

HEALTH IN HOLISTIC MEDICINE: THE ROLE OF POSITIVE PSYCHOLOGY, ENERGY MEDICINE AND ENERGY PSYCHOLOGY

April 9, 2010

Speakers: Craig S. Travis, Ph.D., & Douglas J. Moore, Ph.D.
The Crowne Plaza Hotel | Dublin, OH



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Sponsored by the Hospital Wide
Education Committee



Riverside Methodist
Hospital
OhioHealth

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Columbus, Ohio 43214

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OVERVIEW

WORKSHOP RATIONALE

A premise underlying Holistic and Integrative Medicine is the understanding that healing includes your mind, body, emotions and spirit. Optimal health and well-being comes from the positive activation of these aspects which help prevent illnesses and facilitate the innate healing abilities within everyone. Positive Psychology, Energy Medicine & Energy Psychology are cutting edge methods that can significantly contribute to one's optimal health. Two psychologists who have worked in medical settings will provide an informative and experiential workshop for all health care professionals wanting to facilitate the health potential within themselves and their patients.

WORKSHOP OBJECTIVES

This day of learning will equip the attendee with the following skills:

- Summarize current Positive Psychology literature; What makes people happy?
- Learn empirically derived techniques to enhance happiness and human function.
- Learn about positive assessments.
- Learn about the 9 energy systems of the body used in Energy Medicine and Energy Psychology.
- Summarize the evidence and premise for Energy Medicine & Energy Psychology.
- Outline ethical considerations in using Energy Medicine & Energy Psychology.

WHO SHOULD ATTEND

The workshop is open to professionals and the public. The topic is designed for all health care professionals wanting to facilitate the health potential within themselves and their patients.

THE SPEAKERS

Craig S. Travis, Ph.D. is a licensed psychologist and the Director of Behavioral Sciences for the Mount Carmel Family Medicine Residency Program in Columbus, Ohio. He currently serves as President of the Ohio Psychological Association. He trains family physicians in understanding behavioral and psychological issues in medicine and health. He is a clinical faculty in the Family Medicine Department in the College of Medicine at The Ohio State University and trains medical students in psychosocial issues and doctor-patient relationship skills.

Dr. Travis has led numerous corporate and public presentations in health psychology. He has been interviewed by the Columbus Dispatch, The Other Paper, Dayspa Magazine, First for Women Magazine, 610AM WTVN, WBNS 10TV News, and WCMH Channel 4 News, and has had a regular radio feature called "30 Second Psychology with Dr. Craig" that has aired on both 97.1 and 107.9 FM in Columbus, OH. Dr. Travis is a Continuing Education course developer and instructor for Cross Country Education. In addition, he is the author of the book *Daily Dose of Positivity: Mental Supplements for Better Health* (2006, iUniverse). Dr. Travis has nearly 20 years of clinical counseling experience in private practice, psychiatric inpatient, community agency, and medical environments.

Douglas J. Moore Ph.D. has had over 20 years experience as a psychologist and life-coach. For nearly 10 years, he has integrated Energy Medicine and Energy Psychology methods into his work to help people heal from the past and live more fully in the present. He also weaves into his sessions the principles of mindfulness and the wisdom of the Enneagram, which delineates the nine basic personality types of human nature and their interrelationships.

As an avid explorer of the various ways we can realize potential, Dr. Moore has found the above methods very helpful in bringing balance to the heart and its emotions, our mind, the body, and energies that weave through and connect us with others and our Essence. This intuitive blend helps those challenged by anxieties and depression, as well as those who seek to foster their personal, professional, and spiritual development.

In addition to working with adults, couples, and organizations, Dr. Moore enjoys conducting various workshops and groups that promote personal transformation and spiritual awareness. He is on the faculty of Donna Eden's Energy Medicine Certification Program where he has the opportunity to work with students from around the world studying to integrate energy based methods into their personal and professional lives.

Dr. Moore has a rich history of published articles, professional presentations, consultative work, teaching experience and professional affiliations through his career. His website www.dougjmoore.com uses the heading: "Balancing the Heart, Mind, Body and Energy".

