



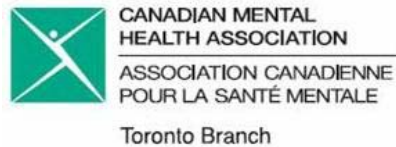
Holistic Mental Health Conference Pathways to Empowerment

Canadian College of Naturopathic Medicine
1255 Sheppard Avenue East
(Sheppard/Leslie Subway station)
Toronto – Ontario

Thursday, June 21st and Friday, June 22nd, 2012

This conference is an initiative by:

the CANADIAN MENTAL HEALTH ASSOCIATION – Toronto Branch – www.toronto.cmha.ca



In Partnership with:

ACROSS BOUNDARIES – www.acrossboundaries.ca



JUST IDEAS – www.justideas.ca



COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT) – www.crct.org



CENTRE FOR ADDICTION AND MENTAL HEALTH – www.camh.net



CANADIAN COLLEGE FOR NATUROPATHIC MEDICINE – www.ccnm.edu



Conference and Workshop Schedule (Subject to change)

Day 1 – Thursday, June 21st 2012

8:30 – 9:00 am	Registration		
9:00 – 10:00 am	Keynote	Martin A. Katzman, MD, FRCP(C)	
10:00 – 10:30 am	Vendor Break		
10:30 – 12:00 pm	Day 1 Session 1 Workshops		
	Workshop 1	Workshop 2	Workshop 3
	Orthomolecular Medicine Jonathan E. Prousky, ND, M.Sc.	Building Bridges: Anti- Racism 1010 Opening Doors Project, CMHA	Hearing Voices Kevin Healey
12:00 - 1:00 pm	Lunch		
1:00 – 2:30 pm	Day 1 Session 2 Workshops		
	Workshop 4	Workshop 5	Workshop 6
	Acceptance and Commitment Therapy (ACT) Dr. Kenneth Fung	Homeopathy in the Treatment of Depression and Anxiety Shifteh Sherry Essnaashari, B.A. H.D., DSHOMM, Alternative Medical Practitioner, Energy Medicines, Member of VRA Canada, CSH, NUPATH, NCH	A Gestalt Approach to Eating Disorders Maryna Svitashева, Ph.D.
2:30 – 3:00 pm	Vendor Break		
3:00 – 4:30 pm	Day 1 Session 3 Workshops		
	Workshop 7	Workshop 8	Workshop 9
	Chakra Alignment (Energy Centre Alignment) Just Ideas	Spirituality and Mental Health Michael Abdur Rashid Taylor	Ayurveda <u>Ismat Nathani</u>

Day 2 – Friday, June 22nd 2012

8:30 – 9:00 am	Registration		
9:00 – 10:00 am	Keynote	Meaghan Buisson, B.Sc CPT	
10:00 – 10:30 am	Vendor Break		
10:30 – 12:00 pm	Day 2 Session 1 Workshops		
	Workshop 10	Workshop 11	Workshop 12
	Reducing Psychotic Symptoms with Nutrition and Botanical (Herbal) Medicine Jonathan E. Prousky, ND, M.Sc.	Chinese Traditional Medicine Dr. Ted Lo	Aboriginal Cultural and Spiritual Aspects of Healing Jeff D'Hondt, Manager, Aboriginal Service and Acting Manager, Concurrent Addictions Inpatient Treatment Service (CAITS), Addictions Program
12:00 - 1:00 pm	Lunch		
1:00 – 2:30 pm	Day 2 Session 2 Workshops		
	Workshop 13	Workshop 14	Workshop 15
	Art Therapy & Trauma Mah (Zahrabeygom) Ostad, MA, Psychotherapist and Eva Saphir	Emotional Freedom Technique (EFT) Workshop Just IDEAS	Mindfulness-Based Cognitive Therapy Anya Choulsky, B.Sc. OT, OT Reg. (Ont.)
2:45 – 3:30 pm	Movie Presentation		

Workshop Descriptions and Presenters

Day 1 – Thursday, June 21st 2012

Keynote Day 1

9:00 am – 10:00 am

Presenter: [Martin A. Katzman](#), MD, FRCP(C)

Presenters Bio: Dr. Katzman is the Clinic Director and Staff Psychiatrist at the START Clinic (Stress, Trauma, Anxiety Rehabilitation and Treatment) for Mood and Anxiety Disorders. He is also on faculty at the Northern Ontario School of Medicine (Laurentian University and Lakehead University) as well as in the Department of Psychiatry at the University of Toronto. He is appointed in both Department of Psychology and in the Master of Public Health programs at Lakehead University.

