



# 2005 NICABM Conference Audio Recordings

## #785- Keynotes

Individual Sessions: \$13.95 each

- ★ 001 Fearless Aging: Keeping Your Brain Healthy...**Top 15!**.....Daniel Amen
- 002 How Can I Forgive You? A Radical Approach to Healing Intimate Wounds.....Janis Abrahms Spring
- ★ 003 Dispelling the Myth of Genes...**Top 15!**.....Bruce Lipton
- ★ 004 On Becoming an Artist: Reinventing Yourself through Mindful Creativity...**Top 15!**.....Ellen Langer
- 005 Optimal Healing Environments: Challenges and Opportunities.....Barbara Findlay

### Concurrent Sessions

- ★ 101 Is Stress Making You Fat? - How to Break the Stress-Fat Connection and Heal Your Life...**Top 15!**Karen Wolfe
- ★ 102 Mid-Course Corrections: Re-finding Passion and Purpose in Mid-Life...**Top 15!**.....Bill O'Hanlon
- 103 Queer Ear for the Straight Therapist: The Essentials for Gay Affirmative Psychotherapy.....Joe Kort
- 104 Acceptance: A Healing Gift to the Self.....Janis Abrahms Spring
- 105 From Medication to Meditation: Bringing Western Medicine and Ancient Wisdom Together.....Eve Wood
- 106 Shades of the Rainbow: Messages of Hope in End of Life Care.....Maggie Callanan
- 107 Ethical Dilemmas, Part I: How Conflicting Values and Good Intentions Create Ethical Questions...Elaine Stevens
- 108 Experiential Neuroscience: How to Improve Intellectual and Physical Performance.....Paula Oleska
- 109 The Merlin Principles: Unleashing the Power of Deep Trance.....Carol Kershaw

- 201 Trauma, the Freeze Response and Its Clinical Syndromes.....Robert Scaer
- ★ 202 Mindfulness and Intimacy: For Lovers, Parents, and Therapists...**Top 15!**.....Ronald Siegel
- 203 Allergy Antidotes: Identify and Neutralize Toxins Behind Unexplained, Chronic Symptoms.....Sandi Radomski
- 204 Expanding the Energy Paradigm: New Applications for Common Conditions.....Rick Leskowitz
- 205 Reiki Energy Medicine: Enhance Your Ability to Soothe Pain, Promote Well-Being.....Libby Barnett
- 206 Light a Fire Under Your Clients! How to Motivate Them and Yourself to Exercise.....Bija Saterlee
- 207 Ethical Dilemmas, Part II.....Elaine Stevens
- ★ 208 Aging Gracefully: Practical Strategies for Brain Health...**Top 15!**.....Joel Robertson
- 209 Systemic Healing and Soul Work from a Kabbalistic Perspective.....Dale Schusterman

- 301 Sex with the City: Identifying and Treating the Sex Addict.....Joe Kort
- ★ 302 Weight Loss with Energy Therapy: Healing the Cycle of Food Addiction...**Top 15!**.....Carol Look
- 303 Changing Psychophysiological Patterns: Harnessing the Power of Self-Healing Systems.....Mark Weisberg
- 304 Integral Physiology: From Biochemistry to Subtle Energies.....Leonard Wisneski
- 305 Practicing the Lost Art of Compassion: Promoting Health through Positive Emotions.....Lorne Lachner
- 306 Awakening at Midlife.....Kathleen Brehony
- 307 Cancer Guides: Becoming an Effective Integrative Care Guide for Cancer Patients.....Henry Dreher
- 308 Appreciative Inquiry: Optimizing Strengths in Conversations, Consulting, and Coaching.....Marge Schiller
- 309 The Essence Process: Transforming Our Deepest Fears.....Andrew Hahn

- 401 Reversing the Course of Chronic Pain.....Maggie Phillips
- ★ 402 Living on the Edge of Chaos...While Remaining Sane...**Top 15!**.....Christine Page
- 403 Nourishing Your Life: Making Peace with Food and Your Body through Conscious Eating.....Barbara Holtzman
- 404 Where was God? Reconnecting with God after Trauma.....Mary Sise
- 405 Mind-Body Mastery: Hypnosis, Healing and Soulful Discovery.....Beree Darby
- 406 The Energy Prescription...the 4-Fold Path to Spiritured Work.....Connie Grauds
- 407 Integrating Mindfulness Meditation and Cognitive Behavioral Therapy for Depression.....Paula Carmona
- 408 Reel Love: Couples Issues through the Lens of the Movies.....Bill O'Hanlon
- 409 How Are You Treating Life? Increasing Joy and Ease in a Busy Life.....Jeffrey Brantley

