

CONFERENCE PRESENTERS



PETER GIORDANO is a musician and the founder/director of Story Teller Project (STP), an arts and education non-profit in its 9th year. He is the Creative Arts Director at the Reikes Center for Human Enhancement in Menlo Park. STP delivers arts/education programming to Pace Center for Autism, to alternative schools, and incarcerated youth throughout California. Peter offers healing arts programming that humanizes treatment environments, infusing the healing process with the intrinsic power of creativity, and building community.

DEANNA ANDERSON is a movement therapist, dancer, and actor. She brings a depth of awareness, knowledge and sensitivity to embodiment acquired over 35 years of study and practice. She also holds a degree in Dance, and is a Certified Action Theater Coach. Deanna teaches Dance, Theater & Voice at Stanford University and has a private practice in Voice and Movement Therapy. She facilitates expressive movement for women with cancer at Palo Alto Medical Foundation.



DEAN SHROCK, PhD served as Director of Mind-Body Medicine for a physicians' management group of 40 cancer centers. There he developed and researched a wellness program which he taught to thousands of cancer patients and their families. His book, *Doctor's Orders: Go Fishing*, details this program and the insights he gained while teaching it. His recent bestselling book, *Why Love Heals*, is about the energy physicists have concluded underlies and connects all of physical reality – a force of compassion, harmony, and a concern for all of life. Physicists have concluded that the ultimate nature of the universe is an energy of love! www.deanshrock.com



DAVID B. FELDMAN, PhD is an assistant professor of counseling psychology at Santa Clara University. His passion is to help victims of trauma and potentially life-threatening medical illness experience growth and embrace life, despite significant adversity. He has worked with patients and families coping with cancer, heart disease, stroke, Alzheimer's dementia, and other serious medical conditions. His research and writings have addressed such topics as hope, meaning, and growth in the face of negative events. His book, *The End-of-Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One*, was written for families facing the serious illness of a loved one. www.endoflifehandbook.com



SISTA MONICA PARKER is an award-winning blues and gospel singer/songwriter and musical minister. As a soul survivor, she captivates with her remarkable story and songs of hope, faith and love. In 2003, she survived a rare cancer, Synovial Sarcoma. Now, she is thriving! Her experience has given new power and freedom to her lyrics. Monica offers an experience of blues and gospel as healing music. In April 2010, she released her 10th CD, *Singin' In The Spirit*. It features Linda Tillery, Bishop Yvette Flunder, and Sista Monica & her Gospel Choir. Monica will close the conference with her inspirational stories and her 30-voice choir. www.sistamonica.com



ABRAHAM VERGHESE, MD, MACP is Professor for the Theory and Practice of Medicine at Stanford University School of Medicine, and Senior Associate Chair of the Department of Internal Medicine. He authored three best-selling books; *Cutting for Stone*, a novel, and *My Own Country* and *The Tennis Partner*, both non-fiction. As a resident, and later assistant professor of medicine, in Tennessee, he worked with terminal patients. The insights he gained from the deep relationships he formed and the suffering he saw were the foundation for his evolving role in the medical humanities. He was the founding director of the Center for Medical Humanities & Ethics at the University of Texas Health Science Center. In his work and writing, he emphasizes bedside medicine, valuing personal touch and attentiveness to patients and families, a vital key in healing. www.abrahamverghese.com



JEANNE WALLACE, PhD, CNC is an authority in integrative cancer care, educating cancer patients and their health-care providers about evidence-based dietary, nutritional and botanical support to complement conventional oncology care. She specializes in primary malignant brain tumors and also has extensive experience working with other cancers. She is the author of numerous articles, has lectured widely on cancer and nutrition, and serves as a consultant to many oncologists and cancer centers across the U.S. and abroad. She is Board Certified in Holistic Nutrition, and is a member of the National Association of Nutrition Professionals and the Society of Integrative Oncology. www.nutritional-solutions.net



DAVID SPIEGEL, MD is Willson Professor in the School of Medicine, Associate Chair of Psychiatry & Behavioral Sciences, Director of the Center on Stress and Health, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine, where he has been a member of the academic faculty since 1975. He has published ten books, 352 scientific journal articles, and 149 book chapters. His research on cancer patients was featured in Bill Moyers' Emmy award-winning PBS series, *Healing and the Mind* and on *The Jane Pauley Show* and *Good Morning America*.



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, *Jonna's Body, Please Hold*. The show has gotten rave reviews and was nominated for two Ovation Awards: Best World Premiere Play and Best Lead Actress. The recently released movie version has won six national film festival awards, including Audience Award for Best Comedy Short (Asheville Film Fest.), Best Short Comedy and Best in Show (MAGA Film Fest.), and Best Actress (2009 Show of Your Shorts Fest.). More information at www.jonnasbody.com and www.jonnasbodymovie.com.



URS LEONHARDT STEINER is internationally renowned as a conductor, composer and educator. He is the director and founder of the San Francisco Sinfonietta Orchestra and Chorus. Born in Chur, Switzerland, he is a graduate of the San Francisco Conservatory of Music, and his work can be seen throughout the United States, Central America and Europe.

