



**MEDICAL PSYCHOTHERAPY  
ASSOCIATION CANADA**  
**ASSOCIATION CANADIENNE  
DE PSYCHOTHÉRAPIE MÉDICALE**

## MDPAC 37th Annual Conference

May 30-June 1 2025

**HYBRID Conference—In person OR ZOOM**



### Featuring:

**Dr. Riina Bray MD**

*The Impacts of Environmental Stressors on Psychological Well-Being and Mitigation Measures*

**Dr. Giada DePalma PhD**

*The Role of Gut Microbiome in Mental Health*

**Dr. David Gratzner MD**

*Better Mental Healthcare: Is There an App for That?*

**Dr. Thupten Jinpa PhD**

*Compassion as a Resource for Mental Wellbeing*

**Dr. Stefan Kloiber MD**

*Psychopharmacology Update for Mood & Anxiety Disorders*

**Dr. Rollin McCraty PhD**

*Healing Resonance: The Heart's Role in Psychological Regulation*

### CONFERENCE SCHEDULE

#### FRIDAY MAY 30

10:00 am —12:00pm Check-In

12:00—1:30 Welcome Lunch

1:30—3:00

*Keynote: Dr. Giada DePalma*

3:00—3:30 Break

3:30—5:00

*Keynote: Dr. David Gratzner*

5:00—6:00 Free Time

6:00—7:00 Reception

#### SATURDAY MAY 31

7:00—7:45 Yoga/Meditation

8:00—9:00 Breakfast

9:00—10:30

*Keynote: Dr. Riina Bray*

10:30—11:00 Break

11:00—12:30

*Keynote: Dr. Stefan Kloiber*

12:30—1:30 Lunch

1:30—2:00 Walking Meditation

2:00—3:30 Workshops

3:30—4:00 Break

4:00—5:30 Workshops Continue

5:30—6:00 pm Free Time

#### SUNDAY JUNE 1

7:00—7:45 Yoga/Meditation

8:00—9:00 am Breakfast

9:00—10:30 am

*Keynote: Dr. Thupten Jinpa*

10:30—11:00 Break

11:00—12:30

*Keynote: Dr. Rollin McCraty*

12:30—2:00 pm  
Networking Lunch

## Conference Learning Objectives:

At the end of this learning activity the learners will be able to:

- Identify new information that will improve their clinical assessment skills
- Apply improved techniques for their psychotherapy interventions
- Describe new developments in the field and their applicability to assessment and treatment
- Describe the need for and reflect on the importance of clinical self-awareness and boundaries in working with clients in psychotherapy
- Identify areas for further personal learning and development

## Special Thanks to the 2025 Conference Organizing Committee:

Dr. Elizabeth Alvarez, Dr. Howard Eisenberg, Dr. Mary Ann Gorcsi, Dr. Caroline King, Dr. Kavita Patel, Dr. David Posen, Dr. Heidi Walk

# REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

### IN PERSON REGISTRATION

	EARLY BIRD By Apr 15	REGULAR After Apr 15
Member - Full Conference with Accommodations	\$ 1,300.00	\$1,450.00
Member - Full Conference with Accommodations & Guest*	\$ 1,600.00	\$1,750.00
Early Arrival on Thursday	\$ 425.00	\$ 525.00
Early Arrival on Thursday & Guest	\$ 600.00	\$ 700.00
Late Departure on Monday	\$ 425.00	\$ 525.00
Late Departure on Monday & Guest	\$ 600.00	\$ 700.00
Member - Full Conference (No Accommodations) **	\$ 800.00	\$ 950.00
Member - Friday Only (No Accommodations)**	\$ 200.00	\$ 250.00
Member - Saturday Only (No Accommodations)**	\$ 400.00	\$ 500.00
Member - Sunday Only (No Accommodations)**	\$ 200.00	\$ 250.00
Non-Member - Full Conference with Accommodations	\$ 1,600.00	\$ 1,750.00
Non-Member - Full Conference with Accommodations & Guest*	\$ 1,900.00	\$ 2,050.00
Early Arrival on Thursday	\$ 475.00	\$ 500.00
Early Arrival on Thursday & Guest	\$ 650.00	\$ 750.00
Late Departure on Monday	\$ 475.00	\$ 575.00
Late Departure on Monday & Guest	\$ 650.00	\$ 750.00
Non-Member - Full Conference (No Accommodations)**	\$ 950.00	\$ 1,100.00
Non-Member - Friday Only (No Accommodations)**	\$ 250.00	\$ 300.00
Non-Member - Saturday Only (No Accommodations)**	\$ 450.00	\$ 500.00
Non-Member - Sunday Only (No Accommodations)**	\$ 250.00	\$ 300.00
Student/Resident - Full Conference with Accommodations	\$ 1,300.00	\$ 1,450.00
Student/Resident - Full Conference (No Accommodations)**	\$ 800.00	\$ 950.00
Student/Resident - Friday Only (No Accommodations)**	\$ 200.00	\$ 250.00
Student/Resident - Saturday Only (No Accommodations)**	\$ 400.00	\$ 500.00
Student/Resident - Sunday Only (No Accommodations)**	\$ 200.00	\$ 250.00

