

AGENDA

7:30 – 8:30

REGISTRATION, BREAKFAST

Deluxe Continental Buffet

muffins and orange rolls

Yogurt bar with granola and fresh fruit

Ocean Spray juices

Coffee, tea

8:30 – 8:45 – MAIN STAGE

Sing to Live choir

John Sato, director

8:45 – 9:45 – MAIN STAGE

KEYNOTE SPEAKER

Michael L. Good, M.D.

CEO, University of Utah Health, Dean, U of U School of Medicine, Senior VP, Health Sciences

Art as Medicine: A Prescription for Healing

The arts are intimately intertwined in the multi-dimensional healing process. In this presentation, Dr. Michael Good reviews a variety of artistic programs and initiatives he has observed during his three decade-long career in medicine, and their positive impact on patients and on healing. Examples include visual art, performing art, musical art, horticultural art, and other art forms that are helping to guide patients through their health challenges and health care journeys. Art can also provide a gateway to mindfulness, and personal discernment that focuses on wellness rather than illness.”

Dr. Good is the CEO of University of Utah Health, the Dean of the University of Utah School of Medicine, and the Senior Vice President of University of Utah Health Sciences. He is a professor of anesthesiology. Prior to arriving in Utah, Dr. Good held many leadership positions at University of Florida (UF) and its clinical affiliates, including dean, interim dean, senior associate dean for clinical affairs, chief of staff for Shands at UF, chief of staff for the Malcom Randall VA Medical Center, and system medical director for the North Florida/South Georgia Veterans Health System. Early in his academic career, Dr. Good led a team of UF physicians and engineers to create the Human Patient Simulator, a sophisticated computerized teaching tool that is now used in health education programs throughout the world. He graduated with distinction from the University of Michigan with a bachelor's degree in computer and communication sciences. Dr. Good also earned his medical degree from Michigan, completed his residency training and a research fellowship in anesthesiology at UF, and joined the UF College

of Medicine faculty in 1988. He currently is a member of The American Medical Association (AMA), The American Society of Anesthesiologists (ASA), Association of University Anesthesiologists, Utah Society Association (USA), and The Utah Medical Association (UMA).

10:00 – 11:00

BREAKOUT SESSIONS

A – MAIN STAGE

Shelley White, MSW, LCSW, PhD Candidate

Wellness & Integrative Health Center Manager, Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U

Anna Budhathoki, DAOM, L, Ac.

Wellness Education & Training Coordinator, Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U

Integrating Arts for Wellness at the Huntsman Cancer Institute, University of Utah

This presentation will include an overview and history of creative arts services offered through The Wellness & Integrative Health Center at the Huntsman Cancer Institute (an NCI-designated cancer center at the University of Utah). The University of Utah is a top-tier research academic medical center. Presenters will share case studies, data, videos of staff and participant interactions, practical strategies, research, and information about how creative arts therapies can enhance a sense of wellness for cancer patients, caregivers, and staff members. Our center is part of the Arts-in-Health Innovation Lab.

The following services at HCI will be featured:

Artist-in-Residence

Dance & Movement

Labyrinth and Patio Projects

Music Therapy

Narrative Therapy/YourStory

Writer-in-Residence

Shelley has over 30 years of leadership and program development. She currently leads The Linda B. and Robert B. Wiggins Wellness and Integrative Health Center (founded in July of 2005) located on the first floor of Huntsman Cancer Hospital and Outpatient Clinics. Over the past 14 years, the center has grown into an essential part of HCI, now offering more than three dozen choices to people affected by cancer including staff and loved ones of patients being treated at HCI. Uniquely, therapeutic services are offered on site, within our clinical academic medical setting. The center includes two physicians from the Division of Physical Medicine and Rehabilitation (MD and DO), nine cancer exercise physiologists, seventeen group fitness instructors, two psychotherapists, four acupuncturists, two registered dietitians, eight massage therapists, seven creative arts therapists (art, music, and writing), and eight support staff. Previously, she oversaw HCI's Patient and Family Support services. White is currently co-

investigator on several projects related mind-body factors in cancer survivorship. She is pursuing a PhD in the University of Utah, College of Nursing and hopes to contribute to the science of integrative health practices and arts in health.

