



Optimize Your Well-Being Community Symposium

Saturday, May 14, 2022, 9 am – 3 pm
THE GRADUATE CINCINNATI

Presented by the UC Center for Integrative Health and Wellness & the UC Brain Tumor Center









KEYNOTE SPEAKER: DR. ROBERT BONAKDAR

Board certified by the American Board of Family Practice, Dr. Bonakdar is a member of the Division of Integrative Medicine at the Scripps Center for Integrative Medicine in La Jolla, CA. He received his medical degree from the University of Nevada School of Medicine and his undergraduate degree in psychobiology from Occidental College in Los Angeles. Dr. Bonakdar is a Richter Fellow for Independent International Research in the field of Southeast Asian health practices and studied in Singapore, Malaysia, Hong Kong, China, and Indonesia. He completed a clinical and research fellowship in integrative medicine at the Scripps Center and a residency in family practice at the Sharp Grossmont Family Practice Residency Program in San Diego. Dr. Bonakdar is a member of numerous professional organizations including the American Academy of Family Physicians, the California Academy of Family Physicians, the American Holistic Medical Association, and the American Academy of Medical Acupuncture. He has conducted award-winning research and presented at numerous conferences in the area of herbal and natural medicines. He is the co-editor of the textbook of Integrative Pain Management (Oxford University Press 2016), the author of the H.E.R.B.A.L. Guide: Dietary Supplement Resources for the Clinician. (Lippincott, 2010) and contributing author for Integrative Medicine 4th Edition (ed. David Rakel MD) (Elsevier, 2017).



SPEAKER BIOS

	<p>Give It Up and Turn It Loose! Move to Free Your Soul</p>	<p>Fran Bailey, BFA With a BFA in dance, Fran for many years performed, choreographed, and taught children, adults, private and group classes. Her interest and training in energy healing started in 1999, with world-renowned energy healer, Rosalyn L. Bruyere, thus connecting with the metaphysical aspect of her life. Fran worked as an energy healer for The Alliance Institute for Integrative Medicine in Cincinnati, Ohio.</p> <p>Fran’s work includes eight years as an energy consultant for the staff at The Affinity Center for ADD adults and children in Cincinnati, Ohio. Fran received her certification as an accredited Enneagram teacher and trainer at The Conscious Living Center. Her passion is to integrate all of these tools to open up the conscious mind, body and spirit to help find each individuals rhythm. She recently published her book Emergence a foundation for a self-healing she calls The Sheva Method. Please visit www.franbailey.net for more information including consultations, classes, events, bookings and more.</p>
	<p>Non-pharmacologic Pain Relief Via Group Medical Visits</p>	<p>Jinda AK Bowerman, DNP, APRN, FNP-C Dr. Bowerman is board certified as a Family Nurse Practitioner with the American Academy of Nurse Practitioners and provides primary care through the Internal Medicine-Pediatrics Practice at the UC Medical Center. She received her Doctor of Nursing Practice from the University of Cincinnati in 2020, where her studies focused on model fidelity for a type of group care called Centering. She currently also serves as a co-director for the UC Health Group Visit Program, which utilizes Centering for chronic pain, obesity, diabetes, opioid recovery and well woman-well childcare. Outside of work, she enjoys singing, playing the hand bells, swimming, and watching anime with her teenage sons.</p>
	<p>Yoga Flow with Blu 200</p>	<p>Blu Cauthen, 200HRCYT My name is Blu, I am a single mother of five and the owner of InoarG, the First Black Owned Yoga Studio in Cincinnati. I began doing yoga poses in 2016 when life was very hectic and stressful. Yoga gave me a sense of control. In 2020 I found a yoga teacher training class that fit my schedule and was in for a shocker. The teacher training class changed me and the way I responded to things in life. It allowed me to finally find the peace within myself that was always there, and I want to help others see it is within them! In this short time, I created a space where all can feel comfortable, safe, and free to be transparent with themselves. I’ve led several classes for religious groups, camps, schools, even daycares. Yoga is constantly changing my life, allowing me to find greatness in all things with the understanding that balance is and imbalance is created. Peace Loves!</p>

