

PROVIDING INTEGRATIVE SOLUTIONS FOR MENTAL HEALTH



**Integrative Medicine for  
MENTAL HEALTH**

**IMMH**  
Integrative Medicine for Mental Health

**4th-Annual  
Conference**



Save \$100 when you register before August 12th!

**SEPTEMBER 20 - 22, 2013 | CHICAGO, IL.**



## About the 4th-Annual IMMH Conference

This three-day international conference will explore the field of integrative medicine in the treatment of mental health, autism, and related disorders. The current trial-and-error, poly-pharmacy approach to the treatment of psychiatric disorders may not work for everyone. Research studies have revealed that many disorders such as depression, bipolar disorder, anxiety, OCD, eating disorders, and autism spectrum disorders often have dietary and biological causes which contribute to symptoms. Patients have better outcomes when these causes are successfully addressed and treated through a combination of specialized testing and nutritional therapies, even in combination with traditional approaches.

A comprehensive overview of biological testing, designed to detect underlying health issues that contribute to imbalanced brain chemistry and behavioral abnormalities will be presented. Practical clinical applications of nutritional therapies for the treatment of mental illness and autism will be presented in detail during this conference. Pharmacological treatments and interactions will also be addressed. Numerous case studies will be presented to demonstrate how individuals respond to integrative treatments. In addition, the integrative treatments for these disorders will be presented in detail. Overall, the main focus of this conference is to give practitioners a whole body approach to successfully diagnose underlying issues contributing to the manifestations of neurological, social, and behavioral disorders.

We are happy to announce that the 2013 conference will present new topics including the treatments of Psychosis and Schizophrenia, Alzheimer's disease, hormone and thyroid imbalances, drug and supplement interactions, intestinal biofilms and neurofeedback therapy.

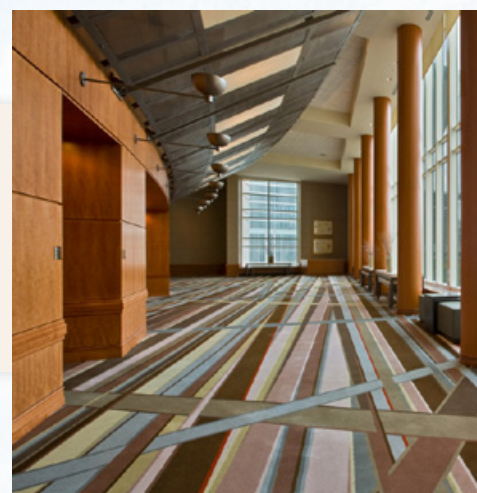
### Why Attend this Conference?

Integrative Medicine for Mental Health supports a whole body approach, utilizing multiple fields of medicine and nutritional sciences to help patients obtain mental wellness. Practical applications and effective protocols will be presented that can be easily applied in a clinical setting. The concepts and practical guidelines presented at this conference can dramatically improve the quality of life of your patients and increase your scope of practice.

### Who Should Attend?

- Psychiatrists
- Family Physicians and Physician Assistants
- Nurses and Nurse Practitioners
- Naturopathic Physicians
- Chiropractic Physicians
- Psychologists
- Nutritionists and Registered Dietitians
- Allied Mental Health Professionals
- Leaders / Organizers of Mental Health Support Groups

*"Very helpful. Stimulating. Many pearls I can apply to my practice." - 2012 Conference Attendee*



The Hyatt Regency McCormick is a world class conference venue located in the heart of Chicago.



## Integrative Medicine for Mental Health Clinician Registry

Attendance of this conference qualifies you to join the IMMH Clinician Registry, making you accessible to potential patients. Each entry is listed by country and state and provides the medical professional's specialty and contact information. In keeping with the integrative approach, the registry includes all professionals who have attended an IMMH conference and completed an IMMH registry application. Don't miss out on this opportunity to join an amazing resource!

Find out more about the IMMH Clinician Registry at [www.immh.org](http://www.immh.org).

