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QUEEN OF THE VALLEY MEDICAL CENTER PRESENTS

# CANCER as a TURNING POINT From Surviving to Thriving™

Saturday, September 17th, 2011  
Lincoln Theater, Yountville, CA (Napa Valley)

Approved for 6 CEs for RN, MFT, LCSW

A FREE  
program

Healing  
Journeys

support healing, activate hope, promote thriving

Queen of the Valley  
Medical Center

ST. JOSEPH  
HEALTH SYSTEM

A Ministry founded by the Sisters of St. Joseph of Orange

Healing  
Journeys  
support healing, activate hope, promote thriving  
P.O. Box 221417, Sacramento, CA 95822  
(800) 423-9882  
www.healingjourneys.org

CANCER as a  
TURNING POINT

From Surviving to Thriving™

Saturday, September 17th, 2011  
9:00 a.m. to 5:00 p.m.

Lincoln Theater  
Yountville, CA (Napa Valley)

Queen of the Valley  
Medical Center



ST. JOSEPH  
HEALTH SYSTEM

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www.thequeen.org

## PRESENTERS FOR CANCER AS A TURNING POINT, FROM SURVIVING TO THRIVING™



**Jeremy R. Geffen, MD, FACP**, is a board-certified medical oncologist, a Fellow of the American College of Physicians and a leading pioneer in integrative medicine and oncology. He is president of Geffen Visions International and author of the highly acclaimed book *The Journey Through Cancer: Healing and Transforming the Whole Person* (Three Rivers Press, 2006). He is also creator of The Seven Levels of Healing®, a leading-edge integrative medicine and oncology program which is now being offered in multiple cancer centers in the US. This program integrates state-of-the-art conventional cancer treatments with a wide array of complementary therapies designed to help patients and family members heal and transform at the deepest levels of the body, mind, heart, and spirit. [www.geffenvisions.com](http://www.geffenvisions.com)



**Lise Alschuler, ND**, is board certified in naturopathic oncology and has been practicing naturopathic medicine for 17 years. Dr. Alschuler is the immediate past-President of the American Association of Naturopathic Physicians. She is co-author with Karolyn Gazella of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing*, now in its 3rd edition. Their next book, *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan* will be published in September 2011. They have created CancerThrivors, a multimedia initiative dedicated to sharing information about integrative cancer prevention and treatment. Dr. Alschuler has received professional recognition and many awards for her work in integrative medicine. [www.drlise.net](http://www.drlise.net)



**Jeff Metcalf** – *A Slight Discomfort* – Award-winning playwright Jeff Metcalf has written a remarkably honest – and outrageously funny – play about his experience with prostate cancer. This one-man play, based on his journals, follows Jeff's journey from diagnosis through his life surviving the disease. *A Slight Discomfort* is about living – really living. Its universal themes and appeal are not limited to men. As one female audience member put it, "I have a prostate – I've been married to the same man for 20 years!" It explores the shared experience of being human and dealing with a crisis with grace and humor. *A Slight Discomfort* takes us from laughter to tears, from blushing to bravo, from thought to action, from tragedy to triumph. Superb actor Paul Kiernan is Jeff Metcalf. His portrayal makes women want to hug him and men want to have a beer with him. He is everyman. [www.aslightdiscomfort.com](http://www.aslightdiscomfort.com)



**Marilyn Mandala Schlitz, PhD**, is a clinical research scientist, medical anthropologist, writer, speaker, and thought leader. For more than three decades, she has pioneered clinical and field-based research in the areas of human transformation, consciousness studies, worldview literacy and cultural healing. She is the President and CEO for the Institute of Noetic Sciences and Senior Scientist at the Research Institute, California Pacific Medical Center in San Francisco, CA. Dr. Schlitz has published hundreds of articles on consciousness studies in both scholarly and popular journals. She is a visionary leader and an engaging speaker with a rare ability to translate complex ideas into a common sense language that excites the imaginations of her audiences worldwide. Her books include: *Consciousness and Healing: Integral approaches to Mind-Body Medicine* and *Living Deeply: the Art and Science of Transformation in Everyday Life*. [www.marilynschlitz.com](http://www.marilynschlitz.com)



**Gary Malkin** is an Emmy award-winning composer and public speaker dedicated to creating music-infused resources and events that inspire the heart, bridge cross-cultural differences, and catalyze individual and collective healing. After a twenty-five year career as a composer for film and television, he started using the power of music for emotional healing through the transitions of our lives. Gary is the co-creator of the acclaimed *Graceful Passages* and *Care for the Journey*, audio resources which feature music-infused spoken wisdom from the spiritual leaders of our time offering compassion and insight for those facing life transitions. Through his performances, presentations and recordings, Gary is dedicated to promoting an essential role for music and the arts in healthcare, education, and corporate culture in order to promote greater mindfulness, compassion, and a connection to what matters most. [www.wisdomoftheworld.com](http://www.wisdomoftheworld.com)

"The relative purpose of medicine is to relieve symptoms and to cure disease. But there is also an ultimate purpose, which extends beyond the physical realm to include the mind, heart and spirit of every patient and indeed, of humanity as a whole."

