5th Community Recovery and Wellness Conference
“The Soul of Holistic Wellness”

REGISTER ONLINE TODAY!
www.guidingheartswithhope.org

Or use this Registration Form (only mail the last page)

October 15, 2016
7:15 AM- 3:00 PM- Conference
E.H. Markle Intermediate School
225 Bowman Road., Hanover, PA 17331

Mia Schaikewitz

Inspirational Keynote Speaker

Mia’s story is one where an accomplished swimmer becomes permanently paralyzed from the waist down due to a rare spinal injury. While potentially devastating, Mia perseveres with a “can do” attitude, even co-starring in a reality TV show about successful women in Wheel Chairs, called Push Girls. Her personality is magnetic and charming, her ability to motivate her listeners is incomparable and her spunk and fortitude is admirable.

Dr. Steve Heird

Featured Keynote Speaker

In addition to being the published author of To Hell and Back; A Surgeon’s Story of Addiction, Dr. Heird is a board certified vascular surgeon who exclusively treats venous disease in York, PA. While establishing his vein practice in 2008, he realized that patient treatment extended beyond the physical symptoms. Because of this realization, he began a journey to educate himself in the area of Integrative Medicine. Applying both procedural knowledge in conjunction with a holistic approach, Dr. Heird’s patients have experienced great success.

Continuing Education Credits Available through Temple University Harrisburg and Pennsylvania Certification Board (PCB)

Social Work CE's and CEU's
Continuing education credits are available through Temple University Harrisburg for social workers and general CEU's. This conference has been approved for up to 5 social work continuing education hours through co-sponsorship of Temple University Harrisburg, a PA State Board of Social Workers, Marriage and Family Therapists, and Professional Counselor pre-approved provider of continuing education. These credit hours satisfy requirements for LSW/LCSW/LMFT/LPC biennial license renewal. This conference has also been approved for up to .5 CEU's (continuing education units). Certificates will be provided by TUH after the conference by mail.

PCB Credits
5 PCB credits are available through the Pennsylvania Certification Board. Certificates will be provided at the end of the conference. The fee for continuing education credits processing is $115.
7:15 am – 3:00 pm

Tentative Program Time Line

7:15 am – 8:10 am:  Registration/Check-In
                    Exhibitors Networking
                    Continental breakfast

8:10 am – 8:15 am:  Welcome – Opening Remarks- Auditorium
                    Martha King, CRS-GHWH Founder
                    Introducing Inspirational Keynote

8:15 am – 9:15 am:  Keynote Speaker- Mia Schaikeowitz
                    Healing From the Inside Out

9:15 am – 10:15 am:  Featured Keynote Speaker- Dr. Steve Heird
                      The Benefits of Integrative Medicine for Optimal Health

10:15 am – 10:45 am: Break/Exhibitors Networking

10:45 am – 11:45 am: Morning Educational Workshop Sessions I

11:45 am – 12:45 pm: Lunch/Exhibitors Networking
                      Musical Presentation- Joe Clark
                      Restoration to Health

