

The Radiant Health Conference Registration Form

Registration fees:

Early Registration (by September 23)	\$60
Standard Registration	\$75
On-site Registration	\$80

Boxed lunch (optional)	\$10
Total Amount	_____

Because space is limited, we encourage participants to register early for this event.

Please total your registration amount on this form, make checks payable to Duke Professional and Personal Development Program, and mail to: Duke PPDP, 2200 West Main Street, Suite 400A, Durham, NC 27705, Attention: Ann Lane. We accept Visa, Master Card, American Express, and Discover cards for credit payment. Should you wish to call in credit card information, please call 919-286-1244 between 8 am and 5 pm, M-F, and indicate that you are calling to register for *The Radiant Health Conference*. You may also email the information to us at ann.lane@duke.edu, or fax your information to us at 919-286-1121, Attention Ann Lane.

(Please print clearly or type)

Name: _____

Address: _____

City: _____

State: _____

Zip Code: _____

Phone Number: _____

E-Mail address: _____

Please circle one credit card type:

Visa MC AmEx Discover

Credit Card Number: _____

Expiration Date: _____

CVV2 # (on back): _____

Name as is on credit card:

Cardholder's Zip Code: _____

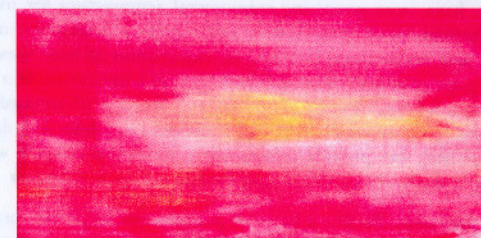
Signature: _____

Duke Professional and Personal
Development Program
2200 W. Main St., Ste. 400A
Durham, NC 27705
1-919-286-1244
www.dukeppdp.com

Duke Professional and Personal Development Program

presents

The Radiant Health Conference



Dawn ~ Stephanie T. Jenal

Integrating Body, Mind, and Spirit for Vibrant Living

Date: October 3, 2009

8:45 am – 4:30 pm

The Trotter Building
410 West Geer Street
Durham, NC 27701

www.dukeppdp.com

About the Presenters . . .

Bryan Carey has studied yoga for 25 years and taught for half as many. He apprenticed with artist/psychologist John Thomas Payne, authorized successor of Ruth Faison Shaw, originator of *Shaw Finger Painting and Method*, and in 2000 Bryan founded *The Shaw School and Studio*. He is also the founder and steward of *Patanjali's Place, A Community Yoga Space* in downtown Durham. Yoga participants will be introduced to Patanjali's Raja Yoga practice to restore and maintain radiant health. During Bryan's finger-painting session, students will learn about Ruth Faison Shaw and be encouraged to translate bodily movement into creative self-expression. www.patanjalisplace.com

Barbara Connor, M.Ac., L.Ac., and John Connor, M.Ac., L.Ac., graduates of the Northwest Institute of Acupuncture and Oriental Medicine, have been practicing craniosacral acupuncture for over 12 years. Participants in their session will receive a description of acupuncture and craniosacral therapy, an explanation of how these two modalities are combined to effect healing, and a simulation of a treatment session for a volunteer. Without receiving any advance information regarding the individual's concern, Barbara and John will demonstrate how they can provide treatment by feeling specifically what is occurring in the body. www.compassionateacupuncture.com

Jeanine Driscoll, Ph.D., a licensed psychologist in private practice, provides psychotherapy services for individuals and couples. For many years she has pondered the intersection of spiritual and psychological issues and their contribution to optimal well-being. In her mindfulness meditation session, using silence, movement, and meditative reading of poetry and prose, participants will explore practices to bring compassionate awareness to their engagement with the present moment.

Janice Geller, M.A., L.P.C. has been in private practice for 25 years providing *Integrative Counseling* to adults and children. She is an Academy Registered Dance/Movement Therapist and a Licensed Massage and Bodywork Therapist. In her session, Janice will introduce participants to three somatic and expressive arts psychotherapy awareness practices: *Authentic Movement*, a Jungian dance movement therapy form, *Body-Mind Centering*, and *Sound and Movement Story Theater*. Using didactic, experiential, and group process learning formats, participants will discover how these practices are used psychotherapeutically.

