



Approved States: CO, CT, DE, DC, ID, IL, IN, IA, MA, MD, MS, MT, NE, ND, NJ, NY, OH, OR, PA, RI, SC, UT, VT, VA, WA, WY

Time	Session Title	Speakers	DC Credit	NY	PA	NJ (pre-approved)
Saturday, September 18						
9:15 AM - 10:45 AM	Plenary: COVID-19 Long Haul Syndrome-Exploring the Controversies and Pathways Forward	Chair: David Brady, ND, DC, CCN, DACBN, IFMCP, FACN Thomas Fabian, MD Gez Medinger Bruce Patterson, MD	0	0	0	0
11:00 AM - 12:15 PM	Transforming Trauma: The Path to Hope and Healing	James Gordon, MD	1.5	1.5 C	1.5	1.5 A
	Microaggressions: Understanding What They Are, Why They Are Harmful to Health and How to Manage Them	Aarati Didwania, MD, MSCI	1.5	1.5 G-Cat 1	1.5	1.5 Q-Ethics
	Improving Mental Health Outcomes and Combating Loneliness through Holistic Pathways and Mindfulness: A Case Study in Psychiatric Medication Management	Roberta Stanhope, ARNP, PMH, CNS, BC	0	0	0	0
2:00 PM - 3:15 PM	Genes vs Environment in Alzheimer's Disease	Aristo Vojdani, PhD, MSc, CLS	0	0	0	0
	Cannabis and Cannabidiol (CBD): State of the Science in 2021	Kevin Hill, MD, MHS	1.5	0	1.5	1.5 K
	Facilitating Front Line Nurses Power and Resilience With Support Groups and Holistic Nursing	Dorothy Larkin, PhD, RN Bonney Gulino Schaub, MS, RN, PMHCNS, NC-BC Mary Loughran, RN, MSN, AHN-BC Richard Schaub, PhD	0	0	0	0
3:45 PM - 5:00 PM	Technological Addictions: The New Frontier of Addiction Psychiatry	Petros Levounis, MD	1.5	0	1.5	1.5 K
	An Integrative Approach to Breast Cancer: Time to Shift from Early Detection to Prevention	Tara Scott, MD	0	0	0	0
Total Credit hours			6	3	6	6
Individual Max			4.5	1.5	4.5	4.5



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Sunday, September 19						
9:00 AM - 10:15 AM	Keynote: Your Body in Balance: The New Science of Foods, Hormones, and Health	Neal Barnard, MD, FACC	1.5	1.5 J-Nutrition	1.5	1.5 D-Nutrition
10:45 AM - 12:00 PM	Genes, Microbes, & Metagenes: Irritable Bowel Syndrome (IBS) Through the Lens of Systems Biology	Robert Rountree, MD	1.5	1.5 J-Nutrition	1.5	1.5 D-Nutrition
	Narrative Medicine: The Power of Story to Advance Personal and Community Health	Catherine Florio Pipas, MD, MPH	1.5	1.5 E	1.5	1.5 I
	Mast Cell Activation Syndrome: The Interplay between Immunity and Neuroinflammation	Tania Dempsey, MD	1.5	1.5 F	1.5	1.5 K
1:30 PM - 2:45 PM	Panel: Group-Delivered Services: Meeting the Challenges of Access and Equity Facing Integrative Health	John Weeks Paula Gardiner, MD Jeff Geller, MD	1.5	1.5 C	1.5	1.5 A
	Four R's for Flourishing in Healthcare and in Life: Reflection, Relationships, Resourcefulness, Resilience	Hedy Wald, PhD	1.5	1.5 E	1.5	1.5 I
	Gut-Skin Axis: The Science of Oral Probiotics and Prebiotics	Raja Sivamani, MD, MS, AP	1.5	0	1.5	1.5 D-Nutrition
3:45 PM - 5:00 PM	IFM Presents: The Functional Medicine Approach to Acute and Chronic COVID-19: Successful Strategies for Clinicians	Joel Evans, MD	0	0	0	0
	Social Determinants of Health	Nicola Finley, MD	1.5	1.5 I-Cat 1	1.5	1.5 Q-Ethics
	Accelerating Healing and Clinical Results with IV Nutrition Therapy	Andrew Wong, MD Laura Parkins, RN, CNS	0	0	0	0
	Workshop: Taking Care of Yourself While You Care for Others	James Gordon, MD	1.5	1.5 F	1.5	1.5 K
Total Credit hours			13.5	12	13.5	13.5
Individual Max			6	6	6	6



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Monday, September 20						
8:45 AM - 10:00 AM	Bringing Telehealth to Children, Families and Healthcare Providers in Need	Shay Beider, MPH, LMT Kathryn Frazee, MS	1.5	1.5 I-Cat 1	1.5	1.5 M-Legal
	One Size Fits All: The Benefits of Exercise	Neil Skolnik, MD	1.5	1.5 C	1.5	1.5 C
	Chiropractic in a Post-COVID World	Karen Erickson, DC, FACC	1.5	1.5 E	1.5	1.5 A
10:30 AM - 11:45 AM	Women and Lyme	Jaquel Patterson, ND, MBA	1.5	0	1.5	1.5 D-Nutrition
	Cognitive Behavioral Therapy Techniques for Healthcare Practitioners	Aaron Sutton, LCSW, BCD, CAADC	1.5	1.5 C	1.5	1.5 B
	Plant-Powered Pain Management	Lillie Rosenthal, DO	1.5	1.5 J-Nutrition	1.5	1.5 D-Nutrition
12:45 PM - 2:00 PM	Increasing Fulfilment and Reducing Frustration in Your Practice	Jay Winner, MD, FAAFP	1.5	1.5 E	1.5	1.5 I
	The Mindful Genogram: The Examination of Ancestral Bias	Carol Penn, DO, MA, ABOM, FACOFP Kathleen Farah, MD	1.5	1.5 I-Cat 1	1.5	1.5 Q-Ethics
2:30 PM - 3:45 PM	Plenary: Culinary Medicine - Cooking up Health: Anytime, Anyplace	Melinda Ring, MD, FACP, ABOIM	0	0	0	0
Total Credit hours			12	10.5	12	12
Individual Max			4.5	4.5	4.5	4.5
Saturday individual total			4.5	1.5	4.5	4.5
Sunday individual total			6	6	6	6
Monday individual total			4.5	4.5	4.5	4.5
Max credit			15	12	15	15