Join our Community of Healers at the Integrative Health & Medicine Virtual Conference of the Year!

Register Now

AIHM 2020

Virtual Annual Conference
People, Planet, Purpose

Online Virtual Event  October 9–11, 2020  aihm.org/conference  #AIHM2020
Inspiring Learning, Collective Wisdom & Transformative Action

Join us as we bring together thought leaders to engage in powerful conversation through a highly interactive learning experience, designed to unlock our collective wisdom.

▶ THIS IS A TIME OF UNPRECEDENTED SHIFT.
All major breakthroughs have followed a period of human suffering; today is no exception. The death of George Floyd, the COVID-19 pandemic and the stark reality of inequity and healthcare disparities has mobilized millions of people around the world to stand against racism, fight for climate justice and demand health care as a human right.

Are you ready to be part of this dialogue?
AIHM 2020 is more than a conference; it is a movement. It is a call to action for all healthcare providers to come together to envision a world where healthcare is a human right, prevention is the best intervention and racial disparities are a thing of the past.

We at the AIHM have stepped forward to explore the ways in which structural racism has woven itself into our institutional body and the larger bodies of Integrative health and healthcare in general. This year’s conference will highlight the science of healing, transformative models of care, climate justice and for the first time ever, host crucial conversations around systemic racism and equity in healthcare.

Join us as we bring together thought leaders to engage in powerful conversation through a highly interactive learning experience, designed to unlock our collective wisdom. Our facilitated learning spaces will provide the opportunity for meaningful conversation and deep introspection. We are excited about hearing your input, as we engage in collective reflection and solution-building, with a focus on racism and inequity in healthcare. Discover the power and joy of being part of this inspirational and transformative community experience as you deepen your knowledge about integrative health and medicine.

AIHM 2020 is designed to ignite inspiration and accelerate action at this pivotal time. It is our time to be the change we want to see!

Register Now
These outstanding speakers are chosen for their expertise and leadership in integrative health and medicine. To view the full program and speaker lineup, visit aihm.org/conference.
EVENT PROGRAM

Friday, October 9, 2020

6–8 am  Visit Virtual Exhibit Hall, View E-Posters & Networking
7–7:30 am  Morning Movement
7:30 am  Welcome & Opening Ceremony
8:00 am  Health Disparities Leadership Panel Forum & Discussion & Declaration (FIIM)
8:45 am  Exploring the Perceptual Framework Underpinning Racist & Anti-Racist Worldviews
Scarlet Soriano, MD, ABIHM
9:25 am  History of Medicine & the Disparity of Cardiovascular Disease
Richard Allen Williams, MD
10:05 am  Visit Virtual Exhibit Hall, View E-Posters & Networking
10:40 am  Cognitive Decline & Brain Health
Dale Bredesen, MD
11:20 am  Women’s Health in the Era of Inequity, Discrimination & Oppression
Melinda Ring, MD, FACP, ABOIM
12:00 pm  Meal Break, View Virtual Exhibit Hall & Networking
12:00–12:40 pm  Equitable Patient Access to Integrative Healthcare Services
Jim Whedon DC, MS
12:50 pm  Catalyzing Conscious Leadership with the Whole Health Institute
Leading Well from Within to Facilitate Learning, Connection, Collective Wisdom and Transformative Action
Daniel Friedland, MD
Tracy Gaudet, MD
2:10 pm  Visit Virtual Exhibit Hall, View E-Posters & Networking
2:45 pm  Lessons Learned from the VA: Evaluating the Impact of Whole Health on a Health System Level
Benjamin Kligler, MD, MPH
3:25 pm  Facilitated Roundtable Discussions (Audience Experiential)
Facilitated breakout groups on race and equity that create a safe space to share, contribute, and begin to transform healthcare.
Veronica Anderson Dedegbe, MD, IFMCP
I Jean Davis-Hatcher, PhD, DC, PA, MSCR
Rachel Carlton Abrams, MD, MHS, ABOIM
Yvette Miller, MD, BSN, MSPM, ADS, ABIHM
Tabatha Parker, ND
Scarlet Soriano, MD, ABIHM
4:25 pm  Adjournment
5:30–7:00pm  Special Event: Crone & Sage School
EVENT PROGRAM