	<p>Welcome</p>	<p>Sian Cotton, PhD Dr. Cotton is a licensed clinical psychologist, founding director of the UC Center for Integrative Health and Wellness and UC Health Integrative Medicine and was recently named the Turner Farm Foundation Endowed Chair. A Professor in the Departments of Family and Community Medicine and Pediatrics, Dr. Cotton has an active research lab with ongoing clinical studies focusing primarily on mindfulness-based interventions and integrative medicine practice-based research. In 2007, Dr. Cotton was awarded a K23 career development award by the National Institutes of Health to examine the role of spiritual coping and health-related quality of life in adolescents with a chronic illness. A former Board member for the Academic Consortium of Integrative Medicine and Health, she is often invited to speak with community organizations and businesses, healthcare audiences, and academics about mind-body medicine for stress reduction, and preventive and wellness-based approaches to healthcare.</p>
	<p>Non-pharmacologic Pain Relief Via Group Medical Visits</p>	<p>Tiffany Diers, MD Dr. Diers is an Associate Professor of Internal Medicine and Pediatrics and Director of Interprofessional Education (IPE) at the University of Cincinnati College of Medicine. She is boarded in Internal Medicine, Pediatrics and Integrative Medicine and provides primary care through the Internal Medicine-Pediatrics Practice at the UC Medical Center and integrative medicine consults. She is the Medical Director for the UC Health Group Visit Program, which uses an IP group care model called Centering for chronic pain, obesity, diabetes, opioid recovery and well woman-well childcare. She directs two required IPE courses in the College of Medicine for all first- and second-year medical students, who will be joined next year by all first and second year College of Pharmacy students in a new curriculum to develop skills in IP collaborative practice. She directs the UC Health Professions Education Collaborative.</p>
	<p>Osteopathic Manipulation Therapy to Heal Dysfunction and Pain</p>	<p>Nicole Goddard, DO, CAQSM Dr. Goddard is an Osteopathic Fellowship trained sports medicine physician with a focus on treating the whole person while providing relief to musculoskeletal pain with Osteopathic Manipulative Medicine. Osteopathic Manipulative Medicine is the hands-on treatment of the body related to injury and chronic pain.</p>



Anti-inflammatory Diet and Foods

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Non-pharmacologic Pain Relief Via Group Medical Visits

Mladen Golubic, MD, PhD

Dr. Golubic has worked in the fields of immunogenetics and molecular and cancer biology, contributing to the understanding of interactions between the environment and our genes. His clinical work focuses now on lifestyle-related chronic diseases.

As an internist, Dr. Golubic has practiced and directed educational and research activities within integrative and lifestyle medicine since 2009 with a group of exceptional lifestyle medicine professionals (dietitians, chefs, yoga instructors, exercise physiologists, meditation teachers, etc.) within the Wellness Institute at the Cleveland Clinic.

Outside of the health system, he enjoys time with his family and spending time in the outdoors.



Self-Massage and Acupressure Techniques for Pain Relief

Alyssa Johnson, MS, OM, Lac



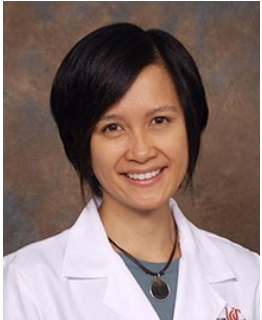
Alyssa Johnson came to UC Health Integrative Medicine from Minneapolis MN. She is the Clinic Operation Manager for Integrative Medicine and a licensed acupuncturist. After spending over a decade working as a Traditional Chinese Medicine practitioner, treating thousands of patients of all ages and a wide variety of health issues, she encourages her patients and team members to “show up” in life as their best selves and she passionately advocates for integrative medicine therapies to be integrated into hospitals and large healthcare systems. Alyssa holds a Bachelors Degree in Zoology from Connecticut College, a Masters Degree in Oriental Medicine from Northwestern Health Sciences University and completed the Leadership in Integrative Healthcare Program through Duke Integrative Medicine in 2015. Alyssa loves being a wife and mother. She was a collegiate soccer player, a competitive figure skater and is an aspiring stained-glass artist.









