>nd</sup> Floor, Presidential Suite), the Pfister's full-service WELL Spa + Salon (Lower Level), the Third Ward, Milwaukee Art Museum, Milwaukee Public Museum and/or Discovery World. Learn more by visiting the Conference Check-In Desk. Complimentary shuttle transportation is available to all off-site options.*

12:15 pm

### **Holistic Marketplace**

12:30 pm

### **Lunch**

1:30 pm

### **Repeat of Concurrent Session 1**

#### **Stress and Its Impact on the Adrenal Glands; A Naturopathic Perspective**

*Eliot W. Edwards, ND, FABNO, Naturopathic Oncology Provider, Cancer Treatment Centers of America at Midwestern Regional Medical Center*

Connecting the dots between stress and our adrenal function is not always understood or recognized by conventional medicine. However, naturopathic medicine takes a holistic view of the patient and acknowledges this relationship. Additionally, naturopathic doctors look to address stress in the lives of their patients as part of a holistic approach to their care. Stress can often cause or contribute to many chronic conditions such as: poor immune function, blood sugar dis-regulation (pre-diabetes and diabetes), weight gain, hypertension, insomnia, asthma, etc. Dr. Edwards will review appropriate functional medicine workup for patients who present with conditions related to chronic stress. He will review differential diagnoses and outline conditions that must be ruled out when a patient presents with the chief complaint of fatigue. He will explore the connection between adrenal health conditions and will discuss naturopathic strategies for addressing these functional issues.

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2:20 pm

### **Plenary 1**

#### **Barbara Brennan Healing Science**

*Laura Sunn, MD, Psychiatrist, Cancer Treatment Centers of America at Midwestern Regional Medical Center*

Before becoming a world-renowned pioneer and innovator in the field of energy and human consciousness, Dr. Barbara Brennan was a research physicist with NASA. In 1982, she founded the Barbara Brennan School of Healing (BBSH), a specialized college for the study of hands-on energy healing and personal transformation. Dr. Sunn will explore Brennan Healing Science — a gentle yet powerful holistic method of balancing and restoring health to your physical, emotional, mental and spiritual bodies. It combines hands-on energy healing techniques with spiritual and psychological awareness to deepen your healing and self-discovery process touching every aspect of your life.

3:05 pm

### **Break**

#### **Holistic Marketplace**

3:25 pm

### **Repeat of Workshop 1**

#### **Caring for the Caregiver/Creating a Space for Self-Care**

*Stuart Pimsler Dance and Theater*

This workshop provides caregivers a creative outlet for the stresses of their profession. Workshop leaders help foster stronger relationships, communication and understanding amongst teams of staff members and between caregivers and their patients by exploring the power of touch and movement. Through the integration of movement and voice, memories and stories, participants explore ways to express feelings associated with their profession.

**Repeat of Workshop 2**

**Renewal, Serenity and Self-Care Opportunities**

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5:25 pm

**Break for the day**

6:30 pm

**Saturday Night Dinner Event at The Box MKE**

Join us at The Box MKE for cocktails, hors d'oeuvres, dinner and dancing with a DJ. The Box MKE is located at 311 East Wisconsin Avenue, right across the street and a few steps west of the Pfister Hotel.

**Sunday, April 3, 2016**

- 7:00 am      **Continental Breakfast**  
**Candlelight Yoga**  
Enjoy the tranquility of a Candlelight Yoga class with Edie Starrett, registered yoga instructor. The half-hour class will blend stretching, gentle movement and restorative poses with a focus on relaxing into the deepest layers of the body to return you to a place of release, surrender and calm. No experience needed. Wear something comfortable, bring your own mat, and enjoy the benefits of letting go.
- 7:45 am      **Welcome and Announcements**  
*Jacklynn A. Lesniak, MS, BSN, RN, Senior Vice President, Patient Care Services and Chief Nursing Officer, Cancer Treatment Centers of America at Midwestern Regional Medical Center*
- 8:00 am      **Plenary Session 2**  
**Self-Compassion: How to Mitigate the Symptoms of Compassion Fatigue, Depression and Burnout**  
*David Wakefield, Ph.D., Psychologist, Mind-Body Medicine, Cancer Treatment Centers of America at Southwestern Regional Medical Center*  
Dr. Wakefield will define self-compassion and how it is implemented in daily living. He will compare and contrast the symptoms of compassion fatigue, depression and burnout and share objective measures to gauge them. Additionally, he will provide holistic approaches for nourishing one's body, mind and spirit.
- 8:50 am      **Concurrent Session 2**  
**The Transformative Power of Creativity**  
*Tanis Taylor, LMFT, Mind-Body Medicine Therapist, Cancer Treatment Centers of America at Southwestern Regional Medical Center*  
Creativity is a natural form of holistic healing. Tanis will define creativity and discuss how we are "wired to create." She will describe the transformative benefits of creative expression and how to use creativity in trauma self-care, and as a catalyst for transformation. She will also guide you into tapping into your own creativity and conduct an interactive creative expression exercise focused on transformation.
- Caregiver Restoration: Natural Sleep Strategies**  
*Michelle Smekens, ND, FABNO, Naturopathic Oncology Provider, Cancer Treatment Centers of America at Midwestern Regional Medical Center*  
Getting adequate sleep is a challenge for many of us, especially if you are a caregiver. Stress, caffeine use, night waking and time management all play a role in impeding quality and quantity of sleep. Numerous studies implicate sleep deprivation as a risk factor for certain cancers, metabolic syndrome and mental illness. Dr. Smekens will share evidence-based

