The Science of Mind Body Medicine: Empowering Patients in Recovery from Substance Use Disorders & Pain

Thursday, December 11th, 2014, Auditorium E, Dartmouth Hitchcock Medical Center, Lebanon, NH

Register online at www.neias.org

8:00 - 8:30 Registration/Check in

8:30 - 9:30 The Neurobiology of Mind Body Science: Trauma gives us a window – Mardi A. Crane - Bodreau, Ph.D., Dept of Microbiology and Immunology, Geisel School of Medicine & Peter Payne, B.A., S.E.P.

9:30 - 10:15 The Experience of Mindful Awareness - John Christopher, Ph.D, Dept of Psychiatry, Geisel School of Medicine

10:15 - 10:30 Break

10:30 - 11:15 Mindfulness-based Meditation in Addiction Treatment – Zev Schuman-Olivier, M.D., Dept of Psychiatry, Geisel School of Medicine at Dartmouth & Dept of Psychiatry, Harvard Medical School

11:15 12:00 Cultivating Resilience: Self-Care for Care-Providers- Joseph O’Donnell, MD, Senior Advising Dean, Geisel School of Medicine

12:00 12:15 Panel and participant discussion

12:15 - 1:00 Lunch on your own

1:00 - 1:45 Overview of Exercise in Treatment of Substance Use Disorders – Richard A. Brown, Ph.D., Research Professor, School of Nursing, University of Texas at Austin

1:45 - 2:30 Effectiveness of Hatha Yoga as an Intervention - Paula M. Gardiner, M.D., M.P.H., Program for Integrative Medicine and Healthcare Disparities, Boston Medical Center & Boston University School of Medicine

2:30 - 2:45 Break

2:45 - 3:30 Outcomes of Mind-Body Self-Management Approaches for Co-occurring Substance Misuse and Chronic Pain with Withdrawal of Opioid Medications - Seddon R. Savage, M.D., M.S., Geisel School of Medicine and Chronic Pain and Recovery Center, Silver Hill Hospital

3:30 3:45 Panel and participant discussion

Target Audience: Physicians, nurses, addiction counselors, social workers, and other allied behavioral health professionals working in general healthcare and behavioral healthcare settings.

Learning Objectives: At the end of this activity, learners will be able to:

• Discuss the evidence that supports use of mind body interventions in recovery from addiction, as well as chronic pain and some other chronic conditions

• Utilize strategies to engage and support patients to utilize evidence – based mind body techniques in self-care

• Actively support continuing engagement in mind body interventions to support self-care.

CME and CE Accreditation: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Dartmouth-Hitchcock Medical Center and the New England Institute of Addiction Studies. The Dartmouth-Hitchcock Medical Center is accredited by the ACCME to provide continuing medical education for physicians.

The Dartmouth-Hitchcock Medical Center designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Professional certification for addiction counselors and social workers is also available.