Military and Veteran Resiliency Medicine Summit

A CONTINUING EDUCATION CONFERENCE FOR HEALTH CARE PROFESSIONALS

Thursday February 25 – Friday February 26, 2016
Naval Medical Center San Diego
San Diego, California

KEYNOTE SPEAKERS

Herbert Benson, MD
Harvard Medical School

Deepak Chopra, MD
The Chopra Foundation
UC San Diego

CAPT(ret) Kevin Berry, MD
Samueli Institute

COL Richard P. Petri, MC
William Beaumont Army Medical Center

Presentations Thursday, February 25
• Current integrative health initiatives in the DoD
• Mindfulness and Resilience
• Relaxation Response
• Poster Presentations

Presentations Friday, February 26
• Self Awareness is the Key to the Future of Well-Being
• Exercising Leadership: Turning in Sharply
• Gratitude and Well-Being
• Implementation of mental skills training

No cost to attend
VTC webinar access will be provided for VA/DoD health care
Education credits: 16 CME hours for in person and virtual attendance
Registration: [http://tiny.cc/resiliencysummit](http://tiny.cc/resiliencysummit)
For more information contact: [USN.NMCSD-Resiliency@mail.mil](mailto:USN.NMCSD-Resiliency@mail.mil)
Summit Overview
Evidence supports the use of various self-care health practices and their positive effects on emotional and physical resilience. This training event is designed to highlight best practices, cutting-edge research and develop new skills in mind-body medicine with a goal of improving integration of these disciplines into the care provided to our service members, veterans and their families.

Purpose
Equip healthcare providers who treat active duty military and veterans and their families with resiliency tools with the highest evidence base. This event was created out of a recognized need for further expertise in this area based on the many health sequelae from the recent war period. We hope to make it a regular event.

Objectives
1. Understand the role mind-body medicine plays in developing emotional and physical resiliency and well-being in military personnel and veterans.
2. Be familiar and have experience participating in various established mind-body medicine modalities.
3. Discuss current best practices and cutting edge research in mind-body medicine and its integration within military and veteran medicine.

Target Audience
Military and civilian healthcare leaders, researchers, practitioners and other professionals who have an interest in providing optimal healthcare to our service members, veterans and families.

Keynote Speakers
Herbert Benson, MD, Professor of Mind-Body Medicine, Harvard Medical School, and Founder of the Benson-Henry Institute for Mind-Body Medicine at Massachusetts General Hospital and Beth Israel Deaconess Medical Center.

Deepak Chopra, MD, FACP, Founder of The Chopra Foundation and Co-founder of The Chopra Center for Wellbeing, Clinical Professor of Family Medicine and Public Health, UC San Diego, and author of more than 80 books which have been translated into over 43 languages, including 22 New York Times bestsellers.

CAPT(ret) Kevin Berry, MD, Vice President for Military Medical Research at the Samuei Institute. Dr. Berry most recently served as the medical research and development portfolio manager for the expeditionary medicine thrust area U.S. Air Force Medical.

COL Richard P. Petri, MC, Chief of Physical Medicine and Integrative Health Services at the William Beaumont Army Medical Center, Fort Bliss, Texas.

Accreditation
Education Credits: 16 CME hours for in-person and virtual attendance
VTC: Will provide webinar access to VA/DoD healthcare community

Disclosures
Commercial Support
This course is supported, in part, by educational grants from industry, in accordance with ACCME accreditation Standards for Commercial Support. At the time of printing, a complete listing of commercial supporters was not available. Appropriate acknowledgement will be given to all supporters at the time of the educational activity.

Course Directors
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Moijgan Jahan, PsyD
Naval Medical Center San Diego

CAPT David Oliver
Naval Medical Center San Diego

Helen Metzger
Department Head, Health and Wellness Naval Medical Center San Diego

Naval Medical Center San Diego Mind-Body Medicine

UC San Diego Center of Excellence for Research and Training in Integrative Health
Speakers

CAPT Acosta, MD
Commanding Officer
Naval Medical Center San Diego

CDR Jeffrey H. Millegan, MD, MPH
Head, Mind Body Medicine Naval Medical Center San Diego

Herbert Benson, MD
Professor of Medicine, Harvard University, Massachusetts General Hospital

COL Richard P. Petri, MC
Chief of Physical Medicine and Integrative Health Services, William Beaumont Army Medical Center

Stephanie Taylor, PhD
Associate Director, HSR&D Center, VA Greater Los Angeles Healthcare System