The Psychobiology of Pain and Reasons for Holistic Care




Susmita Kashikar-Zuck, PhD

Dr. Kashikar-Zuck is a clinical psychologist and Professor of Pediatrics and Clinical Anesthesiology at the University of Cincinnati College of Medicine, and Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children’s Hospital Medical Center. She completed her doctoral work at the University of Wisconsin – Milwaukee, Clinical Residency at the University of Florida, and Postdoctoral Fellowship in Pain Management at Duke University Medical Center. Dr. Kashikar-Zuck’s work in pediatric pain is internationally recognized and focuses on non-pharmacologic treatment approaches including cognitive-behavioral (CBT) and specialized exercise-based treatments for chronic pain. Dr. Kashikar-Zuck is the founding psychologist of the multidisciplinary pediatric pain clinic at Cincinnati Children’s Hospital and is Associate Director of the Pediatric Pain Research Center. She has published over 100 scientific papers and received continuous NIH funding for her research for over 20 years. She is an associate editor for the journal PAIN, and Chair of the Pain Committee of the Childhood Arthritis and Rheumatology Research Alliance (CARRA).

	<p>Body and Pain: Using Acupuncture to Help Your Body Heal</p>	<p>Angela C. Lai, Lac Angela C. Lai received her undergraduate degree in chemistry from Pepperdine University in Malibu, CA in 1998. She then worked in a cardiac electrophysiology lab at Cedars Sinai Medical Center in Los Angeles, CA where she collaborated with researchers from around the world to publish their scientific findings. Angela received her Masters of Science in Traditional Oriental Medicine from Pacific College of Oriental Medicine in San Diego, CA in 2005 after which she opened a clinic providing acupuncture and Chinese herbal medicine in Redondo Beach, CA for 15 years before coming to Cincinnati, Ohio to join the UC Health Integrative Medicine team in 2020. Angela helps her patients achieve their health goals through acupuncture, TCM based nutrition and lifestyle changes.</p>
	<p>Muscle Activation Techniques: Creating Mobility Through Muscular Stability</p>	<p>Aaron Lakanen Aaron Lakanen is a dedicated and passionate fitness professional, entering the field in 1999. He has spent his career learning about the human body to best serve his clients and students in their desire to seek optimal function and performance. He has a thriving Muscle Activation Techniques and Performance practice in Greater Cincinnati, OH and is sought out by anyone looking to reach optimal muscular system function including elite amateur and professional athletes. After becoming a MAT Mastery Level Specialist and excelling with his personal practice, became a MAT educator to pass on the skill set to others. His fitness industry experience as a trainer, educator, business developer, and collegiate track and field coach, allow his thought provoking workshops to enhance the lives of attendees. Aaron leads NRG Fitness and Performance, a group of dedicated fitness professionals in Cincinnati, teaching practical and theoretical fitness and performance processes. He is a MAT Rx Full Body practitioner and utilizes MAT along with Strategic Resistance Training to deliver amazing results to his clients and community.</p>
	<p>Healthy Sleep</p>	<p>Jennifer Molano, MD Associate Professor of Clinical Neurology and Rehabilitation Medicine, University of Cincinnati College of Medicine. Dr. Molano is a board-certified neurologist with specialization in sleep medicine.</p>

