

Supporting Clients Navigating Health Conditions: A Professional Symposium

Keynote

9:30 - 10:35 a.m. CT

A Panel Discussion Featuring: *Shiri Ben-Arzi*, PHMC, MCC, *Chris Hanten*, MSW, LCSW, *Jody Hereford*, MS, BSN, RN, NBC-HWC, and *Brian Krolczyk*, Ph.D, NBC-HWC.

Break: 10:35 - 10:40 a.m. CT

Session A

10:40 - 11:50 a.m. CT

Session A2 - Beyond Strategies: Why ADHD Clients Struggle to Implement What They Know — and How Professionals Can Help with Christine Kotik

Session A3 - Becoming a Wise Self-Healer with Rhyena Halpern

Break: 11:50 - 12:10 p.m. CT

Session B

12:10 - 1:20 p.m. CT

Session B1 - Rhythm & Soothe for Pain: Nervous System Regulation as a Pathway to Chronic Pain Management with Giselle Bodden

Session B2 - 'What are GLP-1s?' with Sara Krueger

Session B3 - Lessons Through Laundry: How a Mom Found the Truth Behind the Fold and What Every Physician Needs to Know with Michelle Castile

Break: 1:20 - 1:30 p.m. CT

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Break: 1:20 - 1:30 p.m. CT

Session C

1:30 - 2:40 p.m. CT

Session C1 - Supporting Cancer Patients Through Treatment and Survivorship: Tools and Tips to Integrate Health and Wellbeing Coaching Through Integrative Oncology and Lifestyle Medicine with Tracy Yates and Julie Bach

Session C2 - Supporting Veterans and First Responders Navigating the VA Healthcare System: Identity, Moral Injury, and System Load with Josh Deisinger

Session C3 - Coaching Families as Health Systems: A Relational Approach to Shared Behavior Change with Jennifer Lundman

Break: 2:40 - 2:50 p.m. CT

Session D

2:50 - 4:00 p.m. CT

Session D1 - Supporting Neurodivergence Through a Biopsychosocial Lens: The Impact of Polypharmacy on Sleep, Mental Health and Chronic Illness with Sharon Cyrus-Savary

Session D2 - Breaking Down Shame and Stigma: Building Bridges for Better Care Across Health Professions with Belinda Morey

Session D3 - Evidence-Based Information Strategies for Supporting Clients with Health Conditions with Amber Burtis