

Heart-Centered Therapies Conference

October 6-9, 2016



Cleveland Clinic Center for Integrative Medicine—Lyndhurst, Ohio

Speakers:

- Michael Roizen, MD
- Diane Zimberoff, LMFT
- Yvonne Christman, PhD
- Cara Stiles, M.A.
- Michael Malone, LPC
- Laura Purnell, PhD
- Karen Miraldi, JD
- Tom Gigliotti, LISW-S
- Judi Vitale, MPA
- Laura Imbornoni, M.Ed.
- Kellie Kirksey, PhD
- Laurie Rose, LCSW
- Carol Lampman
- David Hartman, LCSW

“Hypnotherapy: Enhancing Transformation, Heart-coherence, and Life Resilience”

Welcome to the 2016 national Conference of the Heart-Centered Therapies Association. We have some exciting and innovative presentations for you, and awesome music (kirtan each morning and the blues on Saturday evening). Meet up with old friends and make new ones. Discover the collaboration between The Wellness Institute and The Cleveland Clinic Center for Integrative Medicine.

Heart-Centered Therapies and Transpersonal Coaching are paths toward transformation, self-actualization and self-transcendence. Greater coherence and resilience in our life are the milestones of progress on that path.

Keynotes: Integrating Medicine and Behavioral Health Michael Roizen, MD and Scarlet Soriano, MD

Saturday October 8
Sunday October 9

9:00—10:00 am
9:00—10:00 am

Dr. Scarlet Soriano Keynote
Dr. Michael Roizen Keynote

Continuing Education: 20 hours total

- NASW
- NBCC
- Ohio Psych. Association
- Ohio CSWMFT

Thursday Pre-Conference
(Zimberoff)—5.5 hours

Friday Pre-Conference
(Zimberoff & Christman)—5.5 hours

Saturday Breakout
Sessions—1 hour each



Scarlet Soriano MD

Integrating Medicine and Behavioral Health is at the forefront of both fields: medicine and psychotherapy. It provides a means for delivering quality care and improving overall health outcomes, and the Cleveland Clinic is a pioneer in the newly emerging paradigm.



Michael Roizen, MD

Thursday Pre-Conference Workshops — 9:00 am to 4:00

Diane Zimmeroff

The *New* TRIM-LIFE Weight Release Program

Presenting the new additions to the TRIM-LIFE program:

- The Nourishment Barrier
- Perfectionism and Procrastination
- Support and master mind groups
- 25 new Support sessions
- Setting up TRIM-LIFE Master Mind groups

Learn how to increase enrollments in your TRIM-LIFE groups.

INTRODUCING TRIM-LIFE

research now being conducted by the Cleveland Clinic. Learn 25 new Support Sessions you can provide to your TRIM-LIFE graduates to help increase their success rate.

Refine your treatment of shock for TRIM-LIFE clients to help them heal their deepest wounds.



Diane Zimmeroff, LMFT

Carol Lampman

Power of the Breath: The Access Point to Healing and Integration

Learn and practice breathing techniques, experience various tools and techniques for working with each of the four levels.

- **Breath and the Physical** – Learn about repression and how to tune into the messages of the body through an inner dialogue technique.
- **The Power of the Mind** – Using the breath to access and reprogram the belief system.

- **Emotional Anatomy** – An exploration of the emotional landscape and how to use the breath to bring the emotions into balance.
- **Spiritual** – Understand the breath as spirit and how to clear blocks to understanding who we are as spiritual beings.
- **A Breathwork Experience** – We will conclude this program with an experiential process.



Carol Lampman

Friday Pre-Conference Workshop—9:00 am to 4:00 pm

Diane Zimmeroff and Yvonne Christman

Uncover Your Past Lives, Pave the Road to Self-transcendence

Discover your karmic strands in order to see the bigger picture. Discover and begin to heal ambivalence and resistance to life. Discover and continue to refine your Soul's purpose of being here at this time and place. Learn how to untangle your karmic strands that inhibit you from realizing your true potential, to more precisely clarify your soul's purpose and thus diminish ambivalence and resistance to being on this planet. Discover and make intentional use of conscious support in your life. This will be a fun, highly experiential day of profound discovery.