Day 1 – Session 1 - Workshops

Workshop 1

10:30 am – 12:00 pm

Orthomolecular Medicine

Presenter: [Jonathan E. Prousky](#), ND, M.Sc.

Workshop description: This workshop will focus on orthomolecular strategies that can significantly help with common mental illnesses such as anxiety, depression, ADHD, schizophrenia, and bipolar disorder. Some common orthomolecular substances include vitamin B3 (niacin and niacinamide), vitamin B12, vitamin C, minerals, amino acids, and essential fatty acids. Information pertaining to relevant resources will also be provided.

Learning Objectives:

- Understand what orthomolecular medicine means
- Learn how orthomolecular medicine can improve mental health outcomes
- Learn the types of resources available to patients

Presenters Bio: [Jonathan Prousky](#), ND, M.Sc., graduated from Bastyr University (Kenmore, WA) with a Doctorate in Naturopathic Medicine. He is the Chief Naturopathic Medical Officer at the Canadian College of Naturopathic Medicine and supervises at the Robert Schad Naturopathic Clinic. He is a passionate advocate for patients with psychiatric disorders and focuses his clinical practice on optimizing mental and neurological health with nutrition and botanical (plant-based) medicines.

Workshop 2

10:30 am – 12:00 pm

Building Bridges: Anti-Racism 1010

Presenter: [Opening Doors Project, CMHA](#)

Workshop description: Ideal for people who are familiar with the idea of multiculturalism and diversity but have not been introduced to anti-racism. This interactive workshop uses forum theatre to explore and understand issues of racism, diversity and anti-racism. In forum theatre, audience members directly interact with the performance by stopping a scene and suggesting different actions for the actors to carry out on-stage in an attempt to change the outcome of what they are witnessing. Forum theatre encourages participants to explore how personal interactions work and how outcomes can change when different behavioural approaches are used.

Learning Objectives:

Presenters Bio: The Opening Doors Project (TODP) aims to strengthen, foster and cultivate healthier Ontario communities. The project works towards this goal by providing free, interactive, and experiential peer-led workshops that address mental health, racism and discrimination within newcomer communities and communities of mental health survivors. It looks especially at the impact of migration and discrimination on the

mental health of newcomers and refugees

Workshop 3

10:30 am – 12:00 pm

Hearing Voices: a normal human experience

Presenter: **Kevin Healey**

Workshop description: This highly participative workshop will offer an introduction and exploration of three areas... - hearing voices as a phenomena - and as a normal human experience - the hearing voices approach hearing voices is emancipatory : not simply voice hearers but workers and carers too.

Presenters Bio: **Kevin Healey** is a survivor – mostly of his own missteps, mistakes and misdeeds but also of a life of never quite fitting in: anywhere.

The last year has seen focus more and more on **hearing voices** work. For three decades and more Kevin hears voices that you don't: sometimes a troubling experience, often rewarding but always challenging and tiring. Hard work and practise have led to accepting and understanding his voices - and what they mean – taming and training the voices , turning the experience into a useful, even valuable one.

Day 1 – Session 2 - Workshops

Workshop 4

1:00 pm – 2:30 pm

Acceptance and Commitment Therapy (ACT)

Presenter: **Dr. Kenneth Fung**

Workshop description: Acceptance and Commitment Therapy (ACT) is one of the “third wave” psychological interventions. Like other “third wave” interventions such as Mindfulness Based Cognitive Therapy and Dialectical Behavioral Therapy, ACT includes elements of acceptance and mindfulness, and targets functional and contextual changes rather than changes in the content, form, or frequency of mental phenomena. ACT is garnering increasing empirical support, and the US Substance Abuse and Mental Health Services Administration (SAMHSA) has now listed ACT as an empirically supported method as part of its National Registry of Evidence-based Programs and Practices (NREPP).

