

 JFK Professional Development Series

June 19 & 20, 2009

INTEGRATIVE MEDICINE:

Evidence-Based Approach To Neurological & Physical Rehabilitation,
Health Maintenance and Overall Well-Being

*A Conference for Physicians, Nurses, PT's, OT's, SLP's, CRT's,
Behavioral Health & Other Professionals within the Therapeutic Arts & Sciences*

KEYNOTE SPEAKERS:

Ronald Hoffman, MD, CNS

Friday, June 19, 2009

David Perlmutter, MD, FACN

Saturday, June 20, 2009

Sponsored by the Office of CME of

JFK
MEDICAL
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**JFK Conference Center
Edison, NJ**

Friday & Saturday • June 19 & 20, 2009

INTEGRATIVE MEDICINE: Evidence-Based Approach To Neurological & Physical Rehabilitation, Health Maintenance and Overall Well-Being

Course Description:

Integrative medicine blends conventional medicine with those complementary and alternative approaches for which there is credible scientific evidence with respect to safety and efficacy. * In the past 10 years, interest in integrative medicine modalities has risen sharply among both health professionals and consumers. In fact, from 1998 to 2004, the percentage of US hospitals offering integrative medicine centers grew from 8.6% to 24%.** Integrative medicine strongly focuses on relationships between patients and the physicians/other practitioners involved in their care. A holistic approach is utilized which often emphasizes interdisciplinary collaboration. This two day conference will cover integrative approaches to neurological and physical rehabilitation. It will also describe how integrative techniques can be applied to the prevention and treatment of cancer, as well as cardiovascular, gastrointestinal, and gynecological health. The role of integrative approaches in maintaining general well-being, addressing common health issues, and promoting a more satisfying lifestyle will also be explored.

The full day on Friday and Saturday morning will be lecture/discussion format. Saturday afternoon will consist of evidence-based experiential workshops which will discuss and demonstrate different techniques/modalities consistent with integrative and holistic medicine. Topics include: acupuncture, mindfulness meditation, music therapy, Reiki, Jin Shin Jyutsu, neuro-linguistics programming (NLP), and physical rehabilitation approaches. Throughout the conference, emphasis will be placed on analyzing the current state of the science and examining the established and emerging scientific research.

Evidence has been accumulating regarding the therapeutic benefits and potential therapeutic benefits of integrative medicine approaches.*** Physicians and other health professionals need to examine the research findings and extrapolate the relevant evidence to their everyday practice. The global goal of this CME/CE activity is to provide physicians and other clinicians with the knowledge, competencies and performance-in-practice to apply the information in delivering quality care to patients with specific disorders and other individuals seeking enhanced well-being and quality of life.

*<http://nccam.nih.gov/health/whatiscom/overview.htm>; **Web MD-<http://www.webmd.com/a-to-z-guides/features/alternative-medicine-therapy>; ***http://www.bravewell.org/integrative_medicine/integrative_care/evidence_based_therapies/

Course Objectives:

At the conclusion of this CME activity, participants should be able to:

1. Evaluate and apply the research evidence on integrative medicine and related approaches to specific disorders, common health concerns and quality of life issues.
2. Incorporate scientifically validated integrative approaches into everyday practice and development of holistic treatment plans.
3. Describe how different integrative therapies may be used within the management and rehabilitation of a range of musculoskeletal and neurological disorders.
4. Identify risk factors for cardiovascular disease, including evidence with respect to those risk factors which are less typically acknowledged.
5. Discuss the role and application of such integrative approaches as diet, stress reduction and lifestyle modification, exercise, and the use of supplementary nutrients in preventing heart disease and maintaining cardiovascular health.
6. Describe the important role of nutritional initiators of inflammation in specific neurological conditions in susceptible individuals.
7. Discuss the fundamental role of specific antioxidants in preserving and enhancing brain function.
8. Analyze the dual roles of the essential fatty acid docosahexaenoic acid (DHA) in both reducing inflammation and enhancing neuronal function as these factors apply to specific neurological situations.
9. Discuss the role and application of integrative approaches to irritable bowel disease and other common GI concerns.
10. Discuss incorporation of integrative approaches into management/rehabilitation of patients with cancer.
11. Examine the efficacy of specific evidenced-based integrative techniques in managing acute and chronic health problems, controlling stress, and promoting general well-being, i.e., mindfulness meditation, music therapy, acupuncture, Reiki, Jin Shin Jyutsu, neuro-linguistics programming (NLP) and physical rehabilitation.
12. Elucidate and apply research on the impact of the physician/practitioner relationship within the therapeutic process.