Annie is a Doctor of Acupuncture and Oriental Medicine, a licensed acupuncturist, and the Wellness Education & Training Coordinator at the Wellness & Integrative Health Center in the Huntsman Cancer Hospital, University of Utah. Her practice specializes in treatment of cancer-related side effects. She is passionate about helping patients maintain wellness and longevity after a cancer diagnosis. She is a nationally certified Diplomat of Acupuncture, licensed in Utah. She holds a Doctorate of Acupuncture and Oriental Medicine from Yo San University in Los Angeles, California, where her focus was integrative medicine, healthy aging and longevity. She received her Master of Science degree in oriental medicine from Pacific College of Oriental Medicine in San Diego, California. Dr. Budhathoki is also a research investigator on the use of acupuncture in the oncology setting. Her areas of interest include oncology, integrative medicine, pain management, geriatrics, and neurological disorders. Her study of traditional Tibetan medicine in Nepal has furthered her research in natural medicine from around the world. She led the patio project at HCI.

B – CONCERT HALL

Reverend Laura Hallett Senior Minister, Center for Spiritual Living, St. George

Accessing Your Inner Wisdom Through Creative Mindfulness - A Meditation and Mandala Art Workshop

Mandalas are circular geometric patterns that represent a wholeness that reminds us of our relation to the creative nature of the universe which extends both within and beyond our bodies and minds. This meditative practice engages the conscious mind while allowing the time and the space for a deeper connection with all of life to be found. Join Rev. Laura as she takes you through this unique and easy technique for drawing mandalas as a meditative practice.

Laura is a professional educator, curriculum designer, artist, author, and licensed minister with Centers for Spiritual Living (www.csl.org). She regularly speaks, conducts workshops, leads spiritual retreats, and teaches classes on meditation and transformational spirituality.

C – BLACK BOX THEATER

Sunil Iyengar, Director of Research & Analysis National Endowment for the Arts - Live via Skype hosted by

Ken Crossley, Founder and Director, EngAGE Utah

Investments made by the NEA in Arts and Health Research

A discussion via Skype with Sunil Iyengar at the National Endowment for the Arts on the state of the arts, and the programs and initiatives NEA is undertaking to promote research and actions that bring the benefit of the arts to our communities.

Sunil is Director of Research & Analysis at the National Endowment for the Arts, And chair of the Federal Interagency Task Force on the Arts and Human Development, has contributed to several NEA research publications including - Rural Arts, Design, and Innovation in America and Staying Engaged: Health Patterns of Older Americans Who Participate in the Arts, and is a contributor to a monthly research post (titled "Taking Note") on the NEA's official blog. Sunil and his team have partnered with organizations such as the Brookings Institution, the National Academy of Sciences, and the National Institutes to Health to study the arts in relation to such topics as economic development and health and well-being.

11:15 – 12:15

BREAKOUT SESSIONS

B – CONCERT HALL

Heather Fellows, SCMT, MT-BC, Music Therapist

Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U

Kaitlyn Jasmin, SCMT, MT-BC, Music Therapist

Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U

Stories, Research & Experiential Music Therapy to Promote Wellness and Resiliency

Heather and Kaitlyn will present stories from their work with patients, caregivers, and staff at the Huntsman Cancer Institute. They will discuss how the relevant research informs their practice and will engage participants in musical experiences that promote wellness and resiliency.

Heather is a music therapist at the Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U where she provides quality, evidence-based music therapy treatment for HCI patients. She earned a BS in Music Therapy from Utah State University in 2000. Heather has worked privately and in group settings with various populations, including acute and sub-acute rehab, adult psychiatric, and older adult. She has advanced training in hospice and palliative care music therapy and has worked at University of Utah Hospital for the past 8 years.

Kaitlyn is a music therapist at the Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U. She received her Bachelors of Music Education in Music Therapy from the University of Kansas. She completed her music therapy internship at Expressive Therapies Utah in the Salt Lake City area. Kaitlyn has worked with a wide variety of needs, such as adults and adolescents in mental health care, hospice, memory care, and adult oncology. She is committed to providing music therapy services that acknowledge each individual's journey and that provide opportunities for growth and wellness at any stage of life.

C – BLACK BOX THEATER

Stephanie Nash, MA

Shifting Positions to Shift Perceptions – How moving the body in specific ways can affect your thought, feelings, and communication

This workshop is appropriate for anyone who is interested in how the body & mind interact to create our experience – and how we can be empowered to optimize this relationship for

techniques of moving the body. The goal is discovering easy physical ways, that anyone can do to create more ease, productivity, insight and well-being.

