Approved for Continuing Education for RN, MFT, and LCSW

"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."

Dr. Lawrence LeShan

CANCER AS A TURNING POINT

From Surviving to Thriving™

July 8 & 9, 2006

MEANY HALL FOR THE PERFORMING ARTS
UNIVERSITY OF WASHINGTON, SEATTLE

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

HEALING Journeys

presents

CANCER AS A TURNING POINT

From Surviving to Thriving™

July 8 & 9, 2006

Meany Hall for the Performing Arts
University of Washington, Seattle

*A **Free** Program Designed to Educate, Inspire, Connect, and Celebrate*

Approved for Continuing Education for RN, MFT, and LCSW

For information on our San Francisco event at the Masonic Auditorium, September 9 & 10, 2006 – see www.healingjourney.org.

CONFERENCE PRESENTERS

JEREMY R. GEFFEN, MD, FACP, is a board-certified medical oncologist, a pioneer in the field of integrative medicine, and founder of Geffen Visions International, Inc. He is author of the highly-acclaimed book *The Journey Through Cancer* (Crown, 2000) and audio-tape program *The Seven Levels of Healing* (Nightingale-Conant, 2001). Described as an "oncologist of the future," Dr. Geffen founded the Geffen Cancer Center and Research Institute (GCCRI), in Vero Beach, Florida, in 1994, which he directed until 2003. GCCRI was one of the first cancer centers in the United States explicitly designed to provide a working model of truly holistic, comprehensive cancer care for the 21st century. The Center was well-known for its ground-breaking *Seven Levels of Healing*™ Program, which 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. Dr. Geffen's work is now focused on writing, speaking, offering seminars and retreats, and consulting with hospitals, medical centers, and organizations in developing leading-edge integrative and multidimensional programs for medicine and life. www.geffenvisions.com

A conversation among a patient, doctor and naturopath:

Paula Gardiner is a psychotherapist, writing instructor and poet who lives and works in Seattle. In 2002, she was diagnosed with Stage 3 breast cancer. After choosing an integrated course of cutting-edge medical oncology along with natural therapies, she avoided surgery and today is cancer free.

Ben Chue, MD, is medical director of Seattle Cancer Treatment and Wellness Center and is board-certified in internal medicine and medical oncology. He holds a degree in molecular biophysics and biochemistry from Yale University and a doctorate from the University of California. He served his internal medicine residency at the University of Washington, where he is a clinical instructor.

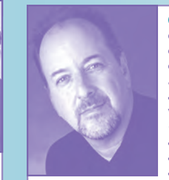
Mark Gignac, ND, MSA, is a naturopathic physician at Seattle Cancer Treatment and Wellness Center. He earned his doctorate in naturopathy from Bastyr University, a master's degree in acupuncture, a bachelor's degree in biochemistry-nutrition from the University of Ottawa, and has pursued graduate studies at the University of Windsor. www.seattlecancerwellness.com

Jonna Tamases grew up in Northern California and started performing in grade school. She attended Columbia University and Stanford University, then honed her comedic skills with various sketch and improv groups in San Francisco. In L.A. she has been in plays, television shows and movies, most recently recurring as Irene in the ABC sitcom *Less Than Perfect*, and she writes and performs sketch comedy with ACME Comedy Theater's Main Company. A 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 was nominated for two Ovation Awards: Best World Premiere Play and Best Lead Actress. A movie version is in the works. www.jonnasbody.com

Jennifer Adler MS, CN, a well-respected nutrition and health expert, has a Master's of Science in nutrition from Bastyr University where she is now part of the nutrition faculty. She is licensed by the State of Washington as a certified nutritionist. Jennifer applies a non-threatening approach to nutrition integrating her specialized training in Ayurveda and spirituality, health and medicine. She understands the importance of nutritious yet delicious and appealing meals. Jennifer provides nutrition counseling at The Tummy Temple in Seattle, basing her healing practice on the power of whole foods. Her goal is to empower her clients to take control of their own health and vitality to create a strong foundation for bountiful long-lasting health. www.tummytemple.com