safe, effective strategies to treat insomnia and improve sleep, with a focus on the unique challenges of tired caregivers. Sleep hygiene, exercise, diet, botanicals and supplemental nutrients will be among the therapies she will discuss.

### **Mindful Eating and Living Healthy**

*Kyle Dent, MS, RD, LDN, Clinical Oncology Dietitian, Cancer Treatment Centers of America at Midwestern Regional Medical Center*

Kyle will bring to light the importance of mindful eating, a topic he often discusses with his patients but finds just as important to his colleagues. Eating healthy is often sidelined with a busy workload and lifestyle. It is important to be mindful of what we are eating whether we are at home, work, or dinner with family and friends. It can be very easy to choose a fast and unhealthy snack to save time, but will that snack be beneficial? Being mindful of what we eat by choosing healthy foods and correct portions can play a major role in maintaining or working towards a healthy lifestyle. Some studies have shown that mindful eating can help with weight loss or assist in managing chronic diseases. Kyle will demonstrate how mindful eating can help you make an informed choice in what foods to eat, and when to begin or end an eating occasion.

### **Emotional Freedom Technique (EFT): Tapping for Self-Care**

*Susi Roos, M.Div., RN, CCPC, HN-BC, Mind-Body Specialist, Cancer Treatment Centers of America at Midwestern Regional Medical Center*

Emotional Freedom Technique (EFT), also referred to as tapping, is a universal healing tool that can provide impressive results for physical, *emotional*, and behavioral issues. Susi will address how tapping on the meridians at specific acupuncture points while focusing on incidents, physical conditions or other concerns associated with challenging emotions allows significant resolution of those emotions. This, in turn, often results in greater physical healing and pain relief and less stressful, more serving responses to those challenging circumstances or memories. She will explain the clinical result; that just thinking about the problem does not provide the same emotional releases and healing potential as focusing on the problem while performing EFT, which can actually change our attitude toward the problem. EFT may, therefore, be of assistance in accepting the unacceptable; i.e., life with a chronic pain condition or affording us new coping skills when we previously felt stuck. Participants will experience EFT and be provided written instructions so they can easily utilize it as an ongoing self-care tool for themselves, their family members, and even their patients.

9:35 am

**Break/Refreshments**

**Holistic Marketplace**

10 am

**Repeat Concurrent Session 2**

### **The Transformative Power of Creativity**

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10:50 am

**Keynote Address**

**The HeArt of Therapeutic Presence: A Roadmap for a Compassionate Future in Healthcare**

*Veda Andrus, EdD, MSN, RN, HN-BC, Vice President, Education and Program Development for The BirchTree Center for Healthcare Transformation, Florence, MA*

Veda will address how the quality of the care provider / patient relationship influences the patient's health care experience and impacts their healing journey.

12 pm

**Lunch**

1 pm

**Plenary Session 3**

**How Yoga-Meditation Supports the Cancer Patient and Caregiver**

*Eddie Starrett, AHC, AHP, E-RYT, Ayurvedic Health Counselor and Practitioner, Certified Registered Yoga Teacher and Educator, Mona V Wellness Ayurveda and Yoga LLC*

Current research shows the tremendous benefits from consistent yoga-meditation practices. These practices can literally change your mind, body and spirit, paving the way for improved health and overall wellbeing. Learn the latest research, why so many are investing time and energy in yoga-meditation, and how it builds self-awareness and creates wellness. Eddie will also highlight the challenges of establishing a regular yoga-meditation practice and share tips for overcoming challenges and sticking to a regular practice.

1:45 pm

**Mindful Closing**

*Michelle Moore, BSN, RN, HN-BC, Cancer Treatment Centers of America at Midwestern Regional Medical Center*





## Speakers

### Keynote Speakers

N.N.D Patel, MD is Assistant Professor of Medicine, University of Minnesota and Co-Director, Anticoagulation Clinic and Faculty Member, Dept. Hematology and Oncology, VA, Minneapolis, MN. Dr. Patel is board certified in Internal, Medical Oncology and Holistic and Integrative Medicine. He holds teaching certifications in two energetic modalities — Reiki and Crystalline Consciousness Technique. His Ayurvedic Medicine training is from the Ayurvedic Institute in New Mexico and he is a Certified Ayurvedic Practitioner by the National Ayurvedic Medical Association. He is a student of Chen Style Tai Chi, Mysore Ashtanga Yoga and Argentine Tango.