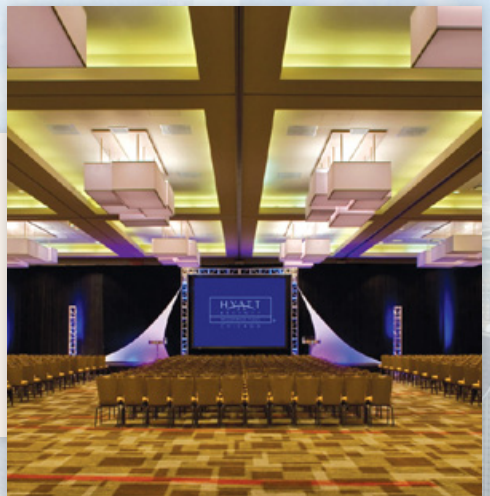
## Educational Objectives

Participants will be able to identify, utilize and explain the following in regard to their effect on psychiatric and/or autism spectrum disorders:

- The medical and scientific evidence outlining the physical, neurological, and behavioral impact of nutritional deficiencies
- The most effective methods for testing and treating nutritional deficiencies
- How dietary changes can influence neurotransmitter synthesis
- Augmentation strategies to minimize withdrawal symptoms when tapering off antidepressant medications
- How Clostridia bacteria and Candida infection in the intestinal tract affects neurological, psychiatric, gastrointestinal, and immunological disorders
- The tests and treatments for biochemical imbalances in autism affecting the immune, digestive and detoxification systems
- The underlying pathology contributing to psychosis and schizophrenia
- Integrating nutritional approaches to reduce side effects of antipsychotic medications
- How special diets can aid healing of the body and the mind
- Diagnostic testing and nutritional approaches for treating Alzheimer's disease
- How low cholesterol is dangerous to optimal health and is linked to autism and mental health issues
- The impact of IgG food sensitivities on physical, behavioral, and mental health
- Integrative treatments for binge eating, obesity and anorexia
- The different forms of stress and how they are related to adrenal insufficiency
- How thyroid imbalance affects the brain and supplementation strategies that can work
- The role of elevated peptide levels in OCD and anxiety disorder symptoms
- Integrative treatments for AD(H)D
- Anti inflammatory diet components key to MS and brain recovery
- The role that gut microflora and various pathogens play in our body
- Drug/supplement interactions that may be dangerous
- The various problems that can occur with chronic exposure to certain toxic chemicals



Meet Sue, the world's most complete fossilized T-Rex at the Field Museum



### Continuing Education Credits (CE)\*

18 CE credit hours are provided by Commonwealth Educational Seminars for Professional Counselors, Certified Counselors, Licensed Mental Health Counselors, Social Workers, Nurses, Drug and Alcohol Abuse Counselors, Marriage and Family Therapists, Dietitians, and Dietetic Technicians.

### Continuing Medical Credits (CME/CEU)\*

21 CME/CEU Category I credit hours are provided by Westbrook University for MDs, DOs, NDs, DCs, and LACs.

\* It is the responsibility of the attendee for checking with their own state, province or region for continued educational requirements.



**REGISTRATION & MEET AND GREET RECEPTION: Thursday Evening, September 19**

7:00 - 9:00pm Come register early and join us for the *Meet & Greet* reception. This social gathering will be held in the Prairie Center on the second floor. You and a guest are invited to a relaxed social opportunity to meet the speakers and other fellow colleagues. Complimentary hors d'oeuvre and beverages will be provided.

**DAY ONE: Friday, September 20**

7:30 – 8:20	<b>Registration/Exhibitor Viewing</b>
8:20 – 8:30	<b>Announcements</b>
8:30 – 10:00	<p><b>“Integrative Medicine for Mood Disorders” by James Greenblatt, M.D.</b></p> <p>This presentation will review the controversy over antidepressant medications and explore common nutritional deficiencies involved with mood disorders. Dr. Greenblatt will discuss researched medication augmentation strategies as well as effective approaches for safely minimizing withdrawal symptoms while tapering off antidepressant medications.</p>
10:00 – 10:25	<b>Break / Exhibitor Viewing</b>
10:30 – 12:00	<p><b>“Metabolic and Nutritional Factors and their Effects on Mental Health” by William Shaw, Ph.D.</b></p> <p>Nutritional deficiencies have been implicated in many different psychiatric disorders. These deficiencies include omega-3 fatty acids, cholesterol, amino acids (especially tryptophan, phenylalanine, and tyrosine), vitamins such as vitamin A, C, D, E, B-12 and many others. Excesses and deficiencies of trace mineral elements may also be implicated in a variety of mental disorders. Testing and supplement protocols will be emphasized.</p>
12:00 – 1:40	<b>Lunch (on your own) / Exhibitor Viewing</b>
<b>- Breakout Sessions -</b>	
1:45 – 3:00	<p><b>SESSION A: “Microorganisms and their Affects on Mental Health” by William Shaw, Ph.D.</b> ( Regency Ballroom A )</p> <p>Abnormally high numbers of microorganisms in the gastrointestinal tract are often present in virtually every type of neurological and behavioral disorders (including depression, OCD and, schizophrenia), autism and ADHD. Certain species of Candida and Clostridia bacteria are especially prevalent. Autoimmunity to brain proteins induced by cross-reactive antibodies against Streptococcus bacteria has been implicated as a significant factor in Tourette’s syndrome, tic disorders, OCD, autism, and eating disorders. Tests and nutritional treatments available for these disorders will be discussed in detail.</p>
1:45 – 3:00	<p><b>SESSION B: “EEG Neurofeedback and Treating Mental Health Disorders” by Hanno Kirk, PhD, LICSW and Kelley Foust, OTR ( Regency Ballroom B )</b></p> <p>The speakers will present theoretical and practical information on the uses of Neurofeedback (NF) in the treatment of mental health disorders. They will explain how this non-pharmacological and non-invasive technique of training of the brain fits into the integrative medicine model. It will cover how biomedical conditions, which can produce instabilities, and over or under arousal in the brain, need to be identified and treated before EEG Neurofeedback can be successful. Cases studies and SPECT image slides will illustrate how NF can produce surprisingly fast results in ASD, mood disorders, ADHD and PTSD.</p>
3:00 – 3:30	<b>Break / Exhibitor Viewing</b>