### VIRTUAL ATTENDANCE REGISTRATION

Member - Full Conference (Virtual)	\$ 700.00	\$ 850.00
Member - Friday Only (Virtual)	\$ 200.00	\$ 250.00
Member - Saturday Only (Virtual)	\$ 300.00	\$ 350.00
Member - Sunday Only (Virtual)	\$ 200.00	\$ 250.00
Non-Member - Full Conference (Virtual)	\$ 1,000.00	\$ 1,150.00
Non-Member - Friday Only (Virtual)	\$ 300.00	\$ 350.00
Non-Member - Saturday Only (Virtual)	\$ 400.00	\$ 450.00
Non-Member - Sunday Only (Virtual)	\$ 300.00	\$ 350.00
Student/Resident - Full Conference (Virtual)	\$ 350.00	\$ 350.00
Student/Resident - Friday Only (Virtual)	\$ 100.00	\$ 100.00
Student/Resident - Saturday Only (Virtual)	\$ 150.00	\$ 150.00
Student/Resident - Sunday Only (Virtual)	\$ 100.00	\$ 100.00

### REGISTRATION FEES

**Full Conference In Person** fees include attendance at all keynotes and workshops, as well as breakfasts, breaks, lunches and Friday's reception. Those **with Accommodations** also include dinners.

**Friday Only In Person** fees include attendance at the keynotes, as well as lunch, break, and reception.

**Saturday Only In Person** fees include attendance at the keynotes and workshops, as well as continental breakfast, breaks, and lunch.

**Sunday Only In Person** fees include attendance at the keynotes as well as continental breakfast, break, and lunch.

**Early Arrival on Thursday fee** includes Thursday Accommodations, Thursday Dinner, Friday Breakfast & Lunch

**Late Departure on Monday fees** includes Sunday Accommodations, Sunday Dinner, Monday Breakfast & Lunch

**NOTE: All sessions will be recorded and will be available for viewing until December 31 2025.**

### CANCELLATION POLICY

- Cancellations must be received in writing by 5:00 pm on May 16 2025 and are subject to a \$50 administration fee.
- No refunds after May 16 2025.
- No show - full fee.

# ACCREDITATION

## MDPAC Accreditation

This program is approved for the following MDPAC credits:

- Friday, May 30, 2025 only - 3 hours Group CE credits - no CCI
- Saturday, May 31, 2025 only - 6 hours and 1 hour CCI (automatically calculated when MDPAC member submits Group CE hours).
- Sunday, June 1, 2025 only - 3 hours Group CE credits - no CCI

**If attending all 3 days—May 30, May 31 and June 1, 2025**

- 12 hours MDPAC Group CE credits for the 3 days and 2 hours of MDPAC CCI credits (automatically calculated when MDPAC member submits Group CE hours).



## CFPC ACCREDITATION

This one-credit-per-hour Group-Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the McMaster University Continuing Professional Development Program for up to 12 Mainpro+ credits.