This primer will familiarize attendees with the basic philosophy and theory of ACT, including Functional Contextualism and Relation Frame Theory. The six core components of ACT will be presented. These include: Acceptance, Cognitive Defusion, Contact with the Present, Self-as-context, Values, and Committed Action. It will especially focus on several key core-processes that can lead to immediate clinical application, including defusion, contact with the present moment, and values. Case discussion and brief experiential exercises will be used to facilitate learning.

Learning Objectives:

- Distinguish the underlying philosophical and theoretical assumptions behind traditional types of psychotherapies versus “third wave” psychotherapies
- Describe the six core therapeutic components of Acceptance and Commitment Therapy (ACT)
- Formulate an understanding and plan treatment strategies for clients from an ACT perspective

Presenters Bio: **Dr. Kenneth Fung** is a Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network. He is also Assistant Professor with Culture, Community, and Health Studies Program at the Department of Psychiatry, University of Toronto. His primary research, teaching, and clinical interests include both cultural psychiatry and psychotherapy. Dr. Fung has been co-running ACT training workshops regularly with Dr. Mateusz Zurowski at the Toronto Western Hospital, as well as at Annual Meetings of the Canadian Psychiatric Association and American Psychiatric Association. He teaches and supervises postgraduate trainees in ACT at the Department of Psychiatry, University of Toronto. Currently, he is conducting ACT research on chronic pain and HIV stigma.

Workshop 5

1:00 pm – 2:30 pm

Homeopathy in the Treatment of Depression and Anxiety

Presenter: **Shifteh Sherry Essnaashari**, B.A. H.D., DSHOMM, Alternative Medical Practitioner, Energy Medicines, Member of VRA Canada, CSH, NUPATH, NCH

Workshop description: Homeopathy is a system of medical science that has been in use for over 200 years. Homeopathy takes a holistic observation of the person including physical, mental, emotional, striking and rare symptoms. Homeopathy recognizes that each individual is unique and that it is unlikely that two people coping with depression or anxiety will be prescribed the same remedy. Why? Each of us manifests imbalance in different ways. For one person depression may result in weight loss and for another weight gain. Homeopathy treats the person and not the diseased state. Through prescribing the correct remedy and dosage, homeopathy works by stimulating an immune response in the body so that it can begin healing itself.

Learning Objectives:

- Learn how homeopathy is used to treat depression and anxiety
- Review some of the common remedies used in treating depression and anxiety
- Review of recent research on the efficacy of homeopathic treatments for depression and anxiety

Presenters Bio: **Sherry Essnaashari** is a homeopathic practitioner who has over 12 years of experience in alternative medicine. Disillusioned by the conventional medical model at a young age, Sherry sought natural alternatives in order to combat her health issues. As she began to experience improvements in her physical state, she became intrigued by the possibilities which natural modalities present for health optimization. After completing a B.A. (Hon.) in 1994, she followed her passion in alternative healing practices to study herbalism. Part of this journey took place in Central America, where she learned from nature in nature.

In 2007, Sherry graduated with an honours diploma from the Canadian College of Homeopathic Medicine. Sherry is passionate about the field of alternative medicine and in inspiring wellness and lifestyle changes.

Workshop 6

1:00 pm – 2:30 pm

A Gestalt Approach to Eating Disorders

Presenter: **Maryna Svitashева**, Ph.D.

Workshop description: This workshop will demonstrate the capacity of Gestalt therapy to understand and treat eating disorders using lecture, group discussions and case analysis. Research has shown that eating disorders are linked with a number of factors including an individual's age, physiology, gender, occupation, personal relationships, and family upbringing. In working with individual clients and groups the presenter has observed the correlation between relationship issues, trauma (as a real trauma or trauma-like experience), and eating disorders. From a Gestalt perspective, recovery from eating disorders begins after the client reconsiders the relationship aspects of her/his life.

Learning Objectives:

- Review Gestalt Therapy as a holistic approach
- Review the traumatic nature of eating disorders
- Involve participants in the activity of "self-understanding"

Presenters Bio: **Maryna Svitashева** Ph.D. has been practicing Gestalt therapy since 1997. She received her professional training in Moscow, worked as a trainer in the Ukrainian Association of Psychotherapists, and participated in educational programs and conferences provided by European Association of Psychotherapy. Maryna currently lives in Toronto where she works as a private therapist with individuals and groups focusing on emotional problems, traumatic experience, and relational issues.

