



2022 AIMA CONFERENCE



Optimising 21st century healthcare: body, mind and spirit

2022 AIMA CONFERENCE PROGRAM

FRIDAY 18TH NOVEMBER 2022

TIME	SPEAKER	SUBJECT
10.00-11.00am – 60min	Registration and arrival morning tea	
11.00-11.05am - 5min	Indigenous welcome – Dr Tane Taylor	
11.05-11.15am - 10min	Dr Tim Ewer	Housekeeping
11.15-11.45pm - 30min	Dr Penny Caldicott (AIMA president)	The future of integrative medicine (exciting announcements!)
11.45-12.05pm – 20min	Community building activity	
12.05-12.50pm – 45min	Dr Marc Cohen	Extreme wellness: Building resilience through exploring the edge of comfort
12.50-1.00pm – 10min	Questions	
1.00-2.00pm – 60min	LUNCH	
2.00-2.30pm - 30min	Dr Michelle Woolhouse sponsored by Bioceuticals	Understanding the drivers of stress, anxiety, and burnout and how to support patients in putting the brakes on
2.30-3.00pm - 30min	Dr Cliff Harvey sponsored by FxMed	Nutritional strategies for post-COVID syndrome: Evidence-based nutrition and supplement interventions to mitigate long-COVID
3.00-3.30pm – 30 min	Dr Christine Houghton sponsored by Nutriscarch	Nutrigenomics: Importance in the 21st healthcare model
3.30-4.00pm – 30min	AFTERNOON TEA	
4.00-4.30pm - 30min	Associate Prof. John Stevens sponsored by Southern Cross University's National Centre for Naturopathic Medicine	A practice revolution with shared medical appointments (aka group consultations and/or medical yarn ups) in practice
4.30-5.00pm - 30min	Dr Stefan Schuster sponsored by Genostics	Botanicals in treating cancer: How can molecular profiling and chemosensitivity help?
5.00-5.30pm - 30min	Questions for speakers – Dr Michelle Woolhouse, Cliff Harvey, Dr Christine Houghton, A/Prof John Stevens and Dr Stefan Schuster	
5.30-7.00pm – 90min	COCKTAILS & NIBBLES Practical collegiality in the foyer Live music by Nigel Gavin and Sonia Wilson	

This program is subject to change

SATURDAY 19TH NOVEMBER 2022

TIME	SPEAKER	SUBJECT
8.30-9.00am – 30min	Arrival tea, coffee, and juice	
9.00-9.55am – 55min	Dr Iain McGilchrist	The divided brain and human meaning
9.55am-10.30am – 35min	Questions	
10.30-11.00am – 30min	MORNING TEA	
11.00-11.45am - 45min	Rachel Arthur	Having the conversation about 'how': Patient centred prescriptions
11.45-12.15pm - 30min	Professor Julia Rucklidge	Antenatal depression: What role can micronutrients play in the treatment and outcomes for infants? Evidence from a randomized controlled trial
12.15-12.45pm - 30min	Dr Cristina Beer	Depression - what happens when medications don't work and what we can do about this in the clinical practice setting
12.45-1.00pm – 15min	Questions with Rachel Arthur, Professor Julia Rucklidge and Dr Cristina Beer	
1.00-2.00pm – 60min	LUNCH	
2.00-3.30pm - 90min	WORKSHOP Dr Iain McGilchrist	What has happened to values, and how can we find them again - <i>an exploration into the fundamentals of health</i> - 40min talk + 40min Q&A
3.30-4.00pm – 30min	AFTERNOON TEA	
4.00-5.30 – 90min	WORKSHOP Dr Marc Cohen Practical resilience: The power of relaxing under stress	WORKSHOP (Conference Centre) David Chaloner Ancestral emotional and spiritual health in the now: How Family Constellations help place us in the correct balance with what has been and what can become
5.30-6.00pm – 30min	CONFERENCE WRAP UP & PRE-SHOW DRINK Dr Penny Caldicott and Dr Tim Ewer	
6.00-7.15pm – 75min	<p>'In the footsteps of the forgotten – A musical odyssey'</p> <p>Following sell-out performances at the Auckland Fringe Festival in 2020, Robin Kelly is joined by the multi-talented French/US singer and instrumentalist Sonia Wilson and Auckland's world class guitarist Nigel Gavin, to take you on a deeply personal journey through the generations. From the trenches and jungle of two World Wars, to the modern urban battlefield dominated by 21st corporate powers. Songs and stories that take us from the depths of despair to the threshold of hope. Music that embraces folk, rhythm and blues, country, gospel and rock and roll.</p> <p><i>"Eloquence, Elegance, Dignity. Pathos, Poetry, Sensitivity. Humour, Compassion, Beauty... .. Don't miss it!" - Maria Monet, Auckland</i></p>	

Pre-recorded presentations available on demand: Dr Aimie Apigian - Why trauma is your biology and not psychology and Alberto Garoli who will discuss the impact of the environment on genes through the lens of ancient and modern sciences.

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