

## Presenter

**Joan Borysenko, PhD** is the author of 13 books and numerous audio programs. Trained both as a medical scientist and psychologist, her doctorate is from the Harvard Medical School where she served as instructor in medicine before founding Mind/Body Health Sciences LLC in Boulder, CO. A pioneer in psychoneuroimmunology and behavioral health, her work also encompasses practical wisdom on human development and spiritual growth. She is co-founder and director of the Claritas Interspiritual Mentor Training Program, and host of the Hay House radio network's *Your Soul's Compass* talk show.

Borysenko's TV appearances include *Oprah*, *Sally Jesse Raphael*, *Geraldo*, *Hour Magazine*, and *Good Morning America* among many other appearances on commercial and public television. Her work has been featured in *U.S. News and World Report*, *The Wall Street Journal*, *USA Today*, *Reader's Digest*, *Success*, *Bottom Line*, *The Leifer Report*, *American Health*, *Shape*, *Glamour*, *Vogue*, *Ladies Home Journal*, *Living Fit*, *Yoga Journal*, *New Age Journal*, and many other magazines and newspapers.

Her brilliance, humor, and authenticity—in combination with the latest research—make her one of the most popular and sought after speakers in the field of health, healing, and spirituality. You can find out more about Dr. Joan, as she likes to be called, at [www.joanborysenko.com](http://www.joanborysenko.com).

## Sponsorships

### Anonymous Towne Properties

Anonymous  
Cincinnati Trauma Connection  
CityBeat  
Victory of Light Expo

**Sponsorships at various levels are available.** Most sponsorships include media recognition and tickets to the **private reception with Dr. Joan Borysenko** Saturday evening, March 14, 2009. If you are interested in being an event sponsor, please contact Sandee at (513) 766-3352 or [sgolden@jfscinti.org](mailto:sgolden@jfscinti.org).



Jewish Family Service  
11223 Cornell Park Dr.  
Cincinnati, OH 45242

[www.jfscinti.org](http://www.jfscinti.org)

## The Mind/Body Connection for Healing and Change

Take control of your own  
physical and emotional well-being!

Professional Credits available

Sunday, March 15, 2009

Non Profit Org.  
U.S. Postage  
PAID  
Cincinnati, OH  
Permit No. 1404

## Miriam O. Smith Educational Series

# The Mind/Body Connection for Healing and Change



featuring

**Joan Borysenko, PhD**

Sunday, March 15, 2009

Author of the bestseller  
**Minding the Body,  
Mending the Mind**

Seen on Oprah and  
Good Morning America

Presented by:



Program eligible for Continuing Education Units

# The Mind/Body Connection for Healing and Change

**Sunday, March 15, 2009**

12:30 pm - 3:30 pm - General Session

12:30 pm - 5:30 pm - Professional Development

**Receptions Conference Center**

10681 Loveland-Madeira Road, Loveland, OH

1 mile north of I-275 Exit #52

**Go Green...Please Carpool**

New  
Location

## Who Should Attend

This event is for professionals and community members:  
Social Workers • Counselors • General Public  
Teachers • Psychologists • Parents • Case Managers  
Nurses • Nursing Home Administrators  
Massage Therapists • Chemical Dependency Counselors  
Life Coaches • Athletic Trainers • Occupational Therapists

## Steering Committee

*Thank you to our committee whose dedication and support helps Jewish Family Service offer the community a chance to learn from nationally recognized mental health experts.*

Beth Schwartz, MSW, Jewish Family Service Executive Director  
Bruce Baker, Jewish Family Service Board President

### Co-chairs

Marcie Bachrach Susan Shorr, PhD, LISW

### Volunteer Committee

Susan Conners, LPCC  
Carolyn Dell'Alba, LPCC, CCHT  
Marsha Drucker, LPCC, CDCDCI  
Gail Friedman, EdD  
Lori Glaser-Zakem, MD  
Phil Lichtenstein, MD, FAAP  
Donna Mayerson, PhD  
Liz McOsker  
John T. Niehaus, LISW  
Beth Poe, LISW, LICDC  
Nancy Postow, LISW  
Deborah Smith-Blackmer, LISW

