



Boston University School of Medicine
Barry M. Manuel Continuing Medical Education Office
72 East Concord Street, B208, Boston, MA 02118-2307
cme@bu.edu | 617.58.5005

PLEASE POST



28th Annual Santa Fe Symposia

For Mental Health Professionals

October 14-16, 2022
Hilton Santa Fe Historic Plaza Hotel
Santa Fe, New Mexico



**Energy to Mind: Integrating Our
“Self”-Organizing Feedback Loop**
John B. Arden, PhD, ABPP



**Mindfulness Based Psychotherapy:
New Integrations in Mindfulness,
Compassion Training, and Somatics**
Ronald A. Alexander, PhD



Register: cme.bu.edu/guerette

Tuition Rate: \$649

Visit cme.bu.edu/guerette for program details and CE credit.

Santa Fe Symposia 2022

Boston University School of Medicine is delighted to present the 2022 Santa Fe symposia, continuing the series offered for many years by Dr. Rob Guerette.

These lectures will provide psychologists, psychiatrists, psychiatric social workers, psychiatric nurses, and allied mental health professionals with an outstanding opportunity to combine a stimulating symposium with a visit to unique Santa Fe. These symposia have been designed to offer professionals an update in recent advances in several widely varied areas of mental health. In addition to the didactic lectures, there will be ample time for interchange between the participants and presenters.

Accommodations

Hilton Santa Fe Historic Plaza

100 Sandoval Street, Santa Fe, NM 87501
P: 505.988.2811

A historic hacienda in the heart of Santa Fe! Find the hotel just over 300 yards from Santa Fe Plaza, the Georgia O’Keefe Museum, and the New Mexico Museum of Art. Housed in a 300-year-old hacienda, our historic hotel is also just half a mile from the Sweeney Convention Center. Featuring traditional Southwest décor and details throughout, there’s even a kiva fireplace next to our outdoor pool and hot tub.

By staying at the conference venue, you help the host organizations meet their contractual obligations. Please take this into consideration when making your accommodation decision. Room rates start at \$189 + plus applicable taxes.

Visit the conference website for the link to make an online reservation or call 505.988.211 or 800-HILTONS and reference Group Code: **BUSM**

Accreditation

Psychologists

This program is sponsored by the Massachusetts Psychological Association. Massachusetts Psychological Association is approved by the American Psychological Association to sponsor Continuing Education (CE) for psychologists. MPA maintains responsibility for this program and its content.

15 Hours

Physicians

Boston University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Boston University School of Medicine designates this live activity for a maximum of 15 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Workers

We have applied for consideration of CE credits for this course through ASWB ACE. (including New Jersey).

Social Workers – New York State

Boston University School of Medicine, Barry M. Manual Continuing Medical Education Office is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0589.

Note: Social Workers must attend all sessions for credit. Partial credit is not allowed.

Nurses

Continuing Nursing Education Provider Unit, Boston University School of Medicine is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.



Licensed Mental Health Counselors

Boston University School of Medicine CME Office has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7205. Programs that do not qualify for NBCC credit are clearly identified. Boston University School of Medicine CME Office is solely responsible for all aspects of the programs.

15 NBCC hours

It is the participant’s responsibility to check with their individual state boards to verify CE requirements for their state.

Registration

Tuition - Early Bird Rate - \$50 off (through July 5, 2022):

Individual - \$599 (use coupon code SANTAFE at checkout)

Tuition - Regular Rate (after July 5, 2022):

Individual - \$649

BUSM/BMC/BU Alumni: \$470 (use coupon code ALUMNI20 at checkout)

How to Register Online

- 1) Go to the cme.bu.edu/guerette website.
- 2) Select the Santa Fe Symposia program you would like to attend (choice of two).
- 3) **Login** or **create** your user account.
- 4) **Follow the instructions** to register and pay by credit card. An email confirmation will be sent to you.
- 5) **To pay by check**, please create an account and email us at cme@bu.edu or call 617-358-5005 and we will assist you.

Questions?