Veda Andrus, EdD, MSN, RN, HN-BC is Vice President, Education and Program Development for The BirchTree Center for Healthcare Transformation located in Florence, MA. She was Founding President and CEO of Seeds and Bridges Center for Holistic Nursing Education beginning in 1983, where she co-created The Certificate Program in Holistic Nursing and other professional development continuing education programs. Dr. Andrus is past President and International Director for the American Holistic Nurses Association and is the recipient of the 2004 Holistic Nurse of the Year award. She served as the Delegation Leader for the first Holistic Nursing Delegation to China and Mongolia in 1994 through the Citizen Ambassador Program of People-to-People International. Dr. Andrus is on the Board of Directors for the American Holistic Nurses Credentialing Corporation and on the Editorial Review Board for the Journal of Holistic Nursing. She has authored many articles and book chapters, including recent chapters on Holistic Leadership for the 2<sup>nd</sup> edition of the *Core Curriculum for Holistic Nursing* and for the 7<sup>th</sup> edition of *Holistic Nursing: A Handbook for Practice*.

### Plenary Session Speakers



Laura Sunn, M.D. is a psychiatrist at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center (Midwestern). She is board certified in Integrative Holistic Medicine by the American Board of Integrative Holistic Medicine. She graduated magna cum laude from Washington University, St. Louis before going on to receive her doctorate at the University of Missouri Medical School in Columbia, MO. Committed to integrative science, her honors thesis compared Native American herbal medicine to ancient Chinese medical botany. Dr. Sunn is a member of numerous organizations, including the American Academy of Child Psychiatry, American Psychiatric Association, Wisconsin State Medical Society and the National Association for the Dually Diagnosed.



David Wakefield, Ph.D. is Psychologist in the Mind-Body Medicine Department at Cancer Treatment Centers (CTCA) of America at Southwestern Regional Medical Center. He is a licensed psychologist and a licensed Marital and Family Therapist. He has worked at CTCA for the past 15 years. He also has a private practice at Crossroads Counseling and Consultation Center in Tulsa, OK. Dr. Wakefield is an adjunct professor at Oral Roberts University. He is on the school board at Summit Christian Academy. He is married and has three adult children and four grandchildren. Dr. Wakefield loves to snow ski, hunt with his sons and travel with his wife and daughter.



Edit Starrett has a Bachelor of Science degree from the University of Wisconsin-Madison. She completed advance Ayurvedic clinical training at the International Academy of Ayurveda in Pune, India, and is a Certified Ayurvedic Practitioner, consultant and trained Panchakarma Technician (Ayurvedic body therapies). Edie is also a registered yoga instructor and educator with thousands of hours of experience in teaching yoga over the last nine years. She is the founder of MonaV Wellness, Milwaukee, WI, which offers a full range of services to help clients restore the physical and energy balances of their bodies. Edie also serves as the director of MonaV's Ayurveda Wellness Program and shares her expertise in nutritional "Food for Life" and wellness cooking classes. Edie's years of education and training demonstrate her lifelong commitment to health and wellness.

### Concurrent Session Speakers

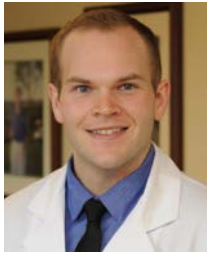


Renee Avery, MS, LPC is a Mind-Body Medicine Therapist at Cancer Treatment Centers of America (CTCA) at Southwestern Regional Medical Center. She earned her undergraduate degree in Early Childhood Education and taught for 13 years in both public and private school settings where she served a variety of different populations. Renee received her master's degree in Counseling Psychology from Northeastern State University in 2013. She interned at CTCA and was later hired as a full-time therapist. Renee's clinical interests include anxiety, addictions, developing resilience, and integrating mindfulness into everyday life. Her goal is to empower her patients to live out their purpose and values in spite of a cancer diagnosis.



Alexandria Callahan, BC-DMT, LCPC is a Mind-Body Therapist at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center. She is a Licensed Clinical Professional Counselor and holds a master's degree in the field of Dance/Movement Therapy and Counseling from Columbia College in Chicago, IL. She is also certified in Laban Movement Analysis. Movement has been a huge part of Alexandria's life, and through her dance experiences she discovered a way to assist people in coping with many life changes. Alexandria's passion for

movement and fascination with how the human body works assisted her in delving deeper into how the body and mind are connected and the role these two entities play with emotional experiences. At CTCA, Alexandria assists patients and caregivers through various stages of the cancer journey. She has helped patients coping with body image issues, and has assisting them in reconnecting and redefining themselves through the use of movement.



