

hamm
CLINIC

▲ **ATTN: CONFERENCE**
408 Saint Peter Street
Suite 429
Saint Paul, MN 55102

REGISTER ONLINE
hammclinic.org

PRSR STANDARD
US POSTAGE
PAID
TWIN CITIES MN
PERMIT NO 594

TRUSTING YOUR GUT

**INTEGRATING DIGESTIVE HEALTH
AND MENTAL HEALTH CARE**

GREG PLOTNIKOFF, MD

Medical Director of the Penny
George Institute for Health
and Healing

MARK WEISBERG, PHD

Well-Known
Twin Cities Clinical
Health Psychologist

Friday, April 17, 2015

9:00 AM - 4:00 PM

ST. CATHERINE UNIVERSITY
COEUR DE CATHERINE BUILDING
2004 RANDOLPH AVENUE
ST. PAUL, MN 55105

**PHYSIOLOGY AND PSYCHOLOGY
ARE INSEPARABLE**

**NEURONAL CONNECTIONS AND PSYCHODYNAMICS
POWERFULLY INFLUENCE EACH OTHER**

**LEARN ABOUT LISTENING
TO THE BODY**

hamm
CLINIC
hammclinic.org

Registration

Conference fees include continental breakfast, and free parking in the guest lot or overflow parking lot. Use Gate #3 off Randolph Ave for the guest lot or Gate #4 off Fairview Ave for the overflow parking lot (which is much larger). Please register early; space is limited.

STUDENT.....\$50

Proof of student status required

ADVANCED REGISTRATION.....\$120

prior to March 17, 2015

REGULAR REGISTRATION.....\$140

March 17 - April 10, 2015

REGISTRATION AT THE DOOR.....\$160

April 17, 2015

Cancellation Policy: Conference cancellations will be accepted until April 10, 2015. Cancellations will be refunded less a 25% administration fee. Please contact Mary Horner, Conference Registration Manager, by email: mhorner@hammclinic.org or call 651.224.0614 to cancel your conference registration.

CEU APPLICATIONS

We have applied for 5.5 continuing education credits from the Boards of Social Work, Marriage and Family Therapy and Psychology.

CONFERENCE CO-SPONSORS

St. Catherine University and University of St. Thomas School of Social Work



Speakers' Biographies

Gregory A. Plotnikoff, MD, MTS, FACP, is a board-certified internist and pediatrician who has received national and international honors for his work in cross-cultural and integrative medicine. He is a graduate of Carleton College, Harvard Divinity School, and the University of Minnesota Medical School. He is a frequent invited speaker and has been quoted in numerous international and national newspapers and been heard on several NPR and MPR programs. He practices at the Penny George Institute for Health and Healing in Minneapolis, MN. Visit Dr. Plotnikoff at www.gregoryplotnikoff.com.

Mark B. Weisberg, Ph.D., ABPP, is a board-certified clinical health psychologist. He is a Community Adjunct Professor in the Center for Spirituality and Healing, University of Minnesota, and is a Fellow of the American Psychological Association as well as a Fellow and former Vice President of the American Society of Clinical Hypnosis. He is a co-owner of the Minnesota Head and Neck Pain Clinic, an integrative chronic pain clinic with four locations in the Twin Cities. Additionally, he has a private practice in Minneapolis. He has been involved in clinical practice, teaching, and consultation in integrative medicine for the last twenty years. Visit Dr. Weisberg at www.drmarkweisberg.com.

Doctors Plotnikoff and Weisberg are co-authors of the book *Trust Your Gut: Heal from IBS and Other Chronic Stomach Problems Without Drugs* (Conari, 2013), a mind-body guide for healing digestive disorders naturally.

Conference Description

Our understanding of the gut and its central role in our health is rapidly evolving. We are discovering how the microbiome, the gut's internal environment, has tremendous effects not only on digestive health, but also on anxiety, mood, appetite, energy, and our overall well-being. This emerging science also teaches us that physiology and psychology are inseparable, that neuronal connections and psychodynamics powerfully influence each other.

