

**The Sixth Annual  
Complementary and Alternative Medicine Conference**

**Complementary and Alternative Medicine:  
Examining the Status of Integration with  
Conventional Medicine**

*Featuring Joan Borysenko, Ph.D. Author of Minding the Body, Mending the Mind and James Gordon,  
M.D. Chairman of the White House Commission on Complementary and Alternative Medicine*

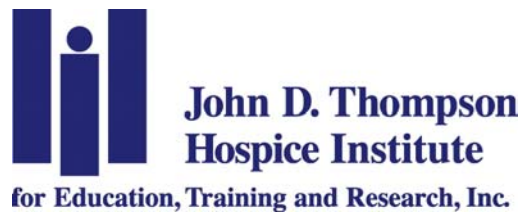
**Connecticut Hospital Association**  
110 Barnes Road  
Wallingford, CT 06492-0090

**Thursday, May 6, 2004**  
**8:00 a.m. - 4:00 p.m.**

**This program is sponsored in collaboration with**



Connecticut Holistic Health Association



## Program Agenda

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- 8:00 a.m. - 8:30 a.m. Registration and Continental Breakfast
- 8:30 a.m. - 8:35 a.m. **Welcome and Opening Remarks**  
**Catherine Rosich, Ph.D.**, Connecticut Hospital Association  
**Michael Basso, Jr., Ph.D.**, Connecticut Holistic Health Association
- 8:35 a.m. - 10:00 a.m. **KEYNOTE**  
**Spirituality and Healing**  
**Joan Borysenko, Ph.D.**  
Mind-Body Health Sciences, Inc.  
New Dimensions in Health and Healing
- 10:00 a.m. - 10:15 a.m. Break
- 10:15 a.m. - 11:15 a.m. **SESSION 1**  
**Research in Integrative Medicine:**  
**What do we know? What do we need to know?**  
**Karen Prestwood, M.D.**  
University of Connecticut Health Center
- 11:15 a.m. - 12:15 p.m. **SESSION 2**  
**Findings of the White House Commission on CAM Policy**  
**James S. Gordon, M.D., Commission Chair**  
The Center for Mind-Body Medicine
- 12:15 p.m. - 12:45 p.m. Lunch
- 12:45 p.m. - 1:45 p.m. **SESSION 3**  
**Hospital CAM Services on the Rise!**  
**Findings of a Health Forum Survey**  
**Sita Ananth, M.H.S.A.**  
Health Forum
- 1:45 p.m. - 2:00 p.m. Break
- 2:00 p.m. - 3:00 p.m. **SESSION 4**  
**Homeopathy in Clinical Practice**  
**Diana Gubbay, R.S.Hom. (N.A.), C.C.H.**  
New York School of Homeopathy  
**Eleanor Hershberger, N.D., A.P.R.N.**  
College of Naturopathic Medicine, University of Bridgeport
- 3:00 p.m. – 4:00 p.m. **SESSION 5**  
**Ayurveda and the Mind**  
**Amala Guha, Ph.D.**  
University of Connecticut School of Medicine

## Continuing Education Information

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This activity has been planned and implemented in accordance with the Essential Areas and Policies of Accreditation Council for Continuing Medical Education through the John D. Thompson Hospice Institute for Education, Training, and Research, Inc. The John D. Thompson Hospice Institute for Education, Training, and Research, Inc. is accredited by the by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The John D. Thompson Hospice Institute for Education, Training, and Research, Inc. designates this continuing medical education activity for a maximum of 6.42 CREDIT HOURS in CATEGORY I of the Physicians Recognition Award of the American Medical Association. Each physician should claim only those hours of credit that he/she actually spends in the educational activity.

This educational activity has been approved for 7.7 hours of continuing nursing education (Contact Hours). Connecticut Healthcare Research and Education Foundation/CHA is an Approved Provider of Continuing Nursing Education by the Connecticut Nurses' Association, An Accredited Approver by the American Nurses Credentialing Center's Commission on Accreditation.