Day 1 – Session 3 - Workshops

Workshop 7

3:00 pm – 4:30 pm

Chakra Alignment (Energy Centre Alignment)

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Presenter:	Just Ideas
Workshop description: Chakras are energy centers and considered to be a point or nexus of biophysical energy or prana of the human body. Disciplines such as Yoga, Pranayama, Acupuncture, Shiatsu, T'ai chi and Qigong focus on balancing the energetic nadis or meridians, an integral part of the chakra system. Blockages in the flow of this vital energy results in mental, emotional, and/or physical illness. By removing blockages and maximizing energy flow, the body, mind, and spirit function optimally. In the West, chakra alignment is used in practices such as aromatherapy, mantras, Reiki, flower essences, sound therapy, colour/light therapy and crystal/gem therapy.	
Learning Objectives:	Learn about energy centers and their functions in maintaining optimum physical and mental wellbeing Experience a guided meditation to align the energy centers Explore the benefits of alignment which can bring the body, mind, and spirit into harmony
Presenters Bios: Hima Soni is the co-founder and Corporate Trainer at Just IDEAS. After completing her Masters in Organizational Psychology, Hima pursued her continuous education by completing NLP Practitioner course with Dr. Abraham, Strategic Talent Management with Dr. Jac Fitz-Enz the implementation of Six Thinking Hats and is also a Certified Life Coach. Hima has been a guest speaker at numerous conferences and has won the Training Award for holistic internal training internationally. Hima has trained across countries and bring a unique style and passion to workshops. Shibani Somani is a co-founder and Transformational Coach at Just IDEAS. Shibani is an Integrated Clinical Hypnotherapist(CH.t,USICH,M.E), an NLP Practitioner(NFNLP,USA), a Pranic, Reiki and a Theta Healer. Shibani is also a Certified Life Coach. She has over 15 years experience in the corporate world, she has worked with individuals and youth to inspire and empower them and to make them understand that beliefs and behaviours are our only limitation, which can be reconditioned.	

Workshop 8

3:00 pm – 4:30 pm

Spirituality and Mental Health

Presenter:	Michael Abdur Rashid Taylor
Workshop description: Spirituality can be an aspect of mental health recovery, the journey of healing and transformation that can enable a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential. Furthermore, people living with mental illness have consistently identified spiritual needs as an important issue, and spiritual care as contributing to symptom relief and general well-being Spirituality can help people maintain good mental health. It can help them cope with everyday stress and can keep them grounded, while tolerant and inclusive spiritual communities can provide valuable support and friendship. The links between spirituality and improvements in people's mental health will be explored.	
Learning Objectives:	Help participants to identify strengths related to Spirituality Map delineation between Spirituality and Religion and their significance in mental health care Focus on the Ontario Common Assessment of Need (OCAN) as a tool to engage clients and service providers on issues of Spirituality
Presenters Bio: Michael Abdur Rashid Taylor has worked as a Mental Health Professional and Organizational Development Leader for 15 years. He holds a Master of Theological Studies degree from Regis College of the University of Toronto and is a graduate of the Rotman School of Management's Leadership Development Program. Michael has held varied positions including Manager of Spiritual and Religious Care at CAMH. Currently, his consultant work includes Diversity, Religious Accommodation and Healing Approaches. He is managing Director of Rashid Taylor Consultants and Director of Islamic Chaplaincy Services Canada.	

Workshop 9

3:00 pm – 4:30 pm

Ayurveda

Presenter:	Ismat Nathani
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Workshop description: Ayurveda, the traditional Indian medicine (TIM) remains the most ancient yet living traditions. The word Ayurveda means “wisdom of life” and all aspects of life from nature, environment, food, housing, occupation, and relationships are considered important in maintaining optimal health and wellbeing.

