The Second Annual Interdisciplinary Mental Health Conference

The Transformative Power of Mindfulness

Registration Form

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Please charge the following to my credit card ___ Visa ___ MC   # ___________________________
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The conference website address is: www.molloy.edu/ce/mhc
Molloy College invites you to the Second Annual Interdisciplinary Mental Health Conference which will be co-hosted by the New York State Licensed Social Workers, the Mental Health Counselors Association, the Clinical Mental Health Counseling Masters of Science program and the Department of Social Work. The conference is co-sponsored by the Fordham/Molloy Graduate Master’s in Social Work Program, the Department of Psychology and Counseling, and the National Association of Social Workers, NYS Chapter, Nassau County Division, UMSMHC, the Long Island Chapter of the New York Mental Health Counselors Association (NYMHCA).

**Description:**
The conference will offer theoretical as well as experiential and practical presentations for professionals, practitioners, students, and anyone interested in the science and practice of mindfulness. Keynote speakers are internationally recognized experts Joan Borysenko, PhD., and Romilla Mustagh, M.D., ABHM.

**Conference Details**
**Topic:** The Transformative Power of Mindfulness in Reducing Stress and Optimizing Mental Health: Evidence-Based Practices for the Helping Professions.

**Where:** Madison Theatre, located in the Public Square on the Rockville Centre campus.

**Who should attend:** The intended audience includes individuals working in the helping professions, including: mental health counselors, addiction and substance abuse counselors, social workers, nurses, teachers, psychiatrists, psychologists, music therapists, speech-language pathologists, physicians, marriage and family therapists and students.

**Conference Agenda**

**8:30 a.m.**
Registration and Continental Breakfast

**8:30-8:45 a.m.**
Welcoming Remarks:
Valerie Collins, Ph.D., Vice President for Academic Affairs, President and Dean of Faculty, Molloy College

Laura B. Kestenberg, Ph.D., Conference Chair
Associate Professor in Psychology, Associate Dean and Director, Masters of Science Program in Clinical Mental Health Counseling, Molloy College

**8:45-10:15 a.m.**
Opening Keynote Speaker: Joan Borysenko, Ph.D. “The Guide to Therapeutic Meditation, How to Do It, When to Use It, When to Teach It”

**10:15-10:30 a.m.**
Break

**10:30 a.m.-11:00 a.m.**
Daniel Rinaldi, Psy.D. “The Use and Practice of Mindfulness Stress Reduction Techniques with College Students and Faculty: A Holistic Setting”

**11:05-11:35 a.m.**
Beth Navon, L.M.S.W. “The Lineage Project: Mindfulness Practice with At-Risk Youth”

**11:35 a.m.-11:45 a.m.**
Break

**11:45 a.m.-1:30 p.m.**
Closing Keynote Speaker: Romilla Mustagh M.D., ABHM “The Neuroscience of Mindfulness to Treat Heart Disorders” and Experiential Exercise with Dr. Mustagh

**Session Descriptions**

**8:45-10:15 a.m.**

*The Use and Practice of Mindfulness Meditation, How To Do It, When To Use It, How To Teach It*
Joan Borysenko, PhD.

Mediation is an evidence-based practice useful in treating stress related disorders, chronic illness, addictions, trauma, anxiety, and depression. In this in-depth introduction to the topic, three basic forms of mindfulness meditation will be compared, contrasted and taught.

Dr. Borysenko’s presentation will focus on the physiological, psychological and spiritual aspects of these differing practices with a view to helping clients identify a practice that best suits their needs and values.

**10:15-11:00 a.m.**

*The Use and Practice of Mindfulness Stress Reduction Techniques with College Students and Faculty: A Holistic Setting*
Dr. Daniel Rinaldi, Psy.D.

