

# HOLISTIC HEALTHCARE CONFERENCE

A Focus on Integrative  
Approaches to Addressing  
Patient Care

**Saturday, November 2, 2024**  
The William F. Andrews Conference Center  
3000 New Bern Avenue, Raleigh, NC

Check In 9:00 am  
Program 9:30 am – 3:00 pm

It is estimated that 43% of all adults suffer adverse health effects from stress and that around 75% of doctor office visits can be attributed to stress-related ailments and complaints. Healthcare providers have a responsibility to take into consideration all the factors that may be contributing to various conditions and identify best practices for addressing their patient's concerns.

Taking a holistic approach to healthcare involves simultaneously addressing the physical, mental, emotional, social, and spiritual components of health. Without addressing the whole person, providers are missing critical components of wellness and reducing their effectiveness in both prevention and treatment of many health conditions.

This conference aims to bring together professionals from diverse backgrounds and practices to increase awareness and understanding of holistic health practices as they relate to stress management and patient care.



**WAKE AHEC**  
PART OF NC AHEC

RECRUIT  
TRAIN  
RETAIN



## Target Audience

This program would be appropriate for all healthcare professionals and those interested in holistic health.

## Learning Objectives

At the conclusion of this educational activity, the participant should be able to:

- Increase awareness of the current healthcare system and its relationship to holistic healthcare.
- Identify 3–4 interventions and practices that can be incorporated in patient care.
- Discuss potential benefits and risks to implementing a holistic healthcare approach in practice.

## Credit

**Contact Hours:** Wake AHEC will provide up to 4.0 Contact Hours to participants.

## Registration Fee

- Registration – \$65. Vouchers will be accepted.
- Fee will include online handouts/online certificate of completion.
- Lunch will be provided.
- To assure quality programming and safety for all participants, babies and children may not attend this program.
- Call 919-350-8547 for our Inclement Weather Updates.
- *Attendance at this activity grants permission for Wake AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns.*

**Cancellations and Refunds** Registrants cancelling between October 19 and October 31, 2024 will incur a cancellation fee of \$25. No refunds or credits will be given for cancellations received after October 31, 2024.

## ADA Statement

Wake AHEC is fully committed to the principle of equal educational opportunities for all individuals and does not discriminate on the basis of any characteristic protected by federal or state law. If you require any of the auxiliary aids or services identified in the Americans with Disabilities Act (ADA), in order to participate in programs or services, please call us at 919-350-8547. Organizing such resources generally takes 3–4 weeks, so please give us as much notice as possible to make appropriate arrangements.

**Questions?** Contact Kristen Murphy at [krmurphy@wakeahec.org](mailto:krmurphy@wakeahec.org).



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9:00 am **Check In/ Registration**

9:30 am **KEYNOTE ADDRESS**

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## A Collaborative Approach to Healing Our Community

Dr. Jordan Bonham

As the "front line" of healthcare, we have been overworked, overwhelmed, and often underserved. Coming out of the pandemic has pushed an already stressed system into a state of survival and preservation, and we are, unfortunately, stuck in that mess... But no one is coming to save us. It is up to us to not only transform our own health, but to show up for our patients and encourage them to show up for themselves. We have taken too many steps off the path of health, often leaving many non-negotiables to the wayside while we watch as our patient's health deteriorates. We cannot create health in someone else, but we can promote it, support it, and encourage it.

### OBJECTIVES

- Create and inspire a sense of collaboration within the health care community.
- Acknowledge the unmet needs of the healthcare community in the aftermath of the pandemic.
- Advocate for self-care.
- Call to action to challenge patients to work towards their health rather than expect it all from us.

10:00 am **Break**

10:15 am **MORNING BREAKOUT SESSIONS**

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## Dialectical Chronic Pain Management: Integrating Acceptance and Change Strategies to Reshape Experience

Deborah Barrett, PhD, LCSW

This session will discuss chronic pain management and acceptance and change strategy in therapeutic work. Strategies with use with clients experiencing chronic pain will be explored.

### OBJECTIVES

- Articulate the concept and application of the "pain gate" concept for chronic pain management.
- Use at least one acceptance and one change strategy in therapeutic work with people with chronic pain.
- Discuss the role of prediction on experience, grounded in neuroscience, that can help people reshape their experience with pain.

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## Nutrition & Lifestyle for Holistic Health

Parul Kharod, MS, RD, LDN

This presentation will discuss how to shift from treating a disease with a diet versus optimizing nutrition for health and healing of the whole person with an integrative approach.

### OBJECTIVES

- Identify nutrition goals from a holistic approach.
- Gain knowledge of complementary & alternative health, including integrative and functional medicine.
- Review nutrition therapy for improving overall health.