Diane Zimmeroff, LMFT



Yvonne Christman, PhD

Saturday Concurrent Breakout Sessions

Coaching Track:

1. Michael Malone—**Seminar 1: Raise Your consciousness with Transpersonal Life Coaching.** In this lively and interactive presentation, you will explore both the fundamentals of Transpersonal Life Coaching and advanced applications to expand consciousness. We will discuss ways of using Heart-Centered Hypnotherapy methods in a coaching context, and other methods to raise consciousness in both coach and client.
2. Judi Vitale—**Seminar 2.: Getting "Out There" - Marketing Your Transpersonal Coaching Practice.** Transpersonal Coaching is a unique service that appeals to more people than you might think. Learn how to define and find your ideal clients, build your business and do your heart's work: bringing increasing numbers of loving souls into higher states of wakefulness!
3. Tom Gigliotti—**Seminar 3.. Transcending Therapy: The Therapist as Coach..** This program will teach the value of identifying how to terminate psychotherapy and continue to work with clients when coaching is more relevant. Many clients especially in later life transitions are looking to better understand their purpose in life and need to, as Rainer Maria Rilke said, “live from a deep place.” Therapists are often some of the first to hear this in clients’ life stories and can be of great benefit using a coaching model to align clients with their life purpose.

Kellie Kirksey—**The Magic of TRIM-LIFE at Cleveland Clinic.** Come join us as we share our TRIM-LIFE story with you. This presentation will give you the history of how TRIM-LIFE began at the Cleveland Clinic Center for Integrative Medicine under the guidance of Dr. Tanya I. Edwards, MD. Participants will discover the nuances that differentiate our hospital-based program from the original TRIM-LIFE.

Cara Stiles—**Jung and DID: The Interface of Carl Jung and Dissociative Identity Disorder: From Autonomous Complex to Alter Personality.** The creation of an alter personality in DID or an autonomous complex, as first described by Carl Jung, has a similar etiology. Both emerge as a defensive structure of the psyche in response to childhood trauma. The differentiation between alter and complex is less defined than one might feel comfortable acknowledging. We explore the similarities and differences.

Laurie Rose—**The Magic of Clean Language to Enhance Empty Chair Clearings..** Learn to combine the power of empty chair clearings with the magic of Clean Language to quickly embody and anchor resources.

Laura Purnell & Karen Miraldi—**The Integrated Performance Model: Introducing *Energy & Matters of the Heart*** - This presentation is the story of how two healing practitioners—an educator and former urban school superintendent and an artist-life coach and former attorney—are generating momentum for engagement in heart-centered therapies and practices in their communities, influenced by on-going work at Heartmath, and by Dr. Alan Watkins

Laura Imbornoni—**Expressive Movement Therapy: Bridge between Body, Mind, Spirit.** We will explore the connection of body/mind/spirit with stillness and simple movement, which can be done in chairs or standing. We’ll explore authentic expression of feelings through movement, posture, and sound, using powerful world music and community as support.

Carol Lampman—**Breath Is Life: Understanding the Messages of your Breath** The breath affects or is affected by practically everything in life. When the body is holding energetically, the breath becomes distorted or dysfunctional. This holding is a direct reflection of unresolved past trauma and can be used as a diagnostic tool. The ability to detect and understand these messages provides immediate insight for the trained professional.