- ★ 501 Advances in the Forefront of Aging: Is Life Beyond 100 Viable?...**Top 15!**.....C. Norman Shealy
- 502 Energy Medicine.....Donna Eden; David Feinstein
- 504 Emotion Rituals: A Resource for Therapist and Clients.....David McMillan
- 505 Focusing: A Mind/Body Method for Diminishing Pain and Suffering.....Joan Klagsbrun
- 506 Irritable Bowel Syndrome and Functional Gastrointestinal Illness.....William Salt
- 507 Mindfulness Practices for Healing Trauma.....Amy Schmidt
- ★ 508 Gold in the Shadow of Anger: Transforming the Warrior Spirit...**Top 15!**.....William DeFoore
- 509 Healing Addiction through Energy Psychology.....Fred Gallo

- 601 How Do Our Brains Produce Thoughts, Emotional Feelings, and a Sense of Spirituality?.....Stuart Hameroff
- ★ 602 Coyote Wisdom: the Healing Power of Story...**Top 15!**.....Lewis Mehl-Madrona
- 603 Embracing Fear, Practicing Courage: Transforming What Scares Us into Our Greatest Gift.....Thom Rutledge
- ★ 604 How Inflammation Affects Heart Disease, Cancer, Arthritis, and Alzheimer's...**Top 15!**.....Marc Schoen
- 605 The Effect of Insulin Resistance on Heart Disease.....Karen Wolfe
- 606 Qigong: Ancient Power Tools for Self-Healing and Personal Transformation Today.....Roger Jahnke
- 607 An Introduction to Energy Psychology.....David Feinstein
- ★ 608 Maximize Your Potential with EFT: Help Your Clients Attract Success and Abundance...**Top 15!**.....Carol Look

### Lunchtime Series

- 006 Healing the Indigenous Heart.....Connie Grauds
- 007 How to Get on the Lecture Circuit.....Bill O'Hanlon
- 008 Personal Coaching.....Kathleen Brehony
- ★ 010 How to Live in this Holographic Universe...**Top 15!**.....Christine Page
- 011 How to Present a Workshop.....Mark Weisberg
- 012 How to Get Published.....Kathleen Brehony; Bill O'Hanlon
- 013 Health on the Net.....Henry Dreher
- 014 What the "Bleep" Do We Know?! - Discussion.....Stuart Hameroff

## Pre-Conference

### 1 Day Master Classes

\$39 each

- 015 Brain, Behavior and Moods: How Brain Science Can Optimize Performance and Health...Joel Robertson
- 016 Reiki Energy Medicine: Awaken Your Healing Touch Libby Barnett
- 017 Trauma, Healing and Transformation: Restoring the Mind/Brain/Body Continuum Robert Scaer

### 2 Day Intensive Training Institute

\$79 each

- 018 Change Your Brain: Change Your Life Daniel Amen
- 019 The Power of Mind/Body Medicine...Mark Weisberg
- 020 Alchemical Healing Christine Page

### 3 Day Intensive Training Institute

\$99 each

- 021 Emotional Freedom Techniques (EFT): Cutting-Edge Techniques to Transform Your Practice Carol Look
- 022 Mindfulness and Psychotherapy: Take Your Work to a Deeper Level Ronald Siegel
- 023 Ericksonian Hypnosis: An Inclusive, Permissive Approach to Mind/Body Healing Bill O'Hanlon

## Post-Conference

### 1 Day Master Classes

\$39 each

- 024 Dissolving Trauma with Energy Psychology Fred Gallo
- 025 Energy Medicine: A Hands-on Experience Donna Eden; David Feinstein
- 026 Enhancing Creativity and Intuition...Norm Shealy
- 027 The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles...Bruce Lipton
- 028 Introduction to Personal/Life Coaching for Clinicians Kathleen Brehony