

SATURDAY, NOVEMBER 1, 2025 DAY 1			
8:30am-9:15am	DAY 1 - Registration		
9:15am-9:30am	Opening and Inaugural Speech		
TIME	ROOM 1	ROOM 2	ROOM 3
9:30am 10:30am	The Body Talks: A Somatic Toolkit for Talk Therapists Anne Kulakowski LMHC	“Reclaiming Wholeness: An Experiential Journey Through Therapeutic Rucking™” Andrea Bailey LMHC	Mental Wellness and the Laws of Nature Jonathan Glass ND M.Ac
10:40am 11:40pm	Utilizing Ancient Healing Modalities as Complimentary Tools in Evidenced Based Mental Health Therapies Heather Bonds-Harmon LICSW	Peer Recovery Council/ Aware Recovery Kimberly (Kimber) Pope Certified Peer Recovery Specialist	Integrating Homeopathy into Mental Health Care: Case Studies Vandana Pitke BHMS MS CCH
11:45am-12:30pm	Lunch - Dining Room		
12:30pm 1:30pm	ROOM 1 - KEYNOTE Presentation Impact of Generational Trauma in Minorities Dr. Krishna Taneja MD (Psychiatry) MBA		
1:40pm 2:40pm	Trauma Through the Grief Lens* Linzi Rae Matta LICSW	Embodying Wholeness: Healing Emotional Wounds Rooted in Relationship and Motherhood* Swetha Kannan C-IAYT MS	Integrated Wellbeing: Auricular Acupuncture & Collaborative Care for Enhanced Student Support & Trauma-Informed Care Alana Sacks-West LICSW MSW
2:50pm 3:50pm	Menopause - Memory lapse, Brain Fog? Ayurveda to the Rescue!! Simmi Chopra BAMS MS	Caring for our own: The blessings and benefits of home funerals. Kathleen Rouleau	Call back your breath - Call back your Life - Call back your Soul Barbara Ann Strassman MA
4:00PM 5:00PM	Conscious Leadership, Coaching & Community Building* Julia Nepini LICSW	Peaceful Presence, Joyful Soul - An Experiential Workshop for Reconnection, Reset & Radiance Phyllis Simonetta & Samantha Shea Surprenant RN	Regulation as Restoration: Reframing Mental Health Through the Nervous System Lisa Medley MA
5:00pm 6:00pm	ROOM 1 - CLOSING Sound Meditation - Sarah Bell Kevin Bell		

SUNDAY NOVEMBER 2, 2025 DAY 2			
8:30am-9:15am	DAY 2 - Registration		
9:15am-9:30am	Opening Day -2		
TIME	ROOM 1	ROOM 2	ROOM 3
9:30am 10:30am	My Life Changed My Therapy Alyea Kean LMHC	Breathing Life into Holistic Care: Inhale Wellness, Exhale Stress Caitlyn Waddell MSN RN	The Sacred Shift: Embracing Change, Empowering Self Sarah Mangiarelli
10:40am 11:40pm	NOURISH talk walk flow grow Mary Beth Dziedzic LICSW	Creating Your Best Self with Havening Techniques Feather Windwalker	Utilizing Therapeutic Sound as a tool for Transformation of Consciousness via the Celtic Harp Talia Rose Professional harp therapist
11:45am-12:30pm	Lunch - Dining Room		
12:30pm 1:30pm	ROOM 1 - KEYNOTE Ancient Life Philosophies – an overlooked and untapped source for deeper well-being Dr. Pratibha Shah BAMS MD MPH		
1:40pm 2:40pm	Cultivating Integrative Mental Healthcare in A Fractured World Alison Dwyer APRN-BC and Susan Baumgarten, RD,LDN	Simple Ancient Tibetan Heart Mantra for Anxiety, Stress, Anger, and End of Life. Cheri Margo Brady APRN M.Ed CHT	Loving-Kindness & Cacao Amy Schenck BSN RN HNB- BC
2:50pm 3:50pm	Recognizing Cycles in Healing: Embodied Care can Meet Trauma for Wellbeing Dr.Josephine A Conte, DO	Antojai®Quantum Reiki, Energy Medicine Karen Peters-Bowden LICSW	Meditation: Stress and Anxiety, Inner Peace, Inner Light Dr. Alan Post D.C
4:00PM 5:00PM	Neurodivergent Clinicians: Theory Isn't Enough When the System Isn't Built for You (Reclaiming Identity & Redefining Care) Kristen Acciari LICSW Erika Lucas, LMHC	Restoring Wholeness in the Therapeutic Setting Melissa Picard LICSW	"Energetic Expansion & Divine Mission: Leading at Your Next Level" Ashley Vingi
5:00pm 6:00pm	ROOM 1 - CLOSING		