

The MISSION is POSSIBLE:

FACING THE CHALLENGE

2016 OKLAHOMA CHILDREN'S BEHAVIORAL HEALTH CONFERENCE

Embassy Suites Norman Hotel & Conference Center

May 11-13, 2016

The Behavioral Health Wellness Track



Mary NurrieStearns, LCSW, RYT - May 13th

The Healing Power of Mindfulness and Self Compassion

Mary NurrieStearns has over 35 years of professional experience in mental health and maintains a counseling practice in Tulsa, Oklahoma. An advanced level yoga teacher, she is a long time yoga practitioner and mediator. NurrieStearns is author of numerous articles on psycho-spiritual growth, co-author of *Yoga for Anxiety* and *Yoga for Emotional Trauma* (New Harbinger's 2013) and co-editor of *Soulful Living*. In her workshop, you will learn the neuroscience behind the evidenced based practices of mindfulness and self-compassion and why these practices are effective for emotional self-regulation, reducing anxiety, quieting the mind, building trust and increasing concentration.



Jeffrey Rediger, MD, MDiv. - May 13th

Integrating Spirit: The Higher Aspect of Being Human

Dr. Jeffrey Rediger is on the faculty of Harvard Medical School, the Medical Director of McLean SE at McLean Hospital, and the Chief of Psychiatry at Caritas Good Samaritan Medical Center. Dr. Rediger is a licensed physician, board-certified psychiatrist, and also has a Master of Divinity from Princeton Theological Seminary. His research with remarkable individuals who have recovered from illnesses considered incurable has been featured on the Oprah Winfrey and Dr. Oz Shows. Dr. Rediger's workshop will explore the connection between spirituality and health, including the implementation and role of spirituality in integrated healthcare.



Susan Radcliffe, NR - May 12th

HEARTMATH: Using the Body's Natural Resources to Extend Life Expectancy

Susan Radcliffe has been a Nurse for over 40 years, with a focus of caring for people with cancer. During her career, she was driven to learn more about people who managed to live longer than expected. In her presentation, Radcliffe will share what her patients attributed to their long life trajectories and what she learned from the HeartMath Institute, which scientifically explains how some people are able to optimally use the resources their bodies to extend their lives well beyond the expectations of medical science.



Alissa Catiis, LCSW, RYT - May 12th

Trauma-Sensitive Yoga

Alissa Catiis is a psychotherapist and yoga teacher who primarily works with trauma survivors. She draws on feminist relational, family systems, and psychodynamic theory in her clinical work. Catiis's clinical interests include working with people from diverse communities and marginalized populations. In her workshop, participants will explore yoga tools effective for managing anxiety, depression, and post-traumatic stress that can be taught to children and youth. These tools include: breathing exercises, meditations, self-inquiry exercises, mudras (hand gestures), and mantras (sounds or words).