12:45 pm – 1:45 pm:  Afternoon Educational Workshop Sessions II

1:45 pm – 2:00 pm:  Break/Exhibitors Networking

2:00 pm – 3:00 pm:  Sound Journey
                    Serenity through Sound

3:00 pm          Closing remarks

Register online at www.guidingheartswithhope.org
**Workshop Descriptions**

**Title: The Social Nervous System: Compassionate Communication**  
**Presenter:** Julie Aha, MA, LMT, RCST®, RYT  
**Description:** The "social nervous system" plays an important part in shaping our growth and development, beginning very early in life. Informally called "the new brain science," the implications are far reaching. Our social interactions form part of a biological communication system which influences how people manage stress, how human potential unfolds, and how well people are able to reach out for support and connection. Given that the brain is malleable and changeable, the way we communicate can either help or hinder the growth of those around us. In this class, we will explore the nervous system, and ways to optimize verbal and non-verbal communication skills.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Yoga Nidra: The Art & Science of Relaxation**  
**Presenter:** Julie Aha, MA, LMT, RCST®, RYT  
**Description:** Yoga Nidra is very old. References can be found to it in the ancient scriptures. Originally intended as a means to enlightenment, this practice has been modernized to assist in combatting the stressors of modern life, relax and rebuild the entire individual, promote positive health and happiness, and ultimately return one to their original state – peace. Yoga Nidra has been successfully used under the most difficult of circumstances including but not limited to the treatment of the following: recovery, PTSD for the military and civilians, cancer, cardiovascular disease, anxiety and depression, some cases of insomnia, arthritis, chronic fatigue, fertility and more.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credits available

**Title: Align Your Mind, Body and Spine: How Emotions and Stress Affect Your Health and Well-Being**  
**Presenter:** Deborah L. Bernal M.D. Medical Director WellSpan Physiatry Spine Care  
**Description:** We all need to be acknowledged, loved and to be of value. I believe this is the key to happiness. There is interdependence of all life. Our relationship with ourselves and each other changes throughout our lifespan. This program is designed to put our life in balance. Are our thoughts, attitudes, beliefs and behaviors in alignment with our intentions? We will explore through our legacy, change strategy, and physical activity to focus our mind and emotions. We will learn and practice deep breathing exercise for relaxation. We will discover interventions to put in place for our own healing.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Yoga for Relapse Prevention**  
**Presenter:** Maureen Brackey, LCSW, RYT  
**Description:** Using the 8 Limbs of Patanjali’s Yoga Philosophy, the backdrop for Ashtanga Yoga, paired with the 12 steps and 12 traditions of self-help programs, this presentation will illustrate how the yogic philosophy, lifestyle and practice can not only reduce incidence of relapse, but also improve sleep, reduce fatigue, reduce anxiety/depression and improve a sense of wellness and general contentment/acceptance. These are key triggers for people in recovery (lack of control, worry, fear, anger and a sense of loss and/or apathy).  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: The Proven Benefits of Spirituality in Recovery**  
**Presenter:** Nina Marie Corona, MA/Certified Recovery Specialist  
**Description:** Spirituality has long been respected as “a driving force in [addiction] recovery,"1 yet it is simultaneously an increasingly disputed resource. As the field of science becomes more involved in the treatment of addiction, the role of spirituality is becoming somewhat unclear and more intensely debated. Proponents on either side of the pendulum frequently argue vehemently for or against its necessity and validity. Such all-or-nothing mentality is a disservice to those suffering because as human beings we are comprised of body, mind, and spirit. This reality necessitates a holistic approach to treatment of a disease that impacts all aspects of human nature. This presentation will define and explore the nature of authentic spirituality and its evidence-based role in addiction recovery.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Reiki - A Natural Approach to Wellness**  
**Presenter:** Rickie Meryl Freedman, Reiki Master/Teacher, B.S in Physical Therapy  
**Description:** Reiki is a gentle, holistic, hands-on healing technique useful for stress management, deep relaxation and Inner Peace. It is practiced and taught in major hospitals and cancer centers. Reiki heals at the SOURCE of the difficulty, be it physical, or an underlying emotional/stress related issue. Reiki is shared fully clothed. A session consists of gentle hands-on positions, and balancing in your energy field. Most people either fall asleep or go to a very deeply relaxed state. Reiki blends well with other healing modalities including traditional medicine, and may be also beneficial for pain relief, addictions and depression.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available
**Workshop Descriptions**