Saturday, October 10, 2020

6–8 am  Visit Virtual Exhibit Hall, View E-Posters & Networking
7–7:30 am  Morning Movement
7:45 am  Daily Welcome
8:00 am  HIV in Communities of Color
   Jean Davis-Hatcher, PhD, DC, PA, MSCR
8:40 am  Integrative Oncology & CBD
   Mao Shing Ni, DOM, PhD, LAc
9:20 am  Visit Virtual Exhibit Hall, View E-Posters & Networking
9:55 am  Conquering Challenges: How to Develop Grit, Mental Toughness, Persistence and Resilience in Yourself & Your Patients
   Veronica Anderson Dedegbe, MD, IFMCP
10:35 am  Integrative Pain Management
   Christine Goertz, DC, PhD
11:15 am  Meal Break, View Virtual Exhibit Hall & Networking
12:05 pm  Telomere Regeneration – The Secret of Health & Longevity
   Norman Shealy, MD, PhD
12:45 pm  Integrative Cardiology: Clinical Pearls in Addressing Disparities
   Shaista Malik, MD, PhD, MPH
1:25 pm  Visit Virtual Exhibit Hall, View E-Posters & Networking
2:00 pm  Consciousness and the Nature of Healing
   Scott Shannon, MD, ABIHM
2:40 pm  Racial Healing
   Gail Christopher, DN
3:20 pm  Facilitated Roundtable Discussions (Audience Experiential)
   Facilitated breakout groups on race and equity that create a safe space to share, contribute, and begin to transform healthcare.
   Veronica Anderson Dedegbe, MD, IFMCP
   Jean Davis-Hatcher, PhD, DC, PA, MSCR
   Rachel Carlton Abrams, MD, MHS, ABOIM
   Yvette Miller, MD, BSN, MSPM, ADS, ABIHM
   Tabatha Parker, ND
   Scarlet Soriano, MD, ABIHM
4:20 pm  Adjournment
5:30–6:30pm  Special Event: Research Reception
   Sponsored by Bastyr University
## EVENT PROGRAM

**Sunday, October 11, 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>6–8 am</td>
<td>Visit Virtual Exhibit Hall, View E-Posters &amp; Networking</td>
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<tr>
<td>7:30–8 am</td>
<td>Morning Movement</td>
</tr>
<tr>
<td>8:15 am</td>
<td>Daily Welcome</td>
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<tr>
<td>8:30 am</td>
<td>Immunity 101 ( Tieraona Low Dog, MD )</td>
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<tr>
<td>9:10 am</td>
<td>Declaration of the Health of People, Health of Planet and Our Responsibility – Climate Change, Equity and Health ( Mimi Guarneri, MD, FACC, ABOIM )</td>
</tr>
<tr>
<td>9:50 am</td>
<td>Visit Virtual Exhibit Hall, View E-Posters &amp; Networking</td>
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<tr>
<td>10:25 am</td>
<td>The Effects of Racism, Trauma &amp; Chronic Stress on Health ( Yvette Miller, MD, BSN, MSPM, ADS, ABIHM )</td>
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<tr>
<td>11:05 am</td>
<td>Facilitated Roundtable Discussions (Audience Experiential)</td>
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<td></td>
<td>Yvette Miller, MD, BSN, MSPM, ADS, ABIHM</td>
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<td>Tabatha Parker, ND</td>
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<td></td>
<td>Scarlet Soriano, MD, ABIHM</td>
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<tr>
<td>12:05 pm</td>
<td>Closing Ceremony &amp; Panel &amp; Sharing of Our Work</td>
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<tr>
<td>12:35 pm</td>
<td>Final Adjournment</td>
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Visit aihm.org/conference for program updates, presenter details, CME/CE hours and more. AIHM reserves the right to modify the virtual conference program.

Register Now
Virtual Special Events are Included in Your Registration! Note: We ask attendees to “stay” for the duration of these virtual activities, optimally with video on.

SPECIAL EVENTS

Friday, October 9, 5:30–7:00pm
Crone & Sage Circles
This event is a special tradition and part of our AHMA legacy. Attendees share in reflection and deep supportive connection, coming together to celebrate our shared wisdom, humanity and holistic heritage. Join us for these sacred ceremonies.

Saturday, October 10, 5:30–6:30pm
Research Reception
On Saturday evening, a special reception sponsored by Bastyr University will be held to recognize our 2020 research award winners.