Through use of didactics, experiential learning and stories, this workshop will help the mental health professional to understand the important links between digestive health and emotional health. Participants will also learn about listening to the body, and how to use sensation to communicate with the limbic brain in a powerful way that can help alleviate symptoms. We will examine how learning to listen to the body's signals differently constitutes a powerful form of empathy that facilitates healing.

Conference Objectives

- > Learn how the latest scientific findings regarding digestive symptoms can inform how you understand and deliver mental health care.
- > Understand the connection between neurophysiology and psychodynamics, including how emotions manifest in the body.
- > Recognize how the five forms of stress (environmental, physical, emotional, pharmaceutical and dietary) adversely impact gut ecology as well as emotional health.
- > Use the information learned from this workshop to enhance your psychotherapeutic skills, especially with clients with chronic health issues.

Hamm Clinic Mission

- > Quality, culturally competent outpatient mental health assessment and treatment for adults in our community, particularly the underserved and those unable to afford the full cost of care
- > Expert training and education for mental health professionals
- > Leadership in our community for effective mental health care

Agenda

9 - 10:30 am

Introduction and Overview: Breaking Down Disciplinary Barriers: Gut Health as the Foundation of All Health, including Mental Health

10:30 - 10:45 am

Break

10:45 am - 12 noon

Update on Psychoneuroimmunology and the Mind-Gut Connection: the Hows and Whys of the Ways Thoughts, Emotions and Behavior Convert into Physiological Changes and Vice Versa

12 - 1 pm

Lunch in the Coeur de Catherine Cafeteria or off-campus if you wish

12:45 - 1 pm

A video about Hamm Clinic will be shown in the conference space for those who wish to see it

1 - 2:45 pm

Experiential Workshops—New Skills in Mental Health Care: Neurohormonal Retraining and Ecological Rebalancing

2:45 - 3 pm

Break

3 - 4 pm

Facing Fears, Instilling Realistic Hope—Questions and Answers

TRUSTING YOUR GUT

INTEGRATING DIGESTIVE HEALTH & MENTAL HEALTH CARE

Register online at www.hammclinic.org or send registration form by mail with check or credit card information to Hamm Clinic, Attn: Conference, 408 St. Peter Street, Suite 429, Saint Paul, MN 55102

NAME _____

DEGREE/LICENSURE _____ ORGANIZATION _____

ADDRESS (home work) _____

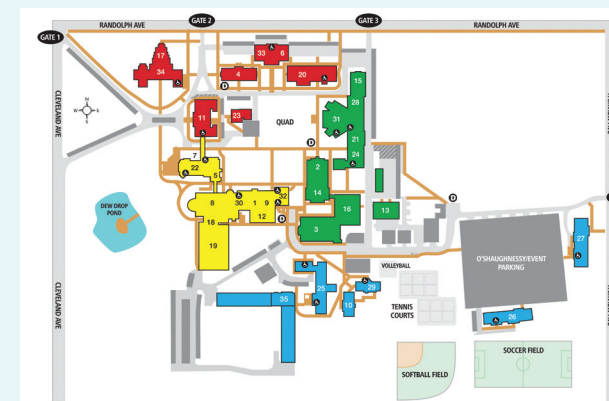
CITY, STATE, ZIP _____

PHONE _____ EMAIL _____

CHECK ENCLOSED VISA MASTERCARD

CARDHOLDER NAME _____

CREDIT CARD NUMBER _____ EXPIRATION DATE _____



PARKING DIRECTIONS

The yellow building is the Coeur de Catherine building and #8 is the ballroom space in which the conference is being held.

The large grey rectangle just off Fairview Ave at Gate #4 is the O'Shaughnessy Event Parking Lot where we suggest most people park.

The space just east of #13, the Music Building, has a few parking spaces available and is accessed off Randolph Ave thru Gate #3.