**NOTE: For those attending only 1 day, credits will be applied as follows:**

- Friday, May 30, 2025 only - 3 Mainpro+ credits
- Saturday, May 31, 2025 only - 6 Mainpro+ credits
- Sunday, June 1, 2025 only - 3 Mainpro+ credits

## RCPSC ACCREDITATION

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by McMaster University Continuing Professional Development Program. You may claim a maximum of **12 MOC Section 1 hours**



**NOTE: For those attending only 1 day, credits will be applied as follows:**

- Friday, May 30, 2025 only - 3 MOC Section 1 hours
- Saturday, May 31, 2025 only - 6 MOC Section 1 hours
- Sunday, June 1, 2025 only - 3 MOC Section 1 hours

## AMA ACCREDITATION

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at <https://edhub.ama-assn.org/pages/about-ama-education>.



**NOTE: For those attending only 1 day, credits will be applied as follows:**

- Friday, May 30, 2025 only - 3 AMA PRA Category 1 Credits™
- Saturday, May 31, 2025 only - 6 AMA PRA Category 1 Credits™
- Sunday, June 1, 2025 only - 3 AMA PRA Category 1 Credits™

**1:30 - 3:00**

## **The Role of Gut Microbiome in Mental Health**

***Dr. Giada DePalma PhD***

### **OBJECTIVES**

At the end of the session, the participant should be able to:

1. Explain the gut microbiome and its connection to the gut-brain axis.
2. Explore the influence of the gut microbiome on the functioning of the gut-brain axis.
3. Recognize the significance of the gut microbiome-gut-brain axis in mental health.

NOTE: Interactive Component: 25-30 Minutes



Giada De Palma is an Assistant Professor at McMaster University, with interest in microbiology, immunology and microbial-host interactions in the context of disorders of gut-brain interaction, such as irritable bowel syndrome (IBS), mental health disorders, intestinal inflammation, and pain modulation.

## **TESTIMONIALS ABOUT THE KINGBRIDGE CENTRE**

*Great venue overall. Food was fantastic, staff were excellent, overall the flow of the place was really good and it was beautifully serene. Well-chosen.*

*This centre was incredible! The setting and the facility were very restorative. Great pools and hot tubs! The food was excellent. It was also easy to get to.*

*Excellent venue, please have the conference there again!*

*Amazing venue. So large and spacious, great facilities, lovely grounds, and delicious food. Also friendly and kind staff.*

*It was beautiful- loved the architecture and layout. The food and service was fantastic.*

*Really enjoyed my 2-night stay at Kingsbridge Centre. Food was fantastic. The staff were very polite and helpful. Got a chance to use the outdoor pool. Rooms were spacious and very comfortable for my needs.*

## **REGISTRATION**

**[CLICK HERE TO REGISTER ONLINE](#)**



**3:30 - 5:00**

## **Better Mental Healthcare: Is There an App for That?**

***Dr. David Gratzer MD***

As clinicians, we are too familiar with the problems of mental healthcare, including the challenges with access and the uneven quality of care. In this presentation, Dr. David Gratzer, a psychiatrist, looks ahead, considering apps, AI, and avatars. Will digital innovations help mental healthcare? Or is this all a digital mirage?

### **OBJECTIVES**

Participants will be able to:

- Discuss the role of digital innovations in the delivery of mental healthcare.
- Recognize the evidence that supports the use of apps and AI.
- Identify and discuss the challenges and ethical implications of implementing such innovations.

**NOTE:** Interactive Component: 25-30 Minutes



Dr. David Gratzer is a Toronto-based physician. He works at the Centre for Addiction and Mental Health, where he is an attending psychiatrist and serves as the co-chief of the General Adult Psychiatry and Health Systems Division, overseeing the clinical and academic work of 110+ psychiatrists. He is an Associate Professor of the University of Toronto. He peer reviews for several journals and he is an associate editor of both The Canadian Journal of Psychiatry and JMIR Mental Health (Journal of Medical Internet Research). He leads CIHR-funded (Canadian Institutes of Health Research) research in e-therapies.