Target Audience:

- | | | | |
|---|------------------|---------------------------|-----------------------------------|
| • Psychiatrists | • Psychiatrists | • Physical Therapists | • Nurses |
| • Neurologists | • Psychologists | • Occupational Therapists | • Certified Recreation Therapists |
| • Oncologists | • Social Workers | • Speech Pathologists | • Athletic Trainers |
| • Internists/Family Practice Physicians | • Counselors | • Music Therapists | • Art Therapists |

Solaris Planning Committee:

Strax, Thomas E., MD, Vice President for Medical Rehabilitation & Medical Director, JFK Johnson Rehabilitation Institute (JFK-JRI), Edison, NJ & Professor & Chairman, Department of Physical Medicine & Rehabilitation, UMDNJ-Robert Wood Johnson Medical School, Piscataway, NJ.

Gizzi, Martin, MD, PhD, Chairman, NJ Neuroscience Institute at JFK Medical Center, Edison, NJ; Professor & Chairman of Neuroscience, Seton Hall University School of Health & Medical Sciences (SHUSHMS), South Orange, NJ.

Rossi, Roger, DO, Director of Integrative Medicine, & Director of Medical Student Education, JFK-JRI, Edison, NJ; Assistant Professor, Physical Medicine & Rehabilitation, UMDNJ-RWJMS, Piscataway, NJ.

Naples, Lynn, OT/L Occupational Therapist, Center for Head Injuries, JFK-JRI, Edison, NJ; and Reiki and Jin Shin Jyutsu Practitioner.

Bonning, Pamela, RN, MSN, Director, Haven Hospice, JFK Medical Center, Edison, NJ.

Eckert, Anne, AuD, MBA, CCC/A, Administrative Director, Rehabilitation, JFK-JRI, Edison, NJ; Adjunct Faculty, Montclair State University, Montclair, NJ.

Kolber, Carole, PhD, Administrative Director, Professional Development & CME, JFK Medical Center, Edison, NJ; Clinical Assistant Professor, Health Sciences, (SHUSHMS), South Orange, NJ.

INTEGRATIVE MEDICINE: Evidence-Based Approach to Neurological & Physical Rehabilitation, Health Maintenance and Overall Well-Being