Jeremy Geffen, MD

## WORKSHOP INFORMATION

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

- Anyone touched by cancer or any life-altering illness
- Caregivers, family members, or friends of someone touched by cancer or other illness
- Healthcare Providers

### CONFERENCE OBJECTIVES

- Differentiate between curing the body and healing the person.
- Explore illness as an awakening with transformative potential.
- Convey how nutrition can help control cancer and promote wellness.
- Rediscover and stimulate the healing capacity of the human spirit.
- Facilitate healing from within as an essential component of total health.
- Describe the many levels of healing and encourage personal involvement.
- Incorporate stories, music and laughter as part of the healing process.
- Facilitate connection among people and organizations with common goals and concerns.

## 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.

### REGISTRATION

- Online at [www.healingjourneys.org](http://www.healingjourneys.org)
- Mail to Healing Journeys, PO Box 221417, Sacramento, CA 95822
- Fax to (916) 391-1004
- Phone (916) 391-0549 or (800) 423-9882

Please fill out a separate registration form for each person.

### LUNCH

Lunch will be networking time and we encourage everyone to participate in this important activity. You can order lunch or bring your own lunch. Our cost for lunch is \$15. Lunch must be ordered by September 12. Sorry there are no refunds for lunch payments.

### 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. 6.5 CE credits - \$65

### CANCELLATIONS

Cancellations of Continuing Education credit fees received in writing or online before September 12 will receive a refund less a \$15 administrative fee. We regret that there can be no refunds after September 12. There are no refunds for lunch payments.

### MORE INFORMATION

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

## PROGRAM SCHEDULE

- 9:00 Introduction – *Jan Adrian, MSW*  
Invocation – *Sister Marian Schubert, CSJ, Vice President, Mission Integration Queen of the Valley Medical Center*  
Hero Song – *Gary Malkin*
- 9:30 The Seven Levels of Healing: Celebrating Life and Spirit on the Journey Through Cancer – *Jeremy Geffen, MD*
- 10:30 Break
- 11:00 Creating a Body That Cancer Doesn't Like – *Lise Alschuler, ND*
- 11:50 Lunch Networking Groups
- 1:05 Song by *Gary Malkin*
- 1:15 Next Steps – What can I do?  
Queen of the Valley Medical Center panel moderated by Charlotte Stewart, actress and cancer survivor
- 2:00 *A Slight Discomfort* – Prostate cancer drama written by *Jeff Metcalf* and performed by *Paul Kiernan*
- 3:00 Break
- 3:30 Living Deeply: The Art & Science of Transformation in Everyday Life – *Marilyn Schlitz, PhD*
- 4:15 Music is Medicine for the Heart: Utilizing the Power of Music for Emotional and Spiritual Healing – *Gary Malkin*
- 5:00 End of Program

(800) 423-9882 • (916) 391-0549 • Fax (916) 391-1004

[www.healingjourneys.org](http://www.healingjourneys.org) • [www.thequeen.org](http://www.thequeen.org)

Looking for just the right doctor? Call 1.877.QUEEN LINE (1.877.783.3654)

## REGISTRATION

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
Phone: (\_\_\_\_\_) \_\_\_\_\_  
Cell/Work: (\_\_\_\_\_) \_\_\_\_\_  
Email: \_\_\_\_\_

### 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 tell us what kind.

- Cancer Survivor  Family Member or friend  
 Type of Cancer \_\_\_\_\_  Health Professional  
 Other Illness \_\_\_\_\_  Prefer not to be identified w/ a group

**LUNCH – \$15 (non-refundable) – No lunch orders after September 12.**

- Poultry  Vegan  No lunch needed – I will bring my own  
 Poultry Gluten-free  Vegan Gluten-free

### OPTIONAL CONTINUING EDUCATION (CE) (for Health Professionals)

- I want 6.5 CE credits for \$65

License# \_\_\_\_\_ Kind of license \_\_\_\_\_

### DONATE TO KEEP HEALING JOURNEYS CONFERENCES FREE

Although it costs us \$65 per person, we are committed to keeping *Cancer as a Turning Point™ FREE*. No one is turned away. Your tax-deductible donations help us keep this commitment. Please donate as generously as you can.

- \$65  I'd like to donate \$ \_\_\_\_\_  Sorry, unable to donate now

### PAYMENT INFORMATION (all are optional)

Tax-deductible Donation \$ \_\_\_\_\_  
Lunch \$ \_\_\_\_\_  
CE's \$ \_\_\_\_\_  
TOTAL \$ \_\_\_\_\_

MC/Visa/Discover # \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Billing Address:  Same as above

Other: \_\_\_\_\_

Signature: \_\_\_\_\_

Total Amount enclosed: \_\_\_\_\_

Please make checks payable to: Healing Journeys, P.O. Box 221417, Sacramento, CA 95822