## **6:00—7:00 pm RECEPTION**

**Join us to  
mix and mingle  
with colleagues  
and learn more about  
the various  
MDPAC committees!**

**9:00 - 10:30**

## **The Impacts of Environmental Stressors on Psychological Well-Being and Mitigation Measures**

***Dr. Riina Bray MD***

We are energetic, biochemical and sentient beings who are in a constant dance with the world around us in order to survive and thrive. This lecture aims to increase awareness of potentially adverse environmental impacts on the body-mind and how to mitigate these stressors.

### **OBJECTIVES**

Participants will be able to:

- Perform an exposure history and identify problems
- Recognize interventions to improve the body-mind balance in our lived spaces
- Explore resources and tools to help guide and educate patients towards wellness in a world that is falling apart.

**NOTE:** Interactive Component: 25-30 Minutes



Riina Palm-Leis Bray has been practicing as a medical doctor, educator and social justice advocate in environmental health for over 30 years. She is an Assistant Professor in the Department of Family and Community Medicine at the University of Toronto and is cross appointed to the Dalla Lana School of Public Health and the Northern Ontario School of Medicine. She has been Medical Director of the Environmental Health Clinic at Women's College Hospital for 25 years. She studied and did research as a Chemical Engineer and in a Master's of Pharmacology/Toxicology in drug addiction and neurotoxicology. She did her residency in Family Medicine at the University of British Columbia and then a Fellowship in Environmental Health at University of Toronto, followed by a Master's in Health Sciences with a focus on Public Health, Occupational and Environmental Health.

She was chair of the Environmental Health Committee at the Ontario College of Family Physicians for 10 years involved in the ban of cosmetic use of pesticides, medical education, urban sprawl and spiritual wellness. She has developed nature-based Mindfulness programs focusing on eco-spirituality, trauma therapy and creative arts therapy. Close to her heart are children's and prenatal environmental health issues. She is founder of the Well Earth Collaborative, a grass-roots organization which aims to educate communities, empower citizens (including children) towards social change and improve care for those suffering from environmentally-linked chronic complex conditions. It is supported through the charity Friends of the Healing Forest, which she also founded.

**11:00 - 12:30**

## **Psychopharmacology Update for Mood and Anxiety Disorders**

***Dr. Stefan Kloiber MD***

### **OBJECTIVES**

Participants will be able to:

1. Identify current guidelines on pharmacological treatment of mood and anxiety disorders
2. Acquire knowledge on evidence-based novel and evolving pharmacological treatments for mood and anxiety disorders
3. Employ knowledge on practical aspects of pharmacotherapy management and integration with other therapeutic approaches

**NOTE: Interactive Component: 25-30 Minutes**

Dr. Stefan Kloiber is a Psychiatrist and Senior Scientist in the Campbell Family Mental Health Research Institute at the Centre for Addiction and Mental Health (CAMH). He is the Medical Head of the General Adult Psychiatry Ambulatory Services and Ontario Structured Psychotherapy Program at CAMH and of Access CAMH. Dr. Kloiber is an Associate Professor in the Department of Psychiatry at the University of Toronto and holds graduate faculty appointments in the Institute of Medical Science and the Department of Pharmacology and Toxicology at the University of Toronto.



Dr. Kloiber joined University of Toronto in 2016 after completing the majority of residency and postdoctoral training at the Max-Planck-Institute of Psychiatry in Germany. His clinical expertise and clinical research is focused on mood and anxiety disorders. Dr. Kloiber's work aims on improving treatment of mood and anxiety disorders, by standardizing and individualizing therapy through Integrated Care Pathways (ICPs) and biomarker research as well as clinical trials and neuroimaging studies. With this approach, Dr. Kloiber aims to investigate individual biological signatures, novel treatments and neurobiological mechanisms in mood and anxiety disorders.

Dr. Kloiber's research has been funded by Canadian Institutes of Health Research (CIHR), the International OCD Foundation, the Canadian Centre on Substance Use and Addiction (CCSA), the Ministry of Health of Ontario, the Labatt Family Innovation Fund in Brain Health, the Max Bell Foundation, among other funding agencies. He is the principal investigator on multiple clinical studies and neuroimaging studies in mood and anxiety disorders.