Sean Grant, DPhil
RAND Corp

Lara Hilton, MPH
RAND Corp

Margaret Maglione, MPP
RAND Corp

Colleen Mizuki, Yellow Ribbon
Reintegration Program, Former Director of Training, Mind Fitness Training Institute

GySgt (ret) Chris Dixon

Laura Redwine, PhD
Associate Professor of Psychiatry, UC San Diego, and VA San Diego Healthcare System

John Denninger, MD PhD
Harvard University, Massachusetts General Hospital

Jill Bormann, PhD RN
Professor of Nursing, University of San Diego and VA San Diego Healthcare System

Julie Kinn, PhD
National Center for Telehealth and Technology

Paul J. Mills, PhD
Professor of Family Medicine and Public Health Professor of Psychiatry, UC San Diego

Deepak Chopra, MD
Chopra Center for Wellbeing, Clinical Professor of Family Medicine and Public Health, UC San Diego

Kevin Berry, MD
Vice President, Samueli Institute

Jason Jameson, PhD
Naval Health Research Center

Chris Demuro, PhD
Naval Health Research Center

Valerie Rice, PhD
Army Research Laboratory, San Antonio, TX

David Kearney, MD
VA Puget Sound; Professor of Medicine University of Washington School of Medicine

Marek Kopacz, MD, PhD
VISN CoE for Suicide Prevention, Canandaigua, NY

Keri-Ann Laurito
NMCSD Mind Body Medicine Yoga Instructor

Fay McGrew
Naval Medical Center San Diego Mind Body Medicine Qigong Instructor

Sara Schairer
Compassion Cultivation Trainer

Dan Halpain
Holistic Health Work & The Veterans Medical Research Foundation

Steven D. Hickman, PsyD
Professor of Psychiatry, Executive Director, UC San Diego Center for Mindfulness
Military and Veteran Resiliency Medicine Summit

Thursday, February 25, 2016

0715-0800 Breakfast

0800-0820 Welcome Remarks
  CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine, Naval Medical Center San Diego
  Paul J. Mills, PhD, Professor, UC San Diego

0820-0910 Relaxation Response
  Herbert Benson, MD, Professor of Medicine, Harvard University, Massachusetts General Hospital

0910-1000 Current integrative health and healing initiatives in the S.O.B瞰pk d rml@cdi q:
  COL Richard P. Petri, MC, William Beaumont Army Medical Center, Fort Bliss, Texas

1000 1010 Break

1010-1145 Mindfulness-based Interventions for Mental Health and Chronic Pain: Evidence & Clinical Applications
  Stephanie Taylor, PhD, Sean Grant, DPhil, Lara Hilton, MPH, Margaret Maglione, MPP, RAND

1145-1245 Lunch

1245-1335 Mindfulness-based Interoceptive Practices for Enhanced Resilience
  Colleen Mizuki, Yellow Ribbon Reintegration Program, Former Director of Training, Mind Fitness Training Institute, GySgt(ret) Chris Dixon

1335-1400 Tai Chi and Well-Being in Military Veterans
  Laura Redwine, PhD
  Associate Professor of Psychiatry, UC San Diego, Veterans Affairs San Diego Healthcare System

1400-1430 Genetics and Relaxation Response
  John Denninger, MD PhD
  Harvard University, Massachusetts General Hospital

1430-1440 Break

1440-1520 Spiritually Enhanced Mindful Strategies for Symptom Management: The Mantram Repetition Program
  Jill Bormann, PhD, RN, Professor of Nursing, Veterans Affairs San Diego Healthcare System

1520-1610 Mobile Health Resource to Promote Military and Veteran Resilience
  Julie Kinn, PhD
  National Center for Telehealth and Technology

1620-1730 Poster Presentations

Friday, February 26, 2016

0715-0800 Breakfast

0800-0810 Opening Remarks
  CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine, Naval Medical Center San Diego
  Paul J. Mills, PhD, Professor, UC San Diego

0810-0910 Self Awareness is the Key to the Future of Well-Being
  Deepak Chopra, MD, Chopra Center for Wellbeing, Clinical Professor of Family Medicine and Public Health, UC San Diego

0910-0950 Exercising Leadership: Turning in Sharply
  Kevin Berry, MD, Vice President
  Samueli Institute

0950-1000 Break

1000-1030 Best Practices in the Implementation and Evaluation of Mental Skills Training
  Jason Jameson, PhD and Chris Demuro, PhD
  Naval Health Research Center

1030-1100 Exploring Mindfulness Meditation in the 3D Virtual World and In-Person
  Valerie Rice, PhD
  Army Research Laboratory

1100-1145 MBM at NMCSD
  CDR Jeffrey H. Millegan, MD, MPH, Head, Mind Body Medicine Naval Medical Center San Diego

