



# 2007 NICABM Conference Audio Recordings

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DVD Audio

## Keynotes

- 001 Why We Believe What We Believe: How Belief Affects Our Health.....*Andrew Newberg*
- 002 The Loneliness of Illness.....*Michael Stein*
- 003 Why Good Things Happen to Good People.....*Stephen Post*
- 004 Healing from the Inside Out: The Brain of the Mindful Therapist.....*Daniel Siegel*
- 005 The Forgiveness Factor: The Secret to a Lasting and Loving Relationship.....*Fredric Luskin*

## #787- Main Conference Concurrent Sessions

- 102 Hidden Inflammation: How it Undermines Our Health.....*William Joel Meggs*
- 103 Grieving Mindfully: A Mindfulness-Based Approach to Healing From Loss.....*Sameet Kumar*
- 104 Bodyscript: Unlock Imprinted Memories.....*Adrienne Ressler*
- 105 Qigong: Ancient Power Tools for Self-Healing and Personal Transformation Today.....*Roger Jahnke*
- 106 Sugar Addiction: An Unexpected Variable in Healing.....*Kathleen DesMaisons*
- 107 Rage: A Step-by-Step Guide to Overcoming Explosive Anger.....*Ron Potter-Efron*
- 108 Cell-Level Healing: Engaging Science and Spirit.....*Joyce Hawkes*
- 201 ACT on Life Not on Anxiety: Alleviate Psychological Suffering & Move into Valued Direction...*Georg Eifert*
- 202 From Glutton to Gourmet: Creative Strategies in Treating Obesity.....*Anne Kearney-Cooke*
- 203 Positive Aging: A New Paradigm for Growing Old.....*Robert Hill*
- 204 Spirituality and Therapy: Breathing "Soul" Into Psychotherapy.....*Bill O'Hanlon*
- 205 The Genie in your Genes.....*Dawson Church*
- 206 The Power of Belonging.....*Kathleen Brehony*
- 207 Restart Stalled Healing: Navigate the Human Matrix on the Quest for Happiness.....*Shawn Christopher Shea*
- 208 Marriage as Therapy: The Imago Model in Action.....*Wade Luquet*
- 209 Trauma, the Freeze Response and Its Clinical Syndromes.....*Robert Scaer*
- 301 Create New Emotional Habits: Secrets of Successful Intimate Relationships.....*Brent Atkinson*
- 302 The Body-Mind Effect: How Biology Influences Mood, Attention & Memory.....*Mark Hyman*
- 303 Adrenal Fatigue: Fibromyalgia and Chronic Fatigue Syndrome.....*James Wilson*
- 304 From Self-Preoccupation to Fulfillment: Lessons from Buddhist Psychology.....*Ronald Siegel*
- 305 Empowering your Client with Focusing: An Evidence-Based Mind/Body Approach.....*Joan Klagsbrun*
- 306 Expand the Energy Spectrum: New Applications for Common Conditions.....*Eric Leskowitz*
- 307 Illness and Disease: Messages from Consciousness.....*Nan Lu*
- 308 Wrestling with Grace: Transform Reactivity Through Spiritual Practice.....*Robert Corin Morris*
- 401 How to Listen Deeply When the Body Speaks.....*Richard Schwartz*
- 402 Mindful Eating 101: How to Teach Clients Mindful Eating Skills.....*Susan Albers*
- 403 Aging Gracefully: Practical Strategies for Brain Health.....*Joel Robertson*
- 404 The Modern Shaman: Integrating Hypnosis into the Examination Encounter.....*Laurence Sugarman*
- 405 Energy Medicine: Tap into the Body's Remarkable Intelligence.....*Donna Eden; David Feinstein*
- 406 Human Flourishing: Insights from Meditation and Psychotherapy.....*Jeffrey Rubin*
- 407 Psychological Homelessness: A Hidden Dimension of Therapy.....*Kenneth Hardy*
- 408 Balancing the Body to Balance the Mood.....*Norman Shealy*
- 501 Am I Hungry? Break the Eat-Repent-Repeat Cycle.....*Michelle May*
- 502 Cure Naturally... Allergies, Asthma and Other Inflammatory Conditions.....*Fred Pescatore*
- 503 Treating Childhood Abuse: Psychotherapy for the Interrupted Life.....*Marylene Cloitre*
- 504 Positive Psychology: Put the Science of Happiness in your Practice.....*Robert Biswas-Diener*
- 505 Seven Windows to the Soul: The Chakra Model for Energetic Diagnosis & Healing.....*Anodea Judith*
- 506 Evolve Your Brain: How Neurons Fire and Wire.....*Joe Dispenza*
- 507 Metaphors Be With You: How to Use Stories and Rituals as Powerful Tools in Changework.....*Bill O'Hanlon*
- 508 Mindfulness and Aging: Learning from the Inevitable.....*Ronald Siegel*
- 509 Weight Loss with Energy Therapy: Heal the Cycle of Food Addiction.....*Carol Look*
- 601 How to Use Hypnotic Approaches to Treat the Impact of Inflammation.....*Marc Schoen*
- 602 The Quantum Doctor.....*Amit Goswami*
- 603 Mindful Therapy: The Art of True Presence.....*Thomas Bien*
- 604 Positive Therapy: Meta-Theory for Positive Psychology Practice.....*Stephen Joseph*
- 605 The Energy of Change: Psychology's Power Tools that Focus Intention and Eliminate Blocking.....*Mary Sise*
- 606 Your Karma is in the Refrigerator.....*Donald Altman*
- 607 Youthful Aging: Activating Intrinsic Circuits.....*Norman Shealy*
- 608 The Eyes Have It.....*Marc Grossman*