# **REGISTRATION**

**[CLICK HERE TO REGISTER ONLINE](#)**



## Workshop A

### Psychedelic-Assisted Psychotherapy: From Theory to Practice

***Dr. Emma Hapke MD, FRCPC***

This workshop will provide a broad overview and introduction to the emerging field of psychedelic-assisted psychotherapy. We will begin by reviewing the ancient and modern history of psychedelic use and research that has paved the way for the current revival. We will then explore the current evidence base including highlights from key trials, evolving understanding on mechanism of action and what we know so far about safety. We will go into detail about the mechanics of this treatment paradigm from screening and informed consent to preparation, dosing and integration sessions. Role plays and case studies will help consolidate learnings as we go. We will conclude with exploring challenges facing the field, how patients can access this treatment and training opportunities for clinicians. There will be ample time for open discussion and Q and A.

#### OBJECTIVES

1. Discuss the ancient and modern history of psychedelic use and research.
2. Explain current evidence on indications, effectiveness, safety and mechanism of action.
3. Explore how to administer psychedelic-assisted psychotherapy including screening, informed consent, preparation, dosing and integration.
4. Discuss key challenges facing the field including possible solutions.

NOTE: Interactive Component: 45+ Minutes



Emma Hapke, MD, FRCPC, is a psychiatrist, psychotherapist and psychedelic researcher at the University Health Network in Toronto. She is the Co-Founder and Associate Director of the University Health Network (UHN) Psychedelic Psychotherapy Research Group. She has expertise in women's mental health, the treatment of trauma, psychosocial oncology and psychedelic-assisted psychotherapy.

Dr. Hapke worked with the Multi-Disciplinary Association for Psychedelic Studies (MAPS) as the principal investigator for the Montreal site of the phase 3 trial of MDMA-assisted psychotherapy for Post-Traumatic Stress Disorder (PTSD). She is also the Co-Founder and Co-Director of the Michener Foundations of Psychedelic Psychotherapy Program. She currently leads research projects on psilocybin therapy for end-of-life distress and caregiver distress, experiential training of psychedelic therapists and surveys of psychedelic use in the community.



## Workshop B

### Eye Movement Desensitization and Reprocessing (EMDR) Therapy & the Medical Psychotherapist

***Barbara Horne MASc, RP,  
RMFT***

This presentation will describe EMDR therapy (the model, efficacy & process) and explore its important role in medical psychotherapy. It will describe the process of getting properly trained in an EMDRIA-Approved Basic Training. The presentation will expand on current neuroscientific wisdoms about the body-mind connection that point to the connection between trauma and illness (both physical & mental), citing the Adverse Childhood Experiences (ACE) Study, van der Kolk, Servan-Schreiber, Schore, Borysenko, and Mate with Porges' Polyvagal Theory (PVT) as a good foundational theory.

#### OBJECTIVES

- Identify EMDR's relevance as a best practice, evidence-based psychotherapy in the treatment of PTSD as well as other presenting issues.
- Identify how to get trained, and explore specific ways of incorporating EMDR Therapy into casework with patients.
- Compare and challenge historical 'medical model thinking' (organ specificity and 'separation of body & mind') in favour of more recent understanding about how trauma affects the autonomic nervous system in the matter of both mental and physical health.
- Apply an attachment-based lens to understand trauma in its broader sense, far beyond Diagnostic and Statistical Manual of Mental Disorders-5 (DSM-V's) "T"-view.



Barbara Horne MASc, RP, RMFT (Registered Psychotherapist, Registered Couple & Family Therapist & EMDRIA-Approved Consultant & Trainer) is a founding partner of the Niagara Stress & Trauma Clinic (NSTC) in Niagara, providing couples therapy & EMDR therapy since 1996, when she completed her EMDR Institute Trainings. She is the Director of the NSTC's EMDR Therapy training program, conducting over 70 two-part EMDRIA-Approved Basic EMDR Therapy Trainings in Central and Eastern Canada since 2007, as well as 9 two-part virtual trainings since the onset of the pandemic.