HCTA 2016 National Conference, Cleveland

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|--------------------------------|------------------------------|---|
| THURSDAY October 6th | 8:00—9:00 am | Registration |
| | 9:00—4:00 pm | Diane Zimberoff workshop on the “The <i>New</i> TRIM-LIFE Weight Release Program” |
| | 9:00—4:00 pm | Carol Lampman workshop on “Power of the Breath” |
| FRIDAY October 7th | 7:00—8:00 am | Kirtan with Enchanted Heart |
| | 8:00—9:00 | Registration |
| | 9:00—4:00 pm | Diane Zimberoff and Yvonne Christman workshop “Uncover Your Past Lives, Pave the Road to Transcendence” |
| | 4:30—6:00 | <i>hors d’oeuvres</i> |
| SATURDAY October 8th | 7:00—8:00 am | Kirtan with Enchanted Heart |
| | 8:00—9:00 | Registration |
| | 9:00—10:00 | Dr. Scarlet Soriano Keynote: “Integrating Medicine” |
| | 10:15—11:30 | (1) Cara Stiles—“Jung and DID” (2) Michael Malone—“Coaching Seminar 1” (3) Laura Purnell & Karen Miraldi—“Performance” |
| | 11:30-2:00 pm | Lunch |
| | 2:00-3:15 | (1) Kellie Kirksey—“TRIM-LIFE at the Clinic” (2) Judi Vitale—“Coaching Seminar 2” (3) Laurie Rose—“Clean Language” |
| | 3:30-4:45 | (1) Carol Lampman—“Breath Is Life” (2) Tom Gigliotti—“Coaching Seminar 3” (3) Laura Imbornoni—“Expressive Movement Therapy” |
| | 5:30—7:00 | Dinner |
| | 7:00—9:00 | Musical Entertainment with “The Blues Drivers” |
| | SUNDAY October 9th | 7:00—8:00 am |
| 8:00— 9:00 | | Continental Breakfast |
| 9:00—10:00 | | Dr. Michael Roizen Keynote: “Integrating Medicine” |
| 10:00-11:00 | | David Hartman—Self-transcendence |
| 11:00- 11:30 | | Closing Circle |

Music



Enchanted Hearts

*Kirtan on Friday, Saturday and Sunday mornings
Dance music on Saturday evening*

Thursday Pre-Conference Workshops — 9:00 am to 4:00

Diane Zimmeroff

The *New* TRIM-LIFE Weight Release Program

Presenting the new additions to the TRIM-LIFE program:

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Diane Zimmeroff, LMFT

Thursday Pre-Conference Workshops — 9:00 am to 4:00

Carol Lampman

Power of the Breath: The Access Point to Healing and Integration

During this experiential workshop, you will explore the breath as an altered state method and how it can be incorporated with other therapeutic methods, such as Hypnotherapy. The breath is an energetic process which accesses the four levels of our being... Physical, Emotional, Mental and Spiritual.

In this workshop, you will learn and practice breathing techniques, experience various tools and techniques for working with each of the four levels.

- **Breath and the Physical** – Learn about repression and how to tune into the messages of the body through an inner dialogue technique.
- **Emotional Anatomy** – Includes an exploration of the emotional landscape and how to use the breath to bring the emotions into balance.
- **The Power of the Mind** – Using the breath to access and reprogram the belief system.
- **Spiritual** – Understand the breath as spirit and how to clear blocks to understanding who we are as spiritual beings.
- **A Breathwork Experience** – We will conclude this program with an experiential process.



Carol Lampman

Friday Pre-Conference Workshop—9:00 am to 4:00 pm

Diane Zimmeroff and Yvonne Christman

Uncover Your Past Lives, Pave the Road to Self-transcendence

Discover your karmic strands in order to see the bigger picture. Discover and begin to heal ambivalence and resistance to life. Discover and continue to refine your Soul's purpose of being here at this time and place. Learn how to untangle your karmic strands that inhibit you from realizing your true potential, to more precisely clarify your soul's purpose and thus diminish ambivalence and resistance to being on this planet.

Discover and make intentional use of conscious support in your life. This will be a fun, highly experiential day of profound discovery.

What situations, opportunities, jobs have you been attracted to that were “noticeably out of the ordinary” especially for the time and situations you were in?

Did you enter this planet in shock?