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10:15 am

### MORNING BREAKOUT SESSIONS

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#### Massage Therapy for Overall Health and Well-being

Jill White-Huffman, LCMHC, MFT, LMBT

Massage therapy can be an incredible resource, offering a unique and personal path to overall health and well-being. When we engage in a massage, we are not just passive recipients. We are actively participating in a process where our muscles are being moved, techniques are used to manipulate muscles and soft tissue, blood flow increases to ease muscle tension and relieve symptoms, moderate pressure is applied to relieve pain, and we are receiving the healing power of the human touch.

##### OBJECTIVES

- Develop a deeper understanding of what health and wellness means as it relates to massage therapy.
- Discuss massage and the various benefits.
- Identify the different types of massage and their unique differences.

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#### Healthy Sleep: Overview for Public Health Professionals

Gina Mauldin, MHS, PA-C

Sleep is an often-overlooked cornerstone to both optimal physical and mental health. Between 50 to 70 million Americans have some type of sleep disorder. Healthy sleep for adults should be around 7 to 9 hours. Approximately one-third of adults report sleeping less than seven hours per night on weekdays or workday nights. 30% to 40% of adults in the US complain of insomnia symptoms. Approximately 60% of people don't seek help for their sleep problems, but many people seek help for associated symptoms and disorders.

This program will examine the significance of healthy sleep and the impact on both physical and mental health, discuss common sleep disorders and review best practices for treatment of sleep disorders, including when referral to specialists is recommended.

##### OBJECTIVES

- Articulate the importance of sleep to overall physical and mental well-being.
- Develop awareness of how to identify common sleep disorders and know when to refer to a sleep specialist or other appropriate healthcare providers.
- Discuss best practices for treating common sleep disorders.



11:45 am

### Lunch

12:45 pm

### AFTERNOON BREAKOUT SESSIONS

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#### Breathing Techniques and Mindfulness: The Impact on Overall Health and Stress Management

Jill White-Huffman, LCMHC, MFT, LMBT

Stress is unavoidable and we all experience stress at some point in our lives. Stress is not always bad; however, if it disrupts our lives by preventing us from completing important tasks, it can lead to negative life consequences. Stress management as a preventative means of taking care of us when faced with stressful situations could include effective breathing and mindfulness techniques routinely. These techniques help our nervous system slow down and enter the parasympathetic state, ultimately promoting relaxation and reducing pain and stress.

##### OBJECTIVES

- Practice breathing exercises and techniques to promote relaxation and reduce stress.
- Discuss how to incorporate mindfulness practices into your daily routine as a source of stress management.

12:45 pm **AFTERNOON BREAKOUT SESSIONS**

## Chiropractic Care – Much More Than Cavitation

Dr. Jordan Bonham, Dr. Megan Birdsey, Dr. Hunter Buckley

The doctors of Centered Chiropractic will go over our clinical objective findings, explain how they relate to common presentations, and describe our process for helping to correct the issue. We will discuss other supportive modalities and lifestyle changes that we use in our office and speak to the vision for our practice as it relates to patient care. We will then open the session up for Q&A.

### OBJECTIVES

- Demonstrate common presentations and objective findings from within our practice and describe the mechanism of symptom presentation, as well as how we treat it.
- Demystify chiropractic and demonstrate its efficacy and credibility.
- Show how we have created a practice based on function, holism, and science.

## Exercise and Whole Body Benefits

Joelle Sevio, BS, CPT, CMES

This session is designed to educate, motivate, and inspire you to develop or enhance exercise practices that promote holistic health for you and others.

### OBJECTIVES

- Define exercise in terms of holistic health.
- Discuss benefits of exercise for longevity.
- Explain the practical applications of holistic exercise.

## Empowering Healing: Trauma Informed Care and Regulation Skills in Practice

Sarah Patterson, D. Min., LCSW

This presentation will explore the various types of trauma, including acute, chronic, complex and secondary trauma. We will discuss the profound impact trauma has on the neurological system, specifically focusing on the changes to the brain structure and function. Additionally, we will highlight the benefits of practicing gratitude, which can enhance psychological well-being, physical health, and social connections. Finally, we will cover effective regulation skills to help manage stress and promote emotional resilience.

### OBJECTIVES

- Identify two types of trauma.
- Identify 3 ways childhood trauma impacts overall health through the review of the ACE Study.
- Discuss the neurological impact of trauma.
- Learn and practice 3-5 regulation techniques.

2:15 pm **Break**

2:30 pm **Closing: Q&A with Speaker Panel**

Speakers will have opportunities to answer any questions from participants.

3:00 pm **Adjourn**



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