Research Committee

Paul Amieux, PhD
Serena Bezdjian, PhD
Erika Cappelluti, MD, PhD, MA, FCCP, ABOIM
Heather Carrie, MAS
Kieran Cooley, BSc, ND
John S. Finnell, ND, MPH, LAc
Richard Hammerschlag, PhD
Mary Hardy, MD
Dr. Arvin Jenab, Jr., ND
Louis A. Kazal, Jr., MD, FAAFP
Anupama Kizhakkeveettil, BAMS, MAOM, LAc., CMT, PhD
Bill Meeker, DC, MPH
Darshan Mehta, MD MPH
Traci Pantuso, ND, MS
Tabatha Parker, ND
Katherine A. Pohlman, DC, MS, PhD
Guillermo Ruiz, NMD
Erin Sweet, ND, MPH
Heather Tick, MD, MA
S. Prasad Vinjamury, MD (Ayurveda), DACM, MPH
James Whedon DC, MS
REGISTRATION

Virtual Conference Registration Fees

<table>
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<tr>
<th>REGISTRATION CATEGORY</th>
<th>EARLY BIRD RATE</th>
<th>STANDARD RATE</th>
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<tbody>
<tr>
<td></td>
<td>Register by August 15, 2020*</td>
<td>August 16 – Conference Day-of registration will be available</td>
</tr>
<tr>
<td>AIHM Member</td>
<td>$150</td>
<td>$200</td>
</tr>
<tr>
<td>Non-Member</td>
<td>$200</td>
<td>$250</td>
</tr>
<tr>
<td>Full-Time Student &amp; Resident AIHM Member**</td>
<td>$50</td>
<td>$100</td>
</tr>
</tbody>
</table>

* Early Bird Rates end August 15, 2020 at 11:59pm PT
** Students must be enrolled full-time in an academic program

Attendee Registration, Cancellations & Refund Policy

Conference registration fees are refundable, minus a $25 processing fee, if your cancellation is received in writing no later than Tuesday, October 6, 2020. Cancellations must be received in writing no later than 10am PT on Tuesday, October 6, 2020, to be eligible for a refund less the $25 processing fee. Conference registration is non-transferable.

Failure to log in to the broadcast with no prior written cancellation will result in complete forfeiture of conference registration fees. Conference materials are available only to participants. Just as is the case with our in-person conference, participation is limited to the paid registrant. Log-in information is unique and cannot be shared.

Cancellation requests must be received via email: mtwohy@aihm.org. AIHM will reply with a written acknowledgement. AIHM reserves the right to modify the conference schedule or program as necessary. AIHM also reserves the right to cancel this conference, in which case a full refund of the registration and/or exhibit fees will be provided.

Register Now
Learn from the Leaders in Integrative Health & Medicine

- Evidence-based integrative health & medicine education
- More than 20 professions are eligible to apply
- Connect with like-minded practitioners and providers
- ABOIM-approved 2-year hybrid Fellowship

Learn more about the AIHM Fellowship

Stop by the virtual AIHM booth during the conference to meet the Fellowship team and find out how to connect with current Fellows and alumni.

aihm.org/fellowship
Membership Options

Become a Partner in Healthcare Transformation

<table>
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<tr>
<th>Membership Type</th>
<th>Annual Fee</th>
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<tbody>
<tr>
<td>MD / DO</td>
<td>$345/year</td>
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<tr>
<td>Other Licensed / Certified Practitioner</td>
<td>$195/year</td>
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<tr>
<td>Non-clinical Health Professional</td>
<td>$100/year</td>
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<tr>
<td>Full-Time Student or Resident</td>
<td>$50/year</td>
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<tr>
<td>Supporter</td>
<td>$199/year</td>
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<tr>
<td>Retired</td>
<td>$99/year</td>
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</table>

About AIHM

The Academy of Integrative Health & Medicine (AIHM) is a global interprofessional integrative health association working to transform health care—body, mind, spirit, community and planet.

AIHM Membership

As an AIHM member, you join the leading professional body for integrative health and medicine that unites annually at our People, Planet, Purpose Conference, weekly for our Wellness Webinars, and throughout the year via our online Member Community Site and Chapter and Student Alliance events.

Select Membership & Join Today
AIHM Member Benefits

Career Center Job Postings
Looking for an integrative health and medicine provider to join your team? AIHM Members receive complimentary job postings in our Career Center.

Find a Provider Directory
An interprofessional directory for patients searching for an integrative health care provider or for colleague referrals. AIHM members receive a free listing in this valuable resource.

Conference Discount
Members receive a discounted rate to attend the AIHM Annual People, Planet, Purpose Conference.

Free & Discounted CME eLearning
Members receive free and discounted eLearning.

Integrated Connections
A health care placement and consulting firm that specializes exclusively in the field of integrative and functional medicine, connecting practitioners to career opportunities. AIHM Members receive free tips and resources for candidates to grow a career and for employers to grow their staff.

