



CONFERENCE HIGHLIGHTS

Thursday Evening Wellness Reception

Showcasing 30+ local vendors offering holistic products and services related to the health and well-being of children, parents, educators, and clinicians.

Sampler Sessions include:

- The Gut-Brain Connection
- Yin Yoga
- Creating Healthy and Empowering Environments



Amherst H. Wilder Foundation

452 Lexington Parkway N.
St. Paul, MN 55104



Register: 1000-petals.com

Registration Fee: \$165

Student Registration Fee: \$85

We are pleased to announce that the following exhibitors and more are participating in this year's conference:

1000 Petals LLC

Awake In Life

Balanced Health

Breathing Wellness

Children's Theatre Company

Healing Insight

Learning Zone Express

Lintu Desgins

Melrose Center

Mind Body Solutions

Musical Reflections

NAMI

Oleanna Books

POR Emotional Wellness

Prairie Care

Pride Institute

RiverGarden Yoga

The Emily Program

Thinking Moves

Tula Yoga and Wellness

Unwind Within

Whole Family Chiropractic



2ND ANNUAL INTEGRATIVE APPROACH TO MENTAL HEALTH CONFERENCE: *Moving Theory into Practice*

2015 Conference & Expo

Thursday, October 8th

5:30–7:30pm

Friday, October 9th

8am–4:30pm

Amherst H. Wilder Foundation

452 Lexington Parkway N.

St. Paul, MN 55104

Hosted by:

Marit Appeldoorn, LICSW

Kathy Flaminio, LGSW, E-RYT 200

Carol Siegel, PhD, LP

KEYNOTE: Friday, 8:30–9:45am

Optimizing Mental Health and Well-Being:
Key Strategies that Work.



KEYNOTE SPEAKER

Nimi Singh, MD, MPH, MA

Nimi is an Assistant professor and Division Head of Adolescent Health and Medicine in the Department of Pediatrics. She received her medical degree at Mount Sinai School of Medicine in New York City, did a residency in Pediatrics and International Child Health at Rainbow Babies and Children's Hospital in Cleveland Ohio. She holds two Masters degrees, one in Medical Anthropology from Case Western Reserve University and one in Public Health from the University of Washington in Seattle, where she completed her training with a fellowship in Adolescent medicine. Since completing her medical training, she has pursued training in a number of Integrative medicine therapies, including in Functional Medicine, Mindfulness-based Stress Reduction, Health Realization, Yoga Calm, and Food as Medicine. In 2006, she received board certification in Integrative medicine.

INTEGRATIVE MENTAL HEALTH CONFERENCE & EXPO

Welcome to the 2nd Annual Conference on Integrative Mental Health, a unique opportunity to experience a range of clinically sound treatment modalities in one event! Research into effective clinical practice continues to validate the use of body-based and creative techniques in therapeutic and educational settings. This conference will once again provide exciting opportunities for mental health practitioners, educators, parents, and health care providers to experience a range of innovative treatment modalities. This year's theme, "Moving Theory Into Practice," will focus on applying techniques experienced in the workshops to client, student, or self care. Presenters will provide educational and experiential learning about their therapeutic modalities, and the conference will conclude with a session designed to help participants actively apply what they have learned to their own work. We welcome your participation as well as your ideas and feedback.

To learn more about this event, please go to our website:

<http://www.1000-petals.com/2015-conference-expo/>

Presenters:

- Sandy Agustin
- Marit Appeldoorn, MSW, LICSW
- Chris Bye
- Michael Carlson, LICSW
- Saleha Erdmann, MSW, LGSW
- Kathy Flaminio, LGSW, E-RYT-200
- Maris Gilbert, LMFT
- Kevin Harrington, PhD
- Kiyoko Motoyama Sims, MFA, MA
- Rita Molestina, MSW
- Tess Pease, LICSW
- Ewa Peczalska, PhD, LP
- Amy Samson-Burke, MPT, PYT, OYI
- Roberta Scherf

Featured Topics:

- Resiliency Training with Teens
- Art Therapy
- Mindfulness as a Tool for Optimizing Well-Being
- Decolonizing the Healing Process
- Mind Body Approaches to Treat Insomnia
- Therapeutic Writing Circles
- MeMoves/LifeMoves for Neurological Recovery
- Big Movement, Small Office
- Animating Student Stories
- Simple Mind Body Practices for Children and Caregivers