Emerging adults frequently experience high levels of stress as they pursue personal, educational, and vocational goals. Those studying and working in a university setting often find themselves inhabiting a highly stressful, fast-paced, high-stakes, and sometimes inhospitable environment. Mindfulness has been applied in a variety of college and campus settings, including mindfulness-based stress reduction, mindfulness-based cognitive therapy, acceptance and commitment therapy, and dialectical behavior therapy. Dr. Rinaldi’s work in individual and group counseling sessions at Hofstra University incorporates these concepts, allowing students the opportunity to connect with the present moment and whatever that moment may bring on the physical, intellectual, and emotional level. Dr. Rinaldi’s presentation will demonstrate the ways in which he teaches the concepts of mindfulness and meditation in a university setting, introducing students and faculty to key concepts in the field.

**11:05-11:35 a.m.**

*The Lineage Project: Mindfulness Practice with At-Risk Youth*
Beth Navon, L.M.S.W., RYT

Ms. Navon’s presentation will cover the history of incarceration of juveniles in NYS, the shift to a rehabilitative model, and the ways in which juvenile offenders are helped to reintegrate into the community. In the early 1980s, Joan co-founded a Mind/Body clinic with Dr. Benson and Dr. Ian Kutz, became licensed as a psychologist, and was appointed instructor in medicine at the Harvard Medical School. Her years of clinical experience and research culminated in the 1987 publication of the New York Times bestseller, Minding the Body, Minding the Mind, which sold over 400,000 copies. The 20th anniversary edition, newly revised, was published in 2007.

Joan is the author or co-author of 17 books and numerous audio and video programs, including the public television special Inner Peace for Busy People. She is the founding partner of Mind/Body Health Services, LLC located in Boulder, Colorado, and the founder and former director of The Claritas Institute Interspiritual Mentor Training Program. She is a pioneer in the field of biological medicine and the practice of mindfulness as a therapeutic intervention to prevent recidivism, and a review of the latest research and new work on mindfulness, meditation and the brain.

Dr. Navon’s presentation will focus on the physiological, psychological and spiritual aspects of mindfulness techniques with this specific population.

**11:45 a.m.-1:15 p.m.**

*“Mindful Brain, Mindful Body: Neuroscience Behind Mindfulness To Heal Mood Disorders” Romilla Mustagh, M.D., ABHM*

Dr. Romilla Mustagh is a traditionally trained internist and a practitioner of the branch of medicine that promotes the science behind mindfulness-based techniques. Through her from the Harvard Medical School Master’s in Mind/Body Medicine she helps individuals heal from stress-related diseases, retrain the brain, and shift mindset. Dr. Mustagh completed her medical training and education at the Harvard Medical School, The University of Pittsburgh Medical Center, and The University of Michigan, where she won numerous teaching and research awards. She also served as an assistant professor at the Medical College of Wisconsin. After surviving burnout, surgery, Dr. Romilla traveled the world learning mindfulness-based techniques such as yoga and meditation, and is now a certified hatha yoga instructor. She is also board certified in integrative and holistic medicine, and trains clients at the Center for Natural and Integrative Medicine in Orlando, Florida. Dr. Romilla is a highly sought after professional speaker, teaching the medicine behind mindfulness to groups and corporations.

She is an expert contributor for the Huffington Post and is regularly featured in national and local media outlets such as Fox Business, NPR, and Livestrong.com. You can sign up for free wisdom from Dr. Romilla on how to cope with stress and connect to inner peace at www.brainbodybeauty.com.

**Continuing Education Credit:**

**Social Work Continuing Education Credit**
This program is co-sponsored by the NY/NNYS Nassau Division, NYS WNYC is an approved provider of CE for NYS Licensed Social Workers: Provider ID#0414. This program has been approved for a total of 5 CE contact hours for NYS Licensed Social Workers.

**Nursing Continuing Education Credit**
Molloy College, Continuing Education Department, is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses’ Credentialing Center’s Commission on Accreditation. (Provider #02478). 4 contact hours for the conference will be awarded if you attend each session of the conference.

**Other Continuing Education Credit**
Continuing Education Credit for other professionals, such as Speech-Language Pathologists, Music Therapists, and Credentialed Alcohol and Substance Abuse Counselors (CASAC-CoC) is pending. Check back for updates on the status of continuing education approval in these areas.

