



10TH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

Where Perspectives Meet: Building Evidence
Informed Integrative Pediatric Practices

Wednesday, November 4, 2026
9am – 5pm Hybrid Symposium

Course Overview

Where Perspectives Meet: Building Evidence Informed Integrative Pediatric Practices invites clinicians, researchers, and students to explore the evolving landscape of whole child health. This year's program brings together leading voices to examine the pediatric microbiome, evaluate mind body modalities, unpack the science behind popular diets and supplements, and strengthen our collective ability to counter health and wellness misinformation. Through interdisciplinary dialogue and a shared commitment to evidence informed care, the conference aims to advance integrative pediatric practices that are both innovative and grounded in rigorous science.

Course Objectives

Participants will be able to:

- Describe current evidence on the pediatric microbiome and its implications for integrative clinical practice.
- Evaluate the effectiveness and safety of mind body modalities, popular diets, and commonly used supplements in pediatric populations.
- Identify strategies for addressing and correcting health and wellness misinformation encountered by families and caregivers.
- Integrate evidence informed approaches from multiple disciplines to support whole child, patient centered pediatric care

General Information

The conference will be virtual with the option to attend the conference at Children's Hospital of Philadelphia and meet the Integrative Health Team. The registration fee includes syllabus materials and handouts, regardless of whether attendance is in person or virtual. If you register in person and wish to attend virtually, you **MUST** notify us by October 20, 2026.

MDs: \$175

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

Students: \$25

Post-Conference Session

Mindful Self-Compassion Training: In-Person Training

Thursday, November 5, 2026

The HUB Auditorium at the Children's Hospital of Philadelphia

This one-day, evidence-based professional development experience introduces healthcare providers to the principles and practices of Mindful Self-Compassion (MSC), developed by Kristin Neff and Christopher Germer. Drawing on a research base of thousands of studies, the day combines psychoeducation, guided experiential practice, reflection, and small-group learning to help participants build the internal resources that sustain compassionate, effective care.

For more information, please visit chop.cloud-cme.com. Space is limited.

Early bird rate: \$150

After September 30: \$175

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, 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 6.5 *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 6.5 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 6.5 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 6.5 APA CE credit.

Joint Accreditation IPCE Credit Statement



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 6.5 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 6.5 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

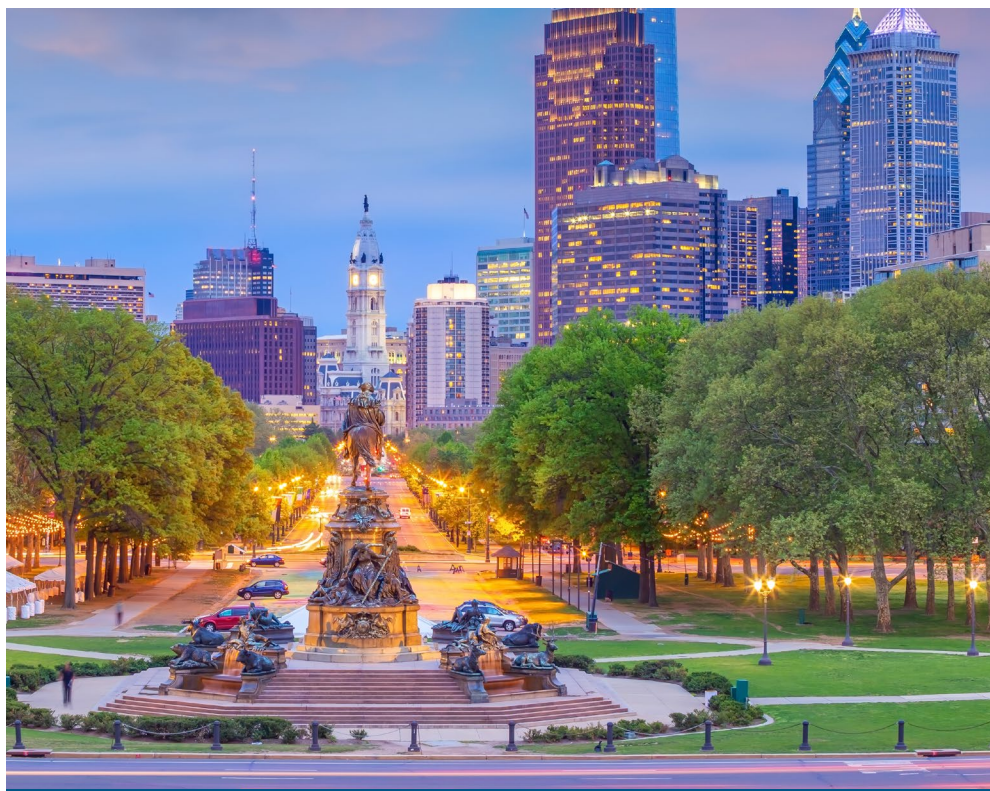
CHOP is a pre-approved provider of continuing education credits for Pennsylvania Licensed Social Workers, Marriage and Family Therapists, and Professional Counselors. Participants licensed in Pennsylvania who attend the full workshop and complete the required evaluation are eligible for 6.5 Continuing 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 20, 2026. 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