Birth issues that you may have come in with:

1. Unwanted
2. Discovery shock
3. Stuck in the birth canal (drugs)
4. Vanishing twin
5. Toxic womb (substances, fear, violence)



Yvonne Christman, PhD



Diane Zimmeroff, LMFT

Do you want to bring higher consciousness and self transcendence

1. To heal yourself
2. To bring other souls onto the planet (your children)
3. To face and grow from the challenges presented to you
4. To see the patterns of these challenges
5. To heal the victim patterns on the karmic level
6. To heal others through the formation of Soul groups (the people who are attracted to you, clients, friends, family, co-workers, Wellness friends, Master Mind groups)

What are the “gifts in adversity” that your Soul has been presented with in this lifetime?

- Major losses
- Death of loved ones
- Loss of jobs
- Fires, loss of possessions
- Loss of face, falling off of the pedestal, being fired,
- Interpersonal struggles and challenges
- Abuse, fear, shame, low self esteem, divorces, rejection by important people in your life

Keynotes: Integrating Medicine and Behavioral Health Michael Roizen, MD and Scarlet Soriano, MD

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|--------------------|---------------|-----------------------------|
| Saturday October 8 | 9:00—10:00 am | Dr. Scarlet Soriano Keynote |
| Sunday October 9 | 9:00—10:00 am | Dr. Michael Roizen Keynote |

Michael Roizen, MD and Scarlet Soriano, MD are exemplars of Integrative Medicine and Wellness at the Cleveland Clinic. Dr. Roizen is Institute Chair of the Wellness Institute in the Cleveland Clinic's Preventive Medicine department. Dr. Soriano is Director, Center for Integrative Medicine.

An esteemed authority on health and wellness, **Michael F. Roizen, MD**, chairs the Wellness Institute at Cleveland Clinic, the first such position at any major healthcare institution, where he actively coaches patients. He is a former editor of six medical journals and has published more than 175 peer-reviewed scientific papers. Board-certified in internal medicine and anesthesiology, Roizen co-founded with Mehmet Oz YouBeauty, a media company focused on helping women lead healthier, more beautiful lives, and RealAge. His RealAge series of books as well as his "YOU" series, written with Oz, are worldwide bestsellers, with four No. 1 bestsellers in the U.S. and No. 1 bestsellers in at least five other countries. Roizen and Oz write a daily syndicated column that appears in over 130 newspapers. Roizen has appeared regularly on Oprah, Today, 20/20 and Good Morning America and has a two-hour, 33 station radio show.



Michael Roizen, MD



Scarlet Soriano MD

Scarlet Soriano, MD, deeply believes in the unity between mind, body and spirit and partners with her patients to support a healing journey that involves the whole person. Her integrative approach weaves a wide range of healing modalities, including lifestyle interventions, energy healing techniques, breath work, guided imagery, nutritional counseling and the use of botanicals. She uses stress reduction and energy balancing techniques to boost the body's own repair mechanisms.

Dr. Soriano has found her integrative approach to be effective in the overall management of a wide range of medical conditions in adults including anxiety, obesity, digestive conditions, hypertension, fibromyalgia, and chronic musculoskeletal pain, among others. She enjoys working with patients across the age span, from pediatrics to geriatrics. Dr. Soriano partners with a variety of other practitioners to create a highly personalized holistic treatment plan for each patient. She is passionate about supporting each person's unique journey towards optimal health and well-being.

Saturday Concurrent Breakout Sessions

The Conference this year is offering three presentations in a **Coaching Track**. These will provide an intriguing introduction to the field of life coaching and in particular to Transpersonal Life Coaching. Those who are in training to become a coach will find these presentations highly valuable as well. Attend one or all three, it's your choice.

Coaching Track:

1. **Michael Malone—Seminar 1: Raise Your consciousness with Transpersonal Life Coaching.** In this lively and interactive presentation, you will explore both the fundamentals of Transpersonal Life Coaching and advanced applications to expand consciousness. We will discuss ways of using Heart-Centered Hypnotherapy methods in a coaching context, and other methods to raise consciousness in both coach and client.