Program Day 1: Friday, June 19, 2009

7:30-8:00am	REGISTRATION / CONTINENTAL BREAKFAST
8:00-8:20	Introduction/Overview of Conference Thomas Strax, MD & Roger Rossi, DO
8:20-8:55	Parkinson's Disease - Integrative Medicine: Beyond Standard Therapies Roger Rossi, DO
8:55-9:30	Cognitive Fitness: What Your Heart Can Do For Your Brain Nancy Isenberg, MD
9:30-10:15	Mindfulness Meditation in TBI Rehabilitation Joanne Azulay, PhD & Colette Smart, PhD
10:15-10:30	BREAK
10:30-11:05	Holistic Approaches to Sleep Disorders Michael Seyffert, MD
11:05-11:30	Panel (Q&A) - Moderator: Martin Gizzi, MD, PhD
11:30-12:15pm	LUNCH
12:15-1:45	Day 1: KEYNOTE ADDRESS: Cardiovascular Health Ronald Hoffman, MD, CNS Ronald Hoffman, MD, CNS is founder and Medical Director of the Hoffman Center in New York City. Dr. Hoffman has authored numerous books and articles for both professionals and the public and hosts the nationally-syndicated radio program, "Health Talk." He is a past President of the American College for Advancement in Medicine (ACAM), one of the largest national organizations of complementary and alternative doctors. Dr. Hoffman's most recent books include <i>How to Talk with Your Doctor (2006)</i> and <i>Natural Cures That Really Work (2007)</i> . He has been interviewed for several PBS Specials, for UPN News, and recently was featured in a diet segment on Fox TV's "The Pulse." (Comprehensive biographical sketch distributed at the conference).
	Presentation Overview: A re-examination of risk factors for cardiovascular disease leads us to appreciate predictors beyond cholesterol. Out of a more comprehensive understanding of less-typically acknowledged risk factors emerges a more refined strategy for heart disease prevention that embraces diet, stress reduction and lifestyle modification, exercise, and the use of supplementary nutrients. The latter comprise vitamins and minerals as traditionally recognized, as well as an entirely novel category: the <i>nutraceuticals</i> .
1:45-2:00	BREAK
2:00-2:40	Relationship Oriented Medicine Within OB-GYN Practice Sharon Stechna, MD
2:40-3:15	Integrative Approaches To Neuropathic & Musculoskeletal Pain Iqbal Jafri, MD
3:15-3:40	Value of Exercise in Osteoarthritis & Osteoporosis Jonathan Quevedo, MD
3:40-4:15	Alternative Approaches To Treating Low Back Pain & Neck Pain David Brown, DO

Program Day 2: Saturday, June 20, 2009

8:00-8:30am	CONTINENTAL BREAKFAST
8:30-10:15	DAY 2: KEYNOTE ADDRESS: Innovative Approaches to Challenging Neurological Disorders David Perlmutter, MD, FACN David Perlmutter, MD, FACN is Director of the Perlmutter Health Center, Naples, FL. Dr. Perlmutter has contributed extensively to the world medical literature with publications appearing in a multitude of respected peer-reviewed journals. He is the author of: <i>BrainRecovery.com – Powerful Therapy for Challenging Brain Disorders</i> , <i>The Better Brain Book</i> (Putnam Publishers), and <i>Raise a Smarter Child By Kindergarten</i> (Morgan Road Books). Dr. Perlmutter has been interviewed on many nationally syndicated radio and television programs including <i>20/20</i> , <i>Larry King Live</i> , <i>CNN</i> , <i>Fox News</i> , <i>The Today Show</i> , <i>Oprah</i> , and <i>The CBS Early Show</i> . (Comprehensive biographical sketch distributed at the conference).
	Presentation Overview: Fundamental to acquired alterations of function of the central nervous system is the presence of a hostile intracerebral milieu. Inflammation, commonly recognized as a pivotal feature in the neurodegenerative diseases, is now also further implicated in such diverse conditions as vascular dementia and attention deficit disorder. Interventions predicated not only on reducing chemical mediators of inflammation, but also focusing on the initiators of their production have important roles in novel protocols for many challenging neurological disorders. This presentation will explore less commonly applied, but nonetheless powerfully effective interventions for several important neurological conditions, including amyotrophic lateral sclerosis, vascular dementia, multiple sclerosis, and attention deficit disorder with a review of supportive peer reviewed research.
10:15-10:30	BREAK
10:30-11:10	Irritable Bowel Syndrome: An Integrative Approach to Management Steven Hodes, MD
11:10-11:40	Current Evidence-Based Research on the Use of Music in the Healthcare Setting Brian Dallow, MA, GRSM, LRAM, ARCM
11:40-12:30pm	LUNCH
12:30-1:20	Lymphedema Management Jennifer Piazza, PT, DPT
1:20-1:50	Role of Exercise in Cancer Prevention, Treatment and Survivorship Rita Musanti, PhD, APN-C, AOCNP
1:50-2:05	Panel (Q&A) – Moderator: Harry Collins, MD
2:05-2:15	BREAK
2:15 – 4:30	Evidenced-Based Experiential Workshops (Your Choice of 2) SEE BELOW Six evidenced-based experiential (one hour) workshops will be offered. Participants will have an opportunity to select 2 choices. Each workshop will be conducted once in Session I (2:15-3:15pm) and repeated in Session II (3:30pm-4:30pm). There will be a 15 minute break between Session I and Session II.