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Integrative Pediatric Practices

Wednesday, November 4, 2026

- 9:00 a.m. **Welcome and Introduction**
Lindsey Albenberg, DO
- 9:05 a.m. **Dealing with Misinformation**
Katie Lockwood, MD
- 9:35 a.m. **Can the Microbiome Deliver: What's Real, What's Ready, What's Not**
Nikhil Pai, MD, CNCS, NASPGHAN-F
- 10:05 a.m. **What to Consider when Considering an Elimination Diet**
Amy Dean, MPH, RDN, LDN
- 10:35 a.m. **Break**
- 10:50 a.m. **Supplement Safety**
Maria Mascarenhas, MBBS
- 11:20 a.m. **Microplastics**
David Piccoli, MD
- 11:50 a.m. **Chair Yoga**
Christine Lussier, ERYT-500 and Claire Whittleston, C-IAYT
- 12:00 p.m. **Case Study: Blenderized Tube Feeds**
*Mimi Girtten, RD; Judy-April Murayi, MD, MPH, CNCS, RDN;
Kim Mason, MSN, CNS, PCNS-BC, CPN, HEC-C; Megan R. Sapp, LSW, MSW*
- 12:45 p.m. **Lunch**
- 1:30 p.m. **Culinary Medicine Demonstration Including Website Reveal**
Stefania Patinella, MA and Gabe Longo, RD
- 2:15 p.m. **Engaging Patients and Parents Through Positive Psychology**
Greg Hedler, LCSW, PCC, Positive Psychology Practitioner
- 2:45 p.m. **Evidence Base for EMDR/NET/Tapping**
Anna Tobia, PhD
- 3:25 p.m. **Self-Massage**
Jacqueline Bauers, LMT
- 3:35 p.m. **Panel: Complex Autism Case through an Integrative Lens**
*Mary Pipan, MD; Celia Hildebrand, DAOM, NCCAOM Dipl, LAc;
Amita Nathwani, MA, Ayur; Charlene Woo, OTR/L;
Marla Gropper, MSPT, NDT-C, RYT-200; Kelsey Hunter, MA, BCBA, LBS;
Christine Sullivan, RD; Lyndsy Wasilition, CRNP, MSN, PMHS*
- 4:55 p.m. **Wrap Up and Closing Remarks**
Miriam Stewart, MD and Maria 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 Operations Supervisor

Course Faculty

Jacqueline Bauers, LMT

*Licensed Massage Therapist
Integrative Health*

Amy Dean, MPH, RDN, LDN

Clinical Dietitian

Mimi Girtten, RD, LDN, FAND

Pediatric Dietitian

Marla R. Gropper, MSPT, NDT-C, RYT-200

*Physical Therapist II
Brandywine Valley Specialty Care Center for Physical Therapy*