**Title: Purposeful Living Gatherings**  
**Presenter:** Patricia L. Gadsden, Accounting and Business Administration, Trainer, Facilitator and Consultant  
**Description:** Research shows that 80% of people are unhappy with their lives. In this workshop you will learn how living a purposeful living lifestyle will make you feel like a whole person. This includes any way of living or being that allows you to feel as if you are being nurtured and are given the freedom to grow.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Developing a Personal Meditation Practice**  
**Presenter:** Dr. Steven B. Heird  
**Description:** This workshop will serve as a beginner’s guide for creating a personal mediation practice. Participants will be introduced to the varying methods of mediation, the benefits of a regular mediation practice, and the history of how mediation has developed since its known inception. By incorporating meditative practices into our lives, we can create a sense of calm and being within each present moment.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Treating the Individual: A Whole Person Approach**  
**Presenter:** Kenneth J. Martz, Psy.D.  
**Description:** This course is designed to provide all Criminal Justice, Healthcare and Human Services Professionals with an overview of the changing trends in substance abuse in Pennsylvania. Session will use teaching techniques consistent with adult learning principles including didactic lecture, visual learning (PowerPoint), experiential practice, and Question/Answer discussion. Pennsylvania has been facing substantial changes in the rates of substance abuse and associated issues in recent years. This session will examine the complexities of individualized treatment, and will include an overview of a range of approaches and complementary techniques that can be utilized. Techniques will include a range of professionally driven (therapy, massage, traditional Chinese medicine, etc.) and personally managed techniques (yoga, meditation, EFT etc.) for a range of issues.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: A Case for Play**  
**Presenter:** Jennifer Wickline, BS/Masters Health & Wellness Coaching in progress  
**Description:** Through research and studies we will explore why children and adults need play to maintain a healthy, contented and productive life. Together we will discuss and learn different forms of play to help elevate your mood, calm your mind and build bonds with loved ones and co-workers. The presentation will conclude with games, movements and laughs to help energize you for the rest of the day.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available

**Title: Eating for Your Dosha: Ayurveda Principles for Beginners**  
**Presenter:** Christina Wilson, Certified Yoga Instructor, Masters of education and Bachelor of Science, mathematics; secondary education concentration  
**Description:** This workshop will serve as a beginner's guide to creating an individualized nutrition and exercise plan based upon Ayurveda principals. In Ayurveda medicine, each of us is conceived with a mixture of doshas, which guide us through life. Students will discover their individual, dominant dosha, in order to understand their current eating and exercise patterns. By creating an awareness of the internal structure of our innate patterns, we can develop nutritional and exercise plans to create balance in our physical, emotional, mental, and spiritual health.  
* Approved for CEU's credits.  
* PCB credit available

**Title: Navigating Minefields: Family-Centered Engagement and Treatment Practices for Working With Difficult and At-Risk Adolescents**  
**Presenter:** Dean Wolf, MSW, LCSW  
**Description:** In this workshop participants will be introduced to strategies and techniques for engaging adolescents and their families in situations where youth may be exhibiting difficult and complex problems such as rebellious and defiant behavior, substance misuse, truancy, school related behavior problems and anti-social behavior. We will explore pathways for developing effective partnerships with families and influencing behavior change in adolescents who are largely viewed as resistant to change.  
* Approved for Social Work CE's (hours) and CEU's credits.  
* PCB credit available
General and Reservation Information

Conference Location, Date and Time
E.H. Markle Intermediate School
225 Bowman Road., Hanover, PA 17331
Saturday, October 15, 2016
7:15 AM – 3:00 PM

Meals
Continental breakfast, break and lunch are covered by the conference registration fee. A meal ticket will be provided when you check-in between 7:15 AM – 8:10 AM.

Conference Comfort
Room temperatures might tend to vary based on occupancy and location. Participants are encouraged to dress accordingly and bring a sweater/jacket as necessary to ensure personal comfort. Please be respectful of others and refrain from using fragrances.

Parking
There is free parking available on site. Vehicles must be parked in the designated parking lot and areas approved for overflow.

ALCOHOL and SMOKING School POLICY
NO ALCOHOL or SMOKING is allowed in the facility or on the premises.

Hotel Accommodations
Rooms at special rates have been reserved at the Hampton Inn at 309 Wilson Ave., Hanover, PA 17331. However, reservations must be made over the phone ASAP to take advantage of the discount and the availability. You can call the hotel directly at 717-633-1117 and mention the conference Group Code Guiding Hearts. Please be sure to reserve your rooms ASAP, space is limited due to the town activities for that weekend.