Please contact our office at 617.358.5005 or cme@bu.edu

Cancellation Policy

Substitutions may be made at any time without an additional charge. Refunds, less an \$50 administrative fee, will be issued for all cancellations received two weeks prior to the start of the meeting. Should cancellation occur within the two-week window, a credit will be issued, not a refund. Credits will be honored for up to two years. “No shows” are subject to the full course fee. Cancellations/substitution(s) must be made in writing. Refunds or credits will not be issued once the conference has started. This course is subject to change or cancellation.

Grievance Policy

Boston University School of Medicine seeks to ensure equitable treatment of every person and to make every attempt to resolve grievances in a fair manner. Written grievances should be submitted to Claire Grimble at cgrimble@bu.edu or call 617-358-5005. Grievance would receive, to the best of our ability, corrective action in order to prevent further problems.

Special Services / Dietary Needs

Boston University strives to be accessible, inclusive and diverse in our facilities, programming and academic offerings. Your experience in this event is important to us. If you have a disability, require communication access services for the deaf or hard of hearing, or believe that you require a reasonable accommodation for another reason please contact the BUSM-CME Office at least 3 weeks prior to event to discuss your needs. For in person meetings with meals, we will work to accommodate dietary requests (including, but not limited to: kosher, vegetarian, low cholesterol, and low sodium) received in writing at least three weeks prior to the start of the conference. Please contact us at cme@bu.edu.

Register: cme.bu.edu/guerette

Attendees will have a choice of two different programs:

Energy to Mind: Integrating Our “Self”-Organizing Feedback Loop

John B. Arden, PhD, ABPP

This seminar pulls together the emerging research on metabolism, genomics, neuroscience, psychology, psychoneuroimmunology, and Complexity Theory, combining them with what we have learned from psychotherapy research. This integrative perspective promotes the revolution in how we conceptualize energy, the mind, self, and so therapy for psychological disorders. We can now understand how our mitochondria play a central role in generating energy which profoundly affects our immune system, diet, brain structure, and even gut bacteria effect mental health.

By clarifying the terms energy, mind, and the self, which had been used for over a century without consensus, the seminar integrates current research so that we can find consensus. We explore how our life-sustaining and memory systems contribute to feedback loops, which together contribute to the organization of the self.

We explore how our brains are endowed with mental operating networks that interact through feedback loops to form what we can call the mind. These mental operating networks feedback to each other to organize a coherent sense of self. This “self”-organization is driven by energy (called ATP) generated by mitochondria within all of our cells to fuel the feedback loops between gene expression, our immune system, brains, and its mental operating networks.

Learning Objectives

At the end of this course, participants will be able to:

- Explain how energy is produced and maintained
- Discuss how excessive reactive oxygen species can result in ill health
- Discuss the relationship between health and mental health
- Describe the interaction between the immune system, genes, brain dynamics, and mental health
- Explain how genes can be expressed or suppressed
- Describe how autoimmune disorders contribute to depression, anxiety, and cognitive problems
- Identify the mental operating networks

or

Mindfulness Based Psychotherapy: New Integrations in Mindfulness, Compassion Training, and Somatics

Ronald A. Alexander, PhD

Learning to observe experiences from a place of stillness enables one to relate to life without fear and clinging. One begins to accept all aspects of life with increasing equanimity, self-compassion and balance. Life is seen as a constantly changing process.

For 2500 years, Buddhist meditation practices have developed what is referred to as “skillful methods” for the study and transformation of the mind/body, including developing awareness, concentration, stillness, mindfulness and other attention skills. The integration of Buddhist Psychology with modern day Ericksonian Mind/Body Therapy, Somatic Experiencing, Creative Thinking and other neuroscientific insights reveal that people can learn to change their thinking and behavior in ways that revitalize the brain, enhance happiness, cultivate learned optimism, promote self-compassion, emotional regulation, and well-being.

This course will introduce participants to the theory and clinical methods of mindfulness-based psycho-therapeutic systems, mindfulness meditation, and creative thinking. Integrating this Buddhist Psychology and the Non-Dual school of mindfulness practices with the contemporary theories of Somatic Experiencing, Ericksonian mind-body, Interpersonal Neurobiology and Health psychologies, participants will have the opportunity to directly experience, practice, and learn clinical skills for promoting insight, self-compassion and self-regulation.

