

Applied Integrative Strategies for Pediatric Anxiety

A live, virtual conference on Sept 7-9, 2023



REGISTER NOW



2023 AIS Conference Agenda Sept 7-9, 2023

A live virtual event with up to 12 CME credits available

Day 1 - Thurs, Sept 7th 5pm-8:15pm MDT

Day 2- Fri, Sept 8th 9am-4pm MDT (lunch break noon-1pm)

Day 3- Sat, Sept 9th 9am-4pm MDT (lunch break noon-1pm)

The **Applied Integrative Strategies for Pediatric Anxiety Conference** features nationally and internationally renowned experts in the areas of pediatric care and mental wellness who will share evidence-based integrative approaches to anxiety. The goals of this conference are to equip pediatric providers to meet the growing demand for pediatric behavioral health services and to answer the call for increased awareness and use of evidence-based, complementary/alternative resources & treatment options. The AIS conference is hosted by Dr. Mary Wilde with support from Conference Direct. Reach out to drmary@drmarywilde.com with any questions.

*This experience is powered by **CMEfy** – an AI-powered platform that directs learners along a pathway to capture reflections at the point of inspiration, point of care. Clinicians may earn up to 12 CME/CE credits via **ReflectCE**, the accredited activity portal. Learn more at about.cmfy.com/cme-info.

The intended audience for the AIS conference is pediatricians, family physicians, developmental behavioral pediatricians, psychiatrists, & other pediatric specialists. Though the conference is designed for physicians, physician assistants, nurse practitioners, and therapists are welcome to attend. Registration covers attendance at the live event and access to recordings for 1 year following the event. No refunds will be granted for any reason. Register at <http://bit.ly/AISconference>

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Thursday, Sept 7th 2023

5:00-5:15pm MDT Conference Welcome and Introduction Mary Illions Wilde, MD
(conference host)

5:15-6:15pm MDT Nutritional Alternatives to Pharma: Applying the art and science of nutritional interventions for mental health in children and adolescents
Leslie Korn, PhD, MPH, LMHC

6:15-7:15pm MDT Strategies to Help Patients Through Anxiety Related to Pain or Procedures Jody Thomas, PhD, LCP

7:15-8:15pm MDT Integrative Modalities for Managing Pediatric Anxiety in the Primary Care Setting Sneha Venkatraman, MD

Friday, Sept 8th 2023

8:45-9:00am MDT Welcome & Morning Movement

9:00am-10:00am MDT A Mind-Body Approach for Anxiety and Sleep Kathy Flaminio, LGSW, MSW, E-RYT-200

10:00am-11:00am MDT Considering Comorbidities: Integrative Approaches to ADHD Sandy Newmark, MD

11:00am-12:00pm MDT Building Resilience: Life Lessons Ana Maria Verissimo, MD, MA

12:00pm-1:00pm MDT ~LUNCH BREAK~

Friday, Sept 8th 2023 (cont'd)

- 1:00pm-2:00pm MDT** **Experiential Session: Mindfulness** Brian Thompson, MA
- 2:00pm-3:00pm MDT** **A Bioindividual Approach to Nutrition in Kids and Teens with Anxiety** Julie Matthews, MS, CNC
- 3:00pm-4:00pm MDT** **Integrated Care Strategies: Diagnosing and Treating Pediatric Anxiety, OCD, and PANS/PANDAS** Roseann Capanna-Hodge, EdD, BCN, LPC

Saturday, Sept 9th 2023

- 8:45-9:00am MDT** **Welcome & Morning Movement**
- 9:00am-10:00am MDT** **Walking the Walk Together: How to Practice What We Preach** Andy Barnes, MD, MPH
- 10:00am-11:00am MDT** **Mindfulness for Treatment of Anxiety** John Carbone, MD
- 11:00am-12:00pm MDT** **A Mind, Body, Spirit Approach to Build Resilience in Anxious Kids and Teens** Mary Illions Wilde, MD
- 12:00pm-1:00pm MDT** ~LUNCH BREAK~
- 1:00pm-2:00pm MDT** **Experiential Session: Movement & Mantras** Molly Carmel, LCSW-R
- 2:00pm-3:00pm MDT** **The Vital Role of Amino Acids and Nutrition in Mental Health** Koby Taylor, PharmD
- 3:00pm-4:00pm MDT** **Breakout Session: Case Discussion, Professional Development, & Debriefing**
- 4:00-4:15pm** **Closing/Wrap Up** Mary Illions Wilde, MD