Stephanie is a mindfulness coach, Integrative Counselor, speaker and actor with specialties in stress reduction, optimizing performance, “rewiring” eating habit patterns, and empowering people physically and mentally to have more ease, focus and well-being. She was a guest expert on a Deepak Chopra show where she taught her unique style of laughing meditation, and she designed and taught mindfulness for a Harvard medical School brain study using the United Mindfulness system developed by Shinzen Young, with whom she has worked closely for over 20 years. At UCLArts & Healing, Steph teaches her unique approach to how moving the body can affect thoughts & feelings in dynamic and immediate ways, She has a psychology degree from Duke, and an MFA from the prestigious Yale School of Drama, and yes, she has also been a working actress for over 30 years.

12:15 – 1:15 – LUNCH

Soup, Salad and Baked Potato Bar

Tossed garden salad with ranch and lemon vinaigrette dressings

Soup - cream of broccoli with cheese or vegan vegetable with wild rice

Baked potatoes with chili, cheese,

butter, sour creams, chives, diced tomatoes and purple onions

Dinner rolls with butter

Ice water

1:30 – 2:30

MAIN STAGE

KEYNOTE SPEAKER

Ping Ho, MA, MPH

Founder and Director of UCLArts & Healing

Stress, the Brain, & Social Emotional Arts

Experience how the arts can facilitate self-expression, stress reduction, positive emotions, and connection to others in an interactive hour of art making, movement, music making, and writing.

Ping is Founder and Director of UCLArts & Healing, an organizational member of the UCLA Collaborative Centers for Integrative Medicine of which Ping is a steering committee member and was founding administrator. She was also founding administrator for the Cousins Center for Psychoneuroimmunology at UCLA. She has a B.A. in psychology with honors from Stanford, an M.A. in counseling psychology from the University of California, Santa Barbara, an M.P.H. in community health sciences from UCLA School of Public Health. Ping is on the Council of Advisers for the Academic Collaborative for Integrative Health and is Associate Editor for the Creative

Arts Therapy Section of the Journal of Alternative and Complementary Medicine. She developed the Certificate Program in Social Emotional Arts (SEA) and Medical SEA Program. She co-developed and was principal investigator for Beat the Odds: Social and Emotional Skill Building Delivered in a Framework of Drumming. Ping is co-author of The Innovative Parent: Raising Connected, Happy, Successful Kids through Art (Ohio University/Swallow Press, March 2019).

2:45 – 3:45

BREAKOUT SESSIONS

B – CONCERT HALL

Samela Dingus, MFA

Founder of Your Next Option in Las Vegas

Self-Inflicted Ageing - How to get creative by getting out of our own way

How many of you are letting your age stop you from what you really dream, be it painting, singing, acting, an encore career, or _____? Fill in the blank! Discover what's next for your life – and how to create it on your terms. Learn ways to overcome ageism* in yourself and in others, and live a creative and rewarding life. We're going to live longer anyway, let's make the most of it! Change your perspective. Change your life. *'Ageism' is a combination of prejudicial attitudes toward older people, old age, and aging itself. Like racism and sexism, ageism serves a social and economic purpose: to legitimize and sustain inequalities between groups.

Samela is, is a speaker, producer and writer, whose goal is to inspire, educate and motivate multicultural individuals 55 years of age and older, to make a difference in their home, in their community or in the world. Additionally, to empower everyone, across generational and racial lines, in a call to action to challenge the stereotypes of aging in the new millennium. Creatively engaged most of her life, she has been an actor, dancer, choreographer, producer and director. She has also been an executive, tutor, teacher, and transition coach. At 51, she earned her Master of Fine Arts Degree in Arts Administration from Southern Utah University. At 58, she was certified as a Profiting from your Passions Coach and at 61, became a graduate of Visionary Business School.

C – BLACK BOX THEATER

Ping Ho, MA, MPH

Founder and Director of UCLArts & Healing

Creativity & Self-Care

Many of us experience the chatter of an inner critic when we try to think on our feet, assert ourselves, address an audience, learn something new, or express ourselves creatively. Creative expression offers a unique opportunity to step out of our comfort zone, challenge those voices and embody our creativity. Experience the process of creative expression through drumming without concern for performance or mastery, just for the health of it!

