Cancer as a Turning Point | From Surviving to Thriving™

June 5 & 6, 2010 | Abbott Center | UVA Darden School

A free conference for those touched by cancer, their families, caregivers and the community

Presenters for conference at University of Virginia, June 5 & 6, 2010

Joanne Aftergood, Ph.D is a scientist who has received a number of prestigious awards for her pioneering research in medicine and psychological medicine. She is currently a Professor of Psychology at Saybrook Institute, San Francisco. She has authored over 100 papers and five books, including Imagery in Healing and Rituals of Healing, a primer on the use of creative therapies for health and medical treatment. She is currently senior editor for the Journal of Alternative and Complementary Medicine. Her most recent research was on the effect of distant healing and prayer on brain function. In spring of 2008, Sounds True, Inc. published her CD series entitled International Healing.

Michael Lerner, Ph.D. is president and founder of Commonweal, a health, environmental and educational non-profit in Bolinas, California, and of Smith Farm Center for Healing and the Arts in Washington, D.C. He is co-founder with Rachel Naomi Remen, M.D. 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.” Smith Farm Center offers a four-day cancer retreat and Lerner is the author of Choices in Healing: Integrating the Best of Conventional and Complementary Approaches to Cancer (MIT Press). Please consult www.commonweal.org and www.smithfarm.com.

Siska Monica Parker is a blues and gospel singer, songwriter, record producer, speaker and musical minister. As a Soul singer, she captures with her remarkable story and songs of surviving a rare cancer, Synovial Sarcoma, in 2003. Surviving cancer has given her new power and freedom to her lyrics, and she offers a reservoir of hope and��ology as healing music. Her 9th CD, Soul and Blues and R&Baked received a 2010 nomination as the Best Soul Blues Female Artist of the Year by the Blues Foundation (‘Freedom’). The Blurb world tour CD, Singer On The Spirit is being released in March 2010. www.sistikoma.com.

The Professional Panel members include Gordon Patriquin, M.D., Carrie Havril, RD, Jean Griffin, MSN, RN, GNP-BC, CHPM, and Viki Bravo, MSSS. Our Healing Story Speaker will be Janice Brock.

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Designed to Educate, Inspire, Connect and Celebrate

Meals All attendees are encouraged to stay for lunch. Saturday’s lunchtime will be networking time. Sunday lunch will be a farewell luncheon to go. Cost for meals is $20 per day (Saturday dinner not included). Submit lunch orders by May 29. Refunds will not be available after that date. Limit snacks and beverages will be available on site.

Housing at University of Virginia

Housing is available at the University Dorms located near Darden. Free parking is available in front of your room on Saturday and Sunday. The suite-style rooms include a living room and kitchen, but do not include pots, pans, or utensils. Room rates ($52.50 single occupancy, $38 double occupancy) per night include basic dormitory sheets for a twin bed, pillowcase, one towel, one wash cloth, one bath mat. Please bring blankets with you! The bathrooms are shared and do not include any toiletries or amenities that you may find in a hotel.

Reservations can be made by the UVA conference office at www.uvaconferenceservices.com.

Room rates ($52.50 single occupancy, $38 double occupancy) per night include a living room area and kitchen, but do not include pots, pans, or utensils.

A block of rooms is being held at the Holiday Inn University located at 1901 McCormick Road, Charlottesville, VA 22903. Free parking is available. Please mention the UVA conference when you make your reservations.

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For questions, please call 434.924.4479 or e-mail B-S.

Hotel Accommodations

A block of rooms is being held at the Holiday Inn University located at 1901 McCormick Road, Charlottesville, VA 22903. Free parking is available. Please mention the UVA conference when you make your reservations to receive the discounted room rate of $85/night (14% tax included.

Continuing Education

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Continuing Education is approved by the California Board of Registered Nursing, Provider No. CEP 17080, and by the California Board of Registration of Hearing. Provider No. 953. Virginia Boards will accept California approval.

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Saturday only: 7 CE credits - $80

Sunday only: 3 CE credits - $35

Entire conference: 10 CE credits - $150

More Information

For more information, please contact: 800.423.9882 or visit www.healingjourneys.org.