Michael is a trained psychotherapist with over 20 years' experience as a Counselor and Marriage and Family Therapist. He practices Heart-Centered Hypnotherapy, Rohun Therapy, and Transpersonal Psychology in addition to many other treatment modalities. Michael is also a Transpersonal Life Coach and helps people expand their mind, heart, and awareness to the potential that lies in each of us. It is Michael's intention to live the four principles Alive, Alight, Aware, Awake and he invites you to join him if it appeals to you.

Learning objectives:

1. Foundational Elements of Transpersonal Life Coaching
2. Transferable skills from Heart-Centered Hypnotherapy: Visioning, Active Imagination, Future Self
3. Expanding consciousness with Transpersonal Life Coaching: Teachings, Daily Practices, Exercises



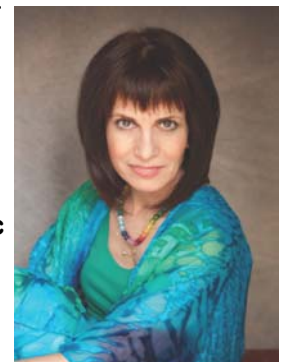
Michael Malone, LPC

2. **Judi Vitale—Seminar 2.: Getting "Out There" - Marketing Your Transpersonal Coaching Practice.** Transpersonal Coaching is a unique service that appeals to more people than you might think. Learn how to define and find your ideal clients, build your business and do your heart's work: bringing increasing numbers of loving souls into higher states of wakefulness!

Judi Vitale is a Transpersonal Life Coach, Astrologer, Clinical Hypnotist and Author. Her latest book, *Live in Spirit, Love Your Life*, is a client-oriented guide to accessing the "Ultra Self". She uses humor and a dynamic style to present her 30+ years of wisdom about attracting clients to your coaching practice.

Learning objectives:

1. Identification of Ideal Clients
2. Clear Communication of Your Services and Capabilities/"Branding & Packaging"
3. Marketing Strategies: Networking, Public Speaking, Internet Presence/Social Media



Judi Vitale

Saturday Concurrent Breakout Sessions

Coaching Track:

3. Tom Gigliotti—**Seminar 3.. Transcending Therapy: The Therapist as Coach..** This program will teach the value of identifying how to terminate psychotherapy and continue to work with clients when coaching is more relevant. Many clients especially in later life transitions are looking to better understand their purpose in life and need to, as Rainer Maria Rilke said, “live from a deep place.” Therapists are often some of the first to hear this in clients’ life stories and can be of great benefit using a coaching model to align clients with their life purpose.

Tom Gigliotti is a holistic psychotherapist and life coach with a research career in psychiatry at the University of Pittsburgh and Case Western Reserve University, where he also was an instructor in psychotherapy assigned to residency training. He was the lead mind-body coach with the Cleveland Clinic’s Center for Integrative Medicine and trainer and supervisor of therapists in hypnotherapy for the Cleveland Clinic Wellness Institute. He currently teaches a two year internship in Heart-Centered Hypnotherapy. He was awarded the outstanding service award from the University of Pittsburgh for his novel approach to training residents and psychologists in family therapy. He holds master’s degrees from the University of Chicago and Delphi University and is certified by the National Association of Cognitive Behavioral Therapists and the Cleveland Center for Cognitive Therapy. Tom loves helping clients find the power of their purpose through coaching.



Tom Gigliotti, LISW-S

Learning Objectives:

1. Learn specific ways to move clients from therapy to life purpose via coaching
2. Identify when clients are in transition from therapy and can benefit from coaching
3. Learn how to help clients in coaching align values, actions and habits.

Cara Stiles—Jung and DID: The Interface of Carl Jung and Dissociative Identity Disorder: From Autonomous Complex to Alter Personality. The creation of an alter personality in DID or an autonomous complex, as first described by Carl Jung, has a similar etiology. Both emerge as a defensive structure of the psyche in response to childhood trauma. The differentiation between alter and complex is less defined than one might feel comfortable acknowledging. We explore the similarities and differences.