1145-1245 Lunch

1245-1330 The Potential of Compassion-Based Interventions for PTSD Among Military Personnel
  David Kearney, MD
  VA Puget Sound: Professor of Medicine University of Washington School of Medicine

1330-1410 Spirituality and Resiliency: The Example of the Chaplaincy Services
  Marek Kapacz, MD, PhD
  VISN CoE for Suicide Prevention, Canandaigua, NY

1410-1420 Break

1420-1450 Gratitude and Well-Being in Military Veterans
  Paul J. Mills, PhD
  Professor of Family Medicine & Public Health, and Psychiatry, UC San Diego

1450-1530 Wrap-Up Discussion and the Way Forward
  CDR Jeffrey H. Millegan, MD

1600 -1800 Hands-On Skill Workshops (must register in advance)

Yoga
  Keri-Ann Laurito - Naval Medical Center San Diego Mind Body Medicine Yoga Instructor
  CAP - 25 (Fellowship Hall)

Qigong
  Fay McGrew - Naval Medical Center San Diego Mind Body Medicine Qigong Instructor
  CAP - 40 (Classroom 5/6)

Compassion Meditation
  Sara Schairer - Compassion Cultivation Trainer
  CAP - 70 (Chapel)

Tai Chi
  Dan Halpain - Holistic Health Work & The Veterans Medical Research Foundation
  CAP - 30 (Outside)

Mantram Repetition
  Jill Bormann, PhD - University of San Diego, and Veterans Affairs Healthcare System San Diego
  CAP - 25 (Classroom 2/3)

Mindful Meditation
  Steven D. Hickman, PsyD - UC San Diego Center for Mindfulness
  CAP - 248 (Freedom Hall)
1. Resiliency amongst Veterans in a VA Military Sexual Trauma and Interpersonal Trauma Clinic
Erica Vargas, Katie B. Thomas, Genevieve Quintard, Deyna Montes, Elia Ganon, Frankie Georgianna
Veteran Affairs San Diego Healthcare System, Mission Valley CA

2. Mind Body Medicine for Mothers-To-Be at NMCSD
Nicole Champagne, LCSW; Michelle Langmead, LCSW
Naval Medical Center San Diego, Social Work Department

3. Physical Expressions of Psychological Trauma: A Case Study Exemplifying the Mind-Body Connection
Genelle Weits, Ph.D.
Naval Medical Center San Diego, Department of Mental Health

4. Acupuncture Triage Strategies and Reported Efficacy in a Veteran Population
Susan E Trompeter, MD
Veterans Affairs San Diego Healthcare System, University of California San Diego

5. Yoga for VA patients with Chronic Low Back Pain
Erik Groessl, PhD
Veteran Affairs San Diego Healthcare System, University of California San Diego

6. Portable Meditation-Based Mantram Repetition Decreases PTSD Symptom Severity in Veterans with PTSD: A Demonstration Project
Jill E. Bormann, PhD, RN, FAAN
VA San Diego Healthcare System, Center of Excellence for Stress and Mental Health (CESAMH), University of San Diego Hahn School of Nursing, and Health Sciences/Beyster Institute of Nursing Research

7. Mantram Repetition Improves Mindfulness Awareness in Military Veterans with Posttraumatic Stress Disorder: A Randomized Trial
Jill E. Bormann, PhD, RN, FAAN
VA San Diego Healthcare System Center of Excellence for Stress and Mental Health (CESAMH), University of San Diego Hahn School of Nursing, and Health Sciences/Beyster Institute of Nursing Research

8. Clinical Case of Concurrent PTSD, Complicated Grief, and Moral Injury in an Active Duty U.S. Sailor
Derek M. Miletich, MD
Naval Medical Center San Diego, Department of Mental Health

9. Psychosocial Improvements Associated with Acupuncture Treatment in a Sample of Veterans with Gulf War Illness
Lisa Conboy MA, MS, ScD, and Christine W. Cronin DAOM, L.Ac.
New England School of Acupuncture, Pacific College of Oriental Medicine - San Diego

10. Development of Compassion Meditation as a PTSD Intervention for Veterans
Ariel J Lang, PHD, MPH
VA San Diego Healthcare System Center of Excellence for Stress and Mental Health (CESAMH)