One World Taiko is a professional Japanese drum ensemble that incorporates dynamic movement with heart pounding percussion. Their music is drawn from Japan's ancient tradition of lively and spirited festival drumming and One World Taiko's own creative rhythms, arrangements and choreography, adding a modern spirit to the ancient art of Taiko. They have auditioned and been selected by juries to several regional Performing Arts Rosters. After relocating to Seattle in 2001, One World Taiko was selected to be on the King County Arts Commission's Touring Arts Roster for 2002-2003 and 2005-2006 and Washington State Arts Commission's Artist in Residence Program for 2003-2005. One World Taiko performs regularly at festivals, colleges, corporate events and schools throughout Washington and the U.S. www.oneworldtaiko.com

Eliza Livingston cared for clients in a private psychotherapy practice, as well as hospital-based maternity centers until her colon cancer diagnosis in 1996. Two years later, the cancer metastasized to the ovaries. After surgery to remove the tumor, she sought treatment in Classical Chinese medicine, including herbs, acupuncture and Qigong. Recognizing that colon cancer remains a disease of secrecy and shame, she became a willing speaker at conferences and on radio. She tracked her disease and treatment process by writing her stories which evolved into her memoir/self-help book, *Living with Colon Cancer: Beating the Odds* (Prometheus Books 2005). Eliza is currently completing her second book, *Death without Warning: Mourning, Remembering, and Celebrating Lives Cut Short*, a resource for families experiencing loss through a sudden and untimely death. Eliza and her husband reside part-time in Portland, Oregon and are proprietors of the Villa Marco Polo, a small inn located in Victoria, British Columbia. www.villamarcopolo.com



Gary Malkin, seven-time Emmy Award-winning composer, is dedicated to making a difference in the world by creating music that inspires the heart and catalyzes social change. Together with healing music artist and creative partner, Michael Stillwater, he conceived and created the book and CD set, *Graceful Passages: A Companion For Living and Dying*, which has been introduced to meet the spiritual issues of mortality in an aesthetic way. Malkin is an inspiring speaker and performer, offering his presentations and workshops at conferences internationally. He has recently released the new audio resource, *Care for the Journey: Messages and Music for Sustaining the Heart of Healthcare*. Malkin is a believer in the integration of spirituality and health, and in the need for the integration of an inter-faith spirituality into the fabric of our society. He sees the power of music and the arts as a vital catalyst in bringing this about. www.wisdomoftheworld.com

Mark Nepo, a poet and philosopher, has taught poetry and spirituality for over thirty years. As a cancer survivor, Mark remains committed to the usefulness of daily inner life. Through both his writing and teaching, he devotes himself to the life of inner transformation and relationship, exploring the expressive journey of healing where the paths of art and spirit meet. For 18 years, Mark taught at the State University of New York at Albany. He now serves as a Program Officer for the Fetzer Institute in Kalamazoo, Michigan, a non-profit foundation devoted to fostering awareness of the power of love and forgiveness in the emerging global community. Mark has written several books, most recently *The Exquisite Risk* which *Spirituality & Health Magazine* cited as one of the Best Spiritual Books of 2005, calling it "one of the best books we've ever read on what it takes to live an authentic life." Mark continues to give readings, lectures, and retreats. www.marknepo.com

Sista Monica Parker, singer/songwriter, record producer and award-winning performer, is one of the most sought after and admired Blues, Soul and Gospel singers on the international music scene today. Sista Monica is a 2006 nominee for a W.C. Handy Award (the Grammy of the blues world) for "*Best Soul Blues Female Artist Of The Year*". She put down her gospel roots singing and touring with gospel choirs in Chicago and Gary, Indiana. She exploded onto the music scene in 1992, singing festivals, concerts and producing original songs. In 2003, she was diagnosed with a rare and severe form of cancer, Synovial Sarcoma. Determined to sing and live out her purpose, she has survived aggressive chemotherapy, two major surgeries and high dosage radiation treatments. Sista Monica is a soul survivor. She contends, "It was surely the music and the grace of God that kept me alive!" Her 7th and latest CD, *Can't Keep A Good Woman Down*, released in 2005, is certainly a testament to that. Mostly original songs, it offers hope and a reflection of her remarkable recovery experience. www.sistamonica.com