Saturday, June 20, 2:15 – 4:30pm

Evidenced-Based Experiential Workshops

SEE FULL DESCRIPTIONS ON REGISTRATION FORM

Reiki And Jin Shin Jyutsu: Working Through Disharmonies Of Mind, Body And Spirit The Energetic Way -Lynn Naples, OT/ L

Mindfulness Meditation - Tasha Mott, PhD

Therapeutic And Creative Uses of Music In Healthcare - Music For All Seasons Artist - Pepe Santana

Neuro-Linguistics Programming – Joseph Eber, MA

Acupuncture - Roger Rossi, DO

Considerations for Including Complimentary and Alternative Medicine (CAM) in Physical Rehabilitation Plans of Care - Ellen Zambo Anderson, PT, MA, GCS

EDUCATIONAL INFORMATION

Accreditation: JFK Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit: JFK Medical Center designates this educational activity for a maximum of **14** AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Conflict of Interest/Content Validation: The Office of CME of JFK Medical Center utilizes the following mechanisms to identify and resolve conflicts of interest and validate content: 1) Disclosures by faculty and planning committee of any relationship that might create a potential, apparent or real conflict of interest.

2) Disclosures of off-label drug uses to audience; 3) Participant evaluation of CME activity's freedom from commercial bias; and 4) Faculty Attestation of best available evidence. Certificates will be awarded to the participants who attend the conference and submit completed evaluation forms. The number of credits for continuing education (CEs) awarded will be based upon the number of conference hours attended and the requirements of the specific accreditation body.



JFK Johnson Rehab Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for **1.4** ASHA CEUs (Intermediate Level, Professional Area)

JFK Johnson Rehabilitation Institute is an **AMERICAN OCCUPATIONAL THERAPY ASSOCIATION**

(AOTA) Approved Provider of Continuing Education. The Integrative Medicine course is offered for **1.4** CEUs (Introductory level / Content Focus: Domain of OT: Client Factors). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



JFK Johnson Rehabilitation Institute is approved by the **American Psychological Association** to offer continuing education for psychologists. JFK Johnson Rehabilitation Institute maintains responsibility for the program.

JFK Johnson Rehabilitation Institute is recognized by the **BOARD OF CERTIFICATION**, to offer continuing education for Certified Athletic Trainers.



An application for CEUs has been made to the following accreditation bodies:

- New Jersey State Board of Physical Therapy Examiners
- American Therapeutic Recreation Association (ATRA)
- New Jersey Home Administration Licensing Board

REGISTRATION INFORMATION

REGISTRATION FEE INCLUDES:

- *Conference Workbooks and Handouts*
- *Daily Continental Breakfast, Hot Buffet Luncheon, Dessert Table, and Refreshment Breaks.*

(Wherever possible, efforts will be made to accommodate special dietary requests, if indicated on registration form).

Early registration will be accepted until **Thursday, May 28, 2009**. Regular registration will be applicable after these dates. Cancellations and requests for refunds, minus a non-refundable administrative fee of \$60, will be accepted until the following deadline of June 12, 2009.

Please Note: In the event of course cancellation by JFK, the full registration fee will be refunded. JFK Medical Center regrets that in the event of cancellation, we are not able to assume liability for travel and lodging costs incurred. For further information, please telephone **Marsha Cepeda at 732-632-1570**. You may fax us at **732-767-2967** or E-mail: mcepeda@solarishs.org

Early Bird and special discounted rates are available for multiple course registrations as well as, two or more therapists registering for the same offering. Discounted rates are available as follows:

Two or More Registrants.....5% Off *Registration Forms must be submitted together*

Additional discounts offered for larger group registrations. Please contact our office for details. Professional Development & CME / tel: 732-632-1570 • fax: 732-767-2967