*“I would recommend this to any mental health professional with the slightest interest in integrative medicine. There are practical take-home nuggets in every session.”*

- 2012 Conference Attendee

## DAY ONE (continued):

3:35 – 4:45 **SESSION A: “Integrative Medicine for Psychosis and Schizophrenia” by James Greenblatt, M.D.**  
( Regency Ballroom A )

Dr. Greenblatt will discuss nutritional metabolic factors that may affect the onset of psychosis and schizophrenia, as well as the history of orthomolecular psychiatry and its relevance to early onset psychosis and the development of schizophrenia. This presentation will include the role of infection and dysbiosis, and the nutritional treatment protocols for side effects of antipsychotic medications including metabolic syndrome, obesity, and tardive dyskinesia.

3:35 – 4:45 **SESSION B: “Best Practices for Treating Autism Spectrum Disorders with a Biomedical Approach” by Kurt Woeller, D.O.** ( Regency Ballroom B )

Autism is a complex medical disorder that involves digestive, immune, detoxification and nutritional imbalances. Biomedical intervention is a comprehensive diagnostic and treatment approach to helping these individuals. This presentation will give an overview of some of the more useful tests and therapies used with great success in treating autism.

5:00 – 5:30 **Q & A with Speakers** ( Regency Ballroom A )

5:35 – 6:00 **“Laboratory Testing FAQs and Insurance Overview” by Deanna Drussell and Salomon Prieto**  
( Regency Ballroom B )

## DAY TWO: Saturday, September 21

8:00 – 8:20 **Exhibitor Viewing**

8:20 – 8:30 **Announcements**

8:30 – 10:00 **“Nutritional Treatments for AD(H)D” by William Shaw, Ph.D.**

With the widespread use of stimulant drugs to decrease symptoms of AD(H)D in the school age population (approximately 10% in the United States), a number of researchers point to multifactorial causes for the disorder. These causes include abnormalities of the immune system, increased incidence of ear infections, exposure to toxic metals and chemicals, food allergies, nutritional deficiencies (or increased vitamin requirements), parasites, GI yeast overgrowth, and exposure to food additives. The scientific evidence for these abnormalities as well as available treatments for each of these factors will be outlined.

10:00 – 10:25 **Break / Exhibitor Viewing**

- Breakout Sessions -

10:30 – 11:30 **SESSION A: “This is your Brain on Thyroid” by Louis Cady, M.D.** ( Regency Ballroom A )

Of all of the major endocrine organs of the body, the thyroid is perhaps the most overlooked, under-diagnosed, and under-replaced one. Patients that are diagnosed with “depression,” “fibromyalgia” and the like are frequently subclinically – or even clinically – hypothyroid. In this lively presentation, Dr. Cady will gore the sacred cows of established, unthinking medical practice on the abattoir of the peer reviewed medical literature. No punches will be pulled!

10:30 – 11:30 **SESSION B: “Integrative Medicine for OCD and Anxiety Disorders” by James Greenblatt, M.D.**  
( Regency Ballroom B )

Participants will be able to identify nutritional deficiencies and imbalances present in OCD and anxiety disorders. This presentation will discuss the use of amino acid precursors (such as 5-HTP), inositol, and how neuropeptides from our diet that may exacerbate those conditions. Nutritional and integrative therapies including magnesium and vitamin B12 will be presented along with how metabolic testing may be helpful in assessing for individualized treatment protocols for anxiety disorders.