## Featured Speakers

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**Joan Borysenko, Ph.D.** has a powerfully clear personal vision to bring science, medicine, psychology and spirituality together in the service of healing, and she has become a world-renowned spokesperson for this new approach to health. Dr. Borysenko completed her doctorate in medical sciences at the Harvard Medical School where she also completed three post-doctoral fellowships in experimental pathology, behavioral medicine and psychoneuroimmunology. A licensed psychologist, Dr. Borysenko was co-founder and former director of the Mind-Body clinical programs at Beth Israel/Deaconess Medical Center, and is the author of *Minding the Body, Mending the Mind*. She is a widely sought expert for the media, and her work has been featured in numerous magazines and newspapers.

**Karen Prestwood, M.D.** is the associate director for research at the Center on Aging, and was the director of the research curriculum for the Geriatrics Fellowship at the University of Connecticut Health Center (UCHC) from 1995 to 2000. She is principal investigator for the Frontier Medicine Center at UCHC studying the use of energy medicine in humans and in cell culture. The Center also supports pilot projects and seeks to involve and train CAM practitioners in research. She is the principal investigator for a study funded by the U.S. Department of Agriculture to study the effect of soy and isoflavones on bone health in older women. Finally, she is involved in two projects to study the effect of herbs on menopausal women. Dr. Prestwood maintains a clinical practice in Integrative Medicine where she sees women who are interested in using CAM in prevention or treatment of disease. She is a member of the American Holistic Medical Association and was certified in Holistic Medicine by the American Board of Holistic Medicine in 2002.

**James S. Gordon, M.D.** is the founder and director of the Center for Mind-Body Medicine and is a clinical professor at the Georgetown University School of Medicine. Dr. Gordon recently served as Chairman of the White House Commission on Complementary and Alternative Medicine Policy. He also served as the first Chair of the Program Advisory Council of the National Institutes of Health's Office of Alternative Medicine and is a former member of the Cancer Advisory Panel on Complementary and Alternative Medicine of the NIH. A Harvard Medical School graduate, Dr. Gordon was a research psychiatrist at the National Institute of Mental Health for ten years. His two most recent books are *Comprehensive Cancer Care: Integrating Alternative, Complementary and Conventional Therapies*, *Manifesto for a New Medicine: Your Guide to Healing Partnerships*, and the *Wise Use of Alternative Therapies*. In addition, he helped develop and write the educational materials to supplement the public television series *Healing and the Mind with Bill Moyers*.

**Sita Ananth, M.H.S.A.**, is program director of complementary and alternative medicine for Health Forum where she is responsible for designing and developing the CAM initiatives for members of the American Hospital Association. In her ten years at the Forum, she has managed the educational program design, corporate funding, faculty research recruitment and management, and the onsite delivery of the Forum's largest conference, the Leadership Summit. Prior to joining the Forum, she worked for Qual-Med Health Plan serving in marketing and health promotion capacities. She holds a bachelor's degree in English literature and psychology, and master's degree in health services administration from George Washington University.

**Diana Gubbay, R.S.Hom. (N.A.), C.C.H.** has had a family practice in Classical Homeopathy in New York City for the past eight years. Her foundation studies included completion of programs through the Devon School of Homeopathy and the National Institute of Classical Homeopathy. Subsequently, she graduated from The Dynamis School for Advanced Homeopathic Studies. Additional clinical training was gained through three years of study with Edward C. Whitmont, renowned Jungian analyst and author of *The Alchemy of Healing*. In the fall of 2002 she was one of a small group of homeopaths from the U.S., Europe and Asia to attend pioneering clinical work presented by Dr. Rajan Sankaran in Bombay, India. Currently she is on the faculty of the School of Homeopathy, New York, where she is also a clinical supervisor. She is a member of the Registered Society of Homeopaths and is certified by the Council for Homeopathic Certification.

**Eleanor Hershberger, N.D., A.P.R.N.** is a naturopathic physician and the associate dean at the University of Bridgeport College of Naturopathic Medicine. Her responsibilities include teaching homeopathy and clinical supervision of student interns at the Health Science Center on the University of Bridgeport campus. Dr. Hershberger is a graduate of the National College of Naturopathic Medicine.