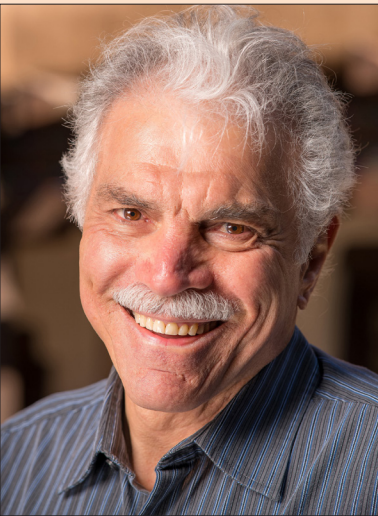
Learning Objectives

At the end of this course, participants will be able to:

- List the four foundations of a mindfulness meditative practice.
- Explain the phenomenology method of inquiry of mindfulness in the therapeutic process.
- Identify and explain the different mindfulness, compassion-building, and somatic experiencing practices from the evidence-based contexts of various theoretical approaches.
- Demonstrate awareness of self and of others as multicultural beings.
- Differentiate between useful practices to use in a psychotherapeutic context with clients and the approaches that are not appropriate.
- Demonstrate skills to work with mindfulness and somatic breath practices within an integrative healthcare/clinical and/or educational setting.
- Describe how compassion-based mindfulness can assist both the therapist and the client in his or her self-discovery and self-reflection process of learning

Speakers

John B. Arden, PhD, ABPP



Author of 15 books (translated into over 20 languages) including, Brain2Brain, The Brain Bible, Rewire Your Brain, and Brain-Based Therapy with Adults. His new book is entitled Mind-Brain-Gene: Toward the Integration of Psychotherapy. Previously he served as the Northern California Regional Director of Training for Kaiser Permanente where he developed one of the largest mental health training programs in the United States. In this capacity he oversaw

more than 150 interns and postdoctoral psychology residents in 24 medical centers. He has presented in all US States and over 30 countries.

Learn more about Dr. Arden here:

Website: drjohnarden.com

Facebook Page: <https://www.facebook.com/john.arden.986>

Ronald A. Alexander, PhD, SEP



Ronald A. Alexander, PhD, SEP is a licensed psychotherapist and Somatic Experiencing (R) Practitioner), clinical and mindfulness trainer. The Executive Director of the Open Mind Training Institute he draws upon his extensive background as an early pioneer in Mindfulness, Behavioral Medicine, Somatics and cross cultural systems of meditation and yoga as well as the integration of Eastern Wisdom Traditions, Transformational Leadership and

Integrative Mind Body Psychotherapies. He is a lifetime member of American Psychological Association, author of Wise Mind Open Mind (and Core Creativity: The Mindful Way to Unlock Your Creative Self June 2022) and adjunct instructor at Pacifica Graduate Institute and UCLA extension.

Learn more about Dr. Alexander at: ronaldalexander.com

Agenda

Sessions run Friday through Sunday from 8:00am - 1:30pm with two 15 minute break so each day is 5 hours of instruction. Breakfast and break is included.

Energy to Mind: Integrating Our “Self”-Organizing Feedback Loop

John B. Arden, PhD, ABPP

Friday

- Systems and Complexity Theory
- Neuro-energetics
- Genomics
- Psychoneuroimmunology

Saturday

- Mental Operating Networks
- Memory Networks
- Healthy Habits: SEEDS

Sunday

- Generalized Anxiety
- Panic Disorder
- Trauma
- Depression
- Contemplative Thought and Mindfulness

Mindfulness Based Psychotherapy: New Integrations in

Mindfulness, Compassion Training, and Somatics

Ronald A. Alexander, PhD, SEP

Each class will consist of a theoretical presentation, power points and/or discussion of readings drawn from book and chapter assignments. The second portion of each class will be a training workshop in the psychotherapeutic experience of teaching and applying clinical skills. Students will have the opportunity to work directly with the instructor and with time providing then experiment in triads learning clinical skills and applications.

Friday

- The Mindful Brain and Neuroscience of Meditation Research
- OpenMind Training

Saturday

- Mindfulness Based Buddhist Psychology

Sunday

- Zen Monk Mind meets Clinical Mind
- The Psychology of Cultivating Compassion for Ourselves and Others
- Applications of Mindfulness to Peak Performance
- Course Integration

Register: cme.bu.edu/guerette