	<p>Interactive Drum Circle</p>	<p>Baoku Moses Baoku Moses is a Nigerian renowned world fusion afro artist and founder of the Positive Image Arts, Baoku’s Village, African Folklore Ensemble and BAKU (World fusion Band) all based in the US. Baoku is a professional dancer, skillful drummer, prolific writer, articulate poet, and a music composer with over 2500 compositions to his credit. Being a staunch promoter of the rich African Nigerian cultural heritage, he has been privileged to teach the Nigerian drumming and dance at schools from Elementary to University levels, perform with organizations locally, nationally and internationally. Baoku also presented a research paper on “The Cross Pollination of Music” to Wilmington College. The band BAKU is a dexterous afro beat band that fuses western jazz with African drumming and languages that promotes peace, love, unity, truth and justice BAKU’s uniqueness stems from their creativity, entertainment, sharing of positive energy and educating their fans. The band has produced and released two albums titled OKODORO ORO (The Realistic Reality) and WE ARE READY! Baoku is the father of handsome twin boys and son to Pa. Gbadurami Folorunsho and late Madam Anike Folorunsho Moses; both hailed from Ilesa, Osun State, Nigeria, West- Africa.</p>
	<p>Self-Compassion and Healing Meditation for Health and Resiliency</p>	<p>Meera Murthi, MS, PhD Dr. Meera Murthi is a licensed psychologist. She completed her doctoral work in Counseling Psychology at the University of Illinois at Urbana Champaign and a post-doctoral residency at Cornell University. Her early clinical work and research interests were in the areas of sexual slavery and sexual violence in context of inter-ethnic conflict and genocide. Her clinical interests are at the intersection of trauma, mindfulness and self-compassion, racial trauma and healing and equity issues. She trained at University of Massachusetts medical school and at the University of California San Diego medical school in the MBSR and MSC programs and teaches mindfulness-based interventions as a faculty at the University of Cincinnati, Center for Integrative Health and Wellness. She collaborates with several local systems in Cincinnati including the Cincinnati Public Schools, FreeStore Food Bank, Asian Community Alliance etc. She also consults with universities nationally on issues related to racial trauma and healing. She lives in Cincinnati with her family. She is grateful to have a heartfelt local and university community to live with, love, learn from and serve.</p>
	<p>Expressive Digital Health Therapies for Well-Being</p>	<p>Claudia B. Rebola, PhD Dr. Claudia B. Rebola is Associate Dean for Research at the College of Design, Architecture, Art and Planning, and Associate Professor in Industrial Design at the University of Cincinnati (UC). Dr. Rebola’s work brings together design, art, science, and technology to experiment, design, and prototype innovative interactive products in the realm of health. Her specific interests are in collaborative, transdisciplinary research and design methods in areas related to design for vulnerable populations—aging, addiction, chronic conditions, and disability. Her specific interests are in areas related to universal design, social innovation, social connectedness, tangible embedded interactions, and robotics.</p>

	<p>Peaceful Resonance: Music Therapy Techniques for Pain Reduction</p>	<p>Betsey Zenk Nuseibeh, MM, MEd, MT-BC Betsey is a PhD candidate at Indiana University School of Public Health, Department of Health and Wellness Design. She is a music therapist with UC Center for Integrative Health and Wellness and teaches a Music and Health course at UC College of Medicine. Her research focuses on the use of music as a means through which to decrease depression/anxiety and improve connection. Her work is rooted in the intersection of music performance and music therapy, trauma responsive care and asset-based community development. Betsey has worked in the field of music and music therapy for 20 years. In 2008 Betsey founded the Cincinnati-based non-profit, Melodic Connections and spent the next 12 years building a team of music therapists, music educators and musicians. Together they created partnerships with key institutions like the Cincinnati Symphony Orchestra, The Alzheimer’s Association of Greater Cincinnati, Down Syndrome Association of Greater Cincinnati and Cincinnati Public Schools.</p>
	<p>Restoring Balance: Somatic and Pilates Strategies for Navigating Pain</p>	<p>Andrea Tutt, MFA-IA, PMA Andrea achieved certification with a focus in rehabilitation and pre/post-natal with The Pilates Method Alliance in Toronto Canada in 2005. She became a Registered Yoga Teacher in Ohio in 2006, and since has completed hundreds of hours training teachers in both Pilates and yoga, along with various specialized workshops annually. Andrea arrived back in the USA in 2011 from New Zealand where she was resident Pilates and Biomechanics instructor for the National New Zealand School of Dance. Continually increasing her depth of knowledge in movement intelligence Andrea completed her Bones for Life training, a Feldenkrais methodology deepening her studies in somatic therapies annually. Andrea's passion for alignment, postural precision and freedom of movement creates a deep experience both in private sessions and group classes. An accomplished actor, dancer, and director Andrea completed her Masters in Fine Arts in Interdisciplinary Arts at Goddard College, Vermont in January 2020.</p>
	<p>The Art of Listening: Sound Immersion</p>	<p>Sonya Verma, MHSA, MBI Sonya is the founder of Inner Radiant Life, a sound artist and immersion facilitator, 500 E-RYT yoga and meditation guide, and Ayurvedic Wellness Counselor with a passion for discovering the intersection of creative expression and healing in a community-based setting. Honoring her Eastern Indian heritage and Western upbringing she brings a unique approach to her work that is heart-centered, compassionate and empowering. She weaves her training from different modalities and trauma research with a centralized focus on empowering others to open into their own innate gifts. Sonya facilitates retreats, leading groups of adults and children through meditation, yoga and sound exploration. She has several projects in underserved communities and with Bhutanese Refugees in the region by leading yoga, sound immersions and mindfulness-based practices.</p>

