

MindBody Therapy - 5 DAY SCHEDULE

Times are listed in United States "Eastern Time", the timezone of New York City.

Please visit mindbodytherapysummit.com/schedule for class descriptions.

DAY 1: WEDNESDAY, JUNE 2nd

- 9 - 10am** WELCOME, COMMUNITY CONNECTION & MEDITATION | *Dr. Scott Lyons*
- 11 - 12:30pm** CULTIVATING A COURAGEOUS HEART: Using Somatic Mindfulness to Become an Embodied Antiracist | *Francesca Maximé*
- 1 - 2:30pm** EMBODYING FLOW - Art of Movement Meditation for All | *Shiva Rea*
- 3 - 4:30pm** THE ART OF MAKING A TRUE MOVE: Social Presencing Theater | *Arawana Hayashi*
- 5 - 6:30pm** SOMATIC IFS | *Frances D. Booth*
- 7 - 8:30pm** TRAUMA, HEALING & SOCIAL CHANGE | *Staci Haines*

DAY 2: THURSDAY, JUNE 3rd

- 9 - 10:30am** RESTORING HEALING BOUNDARIES FOR SEXUAL ABUSE: A Creatively Inspired Somatic Approach | *Atira Tan*
- 11 - 12:30pm** How extreme parts of us affect the body & How they can be healed | *Dr. Richard C. Schwartz*
- 1 - 2:30pm** TREMORING: Explaining & Demonstrating the Body's Ancient Wisdom through Modern Science | *Dr. David Bercei*
- 3 - 4:30pm** TRAUMA & THREE THINGS MOST DON'T KNOW ABOUT THE BODY | *Dr. Don St. John*
- 5 - 6:30pm** REVEALING BODY WISDOM: Explore How Psyche Speaks Through the Body and Integrate Soulful Insights Through Conversation, Meditation, and Self-Inquiry Journaling | *Shannon Algeo*
- 7 - 8:30pm** EMBODIMENT IN TRAUMA TREATMENT: An Experiential Journey | *Dr. Arielle Schwartz*

DAY 3: FRIDAY, JUNE 4th

- 9 - 10:30am** ANIMIST PSYCHOLOGIES: Transforming Colonialist Bias in Healing Arts | *Dr. Daniel Foor*
- 11 - 12:30pm** HEALING TRAUMA PANEL | *Dr. Stephen Porges & Dr. Pat Ogden & Dr. Albert Wong*
- 1 - 2:30pm** HEALING THE ECHOES OF TRAUMA THROUGH EMOTIONALLY FOCUSED INDIVIDUAL THERAPY | *Dr. Leanne Campbell*
- 3 - 4:30pm** THE PATH OF SOMATIC TRANSFORMATION | *Dr. Richard Strozzi-Heckler*
- 5 - 6:30pm** EMOTIONAL CONSCIOUSNESS: Moving from Soothing to Nurturing | *Dr. Dionne Bates*

7 - 8:30pm EMBODYING PSYCHOLOGICAL FLEXIBILITY | *Dr. Steven C. Hayes*

DAY 4: SATURDAY, JUNE 5th

9 - 10:30am THE REALIZATION PROCESS | *Dr. Judith Blackstone*

11 - 12 pm RECLAIMING THE NATURAL MIND with *Dr. Alberto Villoldo*

1 - 2:30pm HEALING TRAUMA: From Fragmentation to Embodiment | *Dr. Albert Wong*

3 - 4:30pm EXPANDING FREEDOM: Awakening the Autonomous Healing Center | *Dr. Leticia Nieto*

5 - 6:30pm THREE STATES OF EMBODIED SELF-AWARENESS: Restoration, Modulation & Dysregulation | *Dr. Alan Fogel*

7 - 8 pm A JOURNEY OF SOUND, SONG & SOUL | *Amy Thiessen*

DAY 5: SUNDAY, JUNE 6th

9 - 10:30am CONNECTING THE DOTS: Addiction, Trauma, Race and Yoga | *Nikki Meyers*

11 - 12:30pm PSYCHEDELIC THERAPY & EMBODIED INTEGRATION | *Lauren Taus*

1 - 2:30pm CLOSING CEREMONY & CONCERT | *Join Dr. Scott Lyons, Amy Thiessen and others*

SESSIONS AVAILABLE ANYTIME

- EVOLUTION OF SOMATIC TRAUMA THERAPY | *Dr. Peter Levine*
- ARISE: Embodiment for Transformative Justice | *Kai Cheng Thom*
- HEALING THE INTERNALIZED CHILD WOUNDS - Through Ritual and Practice | *Dr. Theopia Jackson*
- EMBODIMENT: A PORTAL TO INTIMACY | *Michaela Boehm*
- EMOTIONALLY FOCUSED THERAPY (EFT) | *Dr. Sue Johnson*