**Registration**
Online registration is available at: www.molloy.edu/cme. Phone registration is available by calling 516.323.3350 with your MasterCard or Visa. To register in person, by fax or mail, please follow the directions on the registration form located on the inside back cover of this brochure. Payment can be made by check or money order (made payable to Molloy College, by MasterCard or Visa) or by purchase order.

**Questions regarding registration?**
Contact Cindy Thomas, Assistant to the Director, Summer Sessions and Conference Services Email: cthomas@molloy.edu Phone: 516.323.3554

**Questions regarding conference content or speakers?**
Contact Laura B. Kestenberg, Ph.D., Associate Professor in Psychology, Associate Dean and Director, Master’s of Science in Clinical Mental Health Counseling Program, Molloy College - Conference Chair Email: kestenberg@molloy.edu Phone: 516.323.3842

To be placed on our mailing list or to be mailed a brochure, please contact Cindy Thomas, Assistant to the Director, Summer Sessions and Conference Services by email at: cthomas@molloy.edu or by phone at 516.323.3554.
Session Descriptions

8:45-10:15 A.M. "Mindful Matters: The Neuroscience Behind Mindfulness To Heal Mood Disorders" Romie Mushag, M.D., ABHM

Dr. Romie’s presentation will discuss the neuroscience and medical evidence of the effects of stress on the brain and body. She will focus on a natural and holistic approach to heal from anxiety and depression with "Mindful Matters". This session explores the connection between the brain, the body, and the mind.

11:45 A.M. - 1:15 p.m. "Mindful Matters: The Neuroscience Behind Mindfulness To Heal Mood Disorders" Romie Mushag, M.D., ABHM

Speaker: Romie Mushag, M.D., ABHM

Dr. Mushag will delve into the latest research on the brain and body connection, emphasizing the importance of mindfulness in managing mood disorders. Attendees will learn strategies to reduce stress and improve mental well-being.

Conference Agenda

8:30 a.m. Registration and Continental Breakfast

8:30-8:45 a.m. Welcoming Remarks: Valerie Collins, Ph.D., Vice President for Academic Affairs, President and Dean of Faculty, Molloy College

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11:45-1:15 p.m. Closing Keynote Speaker: Romie Mushagh, M.D., ABHM: "The Neuroscience of Mindfulness to Heal Mood Disorders" and Experiential Exercise with Dr. Mushag

1:15-1:30 p.m. Closing Remarks
Session Descriptions

8:45-10:15 a.m.
"Mindful Matter: The Neuroscience Behind Mindfulness To Heal Mood Disorders"
Romie Mushtaq, M.D., ABIHM
Speaker: Romie Mushtaq, M.D., ABIHM, is a traditionally trained internist and neurologist. She is an expert in the field of mind-body medicine. Her branch of medicine promotes the science behind mindfulness-based techniques. Through her presentation, Dr. Mushtaq will highlight the neuroscientific principles of cultivating mindfulness and meditation skills to improve mental health and well-being.

11:45 A.M. -1:15 p.m.
"Mindful Matters: The Neuroscience Behind Mindfulness To Heal Mood Disorders"
Romie Mushtaq, M.D., ABIHM
Dr. Romie's presentation will discuss the neuroscience and medical evidence of the effects of stress on the brain and body. She will focus on a natural and holistic approach to heal from anxiety and depression with "Mindful Matter". Her 5 step program to come to terms based on neuroscience, positive psychology and mindfulness. Her presentation will combine principles of Eastern and Western medicine and end with mindfulness exercises based in the principles of pranayama, breath-work and meditation.

Beth Navon, L.M.S.W., RYT
Closing Keynote Speaker: Beth Navon, LMSW, RYT, graduated from Simmons College with a Master of Science in Clinical Mental Health Counseling Program, Molloy College - Conference Chair.

Questions regarding conference content or speakers?
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Phone: 516.323.3554

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