11:30 – 1:25 **Lunch (on your own) / Exhibitor Viewing**

(continued on page 5)



**DAY TWO: Saturday, September 21 (continued)**

- 1:30 – 2:30 **SESSION A: “Biochemical Factors in Alzheimer’s disease: Prevention and Treatments ”**  
**by William Shaw, Ph.D. ( Regency Ballroom A )**  
 Approximately 50% of the population over age 85 has Alzheimer’s disease. Risk factors include increasing age, the presence of apolipoproteinE-epsilon-4 allele, family history, and Down’s syndrome. Toxic chemical exposure at an early age may be a significant risk factor as well. Alternative treatments to reduce symptoms of Alzheimer’s disease will be discussed as well as important tips for prevention.
- 1:30 – 2:30 **SESSION B: “The Role of Food, Nutrition and Diets in Autism and Mental Health Disorders”**  
**by Julie Matthews, C.N.C. ( Regency Ballroom B )**  
 Food allergens, nutrient deficiencies, and a poor diet can dramatically affect behavior and mental health. Improvements come from the choice to avoid problem foods while increasing nutrient intake to replenish deficiencies and balance biochemistry. Special diets for autism and mental health disorders help heal the gut, reduce inflammation, eradicate yeast, and lead to improved overall physical and mental health. Diet strategies to be reviewed will include gluten-free, dairy-free, grain-free, low sugar, salicylate and low oxalate.
- 2:45 – 3:45 **SESSION A: “The Effect of Low Cholesterol in Mental Health and Autism Spectrum Disorders”**  
**by Kurt Woeller, D.O. ( Regency Ballroom A )**  
 Cholesterol plays an essential role in sex hormone development, cell membrane stability, nervous system health, and oxytocin receptor function. Unfortunately, a pattern of low cholesterol has been recognized in many individuals dealing with an autism-spectrum and various mental health disorders. This presentation will cover important information about low cholesterol and these disorders and what can be done for treatment.
- 2:45 – 3:45 **SESSION B: “New Adventures in Food Allergy Testing: What Your Conventional Colleagues Don’t Know Could Hurt Them (and Your Patients)”**  
**by Louis Cady, M.D. ( Regency Ballroom B )**  
 Further developing themes that he started with IMMH attendees in Santa Fe, NM in 2012, Dr. Cady begins layering in the medical manifestations of food allergies as well as the psychiatric ones. (Prior attendance not required for comprehension). Understanding of this material is critical in dealing with confusing, confounding cases, and can allow the studious clinician to avoid demonizing or blaming the patient for failure to improve as well as make remarkable breakthroughs in treatment.
- 3:45 – 4:10 **Break / Exhibitor Viewing**
- 4:15 – 5:15 **SESSION A: “Integrative Medicine for Appetite Control: Binge Eating, Obesity and Anorexia”**  
**by James Greenblatt, M.D. ( Regency Ballroom A )**  
 Drawing from both research and extensive clinical experience, Dr. Greenblatt will discuss the neurological and psychological aspects of appetite and evidence-based strategies to help patients achieve and maintain healthy eating behavior. The role of nutrition in appetite control, particularly focusing the effective application of amino acids as neurotransmitter precursors will be reviewed. In addition, the use of vitamin and mineral cofactors, and phytonutrients, which provide cooperative support for neurotransmitter pathways critical for mood and appetite regulation will also be presented.
- 4:15 – 5:15 **SESSION B: “Nutritional Supplements for ASD and Mental Health Disorders”**  
**by Julie Matthews, C.N.C. ( Regency Ballroom B )**  
 Nutrient deficiencies are common in autism and mental health disorders. Nutrients are essential for building neurotransmitters and supporting biochemical processes that impact mental health. This presentation will cover the importance of supplement support for autism spectrum disorders and mental health.
- 5:25 – 6:00 **Speaker Panel for Q & A ( Regency Ballroom A )**
- Evening Session -
- 7:30 – 9:30 **Clinicians Round Table**

*“I attend functional medical conferences across many fields. This is one of the best I have ever attended.”*  
 - 2012 Conference Attendee

