Pre-Congress Workshops
TUESDAY, MAY 8 2018

FULL DAY, 6 HOUR

Using Health Coaching Skills to Enhance Patient Engagement & Autonomy
Presenters: Blaire Morriss, ANP; Mark Dreusicke, MD, , San Diego, CA, United States; Ann King, MA, National Board of Medical Examiners, Philadelphia, PA, United States; Linda Manning, PhD; Ruth Q. Wolever, PhD; Ruth Q. Wolever, PhD, , Nashville, TN, United States

Informed, activated patients are essential in healthcare delivery models that target prevention and treatment of chronic disease. These healthcare delivery practices implicitly and explicitly demand that patients possess the skills to participate constructively in their care, achieve coordinated care, increase treatment adherence, and improve patient health outcomes. This experiential workshop will help clinicians deepen their ability to enhance patients’ autonomy, motivation, and ability to participate in their care through Health Coaching skills and motivational tools.

Weaving Together Patient-Centered Care, Integrative Health, and Self-Care: The Whole Health Approach in Your Practice and Your Life
Presenters: Adam Rindfleisch, MD, University of Wisconsin, Madison, WI, United States; Carol Bowan, MD, Baltimore VA, Baltimore, MD, United States; Henri Roca, MD; Michael Hollifield, MD; Aysha Saeed, MD; Theresa Liao, MD; Bisty Recupero, MD, Brockton, MA, United States

This clinically-oriented workshop will enable participants to adapt the “Whole Health in Your Practice” approach developed at the Veterans Administration to their own specific practices and individual needs. While material from the VA national course will be shared, skill building and experiential learning will be emphasized in areas of mindful awareness, self-care and therapeutic presence to enable participants to create a care plan for themselves and a health planning partner.

MORNING SESSIONS, 3 HOUR

Words that Harm, Words that Heal: How to Transform Language to Improve Clinical Encounters
Presenters: Dawn Bellanti, MSN, FNP, Thought Leadership & Innovation Foundation, Mclean, VA, United States

Utilizing key findings from placebo, nocebo and hypnosis research, this workshop will enable participants to more effectively use language to enhance healing in patient encounters. Participants will learn specific and practical ways to reframe negative “medical-eze” to words that heal, and the top eight “words to lose” and “words to use”.

Non-randomized Pragmatic Controlled Trials (PCTs) supplement Randomized Controlled Trails (RCTs) in Comparative Effectiveness Research
Presenters: Franz Porzsolt, MD, PhD, Institute of Clinical Economics (ICE) e.V., Ulm, Germany; Christel Weiss, PhD, Medical Statistics, Campus Mannheim, Univ Heidelberg & ICE e.V. Ulm/Germany, Mannheim / Heidelberg, Germany
This workshop will review the nature of efficacy and effectiveness trials, and highlight the detailed differences between randomized control trials and pragmatic control trials. The necessity that both randomized and pragmatic trial answer three essential questions that the British epidemiologist, Archie Cochrane posed to ask about a healthcare intervention: “Can it work?” “Does it work in practice” and “Is it worth it?” will be emphasized.

Developing Your Research Career: NCCIH Training and Career Development Opportunities
Presenters: Lanay M Mudd, PhD, National Institutes of Health, Bethesda, MD, United States; Ashlee Tipton, PhD; Emmeline Edwards, PhD; Wendy Weber, ND, PhD, MPH, NIH, Bethesda, MD, United States; Wen Chen, Ph.D., NCCIH/NIH, Bethesda, MD, United States; Gloria Yeh, MD, MPH; Jeffery A Dusek, PhD; John Denninger, MD/PhD, MS; Peter Wayne, PhD, Boston, MA, United States

This workshop will provide an overview of NIH training and career development funding opportunities, tips for successful training and career development grant submissions and review, and advice on key aspects of planning a successful research career with NIH funding. The workshop will include a mock study section enabling attendees to participate in the evaluation of the strengths, weaknesses, and potential flaws of career development and training proposals. The program will offer opportunities for interaction with NCCIH program officers and funded researchers.

How to design educational patient conferences and clinical clerkships in integrative medicine
Presenters: Christian Scheffer, MD, MME; Diethard Tauschel, MD, Witten Herdecke University, Faculty for Health, Witten, Germany; Peter Hinderberger, MD, Ruscombe Mansion, Community Health Center, Baltimore, MD, United States; Benjamin Kligler, MD, MPH, New York, NY, United States; Friedrich Edelhäuser, MD, PhD, Witten Herdecke University, Faculty for Health, Witten, Germany

This workshop will introduce a four-level approach that integrates conventional medicine’s physical focus with integrative medicine perspectives that include three additional dimensions of life-processes, soul, and spirit. This four-level integrative approach generates a truly integrative educational patient conference. The workshop will include group discussion on these different dimensions of healing, group work on generating an integrative diagnosis with a specific patient, and time for group reflection and discussion.