ADDITIONAL PRESENTATIONS

- **HEALING STORIES**: Lynne Zeller, Eric Cox, and Debra Jarvis
- **QIGONG** with Kris Caldwell, Certified Qigong Instructor
- **MEDITATION** by Carolyn McManus, PT, MS, MA

Cancer As A Turning Point

From Surviving to Thriving™

PURPOSE

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

Harrison Medical Center
Seattle Cancer Care Alliance
Swedish Cancer Institute
Seattle Cancer Treatment and Wellness Center
Puget Sound Cancer Center
The Puget Sound Affiliate of the Susan G. Komen Breast Cancer Foundation
Northwest Hospital & Medical Center
Valley Medical Center
Rodney B. Wentworth, DDS

IN-KIND SUPPORT

Cancer Lifeline

A Free Program Designed to Educate, Inspire, Connect, and Celebrate

Conference Information

July 8, 2006 - 9 a.m. to 5 p.m.
July 9, 2006 - 9 a.m. to 3:30 p.m.
Check-in will begin at 8 a.m. on Saturday
Meany Hall for the Performing Arts
University of Washington, Seattle

Saturday

Jeremy Geffen, MD
Paula Gardiner
Ben Chue, MD
Mark Gignac, ND, MSA
Lynne Zeller
Expressive Arts group
Jonna Tamases
Jennifer Adler MS, CN
One World Taiko

Sunday

Eliza Livingston
Gary Malkin
Suzanne Grace
Kris Caldwell, Certified Qigong Instructor
Mark Nepo
Eric Cox
Debra Jarvis
Sista Monica Parker

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

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 time will be networking time. We encourage everyone to stay for lunch. Our cost for a catered lunch is $12 or $16 for an organic lunch. 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 July 4th**.

HOTEL ACCOMMODATIONS

Blocks of rooms are being held at the following Seattle hotels, both 6 blocks from Meany Hall. Please mention Healing Journeys to receive the discounted room rates **before May 22nd**.

Watertown
4242 Roosevelt Way NE
(206) 826-4242
(866) 944-4242 (toll free)
reservations@watertownseattle.com
www.watertownseattle.com
click on "Group Reservations"
Reserved rates: $135 single
Additional adults $10 per night

University Inn
4140 Roosevelt Way NE
(206) 632-5055
(800) 733-3855
reservations@universityinnseattle.com
www.universityinnseattle.com
click on "Group Reservations"
Reserved rates: $99 traditional single
Additional adults $10 per night

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. Washington boards will accept California approval.

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

There will be no refunds after July 4, 2006.

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 July 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.

HEALING JOURNEYS BOARD OF DIRECTORS

Jan Adrian, MSW, Founder and Executive Director
Nancy McKay, MDiv, President
Annan Paterson, MS, Secretary
Elli Hall, MPH
Fran Haynes, MFT
Ann Lovell, Northwest Committee
Sista Monica Parker
Terri Reasoner, MS
Lynne Singer, Northwest Committee Chair

REGISTRATION FORM
Cancer As A Turning Point
Seattle, WA 2006

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EMAIL _____

I AM REGISTERING FOR

❍ Full Conference ❍ Saturday, July 8 ❍ Sunday, July 9

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 July 4th**.

Day	Poultry	Hormone-Free Poultry	Organic Vegetarian	I'll bring my own lunch
Both Days	$24	$32	$32	$0
Saturday	$12	$16	$16	$0
Sunday	$12	$16	$16	$0

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

❍ Check here if you need special seating arrangements because of hearing, visual, or mobility impairments.

Describe _____

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.healingjourney.org**