## DAY THREE: Sunday, September 22

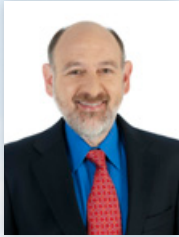
8:00 – 8:20	<b>Exhibitor Viewing</b>
8:20 – 8:30	<b>Announcements</b>
8:30 – 10:00	<b>“Chronic Stress and Adrenal Insufficiency in ASD and Mental Health Disorders” by Kurt Woeller, D.O.</b> <p>Chronic stress is a major problem in our modern world and the impact it can have on health is significant. Individuals with mental health disorders, as well as those with autism are susceptible to the negative impact of stress particularly through adrenal insufficiency and Hypothalamus-Pituitary-Adrenal (HPA) Axis dysfunction. This presentation will discuss the interrelationship between different factors involved in the Chronic Stress Response and how it is linked to physiological condition called Pregnenolone Steal.</p>
10:00 – 10:25	<b>Break / Exhibitor Viewing</b>
10:30 – 12:00	<b>“The Physician in Spite of Himself – The Pathway toward Enlightened, Integrated and Holistic Practice” by Louis Cady, M.D.</b> <p>Dr. Cady reflects on the evolution of his practice from a classically allopathic model looking at only a slice of the medical literature to a more encompassing and holistic one which integrates functional medicine and a focus on “optimization,” and not just “normalization.”</p>
12:00 – 1:40	<b>Lunch (on your own) / Exhibitor Viewing</b>
	<b>- Breakout Sessions -</b>
1:45 – 2:45	<b>SESSION A: “Bugs, Behavior and Biofilms” by Anju Usman, MD FAAFP ( Regency Ballroom A )</b> <p>Recent evidence points to the ever increasing role the bacteria and microflora in our body play in affecting our health, immune system and even our behavior. Symptoms such as depression, anxiety, poor attention and focus, obsessive and compulsive behaviors may be related to the delicate balance of bugs. Potential pathogens may produce a mucous slime known as biofilm, that allow them to remain persistent. These unwelcome microbes not only cause chronic inflammatory conditions, but disrupt neurochemistry affecting our mood and behavior.</p>
1:45 – 2:45	<b>SESSION B: “Integrative Therapies for Brain Recovery in Multiple Sclerosis and other Neurodegenerative Brain Illnesses” by Bill Code, M.D. ( Regency Ballroom B )</b> <p>After a career in Neuroscience research, academic neuroanesthesiology and chronic pain, in 1996 Dr. Bill Code at age 42, was diagnosed with Multiple Sclerosis. He deteriorated for a year and had to retire from anesthesiology. His journey and health recovery has been outside regular neurological practice and included two years training at the University of Arizona in Integrative Medicine under Dr. Andrew Weil and others. His talk will outline some of the key areas of nutrition and other approaches to permit considerable brain recovery in MS.</p>
2:45 – 3:10	<b>Break / Exhibitor Viewing</b>
3:15 – 4:15	<b>SESSION A: “The Impact of Toxic Chemicals on Neurological and Behavioral Health” by Kurt Woeller, D.O. ( Regency Ballroom A )</b> <p>Toxic environmental exposure has become a well recognized problem in our modern world. We are all exposed to various chemicals and heavy metals in our daily lives. Heavy metals such as mercury and lead are known neurotoxins that have been linked to some cases of autism and can contribute to neurological and behavioral health challenges. This presentation will discuss various heavy metal poisons that every practitioner should be aware of, and the treatment options that exist.</p>
3:15 – 4:15	<b>SESSION B: “Killer Drugs and the Supplement Academy Award Winners: How to Avoid Killing Your Patient with a Drug-Drug or Drug-Supplement Interaction” by Louis Cady, M.D. ( Regency Ballroom B )</b> <p>Your patients take supplements (with or without your knowledge). You prescribe drugs. Is there a potential for mischief here? You bet!</p>





### William Shaw, Ph.D.

William Shaw received his Ph.D. in biochemistry and human physiology from the Medical University of South Carolina and is board certified in clinical chemistry and toxicology. Dr. Shaw has supervised large endocrinology, nutritional biochemistry, toxicology, and immunology departments in positions at the Centers for Disease Control (CDC) and Smith Kline Laboratories. As the Director of The Great Plains Laboratory Inc. in Lenexa, Kansas. He specializes in providing diagnostic tools aiding in the diagnosis and treatment of mental health disorders, mitochondrial disorders, neurological diseases, chronic health issues, and immune diseases.