Kevin Ryan, M.A., L.P.C., a psychotherapist in private practice for 20 years, works with adults, couples, and teens at the Center for Integrative Therapy in Durham where he draws upon more than 30 years of meditation practice and extensive training in movement therapy and somatic awareness practices. Kevin reflects that most of us have both experienced and witnessed a great deal of suffering from the negative ways people treat themselves. We often live our lives with good intentions rendered inadequate by a judge or critic that imprisons us and leaves us feeling separate from our own hearts and the closeness of those who love us. Kevin's experiential workshop will give a beginning place to be together with others and explore how to embrace our inner critic more effectively.

Stevens Chiropractic and Wellness Group ~ Sibling chiropractors and certified Brimhall doctors, **Angelina Stevens, D.C., and Josh Stevens, D.C.**, focus their holistic practice on acupuncture, chiropractic, homeopathy, nutrition, massage and energy medicine. Their wellness centers are located in Durham and Chapel Hill, and both Josh and Angelina teach and lecture throughout the country to other chiropractors, medical doctors, and dentists. As part of the Stevens Wellness team, **Jan Stevens, M.A.**, a professional kinesiology and energy medicine practitioner, helps clients balance the acupuncture meridian system as it relates to emotional stressors, goal setting, and limiting beliefs. In the Stevens' interactive session all three practitioners will identify and guide participants through the Six Steps to Wellness: Structural alignment, ElectroMagnetic Therapy, Nutrition, Emotional Health, Detoxification, and Allergies and Sensitivities Reduction. www.StevensWellness.com

Judith C. Holder-Cooper, Ph.D., licensed psychologist and Director of the *Duke Professional and Personal Development Program* and the *Duke Employee Assistance Program*, has focused on wellness for 28 years. Her experiences include wellness consulting for *The Center for Preventive Medicine* as well as a personal commitment to Hatha Yoga, Vipassana meditation, and private study in nutritional health and the influence of beliefs on psycho-emotional health. To understand how vitality is influenced by the "stress disintegration circuit" and the over 35-aging process, Judith, in collaboration with Drs. William and Kevin Holder, holistic physicians, designed a new paradigm. She will share this perspective and focus on body wisdom as well as keys to sustaining vitality. www.dukppdp.com

Stephanie T. Jenal, Ph.D., *The Radiant Health Conference* creator and coordinator, is a licensed psychologist at *Duke's Professional and Personal Development Program* and *Employee Assistance Program* and also maintains a private practice in Durham. The mandate to empower individuals by honoring their spirit's wisdom is central to Stephanie's work, whether she is counseling, consulting, or delivering a keynote address, and she nurtures her soul through regular yoga and meditation practice. In her session she will not only explore what blocks us from accepting what is, but will also examine the benefits of learning from all experience by embracing the present moment. www.dukppdp.com

Please indicate in the schedule to the right your first, second and third choice of a session for each of the three breakout times. Participants will be assigned to groups on a first come basis, so we encourage you to register early to optimize your chance of getting your first choice.

Refund Policy: *If received by September 28, written requests for a refund will be honored, less a \$15 cancellation fee. Refunds will be provided in the form that payment was received.*

Conference Schedule

- 8:45—9:15 **Registration & Tea**
- 9:15—10:00 **Welcoming & Introductions**
Gratitude Exercise
- 10:00—10:45 **Keynote: *The Body-Mind-Spirit Continuum***
Judith C. Holder-Cooper, Ph.D.
Stephanie T. Jenal, Ph.D.
- 10:45—11:00 **Break**
- 11:00—12:15 **Loving the Skin You're In**
Breakout Sessions #1
——— *Raja Yoga* - Bryan Carey
——— *Longevity: Aging with Grace & Vitality*
Judith C. Holder-Cooper, Ph.D.
Craniosacral Acupuncture
——— John & Barbara Connor, M.Ac., L.Ac.
- 12:15—1:15 **Lunch/Social hour**
(Bring your own lunch, or order a boxed lunch with your advance registration).
- 1:15—2:30 **Minding your Mind**
Breakout Sessions #2
——— *The Expansive Self: Embracing the Inner Critic*—Kevin Ryan, M.A., L.P.C.
——— *Integrative Counseling: The Practice of Embodiment*
Janice Geller, M.A., L.P.C.
——— *Holistic Healthcare*
Stevens' Wellness Group
- 2:30—2:45 **Break**
- 2:45—4:00 **Honoring your Spirit**
Breakout Sessions #3
——— *Mindfulness Meditation*
Jeanine Driscoll, Ph.D.
——— *Finger-painting* - Bryan Carey
——— *Living in the Now*
Stephanie T. Jenal, Ph.D.
- 4:00—4:30 **Relaxation Exercise**
Stephanie T. Jenal, Ph.D.