**Amala Guha, Ph.D.** is an assistant professor of medicine and the program director of Complementary and Alternative Supportive Care (CASC), a CME accredited program, at the University of Connecticut School of Medicine. Dr. Guha's expertise in cancer immunology and her training in Ayurvedic Medicine including herbs brings a unique understanding of integrative medicine. She has been a reviewer for the National Center for Complementary and Alternative Medicine, a branch of the National Institutes of Health. She teaches "Ayurveda" at the University of Connecticut School of Medicine and conducts workshops independently and with Dr. Vasant Lad. Dr. Guha is the editor-in-chief of *ELEMENTS: Ayurveda, Health & Nutrition*.

**Connecticut Hospital Association**  
110 Barnes Road  
Wallingford, CT 06492-0090

**Traveling from New Haven on I - 91 North:** Take Exit 15. At the end of the exit, turn left onto Route 68 West. Proceed 0.9 miles to the 5th traffic light (not counting the light at the end of the exit ramp). Turn right onto Barnes Road. Proceed on Barnes Road. A CHA sign will be on the right. Turn right into driveway just before the sign.

**Traveling from Hartford on I - 91 South:** Take Exit 15. At the end of the exit, turn right onto Route 68 West. Proceed 0.8 miles to the 4th traffic light (not counting the light at the end of the exit ramp). Turn right onto Barnes Road. Proceed on Barnes Road. A CHA sign will be on the right. Turn right into driveway just before the sign.

**From Wilbur Cross Parkway North (Route 15):** Take Exit 66. At end of exit, turn left onto Route 5 South. Go 0.25 mile to 3rd traffic light. Turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on your left.

**From Wilbur Cross South (Route 15):** Take Exit 66. At the end of the exit, turn left onto Route 5 South. Go 0.25 mile to 4th traffic light and turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on your left.

**From Interstate 84:** Take Exit 27 and proceed on Route 691 East to the Wilbur Cross Parkway South and take Exit 66. At the end of the exit, turn left onto Route 5 South. Go 0.25 mile to 4th traffic light and turn left up short hill to next traffic light. Turn left onto Route 68 East. At first traffic light, turn left onto North Main Street Extension. Take first right onto Barnes Road. CHA is the second building on your left.

## Registration Form

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### Complementary and Alternative Medicine: Examining the Status of Integration with Conventional Medicine

Thursday, May 6, 2004

8:00 a.m. - 8:30 a.m. – Registration and Continental Breakfast

8:30 a.m. - 4:00 p.m. – Program (Lunch Provided)

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Please Print Clearly

Organization \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

Name \_\_\_\_\_ Title \_\_\_\_\_

#### Registration Fee:

A reduced registration fee will be extended to CHA and CHHA members.

- \$140 for CHA Hospital Members and CT Holistic Health Association Members  
**\$150 for non-members**

**Discounted Rates:** \$400 for 3 individuals from the same CHA hospital member institution, \$130 per person thereafter.

(Price includes Connecticut sales tax (if applicable), continental breakfast, lunch, and program materials.)

- Please bill my institution (CHA Members Only)  
 Check enclosed: \$\_\_\_\_\_  Visa  Mastercard

Account Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

#### Fax or Mail Registration Form and Payment to: (No confirmation will be sent.)

Rhonda Bates, Educational Program & Event Planner, Connecticut Hospital Association  
110 Barnes Road, P.O. Box 90, Wallingford, CT 06492-0090  
Fax: (203) 284-9318 if possible, please fax in forms and follow with sent in check

Cancellations received ten (10) days prior to the program will receive a refund minus a \$25 administrative fee. After that time, you may send a substitute; there will be no refund.

Accessibility Note: If you require auxiliary aids or services to attend this program, contact us in advance by calling (203) 294-7267, or by e-mail [bates@chime.org](mailto:bates@chime.org) or by letter.