Barbara has made a number of presentations on EMDR to provincial and national conferences in Canada including the Ontario Association for Marriage and Family Therapy (OAMFT), Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP), EMDR Canada, and to the EMDR International Association (EMDRIA) Conference. She also provides EMDRIA-Approved CE-Credit refresher workshops to EMDR clinicians. In recent years, she has also been exploring Polyvagal Theory (PVT), Deep Brain Reorienting (DBR) and Anti-Racist Psychotherapy as useful additions to her EMDR work.

## Workshop C

### Applied Practices in Indigenous Psychotherapy

***Dr. Karlee Fellner***  
***PhD, RPsych (Alberta)***

This workshop will share some of the basic tenets and tools of Indigenous psychotherapy, primarily through the practice of Indigenous Focusing-Oriented Therapy. The workshop will weave together experiential exercises and didactic teachings.

#### OBJECTIVES

Participants will learn to:

1. Identify what decolonizing means in the context of psychotherapeutic practice;
2. Identify Indigenous counter-narratives and concepts that challenge conventional approaches to psychopathology and disease, and how these contribute to personal and collective wellness among Indigenous people;
3. Implement basic land-based tools that support (re)connecting with, (re)opening to, and (re)engaging one's personal and collective wisdom and medicine for healing;
4. Assess how to move toward decolonizing and Indigenizing practice in a good way.

NOTE: Interactive Component: 45+ Minutes



Dr. Karlee Fellner is a member of the Otipemisiwak Métis Nation of Alberta, a Registered Psychologist (Alberta), and CEO and Founder of maskihkiy wellness. Dr. Fellner worked for over 10 years as a Professor of Counselling Psychology-Indigenous Education at the University of Calgary before resigning her tenured position to focus on community-based clinical work. Dr. Fellner is a prominent clinical scholar activist who has been working in the fields of iyiniwak (Indigenous) healing, wellness, and psychologies for over 14 years. Her program of research focused on Indigenous approaches to therapy and trauma work; Indigenous research, curriculum and pedagogy; culturally appropriate counselling; complex trauma; and holistic and traditional approaches to wellness.

She has been working with people in clinical practice for 17 years, and has been designing and implementing land-based, culturally-rooted programming in mental health and addictions for the past 9 years. Dr. Fellner has a Ph.D. in Counselling Psychology from the University of British Columbia, and completed her internship in Clinical Psychology at the Indian Health Board of Minneapolis. In addition to her work in mental health and addictions, Dr. Fellner is a visual artist, mother, and traditional jingle dancer.

## CAVERSHAM BOOKS

**Caversham will be joining us on Saturday.  
Be sure to drop by their table!**

9:00 - 10:30

## Compassion as a Resource for Mental Wellbeing

***Dr. Thupten Jinpa PhD***

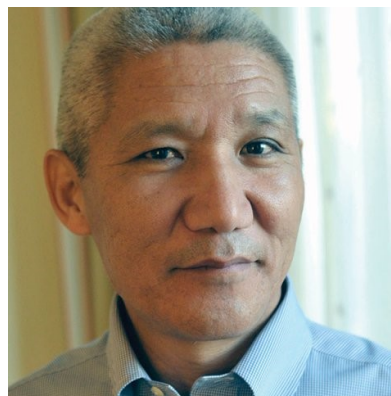
While compassion is widely admired as a virtue, its power to promote one's own personal wellbeing is rarely appreciated. Today, new science of empathy and compassion shed light on the Buddhist tradition's understanding of compassion's key role in promoting mental wellbeing.

### OBJECTIVES

Participants will learn how to:

- Define compassion and empathy
- Recognize the power of compassion to promote mental wellbeing
- Discuss findings from studies on Stanford CCT (Compassion Cultivation Training), a secular 8-Week program

NOTE: Interactive Component: 25-30 Minutes



Thupten Jinpa is a former Tibetan monk who holds the Geshe Lharam degree, as well as a B.A. in philosophy and a Ph.D. in religious studies, both from Cambridge University. Since 1985, he has been the principal English translator to H.H. the Dalai Lama and has translated and edited numerous books by the Dalai Lama, including the New York Times Bestsellers *Ethics for the New Millennium* and *The Art of Happiness*. Jinpa's own publications include works in Tibetan, especially as featured in two edited series, translations into English of major Tibetan texts in The Library of Tibetan Classics, as well as books, including *A Fearless Heart: How the Courage To be Compassionate Can Transform Our Lives*.