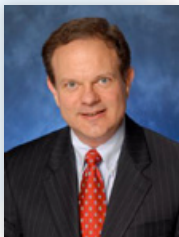
### James Greenblatt, M.D.

Dr. Greenblatt is the Founder and Medical Director of Comprehensive Psychiatric Resources, a private integrative psychiatric practice. Dr. Greenblatt also serves as the Medical Director of Eating Disorder Services at Walden Behavioral Care in Waltham, MA. After receiving his medical degree and completing his psychiatry residency at George Washington University, Dr. Greenblatt went on to complete a fellowship in child and adolescent psychiatry at Johns Hopkins Medical School. Dr. Greenblatt is an author of Answers to Anorexia and The Breakthrough Depression Solution as well as an acknowledged integrative medicine expert and speaker.



### Kurt Woeller, D.O.

Dr. Kurt N. Woeller has been an autism biomedical specialist and complementary medicine physician since 1998. He is an author, lecturer, clinical practitioner and medical director for Sunrise Complementary Medical Center offering specialized testing for individuals with complex medical conditions. He provides in-person consultations in California and Oregon, and works with people abroad through his various online resource websites. Dr. Woeller has lectured nationwide regarding the benefits of biomedical therapies for autism, as well as maintaining an extensive educational resource for parents on his biomedical information website at [www.AutismActionPlan.com](http://www.AutismActionPlan.com) and free video blog site at [www.AutismRecoveryTreatment.com](http://www.AutismRecoveryTreatment.com). For more information about Dr. Woeller please visit his main website at [www.DrWoeller.com](http://www.DrWoeller.com).



### Louis Cady, M.D.

Louis Cady obtained his medical degree in 1989 from the University of Texas Medical Branch in Galveston, Texas. He then trained in psychiatry at the world-famous Mayo Clinic, beginning his practice of child, adolescent, adult, and forensic psychiatry in Evansville, Indiana in 1993. Dr. Cady's main clinical focus is in helping patients achieve total wellness and optimum levels of performance through the integration of mind and body for peak performance. Dr. Cady founded the Cady Wellness Institute, [www.CadyWellness.com](http://www.CadyWellness.com), which opened its new facilities in Evansville on July 1, 2005.



### Bill Code, M.D.

Dr. Bill Code is currently the Director of Medical Research for the National CCSVI Society. After receiving his medical degree, Dr. Code went on to become a Board Certified Anesthesiologist in both Canada and the United States. He spent six years conducting brain and drug therapy research for chronic pain. In 1996 he was diagnosed with Multiple Sclerosis. Western medicine offered him very little so he began seeking healthy, non-drug solutions to manage his neurological deterioration, depression and pain. His journey to recovery is outlined in three books, including his most recent "Winning the Pain Game." Dr. Code recently completed the Integrative Medicine Fellowship program at the University of Arizona.

***"FANTASTIC! It added on to what I knew, and also gave me vast amounts of treatment options I never thought of."***

**- 2012 Conference Attendee**





### Julie Matthews, C.N.C.

Julie Matthews is an internationally respected autism diet and nutrition specialist. As a Certified Nutrition Consultant, Julie provides diet and nutrition intervention guidance backed by extensive scientific research and applied clinical experience. She is an expert in applying food and nutrition to aid digestive health and systemic healing, her guidance is backed by scientific research and ten years of applied clinical experience. She is the author of the award-winning book "Nourishing Hope for Autism" and the creator of "Cooking to Heal: Autism Nutrition and Cooking Class." She presents at the leading autism conferences in the US and abroad. Visit [www.NourishingHope.com](http://www.NourishingHope.com).



### Anju Usman M.D.

Dr. Anju Usman is director of True Health Medical Center in Naperville, Illinois. She has been using evidence based integrative medical interventions to help children diagnosed with ADD, autism, allergies, gastrointestinal issues and related disorders for over 15 years. She has conducted research involving copper/zinc imbalances, metallothionein dysfunction, biofilm related infections, vitamin D in pregnancy, and hyperbaric oxygen therapy. She is also co-founder of ACE (Autism Center for Enlightenment) a non-profit which supports research, education and biomedical therapies for families in need. Presently, she acts as science editor for the magazine, "The Autism File". Dr. Usman received her medical degree from Indiana University. She completed a residency in Family Practice at Cook County Hospital, in Chicago, Illinois and is board certified in Family Practice.. her extensive research, professional and personal experience in recovering her own child to support parents and practitioners seeking answers to improve the lives of individuals affected with Autistic Spectrum Disorders (ASD).



