



FOURTH ANNUAL INTEGRATIVE HEALTH SYMPOSIUM

Integrative Approaches to Brain Health

Friday, Sept. 25, 2020 **Virtual Symposium**

Learn more: chop.cloud-cme.com

OVERVIEW

Brain health is a priority across the lifespan and cognitive and mental health disorders can be among the most challenging medical problems to treat. This conference will focus on five common disorders of brain health — autism, attention deficit disorder, headache, depression and dementia. In each of these conditions, many patients remain symptomatic in spite of best efforts to treat them using an allopathic approach. Integrative modalities offer the potential for additional benefit and many patients are already using integrative modalities but there is a lack of widespread awareness of these modalities. The goal of this symposium is to educate clinicians on evidence-based integrative modalities for brain health. Lectures paired with moderated provider panel presentations will offer practical guidance on how to incorporate these modalities in the prevention, treatment and management of these common brain diseases.

GENERAL INFORMATION

The registration fee includes the conference live stream, online presentations, and CME/CEU and other credits. The registration fee is \$100 (MD), \$50 (RD, RN, NP, psychologists, social workers, fellows, residents and other allied health care professionals) and \$25 for students.

COURSE OBJECTIVES

1. Identify integrative health modalities that can be used in the management of autism, ADHD, headache and depression
2. Create an integrative treatment plan for common brain diseases that incorporates allopathic and integrative approaches
3. Describe healthy lifestyle behaviors that can reduce the risk of dementia

ACCME ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for physicians.

AMA CREDIT DESIGNATION STATEMENT

Children's Hospital of Philadelphia designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING NURSING EDUCATION APPROVED PROVIDER STATEMENT

Children's Hospital of Philadelphia is an approved provider of nursing continuing professional development by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

DIETICIAN ACCREDITATION STATEMENT

Children's Hospital has requested CEU hours of continuing education credit for registered dietitians for the conference.

APA ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is approved by the American Psychological Association to sponsor continuing education for psychologists. Children's Hospital of Philadelphia maintains responsibility for this program and its content. Intermediate Instructional Level; 1 credit per hour is awarded for a total of 7 hours.

SOCIAL WORK ACCREDITATION STATEMENT

Children's Hospital of Philadelphia is a preapproved 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.

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 3.0 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.

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 \$25 service charge, but is not responsible for any related costs, charges or expenses to participants. In order to process refunds for course withdrawals, cancellation must be received in writing by Friday, Sept. 18, 2020. No refunds will be issued thereafter.

PROGRAM • FRIDAY, SEPT. 25, 2020

- 8 a.m.** **Welcome and Introduction**
Miriam Stewart, MD
- 8:10 a.m.** **Autism**
Lecture: Integrative Approaches to Autism Spectrum Disorder
Amanda E. Bennett, MD, MPH
- 8:50 a.m.** **Autism Panel: Lyndsy Wittmer, NP (Moderator)**
Panelists: Kathleen Rein, PsyD; Vi Goh, MD, MS; Roseann Schaff, PhD, OTR/L; Tiffany Silliman Cohen, LMT, CPMT II, CIMT; Lisa Vitlip, MS, CCLS; Amanda Bennett, MD, MPH
- 9:30 a.m.** **Headache**
Lecture: Integrative Health for Migraine – What are the Evidence-based Mind-Body Behavioral Treatments for Preventing Migraine?
Mia Tova Minen, MD, MPH
- 10:10 a.m.** **Headache Panel: Christina Szperka, MD, MSCE (Moderator)**
Panelists: Madeline Chadehumbé, MD; Dina Karvounides, PsyD; Kylie Kanze, DO; Winona Chua, MD; Ali Ladak, PT, DPT; Mia Tova Minen, MD, MPH
- 10:50 a.m.** **Break**
- 11:05 a.m.** **Anxiety/Depression**
Lecture: Integrative Approaches to Depression and Anxiety
Noshene Ranjbar, MD
- 11:45 a.m.** **Anxiety/Depression Panel: Sarah Knox, MSN, CRNP, PMHNP-BC (Moderator)**
Panelists: Preeti Soi, MD; Tonia D. Kulp, MS, C-IAYT; Vanessa Battista, RN, MS, CPNP-PC, CHPPN; Lindsey Albenberg, DO; Douglas McDaniel, DACM, Dipl Ac (NCCAOM), L Ac; Noshene Ranjbar, MD
- 12:25 p.m.** **Lunch Break**
- 1:25 p.m.** **Attention Deficit Hyperactivity Disorders**
Lecture: The Integrative Treatment of ADHD
Sanford C. Newmark, MD
- 2:05 p.m.** **ADHD Panel: Bridget Godwin, MD (Moderator)**
Panelists: Lisa Squires, BSN, RN, CCRN, PHRN, HNB-BC; Marianne Glanzman, MD; Maria Hanna, MS, RD, LDN; Stephon Proctor, PhD; Sanford C. Newmark, MD
- 2:45 p.m.** **Brain Health**
Lecture: Integrative Approaches to Brain Health – Lessons from Research on Integrative Movement Therapies for Mild Cognitive Impairment
Margaret A. Chesney, PhD
- 3:25 p.m.** **Brain Health Panel: Paul Ufberg, DO, MBA (Moderator)**
Panelists: Greg Hedler, LCSW, ERY-P 500; Amy Dean, MPH, RD, LDN; Ariel A. Williamson, PhD, DBSM; Barbara Rolnick, MD; Margaret Chesney, PhD
- 4:05 p.m.** **Closing Remarks**
Maria Mascarenhas, MBBS
- 4:15 p.m.** **Adjourn**

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

COURSE DIRECTORS

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Yoga Therapist

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Lead Therapist

PhD Candidate

Penn Therapy & Fitness/GSPF at University City

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Advanced Certified Infant Massage Teacher*

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