## Lunchtime Series

- 006 Personal Coaching.....*Kathleen Brehony*
- 007 All You Need to Know About Self-publishing.....*Dawson Church*
- 008 How to Get on the Lecture Circuit.....*Bill O'Hanlon*
- 009 Embracing Technology: What Are the Kids Up To?.....*Thomas Galucki*
- 010 Energy Psychology in Disaster Relief.....*David Feinstein*
- 011 Embrace Suffering: Pathway to Purpose, Hope, and Healing....*Kenneth Hardy*
- 012 Chakra Meditation.....*Anodea Judith*
- 013 TV/Radio Interviews.....*Michelle May*
- 014 How to Get Published.....*Bill O'Hanlon; Kathleen Brehony*

## Pre-Conference

### 1-Day Master Classes

\$49 each

- 015 Acceptance and Commitment Therapy...*Georg Eifert*
- 016 Life Trauma, Dissociation and Chronic Disease: The Mind/Brain/Body Continuum  
*Robert Scaer*
- 017 Cell-Level Healing: The Remarkable Bridge Connecting Cellular Biology to Spiritual Healing.....*Joyce Hawkes*
- 018 Is Stress Fattening? The Link Between Stress, Inflammation and Weight Gain...*Karen Wolfe*

### 2-Day Intensive Training Institutes

\$79 each

- 019 How to Use the Internal Family Systems Model with Trauma and Somatic Problems  
*Richard Schwartz*
- 020 Emotional Freedom Techniques (EFT)....*Carol Look*
- 021 Brain Behavior and Mood: New Findings & Approaches to Maximize Efficacy & Impact  
*Norman Shealy; Joel Robertson*
- 022 How to Adapt Taoist Medical Qigong to Achieve Maximum Healing Results.....*Nan Lu*

### 3-Day Intensive Training Institutes

\$99 each

- 023 Mindfulness and Psychotherapy...*Ronald Siegel*
- 024 Ericksonian Hypnosis  
*Bill O'Hanlon*

## Post-Conference

### 1-Day Master Classes

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- 025 New Perspectives on Forgiveness.....*Fred Luskin*
- 026 The Mindful Brain in Psychotherapy....*Daniel Siegel*
- 027 Energy Medicine  
*Donna Eden; David Feinstein*
- 028 Turning the Wheels of Life: Activating and Balancing the Chakras.....*Anodea Judith*
- 029 Simple Yet Profound Qigong Rituals.....*Roger Jahnke*
- 030 Positive Psychology of Trauma: Growth Beyond Adversity  
*Stephen Joseph*
- 031 How Inflammation Affects Health and Aging...*Marc Schoen*

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(Not included with 2007 PKGs)

- The Courage to Change...*Christine Page (401)*
- The Sacred Roots of Healing...*Carl Hammerschlag (001)*
- Sugar Addiction, Fat Cells and Inflammation...*Karen Wolfe (305)*
- Survivor Personality and Age Old Truths...*Bernie Siegel (005)*
- Mood, Food, and Behavior...*Norm Shealy (202)*
- Create the Body Your Soul Desires...*Karen Wolfe (102)*
- The FUNdamentals of Humor...*Ronald Culberson (002)*
- Youthful Aging...*Norm Shealy (502)*
- Weight Loss with Energy Therapy...*Carol Look (201)*
- Maximize your Potential with EFT...*Carol Look (407)*
- Living on the Edge of Chaos...*Christine Page (101)*
- Breaking the Bonds of Fear...*Bill O'Hanlon (501)*

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