Kyle Dent, MS, RD, LDN is a Clinical Oncology Dietitian at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center. He earned a Bachelor of Science degree in human ecology from Ohio State University. He continued his education at Loyola University Chicago, IL where he completed a Master of Science degree in dietetics and a dietetic internship that included nutrition-focused research. Some of his research included mindful and emotional eating and he completed his thesis on the effects of bullying on overweight adolescents. He is a Registered and Licensed Dietitian. Prior to joining CTCA in 2014, Kyle also worked as a nutrition associate and personal trainer. He currently works closely with oncologists and the entire integrative team to help patients maintain adequate nutrition during and after cancer treatment.



Eliot W. Edwards, ND, FABNO is a Naturopathic Oncology Provider at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center (Midwestern). He is a 2002 graduate of the National College of Naturopathic Medicine, where he earned his Doctor of Naturopathic Medicine degree. His undergraduate degree was in physics and chemistry, which he earned in 1990 from State University of New York College at Oneonta. Dr. Edwards was in private practice in upstate New York from 2002-2009. In 2009, he joined the Naturopathic Medicine Department at CTCA in Zion, IL, where he offers naturopathic support in an integrative setting, working collaboratively with medical oncologists. He was also a Clinic Instructor at National University of Health Science in Lombard, IL, and has lectured extensively to community groups and health care practitioners on naturopathic medicine and integrative healthcare. In April 2013, Dr. Edwards became a Fellow to the American Board of Naturopathic Oncologists (FABNO) after completing a rigorous application process and passing his Board Certification examination. Dr. Edwards is an active board member of the Illinois Association of Naturopathic Physicians (ILANP), having served as both president and vice president. He is also a member of the American Association of Naturopathic Physicians and the Oncology Association of Naturopathic Physicians.



Sarah Kiser, MS, RD, CSO is a Clinical Oncology Dietitian at Cancer Treatment Centers of America (CTCA) at Western Regional Medical Center. Sarah works closely with other clinicians in an integrated team setting to develop nutrition plans for patients. She earned her bachelor's degree in nutrition at Long Island University's C.W. Post Campus in Brookville, NY, and completed her master's degree in nutrition at Arizona State University in Phoenix, AZ.



Susi Roos, M.Div., RN, CCPC, HN-BC is a Mind-Body Specialist at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center. She is a Certified Holistic Nurse, Raw Food Educator, Cancer Coach and Functional Diagnostic Nutrition Practitioner. For more than 30 years, Susi has been a teacher of and advocate for using the power of our bodies, hearts and minds for healing. Her studies in Traditional Chinese, Mind-Body and Energy Medicine have provided additional tools for doing so. In her private practice, Susi addresses all areas of and treatment options for healing from cancer. Her position in the Mind-Body department at CTCA allows her to empower her patients with wellness and energy tools that not only make the cancer journey more manageable, but help turn it into an authentic healing journey. EFT (tapping) is one tool Susi loves to teach because it is simple to learn and use while creating potent results. Susi is the author of *Harnessing the Power of the Mind for Healing* and *the Science Behind It* and two works of spiritual fiction.



Michelle Smekens, ND, FABNO is a Naturopathic Oncology Provider at Cancer Treatment Centers of America (CTCA) at Midwestern Regional Medical Center. Michelle received a bachelor's degree in international studies from the University of Wisconsin-Madison. She graduated with honors from Southwest College of Naturopathic Medicine in Tempe, AZ with a doctorate degree in naturopathic medicine. She completed a two-year naturopathic oncology residency at CTCA. Michelle co-authored a study on treatment delays in early stage breast cancer with Dr. Dennis Citrin, CTCA Medical Oncologist. She is currently conducting a study to evaluate the impact of intravenous ascorbic acid on fatigue for women undergoing chemotherapy for early stage breast surgery. Michelle belongs to the American Association of Naturopathic Physicians, the Oncology Association of Naturopathic Physicians and the Illinois Association of Naturopathic Physicians.



Tanis Taylor, LMFT is a Mind-Body Medicine Therapist at Cancer Treatment Centers of America (CTCA) at Southwestern Regional Medical Center. She graduated from Southern Nazarene University with a degree in Marriage and Family Therapy. For many years, she worked at a local hospice, providing end of life counseling, caregiver support and grief counseling. She has also spent time working in a local community mental health setting where she started a program providing home-based therapy to elderly adults, and served as the

program director of a satellite office. Tanis has been with Mind-Body Medicine at CTCA for more than two years. During this time, she has developed and implemented the bereavement follow up program and has increased the expressive opportunities for patients in a group setting.