Laura Polk, President of Easing for a Lifetime, is a Health Supportive Chef/Graduate Chef, an Oncology Clinical Nurse Specialist, Certified Pilates Fitness Instructor, and a professional musician who was over 30 years experience in health care, health education and entertaining people. Laura first learned the art of good cooking in Louisiana at the apron strings of incredible Cajun and Creole home cooks. Laura blends her passions for food, entertaining and nutrition into a career of nurturing people through mentoring. Laura’s current career is one of a body of healthy food coaching for support of people with serious illness.

Martin L. Rosenman, MD, Dipl Ac is a practicing physician, author, speaker, and a nationally Board-Certified acupuncturist. He has a longstanding interest in the practical importance of attitudes, beliefs, emotions, and mind/body practices in medicine and health. Martin is the Founder of Fighting Cancer with Music (Holt, NY, 2003). He is also the co-creator of dozens of guided imagery audios and home study courses for both public and professional. He is a faculty member of the University of California Medical School in San Francisco.

Jonna Tamases is an actress and 3-time cancer survivor ( Hodgkin’s Disease, Large-Cell lymphoma, Breast Cancer). She has turned her experience into a highly acclaimed one-woman show, Jonas’s Journey. Jonas’s show received critical reviews and has been nominated for two Ovation Awards: Best World Premiere Play and Best Lead Actress. The recently released Jonas’s cancer memoir has won national film festival awards, including Audience Award for Best Comedy Short (Asheville Film Fest), First Short Comedy and Best in Show (MAFG Film Fest), and Best Actress (2009 Show of Your Shorts Fest). More information can be found at www.jonnasbody.com and www.jonnasbodymovier.com.
“That you can participate in the fight for life with cancer—by working to enhance your own healing and recuperative resources—is a profoundly important discovery for many people.”

By Michael Lerner, MD

The University of Virginia Cancer Center is proud to sponsor Cancer as a Turning Point, From Surviving to Thriving™.

A unique program, created and brought to our community by Healing Journeys. These two-day conferences designed to educate, inspire, celebrate, and connect all those whose lives have been touched by cancer or any life-altering illness. This includes those living with a diagnosis as well as their friends, family, support persons, and health professionals. Cancer as a Turning Point, From Surviving to Thriving™ offers resources to support physician-directed care and facilitate healing the whole person. The conference includes speakers, performers, music, humor, healing stories, and networking time—all aimed at inspiring and encouraging people to strengthen their own healing potential and their ability to thrive. This conference strives to create an experience that makes a difference in the recovery of patients, and the practices of healthcare.

This conference is possible through generous donations from: The Mary Somers Scripps Fund for Integrative Medicine | The Charlottesville Women’s A-Miler

Purpose

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

- Cancer or any life-altering illness can be viewed as both devastating and rewarding.
- When viewing illness in the context of the whole person (body, mind, emotions, spirit), its transformative potential as an awakening for the soul and spirit is realized. Only then can we see it as an opportunity and a vehicle to 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 illness

Conference Objectives

- Differentiate between curing the body and healing the person.
- Explore illness as an awakening with transformative potential
- Rediscover the healing capacity of the human spirit
- Facilitate healing from within as an essential component of total health
- Experience the physical and emotional benefits of group support
- Discover the impact of psycho-social and spiritual beliefs on the immune system
- Facilitate networking among people and organizations with common goals and concerns.

Conference Schedule

SUNDAY, June 6, 2010

9:00 Introduction | Jan Adrian, MSW
11:00 Yoga stretch | Sarah Rogers
12:15 Lunch Networking Groups
12:15 Song in the Spirit | Suza Monica Parker
1:30 Award Ceremony
3:30 What you can do to improve your health? | Local Professional Panel
5:00 End of Program

MONDAY, June 7, 2010

9:00 Non-Denominational Christian worship service (optional)
9:06 Introduction and Announcements
9:15 Healing Story
9:30 Fighting Cancer From Within: How to Use the Power of Your Mind for Healing | Marty Rosoman, MD
10:30 Break
11:00 More Song in the Spirit | Suza Monica Parker
11:30 Intentional Healing | Joanne Achterberg, PhD
12:15 Celebration of Heroes
12:30 End of Conference

Healing Journeys is a 501(c)(3) organization whose mission is to support healing, activate hope, and support hope, healing journeys inspires hope and empowers people to live fully with cancer.