Ping is Founder and Director of UCLArts & Healing, an organizational member of the UCLA Collaborative Centers for Integrative Medicine of which Ping is a steering committee member and was founding administrator. She was also founding administrator for the Cousins Center for Psychoneuroimmunology at UCLA. She has a B.A. in psychology with honors from Stanford, an M.A. in counseling psychology from the University of California, Santa Barbara, an M.P.H. in community health sciences from UCLA School of Public Health. Ping is on the Council of Advisers for the Academic Collaborative for Integrative Health and is Associate Editor for the Creative Arts Therapy Section of the Journal of Alternative and Complementary Medicine. She developed the Certificate Program in Social Emotional Arts (SEA) and Medical SEA Program. She co-developed and was principal investigator for Beat the Odds: Social and Emotional Skill Building Delivered in a Framework of Drumming. Ping is co-author of The Innovative Parent: Raising Connected, Happy, Successful Kids through Art (Ohio University/Swallow Press, March 2019).

4:00 – 5:00

BREAKOUT SESSIONS

A – MAIN STAGE

Ken Crossley

Founder and Executive Director, EngAGE Utah

The New News in Arts and Aging - A look how the arts are shaping social aging programs in the US and UK

This session looks at some of the latest arts news items from the USA and UK, and how Utahans are using the arts to address such issues of dementia and loneliness.

B – CONCERT HALL

Lynn Clark, MS, LMFT

Therapist, Artist, Musician, Author and Photographer

The Power of Whole Tones Music and Guided Imagery

This session will address the healing qualities of healing music, guided imagery and meditation and how it changes pathways in the brain and body making lasting changes for good health and well-being. She will lead you through a creative meditation.

Lynne is a therapist, artist, musician, author; and has been a prominent photographer in Southern Utah for more than 50 years. A native of Farmington, New Mexico, she graduated from Brigham Young University with a BA degree in music and art. She played the part of Anna in the BYH production of the “King and “I, she is past member of the Mormon Tabernacle Choir and the Southern Utah Heritage Choir. She taught vocal music and English at American Fork High School then moved to Southern Utah in the 1960’s. She returned to college for a master’s degree in Marriage and Family therapy, graduating in 1989. In 2012 she authored and

published "Images of Faith", a pictorial history of 150 years St. George, Utah, with 1400 photographs from her collection of 20,000 historic images. Lynne has a private practice counseling and is also a therapist at Desert Solace, a residential facility for men addicted to pornography. She is currently at work on a book about healing and transformation. She is well known as an inspirational teacher, speaker and counselor. Her paintings and photographs have won numerous awards. Knowing that everyone is a creator, she takes great joy in assisting people through Music Therapy, Guided Imagery, Meditation, and Art Therapy to find healing and embrace their creative self.

C – BLACK BOX THEATER

Laura Sharp Wilson, Artist-in-Residence

Wellness & Integrative Health Center, Huntsman Cancer Institute, U of U

"Jellyfish Paintings" – create an immersive watercolor painting of jellyfish in the sea.

Simple methods for creating these sea creature forms will be discussed. Books and projected images of jellyfish schools will be shared. Laura will also present other project ideas from her current position as an Artist-in-Residence at the Huntsman Cancer Institute where she offers weekly art projects to patients, caregivers and staff.

Laura was born in San Juan, Puerto Rico, in 1965. She grew up in New York and New Jersey. She received a BFA from Carnegie Mellon University and an MFA from the University of North Carolina, Chapel Hill. Laura also studied surface textile design at North Carolina State University and served as an apprentice at the Fabric Workshop in Philadelphia. She has exhibited sculpture, installation, painting, and drawing nationally and internationally since 1996. Her design titled "Thread, Strand, Rope, and Yarn," a 5,000-square-foot terrazzo floor, is part of the public art of the Eccles Theater in downtown Salt Lake City. Currently, Laura's work considers her great-grandparents Euro-American immigrant generation through the language of textiles, sewing, and garments. She is also in the process of organizing a group exhibition of 30 national artists called "Liten" (which means "small" in Norwegian). The show opened at the Davis Art Center in Bountiful, Utah, September 2019. Laura lives in Salt Lake City with her husband and son.

5:00 – 5:30

LOBBY - WRAP UP

Hugs and Brownies