Faculty/Planning Committee Listing Abbreviations

JFK Johnson Rehabilitation Institute (JFK-JRI); New Jersey Neuroscience Institute (NJNI); University of Medicine and Dentistry of New Jersey – Robert Wood Johnson Medical School (UMDNJ-RWJMS) University of Medicine and Dentistry of New Jersey – Robert Wood Johnson (UMDNJ-RWJ); Seton Hall University School of Health & Medical Sciences (SHUSHMS)

Visiting Faculty:

Hoffman, Ronald, MD, CNS Founder and Medical Director of the Hoffman Center, New York City, (See Keynote Presentation Bio– June 19)

Perlmutter, David, MD, FACN, Director, Perlmutter Health Center, Naples FL; Medical Director, Hyperbaric Center, Naples, FL (See Keynote Presentation Bio – June 20)

Anderson, Ellen, PT, MA, GCS, Associate Professor, UMDNJ-SHRP, Doctoral Programs in Physical Therapy, Newark, NJ

Dallow, Brian F., MA, GRSM, LRAM, ARCM, President and Executive Director of Music For All Seasons, Inc., Scotch Plains, NJ

Eber, Joseph, MA, Educator & Management Consultant, Certified Neuro-Linguistics Programming (NLP) & Master Practitioner Trainer, Edison, NJ

Rita Musanti, PhD, APN-C, AOCNP, Assistant Professor, UMDNJ School of Nursing ACSM Exercise Specialist, Cancer Institute of NJ, New Brunswick, NJ

Stechna, Sharon, MD, Clinical Assistant Professor, Department of Obstetrics, Gynecology and Reproductive Sciences, UMDNJ-RWJ. New Brunswick, NJ

Santana, Pepe, Artist, Music For All Seasons, Inc., Scotch Plains, NJ

Solaris Health System Faculty:

Azulay, Joanne, PhD, Clinical Neuropsychologist, Cognitive Rehabilitation, Center for Head Injuries, JFK-JRI, Edison, NJ.

Brown, David, DO, Outpatient Medical Director, JFK-JRI, Edison, NJ; Clinical Assistant Professor, SHUSHMS, South Orange, NJ; Physical Medicine & Rehabilitation, UMDNJ-RWJMS, Piscataway, NJ.

Collins, Harry, MD, Medical Director, Haven-Hospice, JFK Medical Center, Edison, NJ

Gizzi, Martin, MD, PhD, (See Planning Committee)

Hodes, Steven, MD, Attending Gastroenterologist, JFK Medical Center, Edison, NJ.

Isenberg, Nancy, MD, Director of Behavioral Neurology, NJNI at JFK Medical Center, Edison, NJ; Associate Professor of Neuroscience, SHUSHMS, South Orange NJ.

Jafri, Iqbal, MD, Medical Director, Pain Management Program, JFK-JRI, Edison, NJ; Medical Director of Inpatient Cardiac Rehabilitation Program, JFK-JRI, Attending Physiatrist, JFK-JRI; Associate Clinical Professor, Physical Medicine & Rehabilitation, UMDNJ-RWJMS, Piscataway, NJ.

Mott, Tasha, PhD, Clinical Neuropsychologist, Cognitive Rehabilitation, Center for Head Injuries, JFK-JRI, Edison, NJ.

Naples, Lynn, OT/L, (See Planning Committee)

Piazza, Jennifer, PT, DPT CLT-LANA, Physical Therapy Supervisor, Outpatient Physical Therapy, JFK-JRI, Edison, NJ.

Quevedo, Jonathan, MD, Medical Director, Inpatient Rehabilitation, JFK-JRI, Edison, NJ; Clinical Assistant Professor of Physical Medicine & Rehabilitation, UMDNJ-RWJMS, Piscataway, NJ.

Rossi, Roger, DO, (See Planning Committee)

Seyffert, Michael, MD Pediatric Neurologist-Neurobehavioralist, NJNI at JFK Medical Center NJNI, Edison, NJ; Assistant Professor, SHUSHMS, South Orange, NJ.