**For more information, to register by phone, and for  
disability accommodations, contact Sandee at  
(513) 766-3352 or [sgolden@jfscinti.org](mailto:sgolden@jfscinti.org)**

**Register online at [www.jfscinti.org](http://www.jfscinti.org)**



The Miriam O. Smith Educational Series was established to honor the memory of Miriam O. Smith, a long time social worker at Jewish Family Service who provided extensive individual and family therapy, headed the adoption program, assisted in forming the Alan R. Mack Parents Center and also served as interim director of the agency.

## Agenda

11:30 am - 12:30 pm Registration, Book Signing, Sponsor Fair

12:30 pm - 2:00 pm Session I with Joan Borysenko, PhD  
(for all participants)

2:00 pm - 2:30 pm Break with Snacks, Book Signing,  
Sponsor Fair

2:30 pm - 3:30 pm Session II with Joan Borysenko, PhD  
(for all participants)

3:30 pm - 4:00 pm Break  
Evaluations by General participants  
**General Public session ends at this time**

4:00 pm - 5:30 pm Session III with Joan Borysenko, PhD  
(for Professional Credit participants only)

5:30 pm Evaluations by Professional participants  
Professional certificates distributed

## Purpose

The purpose of this workshop is to learn the science of the mind/body connection in order to understand its effects on emotional and physical well-being. It is designed for mental health professionals and other health professionals as well as the community at large.

## Objectives

As a result of the symposium, participants will be able to:

1. Understand the effects of emotion on physiology
2. Identify ways to take an active role in self-healing through understanding illness and health
3. Learn how to maximize innate potential for health, creativity and personal growth
4. Learn three ways to gain strength from adversity
5. Understand how emotions and physical well-being are impacted by:
  - a. gratitude and forgiveness
  - b. optimism and pessimism
  - c. stress and relaxation

## Registration fees

**General Registration Fees:** 12:30 pm - 3:30 pm  
**\$20 by March 12 \$25 at the door**

**Professional Credit Registration Fees:** 12:30 pm - 5:30 pm  
**\$70 by March 12 \$85 at the door**

See Registration Form to the right for complete listing of available Professional Credits

### Cancellation Policy:

Cancellations by 5 pm, March 12, 2009 will receive a refund of \$10 for General or \$35 for Professional registrations. No refunds will be made after this date.

## Registration Form

**Please register online at [www.jfscinti.org](http://www.jfscinti.org), call Sandee at (513) 766-3352, or complete this form and return with payment by March 12, 2009 to:**

Joan Borysenko Symposium, Jewish Family Service  
11223 Cornell Park Drive, Cincinnati, OH 45242

**SEATING LIMITED - REGISTER EARLY**

**One registration per form**

**Please photocopy this form for additional registrations**

Name \_\_\_\_\_

Place of Employment/Company Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email \_\_\_\_\_ **Confirmation will be sent via email only**

### General Registration

\$20 by March 12  \$25 at the door

### Professional Credit Registration

4.0 CEUs, MCEs, RCHs, or Contact Hours for the following:

\$70 by March 12  \$85 at the door

**Please check up to two, included in fees:**

- Athletic Training CEU
- Chemical Dependency RCH
- Counseling CEU
- Life Coach CCEU
- Marriage and Family Therapy CEU
- Massage Therapy Certificate of Attendance
- Nursing Home Administrator CEU (BENHA #01-L-09)
- Occupational Therapy CEU
- Psychology MCE (Approved Provider #31744789)
- Social Work CEU (Reciprocal for Nursing CEU)
- Teacher Contact Hours
- Certificate of Completion

Enclosed is a check made payable to Jewish Family Service in the amount of \$ \_\_\_\_\_

Please charge the amount of \$ \_\_\_\_\_ to my:  VISA  MC  Amex  Discover

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Name as it appears on card \_\_\_\_\_