Greg Hedler, LCSW, PCC, Positive Psychology Practitioner

CHOP Center for Professional Growth Program Manager III

Celia Hildebrand, DAOM, NCCAOM Dipl, LAc

*Faculty Contributor
University of Arizona - Andrew Weil Center for Integrative Medicine
Academic Dean and Faculty
Arizona School of Acupuncture and Oriental Medicine*

Kelsey Hunter, MA, BCBA, LBS

*Board Certified Behavior Analyst
Department of Child and Adolescent Psychiatry and Behavioral Sciences, Outpatient Division,
Neurodevelopmental Disorders Section*

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

*Yoga Therapist and Program Coordinator for Integrative Health and Oncology
Integrative Health Program*

Katie K. Lockwood, MD, MEd

*Attending Physician, CHOP Primary Care Network in Flourtown
Associate Professor of Pediatrics
Director of Behavioral Health Education in the Pediatric Residency Program
CHOP Director of Education, CHOP Primary Care Network*

Gabe Longo, MS, RD, LDN

*Clinical Dietitian - Dept of Clinical Nutrition
Division of Gastroenterology, Hepatology, and Nutrition*

Christine Lussier, ERYT-500

*Yoga Teacher
Integrative Health*

Kimberly J. Mason MSN, CNS, PCNS-BC, CPN, HEC-C

Associate Director, Department of Medical Ethics

Course Faculty (continued)

Judy-April Murayi, MD, MPH, CNSC, RDN

Attending Physician, Division of Gastroenterology, Hepatology and Nutrition

Amita Nathwani, MA, Ayur

*Fellowship Faculty, Andrew Weil Center for Integrative Medicine
University of Arizona*

Nikhil Pai, MD, CNSC, NASPGHAN-F

*Director, Clinical Trials Division, CHOP Center for Microbial Medicine;
Associate Professor, Department of Pediatrics
Attending Physician, Division of Gastroenterology, Hepatology & Nutrition,*

Stefania Patinella, MA, NBC-HWC

*Founder - Seed to Table
Certified Health and Wellness Coach
Ayble Health*

David A. Piccoli, MD

*Pediatric Gastroenterologist
Emeritus Chief, Division of Gastroenterology, Hepatology, and Nutrition
Professor of Pediatrics*

Mary Pipan, MD

*Director, Trisomy 21 Program
Attending Physician, Division of Developmental and Behavioral Pediatrics*

Megan R. Sapp, LSW, MSW

*Inpatient GI Social Worker
Division of Gastroenterology, Hepatology, and Nutrition*

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

Integrative Health Program Operations Supervisor

Miriam Stewart, MD

*AVP Chief Well-being Officer
Assistant Professor in the Division of General Pediatrics*

Christine Sullivan, RD

Lead Clinical Dietitian

Anna Tobia, PhD

*Licensed Clinical Psychologist
Integrative Psychologist Instructor
Department of Integrative Medicine and Nutritional Sciences
Thomas Jefferson University Sidney Kimmel Medical College Marcus Institute of
Integrative Health*

Lyndsy Wasilition, CRNP, MSN, PMHS

*Nurse Practitioner
Integrative Health Program*

Claire Whittleston, C-IAYT

*Yoga Therapist
Integrative Health*

Charlene Jin Woo, MSOT, OTR/L

Occupational Therapist II - Acute Care Team

Moderators

Lindsey Albenberg, DO
Winona Chua, MD
Amy Dean, MPH, RDN, LDN
Bridget Garmisa, MSN, MS, CPNP, PMHS, RD
Mimi Girtten, RD, LDN, FAND
Tonia Kulp, MS, C-IAYT, EOLD
Maria Mascarenhas, MBBS
Christine Hart, DO
Mariko O'Byrne, MD
Whitney Guerry, PsyD
Lyndsy Wasilitation, CRNP, MSN, PMHS
Brianna Hafetz, BSN, MSN, CRNP-PC
Tracy Jubelirer, MD

Planning Committee

Amy Dean, MPH, RDN, LDN
Cherie Garrett-Debrest LCSW
Whitney Guerry, PsyD
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Bridget Garmisa, MSN, MS, CPNP, PMHS, RD
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