Smart, Colette, PhD, Clinical Neuropsychologist, NJNI and Cognitive Rehabilitation, Center for Head Injuries, JFK-JRI, Edison, NJ.

Strax, Thomas, E., MD (See Planning Committee)

Please complete the conference registration form below, and mail with check or credit card number to:

**Marsha Cepeda, Events Coordinator - Professional Development & CME,
JFK Johnson Rehabilitation Institute, 65 James Street, Edison, NJ 08818**

****Registration confirmations will be via e-mail only from: mcepeda@solarishs.org; Registrants are kindly requested to provide an e-mail address which they access on a regular basis. Your cooperation in printing legibly will help to ensure that you receive all registration follow-up information.**

CONFERENCE REGISTRATION FORM

INTEGRATIVE MEDICINE: Evidence-Based Approach to Neurological & Physical Rehabilitation, Health Maintenance & Overall Well-Being

(Please print or type name and credentials **EXACTLY** as you would like it to appear on the certificate of attendance.) *Registration confirmations will be via e-mail only from: mcepeda@solarishs.org

Name _____ (Credentials) _____

Mailing Address _____ E-MAIL ADDRESS _____

City _____ State _____ Zip _____

Employer* _____ Employer City/State _____

Daytime Phone # _____ Fax # _____

Special Needs and Dietary Requests _____

(If we are unable to accommodate your request, we will contact you)

*If Solaris, Please Indicate Dept. _____

Ask Supervisor to Initial and Send to: **Marsha Cepeda in Professional Development & CME (Please Note: Registrations will not be processed without signed approval)**

Please Check:	Early Bird	Regular
Fri. & Sat./ June 19 & 20, 2009 INTEGRATIVE MEDICINE: Evidence-Based Approach to Neurological & Physical Rehabilitation, Health Maintenance and Overall Well-Being	(By 5/28/09) \$325	\$345

Saturday, June 20, 2:15 – 4:30pm

Evidenced-Based Experiential Workshops

Six evidenced-based experiential (one hour) workshops will be offered. Participants will have an opportunity to select 2 choices. Each workshop will be conducted once in Session I (2:15pm-3:15pm) and repeated in Session II (3:30pm-4:30pm). Enrollment in some workshops may be limited. **Please indicate your top four choices by placing the numbers 1 to 4 in the spaces indicated, with "1" being your first choice and "4" being your last choice. Every effort will be made to accommodate your top two topic choices.**

Reiki And Jin Shin Jyutsu: Working Through Disharmonies Of Mind, Body And Spirit The Energetic Way- Lynn Naples, OT/L **Description:** Reiki is a hands-on energy healing technique that has recently found its way into many health care facilities as a complement to traditional western practice. Jin Shin Jyutsu is an energy healing modality that is used to release blocked energy that causes various discomforts in the body. It uses gentle, direct pressure of the hands or fingers along energy pathways to promote health and well being. This workshop will discuss the philosophy of Jin Shin Jyutsu along with several self help techniques to assist with working through disharmonies such as stress, fatigue, pain, anxiety and more. It will also explain the theory behind reiki and identify those symptoms for which it has been found to have the most benefit. Reiki practitioners will be available during this workshop to allow participants to experience the reiki energy. **Objective:** At the conclusion of this workshop, participants should be able to: 1. Discuss the health and personal benefits of reiki and jin shin jyutsu.

Mindfulness Meditation - Tasha Mott, PhD **Description:** The practice of mindfulness involves paying conscious attention to your experience and being fully present for each moment with "nonjudgmental observation of whatever arises". This workshop will provide an introduction to mindfulness and a brief overview of its current application for individuals with brain injuries within the JFK/JRI system. Workshop participants will then be guided through a mindfulness meditation exercise to allow for a direct experience of the practice. **Objective:** At the conclusion of the workshop, participants should be able to: 1. Describe mindfulness and apply its potential benefits for health, well being, and stress management.

