



9TH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

**Brain-Gut Axis: Aligning the Mind, Body
and Spirit Towards Health and Wellness**

Wednesday, October 15, 2025

9am – 5:15pm Hybrid Symposium

Learn more: chop.cloud-cme.com

Course Overview

The Brain-Gut Axis plays a vital role in overall health, affecting everything from our physical and mental health to emotional balance and well-being. This unique conference brings together leading experts in the fields of neuroscience, nutrition, microbiome, mental health and integrative medicine to explore the intricate relationship between the brain, gut and overall wellness. Whether you're a pediatric healthcare professional, therapist, nutritionist, or someone on a personal wellness journey, this conference will provide you with an in-depth understanding of the brain-gut connection and empower you with practical tools to cultivate greater health and vitality for you and your patients.

Course Objectives

Participants will be able to:

- Describe the bidirectional communication between the brain and gut, including the role of the microbiome, vagus nerve and immune system
- Assess how conditions like anxiety, depression and digestive disorders are linked to brain-gut axis disruptions
- Examine integrative approaches for restoring brain-gut axis balance, including nutritional psychiatry, vagal nerve stimulation and gut-directed hypnotherapy
- Discuss the role of sleep, mindfulness and herbal medicine in promoting brain-gut health

General Information

The conference will be virtual with the option to watch the conference at Children's Hospital of Philadelphia and meet the Integrative Health team. The registration fees, which include syllabus material and handouts, are as noted regardless of in-person or virtual attendance. If you sign up for in-person and wish to attend virtually, you **MUST** notify us by October 1, 2025.

MDs: \$175

RDs, RNs, NPs, fellows, residents and other allied health care professionals: \$125

Students: \$25

Optional Post-Conference Session

Reiki-Level 1 Training: In-person training will be offered on Thursday, October 16th, 2025, at the Roberts Building at Children's Hospital of Philadelphia. Space is limited.

Fee — \$200

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the Children's Hospital of Philadelphia. The Children's Hospital of Philadelphia is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Designation of Credit

Physicians: Children's Hospital of Philadelphia designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This program provides 7.25 ANCC contact hours.



If the activity is dietetics related but not targeted to RDs or DTRs, CPEUs may be claimed which are commensurate with participation in contact hours (1 hour/60 minutes = 1 CPEU).

RDs and DTRs are to select activity type 102 in their Activity Logs. Performance Indicator selection is at the learner's discretion.

RD/DTR: This activity awards 7.25 CPEUs.

American Psychological Association Statement



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Psychologists: This activity provides 6.25 APA CE credit.

Joint Accreditation IPCE Credit Statement



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 7.25 Interprofessional Continuing Education (IPCE) credit for learning and change.

Maintenance of Certification Statement

Successful completion of this CME activity, which includes participation in the activity, with individual assessments of the participant and feedback to the participant, enables the participant to earn 7.25 MOC points in the American Board of Pediatrics' (ABP) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABP MOC credit. Completion of this RD/DTR profession-specific or IPCE activity awards CPEUs (1 IPCE credits = 1 CPEU).

Social Work Accreditation Statement

CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for 7.0 Continuing Education Credits. Participants licensed in other states should check with local licensing boards to determine continuing education approval.

Cancellation and Refund Policy

Children’s Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, Children’s Hospital of Philadelphia will refund any registration fees, less a \$40 service charge, but is not responsible for any related costs, charges, or expenses to participants, including cancellation charges assessed by airlines or travel agencies. To process refunds for course withdrawals, cancellation must be received in writing by October 1, 2025. No refunds will be issued thereafter.

Services for People with Disabilities

If special arrangements are required for an individual with a disability to attend this meeting, please contact the Continuing Medical Education Department at 215-590-5263.



PROGRAM

9TH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

Brain-Gut Axis: Aligning the Mind, Body and Spirit Towards Health and Wellness

Wednesday, October 15, 2025

- 9:00 a.m. Welcome and Introduction
- 9:05 a.m. Understanding the Brain-Gut Axis in Mood and Pain
Kara G. Margolis, MD
- 9:45 a.m. Leaky Gut: Navigating the Flood
Marcy Kingsbury, PhD
- 10:20 a.m. Unraveling the Brain-Gut-Immune System Axis: Current Insights and Future Outlook
Stanislaw Gabryszewski, MD, PhD
- 10:55 a.m. Break
- 11:10 a.m. The Role of Yoga Therapy in the Management of Disorders of the Brain-Gut Interaction
Ina Stephens MD, e-RYT, C-IAYT
- 11:45 a.m. Impact of Adverse Childhood Experiences on the Brain-Gut Axis
Miranda van Tilburg, PhD
- 12:20 p.m. The Pillars of Nutritional Psychiatry
Uma Naidoo, MD
- 12:55 p.m. Lunch
- 1:25 p.m. Culinary Medicine Demonstration: Cooking to Optimize Nutrient Content and Bioavailability
Amy Dean, MS, RD, LDN; Gabe Longo, RD; Paige Mountain, MS, SLP-CCC, Chef
- 2:25 p.m. Gut Hypnotherapy with Children: And Won't THAT Feel Good!
Lisa Lombard, PhD
- 3:05 p.m. Break Out Sessions: *Please select only one.*
1. Vagal Nerve Stimulation: Bridging Ancient Practices and a New Frontier
Benjamin Sahn, MD, MS; Tonia D. Kulp, MS, C-IAYT, EOLD and Micah Bedrosian, RN, BSN, HNB-BC
2. Gut Feelings: How Infant Sleep and Circadian Rhythms Shape Gut Microbiome Development
Megan Petrov, PhD and Corrie M. Whisner, PhD