Cara is a Licensed Clinical Social Worker and has had a private practice in Boulder, CO since 1995. At the heart of her work is the belief that every person is yearning for a deeper sense of purpose and meaning in their life and the opportunity to heal at a profound level. She works with a wide-range of issues including trauma, mood disorders, anxiety, grief, and LGBT issues, incorporating her training as a Certified Clinical Hypnotherapist to facilitate deeper work. She attended Smith College School for Social Work where her desire to find a way to better attend to the connection between mind, body and spirit developed. Group work has become that bridge.



Cara Stiles, LCSW

Learning Objectives:

1. To understand the development of both alters and complexes and their service to psyche
2. To establish interventions for working with both
3. To explore the complexes/alters within

Saturday Concurrent Breakout Sessions

Carol Lampman—Breath Is Life: Understanding the Messages of your Breath The breath affects or is affected by practically everything in life. When the body is holding energetically, the breath becomes distorted or dysfunctional. This holding is a direct reflection of unresolved past trauma and can be used as a diagnostic tool. The ability to detect and understand these messages provides immediate insight for the trained professional.

Carol is a Holistic Therapist, Certified Breathwork Trainer and an Advanced Clinical Hypnotherapist. She has trained in Integrative, Cathartic and Rebirthing Breathwork, Hypno-Behavioral Therapy, Reichian Process work, Release Therapy, and Pre and Perinatal Birth Psychology.

A medical background working with catastrophically ill children and her personal experience with childhood trauma led Carol to a career in the field of holistic therapies. Her professional focus is the mind body connection, the emotional process and its relationship to physical and psychological health.

Carol developed the Integral Breath Therapy (IBT) and Integration Process Therapy modalities for professionals. She travels Internationally training educators, coaches, mental health and health care providers in Breath as a therapeutic and transformational tool.



Carol Lampman

Learning Objectives:

1. Explore and diagnose distortions in breathing.
2. Understand how to interpret the meaning of distorted breathing patterns
3. Learn a specific breathing technique for correcting distortions.

Laurie Rose—The Magic of Clean Language to Enhance Empty Chair Clearings. Learn to combine the power of empty chair clearings with the magic of Clean Language to quickly embody and anchor resources.

Laureen A. Rose, LCSW, ACHT, is a licensed clinical social worker, in practice for 38 years, currently in Park Ridge. She is an advanced clinical Heart-Centered hypnotherapist, whose transpersonal psychology training in Rohun therapy, Breath therapy, Subtle Energy, and Spiritual Psychology, enable her to incorporate both traditional and alternative healing processes to provide the greatest opportunity for profound healing. She has recently added Transpersonal Coaching and Clean Language with Symbolic Modeling to her practice. For the past 8 years, she has been teaching the Six-Day Accelerated Heart-Centered Hypnotherapy training as well as Advanced Internships. She received her training from University of Chicago, Wellness Institute, and Crossroads Institute.



Laurie Rose, LCSW

Learning Objectives:

1. To enhance and refine use of empty chair clearings as a powerful tool in a 50 minute hour
2. To understand what Clean Language is and the basics of how it operates
3. To observe examples and learn how to apply this powerful tool in an empty chair clearing for both therapy and for coaching.

Saturday Concurrent Breakout Sessions

Laura Purnell & Karen Miraldi—**The Integrated Performance Model: Introducing *Energy & Matters of the Heart*** - This presentation is the story of how two healing practitioners—an educator and former urban school superintendent and an artist-life coach and former attorney—are generating momentum for engagement in Heart-Centered therapies and practices in their communities, influenced by on-going work at Heartmath, and by Dr. Alan Watkins. Ultimately, their vision is that retreat participants will begin to experience individual coherence.

Laura Purnell, Ph.D., AHCH, is integrating her experiences as an urban school superintendent, principal coach, and professional developer working with leaders focused on school transformation and educational equity, with her experiences and training in Advanced Heart-Centered Hypnotherapy, Comprehensive Energy Psychology, Integral Breath Therapy and Reiki. Her work centers on heart-centered living and leading.

Karen Miraldi, J.D., is a transformational life coach, professional artist and workshop facilitator. She integrates her experiences in business, education and law, into her work with Heart-Centered Hypnotherapy, Intentional Creativity and energy modalities, inspiring individuals to live with passion and purpose.