### Hanno W. Kirk, PhD, LICSW

Hanno W. Kirk, PhD, LICSW, has been a teacher/trainer for the past 35 years and a wide variety of subjects including psychology, sociology, and psychosocial and behavioral issues. He has presented numerous seminars on a variety of topics including AD(H)D, Pediatric Bipolar and end of life care. He is currently in private practice in Lewisburg, WV specializing in children and adolescents with behavioral and autistic spectrum disorders, as well as persons with trauma issues. He utilizes neurofeedback therapy extensively and is also a believer in the benefit of biomedical treatments. He is a principal author of Psychosocial and Behavioral Aspects of Medicine (LWW 2002).



### Kelley Foust, OTR

Kelley graduated from Texas Tech University Health Sciences Center with a B.S. degree in Occupational Therapy. She has been practicing occupational therapy for over 20 years. She became interested in neurofeedback therapy when one of her children was diagnosed with ADHD. After unsuccessfully trying several medications, neurofeedback therapy helped him to excel both in school and socially. Kelley started Focus NeuroRehab in El Paso, TX in 2009 and since then has successfully treated over 800 patients. Her main treatment modality is neurofeedback therapy along with instructing clients about behavior, discipline, sensory integration, nutrition, Irlen Screening, and the use of essential oils.

## Refer-A-Colleague Rewards Program

Can you help us spread the word about this conference to your colleagues who may be interested in attending? When you refer a colleague\* (not including your "second attendee") and they attend the IMMH conference, you will receive a complimentary copy of this year's IMMH recording when available (a \$125 value!). The colleague you refer must not have attended a previous IMMH Conference and must mention your name in the "How did you hear about us?" section when they register online, by phone, or by fax. You and your colleague may not refer each other.

*\*Please note: The rewards program is only available when you refer a licensed medical professionals with the following degrees: MD, DO, ND, PA, NP, DC, CN and RN.*



## Accommodations

The Hyatt Regency McCormick Place's chic yet inviting décor, superb service and luxurious amenities enhance your experience from the moment you enter the hotel. Take in the incredible views of downtown, Lake Michigan and the Museum Campus from contemporary guest rooms. Savor a variety of delicious cuisines at the popular McCormick Place hotel restaurants. Relax in the indoor heated pool and keep healthy at the StayFit™ fitness center. Jogging along the paths that wind Lake Michigan's shore will be a beautiful end to your conference day.

For more information, visit the The Hyatt Regency McCormick Place's website at [www.mccormickplace.hyatt.com](http://www.mccormickplace.hyatt.com).



The Hyatt Regency McCormick Place

A guest room block is available for conference guests for the following discounted rates for a single or double occupancy at \$229, (plus applicable taxes and fees). Additional occupancy discount rates are available, check our website for details. Discounted self parking is available for hotel guests under this room block for \$21 / day in the hotel garage. To make your reservation online, please visit: <https://resweb.passkey.com/go/GreatPlainsLab>. If you need additional assistance, please call the reservation phone line at 888-421-1442 and mention "Integrative Medicine for Mental Health Conference" to get your rate. Space is limited, this guaranteed rate is only available until September 6th, 2013!

## Chicago, Illinois

Known as the Second City, Chicago offers exciting activities and attractions. Chicago's entertainment offerings are Midwestern in character and cosmopolitan in style. Chicago boasts an array of things to do at all hours of the day including world class restaurants, beautiful parks, shopping, the Navy Pier, Art Institute and the Field and Children's Museum. For something more tranquil, you can explore Lake Michigan on a sightseeing tour or boat cruise, or find a hiking trail along the beautiful lakeshore. Visit [www.cityofchicago.org](http://www.cityofchicago.org) for recommendations on things to do while in Chicago.

## Air Transportation

Two International airports are just a short drive away from the Hyatt Regency McCormick Place:

- Chicago O'Hare International Airport (ORD) – approximately 30 min.
- Midway International Airport (MDW) - approximately 18 min.

## Getting Around Town

### Shuttle Service From O'Hare Int'l Airport:

**GO Airport Express:** 1-888-284-3826 (mention Hyatt group code HRMP) or go online at [www.hyattshuttle.com](http://www.hyattshuttle.com). Ticket counters are located across from baggage claim areas of terminals 1, 2 & 3 and outside US Customs in terminal 5 outside Door D. The last shuttle leaves O'Hare at 10:30 PM daily. Advanced reservations are highly recommended.