Therapeutic And Creative Uses of Music In Healthcare - Music For All Seasons Artist – Pepe Santana: Folk Music of the Andes **Description:** A Music For All Seasons artist will demonstrate an interactive musical program, involving the audience, and suitable for implementation in a wide variety of healthcare settings. Participants will be introduced to some of the issues affecting patients, their families, and staff; the methods used to address those issues; and evaluation techniques. **Objective:** At the conclusion of this workshop, participants should be able to: 1. Describe and demonstrate the benefits of a therapeutic interactive musical program within the healthcare setting.

Neuro-Linguistics Programming – Joseph Eber, MA **Description:** Participants in the Neuro-Linguistics Programming (NLP) seminar will be given a brief explanation of how NLP works and why it is effective in helping people to overcome unpleasant feelings, memories and unwanted behaviors. There will be demonstrations on how to resolve traumas and phobias, and how to change unpleasant emotional responses which are based on past events to more desirable responses. In addition, participants will learn how to change their own emotional and behavioral responses to ones that are more appropriate for them. **Objective:** At the conclusion of this workshop, participants should be able to 1. Describe and apply NLP in changing emotional and behavioral responses.

Acupuncture - Faculty: Roger Rossi, DO **Description:** Acupuncture has been used as a therapeutic modality for more than 3000 years, but it is only since the 1970's that a greater understanding of the underlying mechanisms of acupuncture has been developed. This growth in understanding has paralleled the scientific advances made in uncovering the physiology behind the treatment. Similar to many ancient healing traditions, acupuncture has accumulated a wealth of anecdotal experiences documenting its clinical effectiveness for a variety of problems. **Objective:** At the conclusion of this workshop, participants should be able to: 1. Demonstrate current knowledge to date of the underlying mechanisms of acupuncture. 2. Discuss the current use of acupuncture for the treatment and prevention of disease, and the overall maintenance of health.

Considerations for Including CAM in Physical Rehabilitation Plans of Care - Faculty: Ellen Zambo Anderson, PT, MA, GCS **Description:** Millions of Americans are seeking and using complementary and alternative medicine (CAM) and therapies for health, wellness, and rehabilitation. Many rehabilitation professionals want to either integrate complementary therapies into their client's plans of care or have already begun to provide or recommend CAM. This workshop will include a discussion of the legal, ethical and cultural issues related to the use and practice of CAM in rehabilitation and a clinical decision-making approach consistent with evidence-based practice. **Objectives:** At the conclusion of this workshop, participant should be able to: 1. Identify the cultural, legal and ethical considerations of CAM. 2. Apply a clinical decision-making approach for determining if CAM should be included in a rehabilitation plan of care. 3. Assess safety & efficacy of interventions considered to be CAM. 4. Integrate research outcomes in CAM with clinical expertise and patient/client values for optimal care.

If discount applies • Percent Discounted _____%

Dollar amount of Discount\$ _____

TOTAL PRICE (After subtracting discount) \$ _____

Method of Payment: _____ Check _____ Check #: _____

_____ Credit Card / Cards we accept: _____ Visa _____ MasterCard

Credit Card #: _____ Exp. Date _____

Three digit security code on back of credit card _____ First three digits of billing address for card _____

Credit Card Authorization (Please sign) _____ Enclosed Tuition Fee: \$ _____

PLEASE MAKE CHECKS PAYABLE TO **JFK MEDICAL CENTER** AND MAIL TO: **MARSHA CEPEDA, PROFESSIONAL DEVELOPMENT, JFK JOHNSON REHABILITATION INSTITUTE, 65 JAMES STREET, EDISON, NJ 08818** • PHONE: (732) 632-1570 • FAX: (732) 767-2967 • E-MAIL: mcepeda@solarishs.org



