

APPROVED FOR 14 CE CREDITS FOR RN, MFT, AND LCSW
APPROVED BY THE MCEPAA FOR 7 CE CREDITS

Dr. Lawrence Leshan

"The person exists on many levels... physical, psychological and spiritual... and none of these can be reduced to any other. To move successfully toward health, all must be treated."

Nob Hill Masonic Center
San Francisco, California

September 9 & 10, 2006

From Surviving to Thriving™

TURNING POINT

CANCER as a

Healing Journeys, Inc.
P.O. Box 221417, Sacramento, CA 95822

A FREE
PROGRAM DESIGNED TO
*Educate, Inspire,
Connect, and
Celebrate*

HEALING
Journeys
and

UCSF Comprehensive Cancer Center
at UCSF Medical Center

Present

CANCER as a
TURNING POINT
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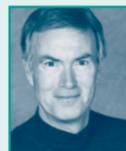
PERF

CONFERENCE PRESENTERS



LAURA ESSERMAN, MD, MBA, is Director of the Carol Franc Buck Breast Care Center and Professor of Surgery and Radiology at the University of California, San Francisco (UCSF). She is also the clinical leader of the Breast Oncology Program at the NCI-designated Comprehensive Cancer Center at UCSF. Dr. Esserman has extensive clinical and research experience in breast cancer with a strong commitment to breaking new ground in breast cancer therapy. A prolific writer and contributor to both United States (US) and international journals, Dr. Esserman has numerous publications in peer-reviewed journals covering all aspects of breast health from immunology to health policy. She speaks extensively at public and private forums within the US and internationally. Dr. Esserman's guiding principle for research and clinical care is that a patient's knowledge, participation, and comfort are key to ensuring that a patient receives the best possible care, participating as partners in their health care.

PATRICK QUILLIN, PHD, RD, CNS, is an internationally recognized expert in the area of nutrition and cancer. He has 27 years experience as a clinical nutritionist, of which 10 years were spent as the Director of Nutrition for Cancer Treatment Centers of America where he worked with thousands of cancer patients in a hospital setting. He has earned his bachelor's, master's, and doctorate degrees in nutrition and is a registered and licensed dietitian (RD & LD) and Certified Nutrition Specialist (CNS) with the American College of Nutrition. He has appeared on over 60 television and 220 radio shows nationwide and is a regular speaker for medical and trade conventions. He taught college nutrition for 9 years, and worked as a hospital dietitian. His 15 books have sold over 1 million copies and include the best sellers *Healing Nutrients* and *Beating Cancer With Nutrition*, and the textbook, *Adjuvant Nutrition in Cancer Treatment*. In 1992, 1994, and 1995 he organized 3 international symposia on "adjuvant nutrition in cancer treatment". www.Anutrition.com.



THE ARACELI THEATRE PROJECT presents a bilingual (English and Spanish) theater event entitled, "Touched by Cancer: Humoring the Tumor." Written and conceived by cancer survivors, this diverse community-based ensemble performs an original script and production that gives voice to their complex personal, political and spiritual beliefs surrounding their experience with cancer. A short documentary film directed by Amal Koultab accompanies the presentation, and captures the drama therapy process involved in creating the performance. The theatrical production was directed by theater artists and professional drama therapists, Flavia Alejandra Maucci and Bobbi Ausubel. The ARACELI Theater Project is a component of the award-winning CARE (Cancer Awareness, Resources and Education) program of San Francisco General Hospital.

MICHAEL LERNER, PHD, is president and founder of Commonweal, a health and environmental research institute in Bolinas, California. He is co-founder with Rachel Naomi Remen, MD, of the Commonweal Cancer Help Program, a week-long retreat for people with cancer featured by Bill Moyers in his award winning PBS series "Healing and the Mind." Lerner is the author of *Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer*. (MIT Press), widely considered a seminal book in the field. He is also president and co-founder of Smith Farm Center for the Healing Arts in Washington, D.C., which offers the Cancer Help Program on the East Coast. Lerner is a member of the CEO Advisory Board of the American Cancer Society. He is also the co-founder of the Collaborative on Health and the Environment, a national partnership of individuals and organizations committed to the prevention of cancer and other diseases. www.commonweal.org.