11. Bridging Medicine and Meditation: Stress Reduction for Patients Undergoing Chemotherapy
Marlo Narro, LCSW, Benjamin Marks, LCSWC, Ayesha Edwards, LCSW, Vanessa Raulston, ACSW, Yojana Khatiwoda, ACSW, Monica Dispenzieri, LCSW, OSW-C, Bernard Manschot, LCSW, OSW-C
Naval Medical Center San Diego, Social Work Department
12. Psychosocial and Occupational Factors Predicting Quality of Life among Treatment-Seeking Veterans with Posttraumatic Stress Disorder
Mayra A. Gomez P., BA, Pia Heppner, PhD, Sanford Nidich, EdD, Robert Schneider, MD, Paul J. Mills, PhD, John Salerno, PhD, Carolyn Gaylord-King, PhD, Maxwell Rainforth, PhD, Thomas Rutledge, PhD
Veterans Medical Research Foundation, VA San Diego Healthcare System, University of California, San Diego, Maharishi University of Management Research Institution

13. Religiosity in Military Sexual Trauma Survivors: Differences in Posttraumatic Growth
Sara Russano, BA, Kauinohea C. Joy, Elizabeth Straus MA, Frankie Georgianna, Haig Pilavjian, BA, Robyn L. Gobin, PhD, and Carolyn B. Allard, PhD.
University of California San Diego, Psychology and Neuroscience

14. Mind Body Medicine for Stress Resilience at NMCSD
Mojgan Jahan, PsyD, Marlo Narro, LCSW
Naval Medical Center San Diego, Department of Infectious Disease, Social Work Department

15. Effectiveness of a Perinatal Support Group in a Military Population
Ashley Clark, MD; Nicole Champagne, LCSW
Naval Medical Center San Diego, Department of Mental Health, Social Work Department

16. CoQ10 Benefits Gulf War Illness – Implications of Military and Veterans Resiliency
Alexander Fung
University of California San Diego, Department of Medicine

17. Changes in Resiliency and Mental Health Symptoms in a Sample of Military Mental Health Patients
Andrea L. Repp, MA, Jennifer Webb-Murphy, PhD, Eileen M. Delaney, PhD, Courtney A. Dempsey, MPH, Susan F. Fesperman, MPH, Steven K. Gerard, BA, Betsy J. Henderson-Grant, MA, Bonnie J. Nebeker, AA, Stephanie C. Raducha, BA, Scott C. Roesch, PhD, & CAPT Scott L. Johnston, PhD
USN Naval Center for Combat & Operational Stress Control (NCCOSC)

18. The Role of Psychological Inflexibility in Symptom Reduction during Exposure Treatment
Vasudha Ram, MPH, NCCOSC; Eileen Delaney, PhD, NCCOSC; Jennifer Webb-Murphy, PhD, NCCOSC; Bonnie Nebeker, NCCOSC; Steven Gerard, BA, NCCOSC; Jagruti Bhakta, PhD, NCCOSC; Alicia Baird, PhD, Naval Medical Center San Diego; Scott L. Johnston, PhD, CAPT, NCCOSC; Robert N. McLay, MD, PhD, Naval Center for Combat & Operational Stress Control

19. Mantram Repetition in a Military Mental Health Clinic
Shira M. Max, Psy.D.
Naval Medical Center San Diego, Department of Mental Health

20. Parenting Stress in Navy Families: The Importance of Spirituality and Social Support
Abigail M. Yablonsky, Ph.D.
Naval Medical Center Portsmouth

21. Mind Body Medicine Workshop for Staff to strengthen resiliency to stress
Lisa Hess, LCSW & Genelle Weits, Ph.D.
Naval Medical Center San Diego, Social Work Department, Department of Mental Health

22. Caregiver Occupational Stress Control Program: Promoting Psychological Well-Being of Navy Caregivers
Jean Fisak
Naval Center for Combat & Operational Stress Control
23. A Genetic Risk Factor for Major Depression and Suicidality Is Counteracted by Physical Activity
Marcus K. Taylor, Shiloh E. Beckerley, Emily A. Schmied, Nicole Henniger, Lisa M. Hernández, Gerald E. Larson, Douglas A. Granger, Biobehavioral Sciences Lab, Warfighter Performance Department, Naval Health Research Center, San Diego, CA. School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA. Institute for Interdisciplinary Salivary Bioscience Research, Arizona State University, Tempe, AZ. Johns Hopkins School of Nursing and Bloomberg School of Public Health, Baltimore, MD.

24. Evaluation of the National Acupuncture Detoxification Association protocol to treat Combat Stress Induced Insomnia
Christine W. Cronin DAOM, L.Ac. and Lisa Conboy MA, MS, ScD
Pacific College of Oriental Medicine, San Diego, New England School of Acupuncture

25. High performance in sensorimotor gating tasks associated with resiliency to combat PTSD
University of California San Diego, San Diego Veterans Affairs Health Services