Learning Objectives :

1. Be able to describe the components of the Integrated Performance Model and how they align with heart-centered hypnotherapy and/or other alternative therapies.
2. Discern if/how the Integrated Performance Model and Global Coherence Initiative can be helpful in their own practice.
3. Recognize the value of integration of key concepts across disparate fields in bringing alternative therapies to a broad range of people.



Laura Purnell, Ph.D.



Karen Miraldi, J.D.

Laura Imbornoni—**Expressive Movement Therapy: Bridge between Body, Mind, Spirit.** We will explore the connection of body/mind/spirit with stillness and simple movement, which can be done in chairs or standing. We'll explore authentic expression of feelings through movement, posture, and sound, using powerful world music and community as support.

Laura Christian Imbornoni, M.Ed., leads yoga classes, expressive movement workshops, and ceremony in the community. She has a special interest in healthy lifestyle, and balancing personal life and work. Laura is a Movement Therapy graduate, Yoga Therapy graduate, Holistic Health Educator, Advanced Clinical Hypnotherapist, and a Transpersonal Life Coach in training.

Learning objectives:

1. Become familiar with ways the body can express feelings through movement and sound.
2. Learn to use movement and intentional body positions to explore new attitudes and anchor intention.
3. Enhance learning with heartfelt experience and fun in the supportive community of peers.



Laura Imbornoni, M.Ed.

Saturday Concurrent Breakout Sessions

Kellie Kirksey—**The Magic of TRIM-LIFE at Cleveland Clinic**. Come join us as we share our TRIM-LIFE story with you. This presentation will give you the history of how TRIM-LIFE began at the Cleveland Clinic Center for Integrative Medicine under the guidance of Dr. Tanya I. Edwards, MD. Participants will discover the nuances that differentiate our hospital-based program from the original TRIM-LIFE.

Kellie N. Kirksey, PhD, received her doctorate at The Ohio State University in Counselor Education and Psychology. She is a licensed clinical counselor, a certified rehabilitation counselor, yoga instructor (200hr), reiki practitioner and an approved clinical supervisor. She has practiced and taught in the counseling field for more than 25 years and has focused her work in the area of multicultural counseling, social justice, integrative counseling and wellness. She was previously Associate Professor of Counselor Education at Malone University in Ohio where she taught practicum, internship, group counseling, theories and cultural diversity. Dr. Kirksey is currently a Holistic Psychotherapist at the Cleveland Clinic Center for Integrative Medicine where she facilitates both the TRIM-LIFE class and the Integrative Pain Management course. She also sees individual patients and participates in a variety of opportunities aimed at disseminating the message of Integrative Medicine. Dr. Kirksey enjoys exploring how wellness is achieved in other cultures and has given numerous workshops and presentations on wellness and self-care in North America, South Africa, Botswana, Hawaii and Italy.



Kelly Kirksey, PhD

Learning Objectives:

1. Participants will be able to describe the genesis of TRIM-LIFE Cleveland Clinic.
2. Participants will be able to describe 2 benefits of shared medical appointments.
3. Participants will be able to identify 3 elements that differentiate TRIM-LIFE Cleveland

Sunday Closing Remarks

10:00-11:00 Closing Remarks David Hartman—Self-transcendence

David Hartman, LICSW, is a licensed Clinical Social Worker and author. He has clinical specialties ranging from hypnosis and NLP to trauma resolution and addiction-recovery. David has co-authored over 30 published articles and has authored several books including *Overcoming Shock: Healing the Traumatized Mind and Heart*, published in 2014 by New Horizon Press. He is a scholar of Jungian theory and therapy, and its application to treating PTSD. He has trained thousands of psychologists, social workers and professional psychotherapists in Heart-Centered Hypnotherapy in Asia, Europe, Africa, the Middle East and the United States. David published a textbook on transpersonal psychology in 2015 titled *Self-transcendence and Ego Surrender*.



David Hartman, LICSW