KATE STILLEY STEINER is a documentary film editor and co-founder of Citizen Film, an independent film company based in San Francisco. Her films have been featured on prominent venues throughout the United States, including the major television networks PBS, ABC, Fox TV, The Learning Channel, and both national and international film-festivals. Together, the duo make up *Love-Life*; the acapella singing experience that invites participants to touch the inside-side of themselves; the side that can feel fully and completely alive – all in just one note.

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

Healing Journeys

support healing, activate hope, promote thriving

Presents

CANCER as a TURNING POINT From Surviving to Thriving™

October 9 & 10, 2010
San Mateo Performing Arts Center
San Mateo, CA

APPROVED FOR 12.5 CE CREDITS FOR RN, MFT, LCSW

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

CANCER as a

TURNING POINT

From Surviving to Thriving™

October 9 & 10, 2010

San Mateo Performing Arts Center
San Mateo, CA

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

Dr. Lawrence Leshan

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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 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.

WE ARE ABLE TO OFFER THE FREE CONFERENCE THIS YEAR BECAUSE OF A GENEROUS ANONYMOUS DONOR.

Thank you to our Partners

Breast Cancer Connections of Palo Alto
Cancer Support Community Silicon Valley
The Wellness Community San Francisco Bay Area
The California Endowment
WomenCARE of Santa Cruz
Women's Cancer Resource Center of Oakland



CONFERENCE INFORMATION

October 9, 2010 9:00 - 5:00
October 10, 2010 9:00 - 3:30
Check-in will begin at 8:00 a.m. on Saturday
San Mateo Performing Arts Center
600 North Delaware, San Mateo, CA

SATURDAY, OCT. 9

Abraham Verghese, MD, MACP
Jeanne Wallace, PhD, CNC
David Spiegel, MD
Jonna Tomases
Suzanne Grace
Urs Leonhardt Steiner
& Kate Stille Steiner

SUNDAY, OCT. 10

Peter Giordano
& Deanna Anderson
Dean Shrock, PhD
David B. Feldman, PhD
Sista Monica Parker & Choir

Program Designer and Emcee:

Jan Adrian, MSW, Founder and Director of Healing Journeys

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

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 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 October 3rd and no refunds for lunch can be made after October 3rd.

HOTEL ACCOMMODATIONS

A block of rooms is being held at the San Mateo Marriott for Friday, October 8, and/or Saturday, October 9 for the special rate of \$89 (single or double), including free parking (normally \$18 per day). Please mention Healing Journeys when you make your reservations to receive the discounted room rate.

San Mateo Marriott –
San Francisco Airport
1770 South Amphlett Blvd.
San Mateo, CA 94402
800-556-8972

Reservations must be received
on or before September 16, 2010.
To make reservations:
Call 800-556-8972.

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: 7 CE credits – \$85
- * Sunday only: 5.5 CE credits – \$65
- * Entire conference: 12.5 CE credits – \$125

There will be no refunds after October 3.

REGISTRATION

Please fill out a separate registration form for each person.

Mail: Healing Journeys
PO Box 221417
Sacramento, CA 95822
FAX: (916) 391-1004
Phone: (800) 423-9882 or (916) 391-0549

CANCELLATIONS

Cancellations of Continuing Education credits received in writing or online before October 3rd will receive a refund less a \$15 administrative fee. We regret that there can be no refunds after October 3rd.

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

CANCER as a TURNING POINT

SAN MATEO, 2010 - REGISTRATION FORM

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
DAY PHONE _____ EMAIL _____

I AM REGISTERING FOR

Full Conference Saturday, October 9 Sunday, October 10

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.**

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

LUNCH INFORMATION: Please circle the price of your choice. No lunch orders after Oct. 3.

Days	Lunch Options		I'll bring my own lunch
	Hormone-Free Poultry	Vegan	
Both Days	\$30	\$30	<input type="checkbox"/>
Saturday	\$15	\$15	<input type="checkbox"/>
Sunday	\$15	\$15	<input type="checkbox"/>

OPTIONAL CONTINUING EDUCATION (CE) for Health Professionals

\$125/Full conference-12.5 credits \$85/Sat- 7 credits \$65/Sun-5.5 credits

License # _____ Kind of License _____

DONATE TO KEEP HEALING JOURNEYS CONFERENCES FREE

Although it costs us \$86 per person, we are committed to keeping Cancer as a Turning Point FREE. No one is ever turned away. Your tax-deductible donations help us keep this commitment. Please donate as generously as you can.

\$43 (1 person-1 day) \$172 (2 people-full conf.) I'd like to donate \$ _____
 \$86 (1 person-full conf.) \$430 (5 people-full conf.) Sorry, unable to donate now.

PAYMENT INFORMATION (all are optional)

Tax Deductible Donation	\$ _____	MasterCard/Visa # _____
Lunch	\$ _____	Exp Date: _____ Security Code: _____
CEs	\$ _____	Billing Address: <input type="checkbox"/> Same as above
Total	\$ _____	Other: _____
		Signature _____
		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