SACRAMENTO TAIKO DAN is a community based non-profit organization, formed in 1989 by a group of people who wanted to study the art of Taiko. The multi-cultural group, comprised of members ranging in age from 9 years old to over 70, is directed by Tiffany Tamaribuchi, a former performing member and current guest artist of the prestigious San Francisco Taiko Dojo. Tiffany has traveled extensively throughout Japan to study with several Taiko groups, including the world renowned Taiko group, Kodo. The word TAIKO means "big drum". It is the word commonly used to describe the art of Japanese drumming, used for healing and religious ceremonies and once an integral part of Japanese life. www.sactaiko.com.



PRESENTER FEES UNDERWRITTEN BY THE CANCER LEAGUE

JUDITH ORLOFF, MD, is a psychiatrist, author of the bestseller *Positive Energy: Ten Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear Into Vibrance, Strength, and Love*. (Three Rivers Press, 2005) She is also author of *Guide to Intuitive Healing and Second Sight*. Dr. Orloff is an international lecturer and workshop leader on the interrelationship between medicine, intuition, and energy. Her work has been featured on CNN, PBS, and NPR and has appeared in *USA Today*, *O, The Oprah Magazine*, and *Self*. She is an Assistant Clinical Professor of Psychiatry at UCLA and has a private practice in Los Angeles where she lives by the ocean. www.drjudithorloff.com.



DEBRA JARVIS is a general oncology chaplain at the Seattle Cancer Care Alliance and is ordained in the United Church of Christ. In spite of being a reverend, she takes joy in being irreverent and finding humor and balance in life. She is a commentator for National Public Radio and the author of *The Journey Through AIDS, HIV Positive: Living with AIDS*, and *Take It Again-From The Top*. A former hospice spiritual counselor, she has facilitated cancer retreats at Harmony Hill Retreat Center and is creator of "The Existential Expedition," a renewal program for medical staff. Since she is a breast cancer survivor, antioxidant donations in the form of dark chocolate are always welcome.



SHAINA NOLL is a singer/songwriter from Santa Fe, New Mexico. She received her vocal training while studying to be an actress. With her interest in the spiritual becoming more compelling, she left that path, going on to receive a master's degree in transpersonal psychology. Her love of singing, combined with her deep interest in healing and spiritual awakening, inspired her to start writing, gathering and recording songs to support those on a journey of healing. Serenity, spirituality and inspiration permeate every aspect of her soul-nourishing albums, *Songs for The Inner Child*, *Bread for the Journey*, and *You Can Relax Now*. Her songs have been a source of comfort and support to people around the world. She has been particularly touched and gratified to know that her songs have gifted a great many people when they are undergoing treatment for cancer. www.shainanoll.com.



SCOTT BURTON helps survivors see the human side of the cancer battle. Getting bogged down by medicine, statistics and fear, survivors sometimes forget that their lives are still present, vital and precious. To get his point across, Scott uses his best tool, humor. A stand-up comic and world class juggler, Scott has worked with Jay Leno and Jerry Seinfeld, as well as writing for prime-time television. He tells the tale of his cancer battle with humanity, refreshing honesty and an engaging comic sense. His audience soon sees that his is not a story about cancer. It is the story of life. The gift of laughter, Scott believes, helps cancer survivors feel normal and see their lives as precious. "I felt, and still do, that each moment laughing is a moment you are - if only for a second - in love with life." When Scott Burton tells his story, nobody cries. They laugh like they never thought they would. www.sburton.com.