Certificate of Membership
AIHM members receive a certificate of membership that can be updated annually with membership renewal.

DrJournalClub Discount
DrJournalClub is a comprehensive resource for clinicians to help them better understand, interpret, and ultimately, utilize clinical research. AIHM members receive a 30% discount on DrJournalClub membership plans.

Discounted Magazine Subscriptions & Free Journal Access
AIHM Members receive discounted magazine subscription rates to Yoga Journal and Clean Eating magazine, plus FREE journal access to Advances in Mind Body Medicine, Integrative Medicine: A Clinicians Journal, and Alternative Therapies in Health and Medicine.

Pharmaca Integrative Pharmacy Discount
AIHM members receive 10% off purchases in any Pharmaca retail store.

AIHM Marketing Guide
Receive our Integrative Health Marketing guide FREE! Learn the tools to build a marketing strategy and effectively promote your integrative health practice.

For more information and to join or renew, visit aihm.org/membership
**AIHM Chapters & AIHM Student Alliance**

Connect with your local chapter.

With over 100 groups globally advancing collaboration at the local level, AIHM Chapters and Student Alliance are helping to shape the future of health care on our planet. To join an existing group or to request a new group in your area, please [contact us](#) for more information.

### Click on a location below to join a Facebook group:

**INTERNATIONAL**
- Auckland, New Zealand
- Brazil
- Brisbane, QLD
- Cairo, Egypt
- Colombia
- Melbourne, VIC
- San José, Costa Rica
- Sydney, NSW
- Toronto, ON
- Vancouver, BC

**UNITED STATES**
- Anchorage, AK
- Birmingham, AL
- Little Rock, AR
- Phoenix, AZ
- Tucson, AZ
- Irvine, CA
- Los Angeles, CA
- Oakland, CA
- Pasadena, CA
- Sacramento, CA
- San Diego, CA
- San Francisco, CA
- San Jose, CA
- Santa Barbara, CA
- Santa Cruz, CA
- Santa Rosa, CA
- Whittier, CA
- Boulder, CO
- Castle Rock, CO
- Denver, CO
- Durango, CO
- Bridgeport, CT
- Washington, DC
- Dover, DE
- Gainesville, FL
- Jacksonville, FL
- Miami, FL
- Orlando, FL
- Pensacola, FL
- Atlanta, GA
- Honolulu, HI
- Maui, HI
- Davenport, IA
- Boise, ID
- Chicago, IL
- Indianapolis, IN
- Northeast, KS
- Louisville, KY
- New Orleans, LA
- Boston, MA
- Baltimore, MD
- Augusta, ME
- Portland, ME
- Southeast, MI
- Traverse City, MI
- Minnesota Holistic Medicine Group
- St. Louis, MO
- Jackson, MS
- Missoula, MT
- Asheville, NC
- Chapel Hill, NC
- Charlotte, NC
- Bismarck, ND
- Omaha, NE
- Concord, NH
- Morristown, NJ
- Santa Fe, NM
- Carson City, NV
- Las Vegas, NV
- New York City, NY
- Rochester, NY
- Yonkers, NY
- Cleveland, OH
- Cincinnati, OH
- Columbus, OH
- Oklahoma City, OK
- Tulsa, OK
- Portland, OR
- Danville, PA
- Philadelphia, PA
- Pittsburgh, PA
- Providence, RI
- Columbia, SC
- Greenville, SC
- Sioux Falls, SD
- Memphis, TN
- Nashville, TN
- Austin, TX
- Dallas, TX
- Houston, TX
- San Antonio, TX
- Salt Lake City, UT
- Alexandria, VA
- Richmond, VA
- Montpelier, VT
- Seattle, WA
- Spokane, WA
- Wenatchee, WA
- Milwaukee, WI
- Charleston, WV
- Casper, WY
- Guam
- Puerto Rico

AIHM Student Alliance
ACCREDITATION & DISCLOSURE

Earn up to 16 AMA PRA Category 1 Credits™

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and the Academy of Integrative Health & Medicine. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of California, Irvine School of Medicine designates this internet live course for a maximum of 16 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure: Full disclosure information for all those in control of CME content will be provided in advance of the activity.

Visit aihm.org/conference for current CME/CE credit information and updates.
ACKNOWLEDGMENTS

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Jessica Price, MEd, NTP

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Scarlet Soriano, MD, ABIHM
Lucia Thornton, ThD, MSN, RN, AHN-BC
Meredith Twohy

Thank You to our 2020 Sponsors