### Shuttle Service From Midway Airport:

**GO Airport Express:** 1-888-284-3826 (mention Hyatt group code HRMP) or go online at [www.hyattshuttle.com](http://www.hyattshuttle.com). Ticket counter and loading zone is located by Southwest Airlines baggage claim on the Lower Level.

### Chicago Transit - bus and "L" train services:

Farecards for bus and "L" trains are available at hundreds of locations throughout the Chicago region. You can also purchase fares before you arrive at: [faremedia.chicago-card.com/](http://faremedia.chicago-card.com/)

### Chicago Taxi & Limousine Services:

Located on the lower level/baggage claim of each terminal, taxis are available at the taxi staging area. A ride from O'Hare Airport to the hotel takes approx. 45 minutes and costs between \$40-\$45. From Midway Airport, fares range between \$20-\$25.

For limousine service please contact the Hyatt Regency Guest Services Department at 312-528-6513 for reservations.

### Hotel Transportation:

Visitors seeking shuttle service and transportation from Hyatt Regency Chicago or around the city have a variety of options, from taxi service and limousines to airport shuttles and public transportation. Ask about hotel shuttle transportation options to or from Chicago airports, attractions like Navy Pier and other Chicago destinations at Hyatt Regency McCormick Place concierge desk.





## REGISTER NOW

There are 3 easy ways you can register:

1) Register online at: [www.mentalhealthconference2013.com](http://www.mentalhealthconference2013.com)

2) Fax Registration Form to 913-647-0058

3) Or mail to: IMMh c/o Marketing Dept.

11813 W. 77th St., Lenexa, KS 66214 USA

## Registration Form

For more information

email: [info@integrativemedicineformentalhealth.com](mailto:info@integrativemedicineformentalhealth.com)

or call 800-288-0383

**First Attendee** (as you would like it to appear on your certificate and name tag):

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Company: \_\_\_\_\_

Mailing Address (for sending materials/correspondence): \_\_\_\_\_

City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

### How did you hear about us?

Email  Mail  Townsend Letter  Facebook  Twitter  Pinterest  Conference  Internet Search

Sales Representative (please specify): \_\_\_\_\_  Colleague/Other - please specify \_\_\_\_\_

**Second Attendee:** First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Credentials: \_\_\_\_\_

Company: \_\_\_\_\_

Mailing Address (for sending materials/correspondence): \_\_\_\_\_

City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Would you like to attend the meet and greet on Thursday from 7-9 p.m?  YES  NO Number of Guests: \_\_\_\_\_

## Payment Information Online Registration Ends September 15th

ADMISSION		
<b>EARLY BIRD</b> (Ends August 12th)	<b>Single Admission</b> \$339	<b>Second Attendee</b> Add \$269
<b>REGULAR PRICE</b> (After August 12th)	<b>Single Admission</b> \$449	<b>Second Attendee</b> Add \$375



ACCREDITATION	
<b>ADD CE</b> \$39	<b>ADD CME</b> \$59

\_\_\_\_\_ Check (Payable to The Great Plains Laboratory, Inc.)

\_\_\_\_\_ Money Order (Payable to The Great Plains Laboratory, Inc.)

Credit Card:  Visa  MasterCard  Discover  American Express

Credit Card #: \_\_\_\_\_

Expiration Date (MM/YYYY): \_\_\_\_\_

Security Code: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

### Calculate Amount:

Admission: \$ \_\_\_\_\_ + Second Attendee (if applicable): \$ \_\_\_\_\_ = Total Admission Fees: \$ \_\_\_\_\_  
 CE or CME cost: \$ \_\_\_\_\_ + Second Attendee CE or CME (if applicable): \$ \_\_\_\_\_ = Total Accreditation Fees: \$ \_\_\_\_\_  
**Total Amount Due: \$ \_\_\_\_\_**

All Registration Fees are in USD. Cancellation Policy: Refunds of conference registration fees paid, minus a \$50.00 administration fee, will be granted until 30 days prior to the conference date. No refunds will be issued after this date or be applied for absence. In case of a cancellation for any reason, the conference sponsors will not be held liable for reimbursement of travel, lodging, or other expenses. Qualified reimbursement will be limited to registration fees only.

[www.mentalhealthconference2013.com](http://www.mentalhealthconference2013.com)



*"There are many providers that would love to have this information to help our clients. We are always looking for cost-effective alternatives."*

- 2012 Conference Attendee



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For questions email [info@integrativemedicineformentalhealth.com](mailto:info@integrativemedicineformentalhealth.com) or call 800-288-0383