AGENDA, DIRECTIONS AND CREDITS

OPTIMAL HEALTH IN HOLISTIC MEDICINE: THE ROLE OF POSITIVE PSYCHOLOGY, ENERGY MEDICINE AND ENERGY PSYCHOLOGY

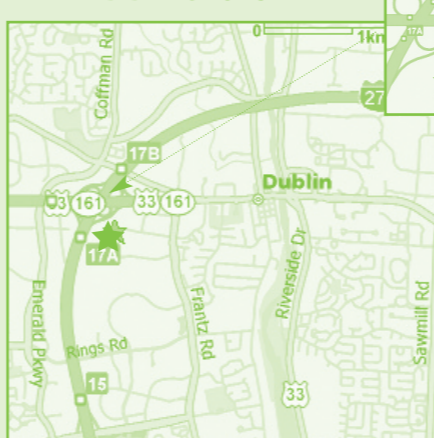
APRIL 9, 2010

8:00 - 8:30 am	Registration, Continental Breakfast, & Book Sales
8:30	Welcome, Introduction and Educational Context
8:30 - 10:00	What Makes People Happy? Techniques to Enhance Happiness and Human Functioning.
10:00 - 10:30	Break and Bookselling
10:30 - 12:00	Techniques to Enhance Happiness and Human Functioning. Positive Assessments.
Noon - 1:00 pm	LUNCH (provided on site)
About 12:20	Door Prize Drawings
1:00 - 2:30	The Basic Energy Systems. The Evidence and Premise for Energy Medicine & Energy Psychology.
2:30 - 2:45	Break and Bookselling
2:45 - 4:15	Demonstrations and Applications of Energy Medicine & Energy Psychology. Ethical Considerations.
4:15	EVALUATIONS AND CEU'S

CONTINUING EDUCATION CREDITS

6.0 hours approved by the State of Ohio Social Work and Counselor Board for social workers or counselors. The Ohio Board of Nursing accepts events approved for Counselors and Social Workers for continuing education in nursing. If you require ADA accommodations, please indicate what your needs are at the time of registration.

MAP AND DIRECTIONS



The Crowne Plaza Hotel
600 Metro Place N
Dublin, OH
614-764-2200

CINCINNATI

70 east to I-270 north. I-270 north to exit 17a. Exit 17a to first light, Frantz Road. Right on Frantz to the first light, Metro Place North. Right on Metro Place North to Crowne Plaza at 600 Metro Place North on the right.

DAYTON

Take I-70 east to I-270 north and get off at exit 17a. Right at first light, Frantz Road. Right at first light, Metro Place North. Crowne Plaza is on the right at 600 Metro Place N.

CLEVELAND

I-71 south to I-270 west. Take exit 17a. Right at the first light, Frantz Road. Right at the first light, Metro Place N to Crowne Plaza Hotel at 600 Metro Place N on the right.

REGISTRATION

Workshop attendance is limited. Return the registration form by March 26, 2010. If space is available, registration will be accepted at the door. For more information, call 614-566-1213. Fee includes continental breakfast, lunch, continuing education credits and parking.

Name _____

Profession _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____

Email _____

- Individual\$110
- Early Registration with payment postmarked/ faxed by February 12, 2010\$90
- OhioHealth Employee/Students with valid I.D.\$90

- Check enclosed and payable to:
Medical Social Services Department
C/O Continuing Education Programs
3535 Olentangy River Road
Columbus, OH 43214

SEE

- Fax: 614/566-3442 (credit card only)
- Mastercard Visa Other _____
- Credit Card # _____
- Exp. Date _____
- Card Holder Name _____

Confirmation will not be mailed. To receive confirmation call 614/566-1213.

Riverside Methodist Hospital reserves the right to cancel the program due to unavoidable circumstances. Full refunds are available in the event of program cancellation. Refunds for other reasons are available until March 1, 2010 and a processing fee of \$25 will be deducted.

This conference will be smoke free. Please contact The Crowne Plaza Hotel, at 614-764-2200 for special dietary requests or information on lodging.