Registration Fees
$55 prior to 9/15 Early Bird Discount
$65 after 9/15- Regular Fees
$115 If requesting continuing education certificate

If you cannot attend you can still be part of “making a difference” by donating.

Registration fees collected, are used to pay for all conference related items. It is the support of each participant’s registration that helps make our conference a success.

Attendance Verification
Tickets will not be issued when you register; instead name tags at conference registration sign-in will verify registration.

Registration Options
Deadline is Friday, 10/7/16 or when filled to capacity- Space is limited, register TODAY.

Online registration is available at www.guidingheartswithhope.org or submit the registration form by mail at the address below. We accept *check or money orders payable to Guiding Hearts with Hope, Inc.

*A fee of $50.00 will be charged for any returned checks.

Guiding Hearts with Hope, Inc.
P.O. Box 485
Hanover, PA 17331

NO REFUNDS
All conference plans and costs are based upon pre-registration. If you must cancel or leave early during the conference, we regret that we cannot offer refunds.

CANCELLATIONS
In the unlikely event Guiding Hearts with Hope must cancel or postpone this conference, Guiding Hearts with Hope will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

Continuing education
Continuing Education Certificates are available from Temple University Harrisburg and the Pennsylvania Certification Board (PCB)

Temple University
Social Work: Approved 5.0 continuing education hours through co-sponsorship of Temple University Harrisburg, a PA State Board of Social Workers, Marriage and Family Therapists, and Professional Counselor pre-approved provider of continuing education. These credit hours satisfy requirements for LSW/LCSW/LMFT/LPC biennial license renewal.

CEUs: Approved .5 Continuing education units.

PCB: Entire day has been approved for 5.0 hours. Certificates will be provided at the end of the conference

Exhibitor
Exhibitors areas open during registration/breakfast, refreshment breaks and lunch. Exhibitors invest their time, funds and resources to offer attendees an opportunity to review a variety of services. Please acknowledge their contributions, efforts and support! Plan to pay them a visit during the conference.

***The contributions made by our Sponsors and Exhibitors are instrumental in continuing to offer an exceptional conference while keeping the registration fees as affordable as possible.

Target Audience
Addiction Professionals
Church Leaders
Community Leaders
Educators
Families and Friends
Healthcare Professionals
Holistic Health Professionals
Holistic Wellness Coaches
Law Enforcement and Legislators
Mental Health Professionals
Probation Officers
School Administrators and Staff
Social Service Providers
Victim Advocates

For further information, please contact Martha King at 717-968-3083 or email advocacymom@embarqmail.com

Guiding Hearts with Hope, Inc.
A community 501(c)(3) organization. All contributions are tax deductible to the fullest extent allowed by law.
Tax ID #: 45-2874452
Workshop Selection and Registration Form
Registration Form (Fill out a copy of this form for each person attending)
Mail this form or register online at www.guidingheartswithhope.org

Deadline is October 7, 2016 or when filled to capacity
SPACE IS LIMITED- Register TODAY!

Please indicate your 1st, 2nd and 3rd choice.

(Session sizes are limited and will be honored in the order they are received)

Please Indicate:
- $55.00 prior to 9/15/16
- $65.00 after to 9/15/16
- $115.00 for professionals requesting CE certificates*

Total Enclosed: $_______

*Please check the type of Continuing Education you are requesting
PCB _____Temple University _____

*** I am not able to attend but would like to contribute $_______

Send this registration form and check or money order payable to Guiding Hearts with Hope, Inc. to:
Guiding Hearts with Hope, Inc. P.O. Box 485, Hanover, PA 17331

FOR OFFICE USE ONLY:
Date Received _______________ Payment Method Check: ____________ Money Order: ____________ Cash: ____________ Amount: ____________

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### Title Selection Presenter

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Revised 8/4/16