- 4:05 p.m. **Role of Herbs in the Management of Patients with Disorders of the Brain-Gut Axis**
Lise Alschuler, ND
- 4:35 p.m. **Wrapping it up: The Integrative Approach to Disorders of the Brain-Gut Interaction**
Ashish Chogle, MD, MPH
- 5:05 p.m. **Closing Remarks**
Maria R. Mascarenhas, MBBS



Unless otherwise noted, faculty is from the Children's Hospital of Philadelphia and/or the Perelman School of Medicine at the University of Pennsylvania.

Course Directors

Lindsey Albenberg, DO

*Pediatric Gastroenterologist, Researcher at Center for Pediatric Inflammatory Bowel Disease
Assistant Professor of Pediatrics*

Maria R. Mascarenhas, MBBS

*Medical Director, Integrative Health Program
Pediatric Gastroenterologist
Professor of Pediatrics*

Lisa Squires, BSN, RN, CCRN, HNB-BC, HWNC-BC

Integrative Health Program Nurse Coordinator

Course Faculty

Lise Alschuler, ND

*Associate Director, Integrative Medicine Fellowship
Professor of Clinical Medicine
Andrew Weil Center for Integrative Medicine — College of Medicine
University of Arizona*

Micah Bedrosian, RN, BSN, HNB-BC

Integrative Health Program Nurse Coordinator, King of Prussia

Ashish Chogle, MD, MPH

*Division Chief and Medical Director
Pediatric Gastroenterology, Hepatology and Nutrition
Director, GI Integrative Health and Culinary Medicine Program
Rady Children's Health
Associate Professor, University of California — Irvine*

Amy Dean, MS, RD, LDN

Department of Clinical Nutrition

Stanislaw Gabrysiewicz, MD, PhD

*Assistant Professor
Attending, Division of Allergy & Immunology*

Marcy Kingsbury, PhD

*Assistant Professor, Harvard Medical School
Lurie Center for Autism
MassGeneral Hospital for Children*

Tonia D. Kulp, MS, C-IAYT, EOLD

*Yoga Therapist
Integrative Health Program*

Lisa Lombard, PhD

*Clinical Psychologist
Licensed in IL & MD
President, National Pediatric Hypnosis Training Institute Board of Directors
Co-founder, Comfort Kits for Children®*

Gabe Longo, MS, RD, LDN

*Clinical Dietician
Department of Clinical Nutrition*

Course Faculty (continued)

Kara G. Margolis, MD

Director, NYU Pain Research Center

Associate Professor, Molecular Pathobiology

NYU and NYU College of Dentistry

Professor,

Department of Pediatrics at NYU Grossman School of Medicine

Paige Mountain, MS, SLP-CCC, Chef

Medical Chef & Feeding Therapy Educator

Uma Naidoo, MD

Nutritional Psychiatrist

Director of Nutritional & Lifestyle Psychiatry, Massachusetts General Hospital

Professor, Harvard Medical School

Megan Petrov, PhD

Associate Professor, Edson College of Nursing and Health Innovation, Arizona State University

Whitney Rog, PsyD

Licensed Psychologist

Assistant Professor of Clinical Psychiatry

Benjamin Sahn, MD, MS

Director, Pediatric Inflammatory Bowel Disease Center

Attending Physician, Cohen Children's Medical Center, Northwell Health (New York) Assistant

Professor of Pediatrics, Zucker School of Medicine at Hofstra

Ina Stephens, MD, e-RYT, C-IAYT

Professor of Pediatrics Infectious Diseases

Children's Hospital, University of Virginia Medical Center

Medical Director, Integrative Medicine

Miranda van Tilburg, PhD

Associate Dean for Research, Methodist University Cape Fear Valley School of Medicine

Research Director, Cape Fear Valley Health

Adjunct Professor of Medicine, University of North Carolina

Affiliate Professor of Social Work, University of Washington

Corrie M. Whisner, PhD

Associate Professor

College of Health Solutions, Arizona State University

Moderators

Lindsey Albenberg, DO

Winona Chua, MD

Amy Dean, MS, RD, LDN

Bridget Sullivan Garmisa, MSN, MS, CPNP, RD

Margaret Girtlen RD, LDN, FAND

Tonia Kulp, MS, C-IAYT, EOLD

Maria Mascarenhas, MBBS

Amanda Muir, MD, MTR

Elizabeth Reid MS, RDN, LDN

Whitney Rog, PsyD

Lyndsy Wasilition, TCRNP, MSN, PMHS

Planning Committee

Maria Mascarenhas, MBBS

Lindsey Albenberg, DO

Lisa Squires, RN

Amy Dean, MS, RD, LDN

Cherie Garrett-Debrest, LSW

Whitney Rog, PsyD



**Children's Hospital
of Philadelphia®**

Breakthroughs. Every day.®

3401 Civic Center Blvd.

Philadelphia, PA 19104

chop.edu chop.cloud-cme.com