



Arrive: Friday
Begin: Friday at 2 p.m.
End: Sunday at 12:15 p.m.

weekend
conference



Tracy W. Gaudet

Jon Kabat-Zinn

Bessel van der Kolk

Peter A. Levine

Rollin McCraty



Maj. (Ret.) Nisha Money

Lt. Col. Carl Ohlson

Col. Richard P. Petri

Rear Adm. (Ret.) Tom Steffens

Montel Williams

A Professional Conference Addressing Resiliency to Recovery

October 12-14

Veterans, Trauma & Treatment

Best Mind-Body Practices Course 5502-228/Tuition \$350 **SS, CE**

October

The number of veterans from current conflicts dealing with post-traumatic stress disorder (PTSD) has been estimated at 25 to 35 percent of those who return from deployments in Afghanistan and Iraq. PTSD finds expression in suicide, homelessness, abusive behavior, addiction, and other issues at great cost to individuals, families, and society. This growing crisis calls for creative and alternative approaches in the search for successful treatment, a fact recognized by the Department of Defense and the Veterans Administration, which actively support many mind-body modalities ranging from yoga to mindfulness practice.

For more than 20 years, Omega has been engaged with veterans and family members dealing with issues of PTSD. For this conference, we bring together an unprecedented gathering of experts in trauma and the treatment of trauma for veterans, who use complementary and alternative medicine. We have also garnered leaders engaged in resilience studies to describe the remarkable trauma prevention work they are undertaking with combat and noncombat soldiers.

Over the weekend, we experience a number of extraordinary keynote speakers and concurrent workshop leaders and we discuss many complementary and alternative mind-body approaches. This special conference is intended for health-care professionals, psychologists, social workers, caregivers, and counselors working with veterans suffering with PTSD and their families.

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Keynote Speakers

Tracy W. Gaudet, MD, director of the Patient Centered Care Program, Department of Veterans Affairs

Jon Kabat-Zinn, PhD, founding director of the Stress Reduction Clinic and the Center for Mindfulness at the University of Massachusetts Medical School

Bessel van der Kolk, MD, founder and medical director of the Trauma Center in Brookline, Massachusetts

Peter A. Levine, PhD, founder of Somatic Experiencing®

Rollin McCraty, PhD, executive vice president and director of research at the Institute of HeartMath

Maj. (Ret.) Nisha Money, MD, former chief of Air Force Fitness for the Surgeon General at the United States Air Force headquarters

Lt. Col. Carl Ohlson, PhD, director of the Center of Enhanced Performance at the United States Military Academy at West Point

Col. Richard P. Petri, MD, chief of physical medicine and integrative health services at Fort Bliss, Texas

Rear Adm. (Ret.) Tom Steffens, vice president of the Exalted Warrior Foundation and former director of Anti-Terrorism for the United States Navy

Montel Williams, television personality, radio talk show host, veterans activist, and former United States Navy Lieutenant

Visit eOmega.org for additional information about continuing education credit and full teacher biographies. Teachers are subject to change.

Concurrent Workshop Presenters

David Berceli, PhD
Trauma Releasing Exercises (TRE)

Col. (Ret.) Mona Bingham, RN, PhD
Evidence-Based Research at the Samuelli Institute

Beryl Bender Birch
Yoga for Vets (Give Back Yoga Foundation)

Robin Carnes, MBA, E-RYT
iRest Yoga Nidra (Warriors at Ease)

Joe C. Chang, MAOM, Dipl. OM, LAc
Acupuncture for PTSD

Dawson Church, PhD
Emotional Freedom Techniques (EFT)

David Feinstein, PhD Energy Psychology

John P. Forsyth, PhD
Acceptance & Commitment Therapy (ACT)

E.C. Hurley, PhD, LMFT
Eye Movement Desensitization & Reprocessing (EMDR)

Roger Jahnke, OMD Qigong & Tai Chi Easy™

David J. Kearney, MD
Mindfulness-Based Stress Reduction (MBSR) at the University of Washington School of Medicine

Charles Kennedy, PhD
How to Work With the Veterans Administration System

Monique Lang, LCSW
Being in Relationship With Veterans

S. Sgt. (Ret.) Sue Lynch, JD, E-RYT
iRest Yoga Nidra (Warriors at Ease)

Michael Marks, PhD
How to Work With the Veterans Administration System

Annie Okerlin, RYT
Adaptive Yoga (Exalted Warrior Foundation)

Norman Rosenthal, MD
Transcendental Meditation (TM)

Mikal A. Vega Project Reconnect