

Keynote Speaker

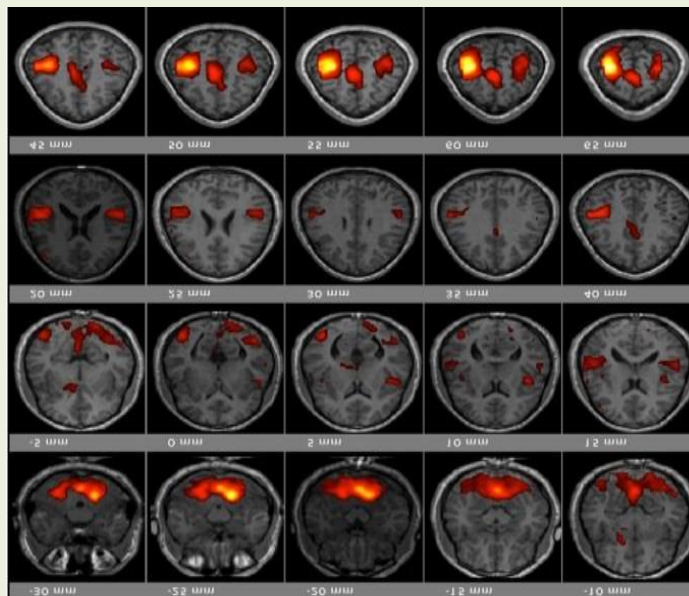
Mary Lee Esty, LCSW-C, Ph. D.

Is a Licensed Clinical Social Worker with a doctorate in health psychology. She is a Senior Fellow in Biofeedback and Neurofeedback. Her peer-reviewed research in TBI began with an NIH-funded study published in *The Journal of Head Trauma Rehabilitation* (2001) and a follow-up study with Iraq/Afghanistan veterans in *The Journal of Neuropsychiatry & Clinical Neurosciences* (2012). Research evaluating the efficacy of Neurofeedback on TBI and PTSD in soldiers from Walter Reed Army Medical Center continues in association with USUHS (U. S. Uniformed Services University of the Health Sciences). Her most recent book, *Conquering Concussion: Healing TBI Symptoms With Neurofeedback And Without Drugs*, co-authored with C.M. Shifflett, has been recognized by Kirkus reviews as among the Best Indie Books of 2014 and the Nonfiction Authors Gold Award. Her address will examine how to use the mind to affect the body, and the body to affect the mind; the use of everyday home biofeedback practices for optimizing health.; professional applications of biofeedback for sleep problems, hypertension, and anxiety; the impact of even minor falls on health, and prevention of fall and the connection between mild concussion, headache, cognitive, endocrine, and mood problems.

Workshop Presenters: Terry Cunningham, MA, CBIS is with the Center for Excellence in Disabilities in the Traumatic Brain Injury Program. She worked in Substance Abuse treatment for 25 years. Terry taught Psychology at Salem International University and practiced in the field with her therapy dog Siggie, working with at risk youth.

7th Annual Aging Well Workshop Healthy Brains and Minds: Biofeedback and Beyond

Presented by the Departments of Psychology
And Social Work at Shepherd University



Tuesday, May 12th 2015 - 9:00 AM - 4:15 PM

Byrd Center for Legislative Studies - (Connected to the Library)

Shepherdstown, WV

Funded by WV Bureau of Senior Services

Workshop Presenters:

Christopher Lovelace Ph.D., earned his undergraduate degree in Psychology from Wake Forest University; his Master's and Doctoral degrees in experimental psychology from American University in Washington, DC. His research focus is on how the brain combines information from senses like vision, hearing, and touch in forming our perception of the world. As a faculty member in the Shepherd University Department of Psychology, Dr. Lovelace teaches, among other things, Biopsychology, Drugs and the Brain, and Sensation & Perception.

Anne Murtagh Ph.D. earned her B.A. at Rutgers College of South Jersey, and her M.A. in Community Psychology at Temple University. After working as a clinical psychologist and psychotherapist for a number of years, she earned an M.A. and Ph.D. in Clinical Psychology at the University of Montana. She moved with her family moved to western Maryland and came to Shepherd University where she teaches a range of undergraduate and graduate courses. Her research has explored factors that affect self-regulation and attention, ADHD in young adults, and the effects of mindfulness meditation training.