ADDITIONAL PRESENTATIONS

HEALING STORIES
Dennis Driver
Lydia Barrett

THRESHOLD CHOIR
JEAN SHINODA BOLEN, MD
SUZANNE GRACE, DANCER
SISTA MONICA, SINGER
INTERACTIVE ART PROJECT BY ART FOR RECOVERY,
UCSF COMPREHENSIVE CANCER CENTER

CANCER as a TURNING POINT

From Surviving to Thriving™



The purpose of this program is to educate, inspire, connect, and celebrate all whose lives have been touched by cancer or any life-altering illness.

- * Cancer or any life-altering illness can be viewed as both a curse and a blessing.
- * If viewed simply as a disease of the body, it is experienced only as a curse.
- * When we view illness in the context of the whole person (body, mind, emotions and spirit), we see its transformative potential, as an awakening for the soul and spirit. Only then can we see it as a blessing and utilize its gifts.

WHO SHOULD ATTEND

- * Women and men touched by cancer or any life-altering illness.
- * Healthcare providers.
- * People supporting friends or family touched by cancer or other illnesses.

CONFERENCE OBJECTIVES

- * Differentiate between curing the body and healing the person.
- * Rekindle hope and motivation to live fully in the present.
- * Explore illness as an awakening with transformative potential.
- * Celebrate the healing capacity of the human spirit.
- * Convey how diet and nutrition can help control cancer and promote wellness.
- * Facilitate healing from within as an essential component of total health.
- * Experience the physical and emotional benefits of group support.
- * Incorporate stories, music and laughter as part of the healing process.
- * Explore the impact of psycho-social and spiritual practices on the immune system.
- * Facilitate connection among people and organizations with common goals and concerns.

Thanks to our sponsors

UCSF Comprehensive Cancer Center
 The Cancer League
 California Endowment
 Chiron Foundation
 California Pacific Medical Center
 American Cancer Society



A FREE PROGRAM DESIGNED TO Educate, Inspire, Connect, and Celebrate

CONFERENCE INFORMATION

September 9, 2006 ~ 9 a.m. to 5 p.m.
 September 10, 2006 ~ 9 a.m. to 3:30 p.m.
 Check-in will begin at 8 a.m. on Saturday
 Nob Hill Masonic Center
 1111 California Street
 San Francisco, California

SATURDAY, SEPT. 9TH

Laura Esserman, MD, MBA
 Patrick Quillin, PhD, RD, CNS
 Araceli Theatre Project
 Michael Lerner, PhD
 Sacramento Taiko Dan

Saturday from 4:30 to 6:00 p.m. the Labyrinth at Grace Cathedral will be available for walking, accompanied by the Threshold Choir.

SUNDAY, SEPT. 10TH

Suzanne Grace, dancer
 Judith Orloff, MD
 Shaina Noll, singer
 Debra Jarvis

Scott Burton, juggler and humorist

Sunday from 8 to 8:45 a.m. Master Ko Wong and his students will be offering Walking Chi Kung in Huntington Park (across from Masonic Center).

Although there is NO CHARGE to attend this program, pre-registration is suggested.



Program Designer and Emcee: Jan Adrian, MSW, Founder and Director of Healing Journeys

HEALING JOURNEYS BOARD OF DIRECTORS

Jan Adrian, MSW, Founder and Executive Director
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 Annan Paterson, MS, Secretary
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 Fran Haynes, MFT
 Ann Lovell, Northwest Committee
 Sista Monica Parker
 Terri Reasoner, MS
 Lynne Singer,
 Northwest Committee Chair

CONFERENCE INFORMATION

OUR COMMITMENT TO DIVERSITY

Healing Journeys is committed to diversity and pledges to include, welcome, and support all individuals of any race, ethnicity, national origin, gender, age, socioeconomic background, religion, sexual orientation, and disability.

LUNCHES

Lunch time will be networking time. We encourage everyone to stay for lunch. Our cost for an organic catered lunch from Back to Earth Organic Caterer is \$12. If you can pay for your lunch, we appreciate it. You can also donate something to pay for someone else's lunch. If you are unable to cover our cost for lunch, pay whatever you can. You can also bring your own lunch.