The state of mind is an integral part of Ayurvedic healthcare and needs to be addressed at each and every part of physical/mental state. The mind is considered to have three primary states, “sattva” (knowledge, purity), “rajas” (action, passion) and “tamas” (inertia, ignorance). Mental disorders or imbalances are caused when “sattva” decreases and “rajas” and “tamas” increase. As “sattva” decreases, mental strength, determination, and the power to discriminate also decrease. When such a state is prolonged, the mind becomes stressed. This may then lead to other mental disorders like anxiety, depression, fear, and nervous debility. Additionally Ayurveda looks very closely in factors causing stress as it is intimately related to the balance of our three vital energies or doshas--Vata, Pitta, and Kapha the governing energies in bring the psycho-physiological changes.

Learning Objectives:	Learn about Ayurvedic personality and body types, mental & behaviour patterns of each body type, and influential psycho-emotional factors leading to stress Explore the Ayurvedic view of the causes of common stress related mental health conditions such as depression, anxiety and addictions. Gain hands on experience with Pulse & Tongue reading and marma points (intersection to mind-body-spirit)
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Presenters Bio: **Ismat Nathani** is the Founder and Director of Centre for Ayurveda and Indian Systems of Healing Education and S.E.L.F Wellness. Ismat Nathani brings over 20 years of experience as an academican, health practitioner and a researcher, drawing from her vast knowledge and experience she shares her aspect of mind-body-spirit& sensory integration, health & hygiene, food & nutritional understanding through Ayurveda, Yoga & Indian Naturopathy (prakruti chikitsa). Ismat has been featured number of times on television and newspapers in Britain, Canada and other countries. Ismat Nathani’s qualifications include Bachelors in Indian Naturopathic and Yogic Sciences with specialization in so called Ayurvedic Neurotherapy (Nadi Vigyan). She persuaded her post graduation in integrative Medicine from UK. Ismat Nathani along with her highly qualified team teaches and practices at Centre for Ayurveda & Indian Systems of Healing Education & S.E.L.F Wellness Toronto, Ontario. www.caish.ca

Day 2 – Friday, June 22nd 2012

Keynote Day 2

9:00 am – 10:30 am

Presenter:	Meaghan Buisson - B.Sc CPT
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Presenters Bio: As both a biomedical researcher and psychiatric survivor, I have taken a critical stance against the popular biological paradigm of mental health, i.e. the pervasive use of psychotropic medications. I use holistic approaches both an alternative and adjunct to mainstream medicine. Meditation and yoga have been critical for maintaining and improving my health and wellbeing. I work regularly with a naturopathic doctor, in addition to receiving acupuncture from a physiotherapist whose interests and training are grounded in eastern (TCM) philosophies.

Day 2 – Session 1 - Workshops

Workshop 10

10:30 am – 12:00 noon

Reducing Psychotic Symptoms with Nutrition and Botanical (Herbal) Medicine

Presenter:	Jonathan E. Prousky , ND, M.Sc.
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Workshop description: Psychotic symptoms are extremely distressing for patients and their families. While medications can be lifesaving during acute crises and/or life-threatening situations, many patients continue to experience distressing psychotic symptoms even after they have regained their stability. Many patients also wish to lessen their medication burden due to objectionable and life altering side-effects, such as weight gain,

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blood sugar problems, heart arrhythmias, and high cholesterol. It is unfortunate that options, other than medication, are not typically provided to patients and their families. A variety of plausible and well studied nutritional and botanical treatments can reduce symptoms of psychosis, and even side effects from medication. This workshop will focus on the treatment of psychosis, how medications help and harm, and how patients can safely integrate complementary strategies to improve quality of life and facilitate recovery.

Learning Objectives:	Review side effects associated with anti-psychotic medications Review plausible nutritional and botanical approaches that reduce psychotic symptoms and improve quality of life Learn the types of resources available to patients
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Presenters Bio: **Jonathan Prousky**, ND, M.Sc., graduated from Bastyr University (Kenmore, WA) with a Doctorate in Naturopathic Medicine. He is the Chief Naturopathic Medical Officer at the Canadian College of Naturopathic Medicine and supervises at the Robert Schadt Naturopathic Clinic. He is a passionate advocate for patients with psychiatric disorders and focuses his clinical practice on optimizing mental and neurological health with nutrition and botanical (plant-based) medicines.