A little evidence goes a long way… how to write a high-quality case report
Presenters: Melissa Barber, United States; David S Riley, MD, Scientific Writing in Health & Medicine, Portland, OR, United States

This workshop is designed to enable clinicians to write high-quality, publishable case reports, and thereby create a greater interface between the clinical and research communities. The CARE Checklist for writing case reports will be provided, case reports will be analyzed in interactive groups, and cases provided by participants will be discussed concerning how best to prepare them for publication.

Smart Phone, Dumb BioMechanics. Fascia-Based Pain Relief for Modern Times
Presenters: David Lesondak, BCSI, AS, Pittsburgh, PA, United States

This “hands on” workshop will enable participants to effectively identify and treat common musculoskeletal/myofascial pain associated with postural deviations, including habitual cell phone usage. Participants will learn about the fascia’s role as a tissue and sensory system.
Both postural identifiers and palpation-based assessments will be taught, as well as well as 5 fascia-based approaches that directly and comfortably target specific structures to enable participants to provide and experience immediate relief. Some hands-on manual skills are recommended but not required.

**AFTERNOON SESSIONS, 3 HOUR**

**Making the business case for integrative health: practical application of economic evaluation.**
Presenters: Patricia M. Herman, ND, PhD, RAND Corporation, Santa Monica, CA, United States; Claudia M. Witt, Professor, University Hospital Zurich and University of Zurich, Zurich, Switzerland

This workshop is designed to provide attendees with the conceptual foundation and necessary tools of economic evaluation (e.g., cost-effectiveness, return on investment, and other types of cost analyses) to make the business case for complementary and integrative health approaches. Presentations and group exercises will evaluate studies, review different financial measures, and calculate cost-effectiveness and return on investment from perspectives of interest to diverse decision makers.

**Applications of Narrative Medicine for Patient Identity and Quality of Life**
Presenters: Robert B Slocum, Ph.D.; John L. Villano, MD, PhD, , Lexington, KY, United States

This workshop will introduce participants to Narrative Medicine and its applications for patient care and personal growth. This growing field focuses on treating patients as humans with individual stories, rather focusing on symptoms and diagnoses. The clinical use of Narrative Medicine to assist brain cancer patients recover or discover identity and sense of self as they receive treatment will be shared. Participants will then engage in an interactive and reflective Narrative Medicine-based experience through journal writing in response to expressive writing prompts.

**Medicinal Plant Walk at Jim Duke’s Green Farmacy Garden**
Presenters: Termeh Feinberg, PhD, MPH, Center for Integrative Medicine, Baltimore, MD, United States; Andrea Miller, MS(c); Betsy Miller Costilo, MS; Bevin Clare, MS; Michael Tims, PhD, Maryland University of Integrative Health, Laurel, MD, United States

This engaging off-site workshop will involve a 90-minute guided medicinal plant walk and sensory tour around James Duke’s unique garden, as well as time for participants to explore the gardens on their own. Through herb-related inquiry and interactions with tour leaders and plants participants will learn when in its life cycle a plant has its most medicinal properties, thereby increasing its efficacy in preparations for clinical practice. James Duke, an ethnobotanist, is the author of *The Green Farmacy*. Transportation from the Marriott to the garden in the countryside south of Baltimore and back, and admission to the garden will be included at no additional cost.

**Honing your Clinical Research Proposal for NIH and NCCIH Funding Opportunities**
Presenters: Emmeline Edwards, PhD, NIH, Bethesda, MD; Wendy Weber, ND, PhD, MPH, NIH, Bethesda, MD, United States; Dave Clark DrPH, MPH, NIH, Bethesda MD, Wen Chen, PhD, NIH, Bethesda, MD, United States; Martina Schmidt PhD, NIH, Bethesda, MD

The workshop will provide an overview of NCCIH’s strategic interests in clinical research. The session will include how to distinguish between developing a mechanistic study to determine
how an intervention exerts its effect versus developing an intervention that will be tested to evaluate benefit for a given condition or symptom. Attendees will learn about important changes to NIH funding and application forms, tips for successful grant submissions and review, and specific NCCIH clinical research funding opportunities and priorities. The program will offer opportunities for interaction with NCCIH leaders and program officers.