

Body, Mind and Emotions:

When physical problems present as cognitive and emotional symptoms.

Friday May 16, 2014

Lakewood Center for the Arts • 368 S. State Street • Lake Oswego, OR 97034

Registration & Breakfast Networking 8 am • Enjoy conversation and food before the workshop begins.

Workshop begins promptly at 9 am • No food or drink is allowed in the theatre.

Lunch 12:30-1:30 pm is included in your registration fee.

Program 9 am to 4:30 pm - 6 hours CE

Mental health professionals often meet clients who suffer from subtle cognitive, emotional and physical symptoms. We also see people whose emotional pain may appear chronic or intractable, and does not match the circumstances of their lives, their histories, or their capacity for insight and reflection. Mental health professionals may recognize the possibility of underlying physical causes but not feel skilled in getting a better history or in making appropriate referrals.

This workshop will offer introductions to physical problems or imbalances that often present as cognitive and/or emotional symptoms. The presenters will discuss the contribution of functional medicine, epigenetics and orthomolecular medicine in the identification of physical causes and in treatment. It will provide guidance on interviewing these clients, making referrals and working with medical professionals.

Body, Mind and Emotions: The Gut-Brain Connection and Functional Medicine

Dr. Char Glenn, MD, and Dr. Keith Lowenstein, MD

Gut problems often lead psychological symptoms, including depression, anxiety, brain-fog and memory problems. Functional medicine and epigenetics provide a process for recognizing the underlying causes and for directing treatment. Topics to be discussed include: functional medicine as a holistic approach to health and treatment; the brain-gut connection; the enteric system: nutrients, bacteria, peptides and neurotransmitters (the Second Brain); celiac and other gluten-related problems and testing.

The Body, Mind and Emotions of Fat Cells

Dr. Keith Lowenstein, MD

Dr. Lowenstein will discuss obesity in terms of its causes and its effects on body, mind and spirit. The physiology and disease processes that contribute to obesity will be explained as well as ways to reverse them. Dr. Lowenstein will present an integrative approach to understanding and working with obesity and its metabolic precursors. Understanding the physical, emotional and neuroscience underpinnings of obesity can help providers and clients move toward creation of healthier minds and bodies.

Body, Mind, Emotions and Biochemistry: Biochemical causes of psychological disturbances – when to look outside the box

Dr. Rob Dramov, ND

Biochemical imbalances can affect multiple physical systems and can be reflected in cognitive, emotional and physical symptoms. Functional medicine, epigenetics and orthomolecular medicine focus on uncovering the underlying imbalances. Because everyone's biochemistry is unique, diagnosis and treatment require individual testing and monitoring. Conditions that typically reflect underlying imbalances include: chronic or intractable depression or anxiety, cycling or bipolar disorder, ADHD, Autism spectrum disorders, chronic insomnia. Underlying conditions that contribute to psychiatric disorders include: oxidative stress, methylation disorders/MTHFR, thyroid abnormalities, B12 and folate abnormalities, pyrroles disorder, toxic heavy metal burdens, toxins, other vitamin/mineral deficiencies and metabolic abnormalities. Treatment often involves vitamin, mineral and amino acid supplements as well as changes in diet.

Registration is limited to 120 people.

This CE program is co-sponsored by AMHA-OR and Mentor Research Institute.
Mentor Research Institute is approved by the American Psychological Association to provide continuing education for psychologists.
Mentor Research Institute maintains responsibility for the program and its content.

PRESENTERS:

Rob Dramov N.D.

Dr. Dramov is a Naturopathic physician licensed in the state of Oregon who uses modern diagnostic techniques in the field of Naturopathic medicine to accurately diagnose and effectively treat root causes of disease and illness.

Doctor Dramov has a doctorate degree in Naturopathic Medicine from Bastyr University in Seattle Washington. Bastyr University is one of the world's leading academic centers for advancing knowledge in the natural health sciences and alternative medicine fields. Doctor Dramov is also a member of the American Association of Naturopathic Physicians and the Oregon Association of Naturopathic Physicians. More at: www.dramovmedical.com/live/

Char Glenn, M.D.

Dr. Glenn graduated from medical school at OHSU (Oregon Health and Science University) in 1995 and from a residency in internal medicine at Providence St. Vincent Medical Center in 1998.

She has practiced primary care internal medicine for the last sixteen years at Nob Hill Internal Medicine.

Finding that many people have symptoms that do not fit the usual diagnoses, Dr. Glenn started learning about some of the less well-known medical problems. Two of these were celiac disease and gluten sensitivity. She has attended the International Celiac Disease Symposium every time it has been held in the United States (1999, 2006 and 2013). Also she studies functional medicine which addresses the underlying causes of disease. Functional medicine helps with complex, chronic diseases as well as prevention of future medical conditions. More at: <http://charglennmd.org/>

Keith G. Lowenstein, M.D.