65 James Street
Edison NJ 08818

The JFK Johnson Rehabilitation Institute at JFK Medical Center, an affiliate of Solaris Health System, was established in 1974, and since that time has grown to become New Jersey's most comprehensive rehabilitation facility, with extensive inpatient and outpatient services. Its programs are designed to address the physical, psychological, social and vocational potential of each patient, with a goal of maximizing independence. Aggressive multi-disciplinary rehabilitation is offered, including physical and occupational therapy, cardiac and pulmonary rehabilitation, chronic pain, vocational and occupational services, audiology and speech pathology. **The New Jersey Neuroscience Institute** at JFK Medical Center is a comprehensive diagnostic, treatment research and teaching center offering hope and relief to adults and children afflicted with complex neurological disorders. In partnership with affiliated JFK Johnson Rehabilitation Institute, rehabilitative services are provided for brain and spinal cord injuries, stroke and pediatric and geriatric rehabilitation. The New Jersey Neuroscience Institute at JFK Medical Center constitutes the Department of Neuroscience of Seton Hall University's School of Health & Medical Science.

The JFK Health & Fitness Center The Health & Fitness Center (HFC) at JFK Medical Center is designed to provide an environment for exercise and activity for both the well-bodied and the disabled. This facility makes the transition from more rigorous outpatient therapy programs to a new lifestyle that incorporates exercise and healthful habits nearly seamless. The specialization offered at the center focuses on helping those not accustomed to activity develop safe, unthreatening and effective exercise routines. Behavioral counseling offered by the HFC includes individual stress management, relaxation and medical hypnosis, smoking cessation, and counseling for weight loss. Other programs offered include Tai Chi, dance aerobics for seniors and Positively Pregnant. The HFC also fulfills its role in the community by providing seminars on a variety of health-related topics throughout the year.

Travel Information

The JFK Conference Center is conveniently located in Central New Jersey, 45 minutes from midtown Manhattan, 20 minutes from Newark International Airport and 2 miles from the METROPARK train station (Iselin, NJ) which services Amtrak and NJ Transit lines. The Center is also readily accessible from the Garden State Parkway and the New Jersey Turnpike. Directions will be mailed with confirmation information.

Hotel Registration Form

Integrative Medicine

HOTEL ACCOMMODATIONS

A block of rooms has been reserved at the Crowne Plaza (formerly the Clarion) Hotel, Edison, New Jersey until **Thurs. /May 28, 2009**, for the **"Integrative Medicine: Evidenced-Based Approach To Neurological & Physical Rehabilitation, Health Maintenance and Overall Well-Being"** at the following special conference rate:

(Please mention JFK and the conference title when making reservations)

Monday - Wednesday.....\$129 per night

Thursday - Sunday..... \$ 99 per night

The hotel will provide complimentary shuttle service to and from the JFK Conference Center, if you indicate your need below*. (Check availability & scheduled pick-up times at the front desk upon arrival). Kindly return hotel registration form to: CROWNE PLAZA HOTEL, 2055 LINCOLN HWY, EDISON, NJ 08817

(Please print or type)

Name _____

Employer _____

Phone _____

Fax _____

Mailing Address _____

City _____ State _____ Zip _____

Date of Arrival _____

Date of Departure _____

Shuttle Service: Indicate conference date(s) & am or pm time you will be using the hotel shuttle below: _____

*Special Needs _____

ROOMS WILL BE HELD UNTIL 4 P.M. ON THE DATE OF CHECK IN UNLESS GUARANTEED. ALL MAJOR CREDIT CARDS ARE ACCEPTED. PLEASE TELEPHONE HOTEL IF YOU WILL BE ARRIVING AFTER 12 P.M.

HOTEL GUARANTEE

Credit Card # _____

Exp. Date _____

Type of Card _____ Visa _____ MasterCard _____

Or Enclosed is Check For One Nights Room Deposit \$ _____

PLEASE MAKE CHECKS PAYABLE TO: THE CROWNE PLAZA HOTEL AND MAIL DIRECTLY TO: The Crowne Plaza Hotel, 2055 Lincoln Highway, Edison, NJ 08817

TO RECEIVE A CONFIRMATION NUMBER, PLEASE CALL THE HOTEL AT

732-287-3500