	<p>Guided Imagery for Pain Reduction</p>	<p>Barbara Walker, PhD Dr. Walker serves as an Integrative Health and Performance Psychologist within the Department of Psychiatry and Behavioral Neuroscience at the University of Cincinnati College of Medicine and UC Health, where she provides consultations to a wide variety of patients to facilitate their optimal effectiveness, whether for performance in sport or within their career, coping with illness or injury, and/or a desire to improve areas associated with lifestyle improvements for overall health and well-being. She specializes in the use of biofeedback, mind-body techniques, high performance strategies, and lifestyle medicine as tools for teaching self-regulation. Barbara also teaches Sport and Positive Psychology as an associate adjunct professor in the Psychology Department at the University of Cincinnati and co-teaches The Science and Practice of Mind-Body Medicine within the College of Medicine at the University of Cincinnati. Dr. Walker earned her master’s degree in health psychology, her doctorate in clinical psychology with an emphasis in exercise and sport psychology and is a licensed clinical psychologist.</p>
	<p>Gentle Yoga Movement as Medicine: The Best Yoga Practices to Target and Release Pain</p>	<p>Tina Walter BA, C-IAYT, Tina is an Integrative Yoga Therapist at UC Health, the Christ Hospital, and St. Elizabeth Healthcare. She provides evidence-based interventions to patients during outpatient and inpatient stays and teaches group classes for the Cancer Support Community. She is certified by The International Association of Yoga Therapists and has been a Staff Educator for both Integral Yoga’s New York and Virginia Academies. For over 10 years, Tina has taught multi-level classes for corporations, yoga studios, and wellness facilities in Cincinnati and Northern Kentucky. Tina has presented her research at local and national conferences on the efficacy of yoga therapy during cancer treatment and is currently co-authoring a manuscript for publication on a similar topic. After personally experiencing the powerful benefits of yoga while practicing and teaching, Tina’s journey led her to seek a 300-hour advanced training to help people with chronic illnesses using a body, organ, and system orientation. Tina often communicates many of the physiological processes that these yoga practices can benefit during individualized patient visits, always teaching them techniques for home use.</p>
	<p>Anti-inflammatory Diet and Foods</p>	<p>Stephanie Michalak White Chef Stephanie has worked in the hospitality industry for over a decade. She holds a bachelor of professional studies in culinary arts management from the Culinary Institute of America and a master of arts in food studies from New York University. While in her undergraduate studies, Stephanie worked as a food and student coordinator for a pilot study focused on examining the role of health and wellness practices in potentially reversing pre-diabetes. This experience reignited her love of teaching that she first encountered as a teenager instructing martial arts. Currently, she is finishing her doctorate in Higher Education Leadership at Maryville University, and her research focuses on food insecurity in higher education.</p>