Dr. Lowenstein is Board certified in psychiatry, obesity and integrative medicine. He works with a focus on stress-related illness, both mental and physical. With more than 25 years of clinical experience in psychiatry, nutrition, integrative holistic medicine and alternative therapies, he has a lifelong commitment to a comprehensive approach to human health and development.

Dr. Lowenstein has consistently sought out additional training in many different modalities to broaden his approach to healing. He studied at the Mind-Body Institute with the author of *The Relaxation Response*, Herbert Benson, M.D., and was one of the first students to study with Andrew Weil, M.D. at the University of Arizona Medical School. A founding diplomate of the American Board of Integrative and Holistic Medicine (ABIH), he served as faculty for the early board review course. He has also had training in obesity medicine and cranial osteopathy as well as nutritional, behavioral, herbal and naturopathic medicine. He is frequently asked to consult with other practitioners and regularly gives presentations on integrative holistic health care, nutrition and stress-related illness. In 2000 he began to introduce the work of Stephen Porges to the medical and psychiatric community. More at: www.humanholistics.com

MODERATOR: Christine Glenn, Ph.D.

Dr. Glenn is a psychologist, licensed in Oregon. She has been in private practice for thirty years and been active in her professional community. She currently serves on the Boards of American Mental Health Alliance-USA, American Mental Health Alliance-OR Metro, and Mentor Research Institute.

Dr. Glenn sees many individuals identified with Attention Deficit Disorder, with or without hyperactivity. ADD is based on a cluster of symptoms; it is not a true medical diagnosis as its causes are not specified. ADD symptoms reflect different root causes, e.g., trauma, sensory processing problems and medical problems including gut problems, pyrroles disorder, thyroid problems. Dr. Glenn works with clients and other medical practitioners to identify root causes and find appropriate treatment. She also works with adults experiencing emotional distress, and works extensively with dreams and from a Jungian perspective; some of these clients also need medical support.

More at: www.ChristineGlennPhD.com

If you are reading this brochure without the registration form - go to www.AMHA-OR.org -- click open the Professional Training page where you can print a copy. Or call 503-222-0332 and AMHA will FAX a copy.

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6 hours CE • Co-sponsored by Mentor Research Institute, AMHA-OR and AMHA-USA • Phone: 503-222-0332
Mail to: AMERICAN MENTAL HEALTH ALLIANCE-OR • P.O. Box 4075 • PORTLAND, OR 97208 Or FAX: 888-826-3682

Name _____

Address _____

City _____ State _____ Zip _____

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PHONE NUMBER AND E-MAIL ADDRESS ARE REQUIRED

Breakfast breads, fruit, beverages and a wonderful catered lunch are included in your workshop fee.

EARLY REGISTRATION POSTMARK/RECEIVED BY **MAY 2, 2014** () \$150 MEMBER/GRADUATE FACULTY & STUDENT WITH ID () \$170 NON-MEMBER

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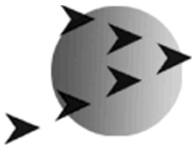
Participants will be able to:

- discuss the roles of functional and orthomolecular medicine in work with people who have cognitive and/or emotional symptoms secondary to physical imbalances or diseases;
- discuss symptoms associated with gut problems;
- discuss medical issues associated with weight problems and obesity;
- discuss biochemical imbalances and problems that can underlie major mood disorders, ADHD, and Autism spectrum disorders;
- be able to interview clients more effectively concerning physical symptoms;
- be able to work more closely with medical professionals concerning the issues presented.

Handouts will be distributed at the workshop, information links given.

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Call 503-222-0332 for information about AMHA-OR or this workshop. See www.MentorResearch.org for other MRI programs
Cancellation requires 48 hour notice. Refund policy: \$20 processing fee for all cancelled registrations.



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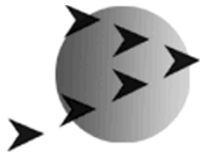
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REGISTER
NOW

Early Registration
Discount Deadline
May 2



The Mission of the American Mental Health Alliance-USA is to support and market competent, ethical mental health services that preserve privacy and confidentiality.

Body, Mind and Emotions: When physical problems present as cognitive and emotional symptoms.

- Develop a better understanding of physical imbalances and diagnoses that present as cognitive and/or emotional symptoms.
- Augment your interviewing skills to clarify some of the relevant issues.
- Learn when to refer and to whom.

THE MISSING PIECE OF THE PUZZLE

You know how to work with clients who present psychological and behavioral issues. But what are your options when clients have various and vague symptoms that bridge mind and body? Or clients with chronic, intractable or extreme emotions and psychiatric syndromes?

Learn what functional medicine and orthomolecular medicine are doing to identify root causes and treatments for physical problems that present as cognitive and/or emotional symptoms.

Such clients need psychological support, but they will be better able to make use of your skills when physical root causes are being addressed.