Jeffrey Worth, R.N. L.Ac. studied nursing and became a registered nurse (R.N.) in 1988. Jeff received his degree in acupuncture from the Traditional Acupuncture Institute in Columbia, Maryland, in 1991. In 1995, he established the Boonsboro Wellness Center, which serves patients from all over Maryland, Pennsylvania, Virginia and West Virginia. He was appointed by the Governor of West Virginia to serve on the West Virginia Board of Acupuncture for six years.

This day-long workshop presents themes related to brain health. It offers 6 continuing education units for social workers
5.5 contact hours for nurses

REGISTRATION FORM

May 5th Deadline.

Name: _____

Organization: _____

Email: _____

Tel #: _____

Are you registering for CEUs?

Yes (\$50) No (\$25)

(includes lunch)

Make check payable to:

Department of Social Work

Mail to: ATTN: Geri Crawley-Woods
P.O. Box 5000;
Shepherd University
Shepherdstown, WV 25443

Workshop Options [Please choose **ONE** from

A and ONE from B]

1:00 – 2:30 p.m.

A1 The Changing Aging Brain: How Understanding Changes in the Brain helps us to Understand Changing Behavior

A2 Health and Longevity: Ancient Practices for a Modern People

2:45- 4:15 p.m.

B The Boomer Consumer: Substance Abuse and Aging

B 2 Mindfulness: Making Each Moment Count

For further information contact:

Geri Crawley-Woods (304-876-5337)
(304-876-5268)

Agenda

9:00-9:30 Registration
9:30-9:45 Welcome & Introductions
9:45-11:45

Keynote Address-Biofeedback and Beyond

Mary Lee Esty, LCSW-C, Ph.D.

11:45-12:00 - Questions and Discussion

12:00-1:00 Lunch Break

Lunch will be provided on campus

1:00-2:30 Workshops- Series I

A1 The Changing Aging Brain: How Understanding Changes in the Brain helps us to Understand Changing Behavior. **Chris Lovelace**

A2 Health and Longevity: Ancient Practices for a Modern People. **Jeff Worth**

2:30-2:45 Break

2:45- 4:15 Workshops- Series II

B1 The Boomer Consumer: Substance Abuse and Aging **Terry Cunningham**

B2 Mindfulness: Making Each Moment Count **Anne Murtagh**

Contact Hours for Nurses courtesy of
Panhandle Home Health, Inc.

Panhandle Home health Inc. is an approved provider of continuing nurse education by the WV Board of Examiners for Registered Nurses
WV 2003-0437RN
5.5 Contact Hours

Workshop Descriptions

A 1 The Changing Aging Brain: An overview of the changes that take place in the human brain as a result of normal aging and a description of how these changes can affect a person's emotions and behavior. The workshop will conclude with a discussion of things that one can do to reduce problems associated with these changes.

A 2 Health and Longevity: participants will gain a basic understanding of the fundamental healing principles of traditional Chinese medicine and qigong and be instructed how to perform and practice a simple qigong movement routine that can be practiced daily to increase health and longevity.

B 1 The Boomer Consumer: Substance Abuse and Aging With the aging of the Baby Boomers, substance use disorders are increasing among senior populations. They are the first generation to have used illegal substances recreationally with this type of frequency. These earlier patterns may reappear in senior populations or predispose individuals to increased risk of addiction to prescription drugs. Why do some people get addicted and others not? What are the risk factors for developing addiction? Does everyone who takes certain prescription drugs over time become addicted? This workshop will look at these questions and posit some possible answers.

B 2 Mindfulness: Making Each Moment Count This session will be a hands-on sampler of some techniques for enhancing mindfulness, and will review some of the research and summarize key findings about physiological and psychological benefits. It will also offer a number of suggestions for how to integrate mindfulness and meditation into your work and your life, along with a list of resources that you might find helpful.