No lunch orders can be taken after September 4th.

CHILD CARE

Child care is available for \$10 a day; space is limited; reservations are needed by September 1st. Please call (800) 423-9882.

HOTEL ACCOMMODATIONS

There are special rates available at two hotels near the Nob Hill Masonic Center. Please mention Healing Journeys for the discounted rate. Available until August 11th.

InterContinental Mark Hopkins (1 block)
 Number One Nob Hill
 San Francisco, CA
 415-392-3434
 www.markhopkins.net
 Discounted rates starting at \$199

Hotel Mayflower (2 steep blocks)
 975 Bush Street
 San Francisco, CA
 (415) 673-7010
 www.sfmayflowerhotel.com
 Discounted rates starting at \$70.

CONTINUING EDUCATION

Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953.

- * Saturday only: 8 contact hours - \$95.00
- * Sunday only: 6 contact hours - \$70.00
- * Entire program: 14 contact hours - \$150.00

This two-day course has been approved by the MCEPAA for 7 CE credits - \$95 Course No. HEA026-0002-000.

There will be no refunds after September 4, 2006.

SPANISH TRANSLATION is available by pre-arrangement.

REGISTRATION

Please fill out a separate registration form for each person. You may photocopy the form. You may register:

- * By fax at (916) 391-1004
- * On the web at www.healingjourneys.org
- * By mail: Healing Journeys, PO Box 221417, Sacramento, CA 95822

CANCELLATIONS

We regret that there can be no refunds of lunch payments or Continuing Education payments after September 4, 2006. Please let us know if you register and are not able to attend since our space is limited.

MORE INFORMATION

If you need more brochures, or you have questions, please call: (800) 423-9882 or (916) 391-0549, or email jan@healingjourneys.org.

CANCER as a TURNING POINT

SAN FRANCISCO, CA 2006 | REGISTRATION FORM

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EMAIL _____

I AM REGISTERING FOR

- Full Conference Saturday, Sept 9 Sunday, Sept 10
- Check here if you need Spanish translation
- Check here if you need special seating arrangements because of hearing, visual, or mobility impairments. Describe _____

NAME TAG INFORMATION

Your name tag will be color coded to help you connect with others. Please select the category that best describes you. **If diagnosed with cancer or other illness, please state what kind.**

- Cancer _____ Health Professional
- Metastatic Cancer _____ Family Member/Support Person
- Other Illness _____ Prefer not to be identified

LUNCH INFORMATION: PLEASE CIRCLE YOUR CHOICE. NO LUNCH ORDERS AFTER SEPT. 4TH.

Day	Hormone-Free Poultry	Organic Vegetarian	I'll bring my own lunch
Both Days	\$24	\$24	<input type="checkbox"/>
Saturday	\$12	\$12	<input type="checkbox"/>
Sunday	\$12	\$12	<input type="checkbox"/>

OPTIONAL CONTINUING EDUCATION (CE) FOR HEALTH PROFESSIONALS

- Yes, I want CE Credits
 License # _____ Kind of License _____
- \$150/conf-14 credits \$95/Sat-8 credits \$70/Sun-6 credits PhD-\$95/conf-7 credits

YOU CAN HELP KEEP Cancer as a Turning Point™ FREE BY DONATING GENEROUSLY!

PAYMENT INFORMATION (ALL ARE OPTIONAL)

Tax Deductible Donation	\$	MasterCard/Visa #
Lunch	\$	Exp. Date:
Continuing Education	\$	Signature
Total	\$	Total amount enclosed \$

MAKE CHECKS PAYABLE TO HEALING JOURNEYS

TO REGISTER BY MAIL OR FAX, PLEASE COMPLETE THIS FORM AND SEND TO Healing Journeys * P.O. Box 221417 * Sacramento * CA 95822 * Fax (916) 391-1004 or register at www.healingjourneys.org