Workshop 11

10:30 am – 12:00 noon

Chinese Traditional Medicine

Presenter:	Dr. Ted Lo
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Workshop description: Mental Health in Traditional Chinese Medicine - an interactive workshop by a non-practitioner on the various approaches of TCM to mental health and illness, with examples, discussions, and exercises

Presenters Bio: **Dr. Ted Lo**, Assistant Professor Psychiatry at University of Toronto, consulting to the Culture, Community and Health Studies program. He does consulting with the Cultural Consultation Team of Mount Sinai Hospital, the CATS program at Centre for Addiction and Mental Health. He is also a consultant at the Hong Fook Mental Health Association, and Across Boundaries Ethnoracial Mental Health Centre. Dr. Lo has provided cultural competence training to mental health professionals and physicians for the past four years. He was appointed to Mental Health Commission of Canada to lead their diversity initiatives. He is President of FACT (Friends of Alternative & Complementary Therapies) and was awarded Prix Clarite by Canadian Complementary Medicine Association in 2002.

Workshop 12

10:30 am – 12:00 noon

Aboriginal Cultural and Spiritual Aspects of Healing

Presenter:	Jeff D'Hondt , Manager, Aboriginal Service and Acting Manager, Concurrent Addictions Inpatient Treatment Service (CAITS), Addictions Program
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Workshop description: The Aboriginal Services Program at CAMH provides clinical services to Aboriginal people of differing backgrounds and their families, recognizing that each person has a unique set of needs. Mental health and addiction services are provided from a holistic perspective that includes emotional, physical, mental and spiritual aspects, respecting the need for Aboriginal cultural approaches to healing, as well as for supplementary medical and non-Aboriginal therapeutic resources. This workshop will include an opening circle with introductions, an overview of the Aboriginal Services clinical structure, a brief history of the program, discussion of cultural programming, discussion of the balance between cultural and Western biomedical therapeutic modalities, and a closing circle.

Learning Objectives:	Increased awareness of Aboriginal cultural and spiritual treatment modalities as applied in mental health and addiction services Enhanced understanding of how cultural treatment modalities are integrated and balanced with Western therapeutic treatments Greater awareness of the Aboriginal Services Program and its offerings
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Presenters Bio: **Jeff D'Hondt**, MSW, RSW, is the manager of CAMH's Aboriginal Service. Jeff has 18 years experience working in mental health and substance abuse treatment services, gained at hospitals, homeless shelters, the correctional system and in Aboriginal communities. He is also the author of Spiderbones, a novel that deals with the impact of internalized racism on Aboriginal mental health. He

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completed his Bachelor of Social Work at Ryerson University (where he has also served as contract faculty) and his Masters of Social Work degree at York University, where his work with Aboriginal street youth was awarded the Gerry Ericson Book Prize for Best Practice Research Paper. Jeff is also a member of the Lenape Nation at Six Nations of the Grand River.

Day 2 – Session 2 - Workshops

Workshop 13

1:00 pm – 2:30 pm

Art Therapy and Trauma

Presenter: **Mah (Zahrabeygom) Ostad**, MA, Psychotherapist and **Eva Saphir**

Workshop description: Art therapy is based on the idea that the creative process of art-making facilitates reparation and recovery and is a form of nonverbal communication of thoughts and feelings. Like other forms of psychotherapy and counselling, it is used to encourage personal growth and has been employed in a wide variety of setting with children, adults, families, and groups. It is an approach that can help individuals of all ages create meaning and achieve insight, find relief from overwhelming emotions or trauma, resolve conflicts and problems, enrich daily life, and achieve and increase sense of well-being.

Learning Objectives:

- Review the art and science of art therapy
- Improve participants understanding and awareness of art therapy practice including ethics, research, and cultural sensitivity

Presenters Bio: **Mah Ostad**, MA, graduated from Tehran University, Iran with a Master's in psychology. After immigrating to Canada she completed the Bridge Training for Internationally Trained Mental Health Professionals Program. Mah is a psychotherapist and member of OACCPP who applies a variety of therapeutic interventions such as music and art therapy into her work.

Eva Saphir MA, D.T.A.T.I. is a mental health clinician, art therapist and mentor to mental health professionals. She has worked in the field of trauma since 1980, when she co-founded and co-coordinated Hospice Wellington working with people with terminal illnesses and their families. In 1988, she created the counselling program at Casey House Hospice. As the original member of the Spanish Team at Doctors Hospital and the Toronto Western Hospital (UHN) she worked with refugees and immigrants from Latin America and created and co-facilitated an art therapy group for Latin People Living with HIV for 12 years. This work was presented at the International AIDS Conference in Toronto in 2006. Working with the Mennonite New Life Centre of Toronto she helped develop and supervised their Special Supports Service Project providing Mental Health Services to the Spanish Community. The success of this project led to the creation of the Bridge Program for Internationally Trained Psychologists and Allied Mental Health Workers where she serves in the Advisory Committee and is a Clinical Supervisor to professionals from all over the world. She was born in Argentina. She has a private practice in Toronto.

Workshop 14

1:00 pm – 2:30 pm

Emotional Freedom Technique (EFT) Workshop

Presenter: **Just IDEAS**

Workshop description: Emotional Freedom Techniques (EFT) is a form of counselling intervention that draws on various theories of alternative medicine including acupuncture, neuro-linguistic programming and thought field. EFT is used to calm shallow, erratic breathing. Constricted breathing is often experienced by anxiety sufferers as well as those with fears, phobias, shock and trauma. EFT can help reveal hidden psychological issues. It is a method of emotional and neurological control and involves tapping on acupressure/acupuncture points. It alters the energy field of the body so that perturbations in the energy field are restored to balance. The technique appears to be a safe way of releasing negative emotions.

Learning Objectives:

- Understand the causes and effects of disrupted or blocked energy.
- Learn about psychological reversal and how it blocks progress
- Learn the Emotional Freedom Technique

Presenters Bios: **Hima Soni** is the co-founder and Corporate Trainer at Just IDEAS. After completing her

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Masters in Organizational Psychology, Hima pursued her continuous education by completing NLP Practitioner course with Dr. Abraham, Strategic Talent Management with Dr. Jac Fitz-Enz the implementation of Six Thinking Hats and is also a Certified Life Coach. Hima has been a guest speaker at numerous conferences and has won the Training Award for holistic internal training internationally. Hima has trained across countries and bring a unique style and passion to workshops.

Shibani Somani is a co-founder and Transformational Coach at Just IDEAS. Shibani is an Integrated Clinical Hypnotherapist(CH.t,USICH,M.E), an NLP Practitioner(NFNLP,USA), a Pranic, Reiki and a Theta Healer. Shibani is also a Certified Life Coach. She has over 15 years experience in the corporate world, she has worked with individuals and youth to inspire and empower them and to make them understand that beliefs and behaviours are our only limitation, which can be reconditioned.

Workshop 15

1:00 pm – 2:30 pm

Mindfulness-Based Cognitive Therapy

Presenter:	Anya Choulsky , B.Sc. OT, OT Reg. (Ont.), occupational therapist, CAMH Mood and Anxiety Disorders Program
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Workshop description: Mindfulness-Based Cognitive Therapy (MBCT) is designed to help people who suffer repeated bouts of depression and chronic unhappiness. It combines the ideas of cognitive therapy with meditative practices and attitudes based on the cultivation of mindfulness. The heart of this work lies in becoming acquainted with the modes of mind that often characterize mood disorders while simultaneously learning to develop a new relationship to them. MBCT was developed by Zindel Segal, Mark Williams and John Teasdale, based on Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program.

Learning Objectives:	Gain a first-hand experience of mindfulness through a guided practice Review elements of the MBCT approach Review of most recent MBCT research studies
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Presenters Bio: **Anya Choulsky** is an occupational therapist in the Mood and Anxiety Disorders program at the Centre for Addiction and Mental Health, and an instructor in the Faculty of Medicine, Department of Rehabilitation Science at the University of Toronto. She completed her training as an occupational therapist at the University of Toronto in 2002, and has spent the last 10 years offering treatment to individuals living with serious mental health conditions. In 2007 Anya trained as a Mindfulness Based Cognitive Therapy (MBCT) instructor with Dr. Zindel Segal and has been facilitating the MBCT program at the CAMH Mood Disorders Clinic ever since. Anya practices mindfulness on daily basis and finds it to have a significant positive impact on her professional and personal life.

Conference Location

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