Jinpa is the main author of CCT (Compassion Cultivation Training), an eight-week formal program developed at Stanford University and is a noted speaker on Buddhism and science dialogue, secular adaptations of mindfulness and compassion practices. He is a Co-Founder and President of the Compassion Institute, the Chair of Mind and Life Institute, founder of the Institute of Tibetan Classics, and an Adjunct Professor at the School of Religious Studies at McGill University.

*The Great Book Exchange*

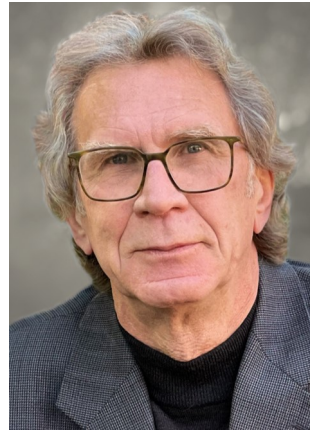


**BACK BY  
POPULAR DEMAND**

**11:00 - 12:30**

## **Healing Resonance: The Heart's Role in Psychological Regulation**

***Dr. Rollin McCraty PhD***



This keynote explores heart rate variability (HRV) coherence and its impact on heart-brain synchronization. Dr. McCraty will discuss compelling research demonstrating how the heart's magnetic field carries emotional information and facilitates rhythm synchronization between individuals. He'll delve into the fascinating concept of heart intelligence and its influence on cognitive function and emotional well-being. The presentation will also touch on the Global Coherence Project, examining the interconnectedness of human consciousness on a global scale. This talk offers a unique perspective on the 'wisdom and powers of the Heart' for medical psychotherapy professionals.

### **OBJECTIVES**

Participants will learn to:

- Explain heart rate variability (HRV) coherence and its relationship to heart-brain synchronization.
- Explain how the heart's magnetic field carries emotional information and facilitates rhythm synchronization between individuals.
- Investigate the potential implications of heart intelligence for cognitive function and emotional well-being in psychotherapy practice.
- Discover the Global Coherence Project and its exploration of human consciousness interconnectedness on a global scale.
- Identify potential applications of heart-focused techniques in medical psychotherapy to enhance patient outcomes.

Rollin McCraty, Ph.D. is Director of Research of the HeartMath Research Center at the HeartMath Institute. As a psycho-physiologist, Dr. McCraty's research interests include the physiology of emotion, heart-brain communication and the global interconnectivity between people and the earth's energetic systems. Findings from this research have been applied to the development of tools and technology to optimize individual and organizational health, performance, and quality of life. Dr. McCraty has acted as Principal Investigator in numerous studies examining the effects of emotions on heart-brain interactions and on autonomic, cardiovascular, hormonal, and immune system function, and outcome studies to determine the benefits of positive emotion-focused interventions and heart rhythm coherence feedback in diverse organizational, educational and various clinical populations.

He has been featured in a number of documentary films such as I am, The Truth, The Power of the Heart, Solar Revolution, The Way of Miracles, Cosmic Sentience, The 1-Field, Sacred Journey of the Heart, Rescued Hearts, and The Living Matrix, among many others.

**NOTE: Interactive Component: 25-30 Minutes**

## **12:30—2:00 pm Networking Lunch**



## ABOUT THE KINGBRIDGE CENTRE

### Discover Kingbridge

At Kingbridge, we understand that what happens outside of the meeting is just as important as what happens inside the meeting room. Whether you prefer some time in our fitness room, playing a game of pickleball in our indoor court, a reflective walk through the nature trails, or engaging with your team members in outdoor activities such as biking, volleyball or enjoying s'mores by the fire, the Kingbridge Centre has a variety of amenities designed to enrich your experience.

Outdoor activities include: volleyball, mountain biking, horseshoes, bocce ball, and badminton.

We invite you to explore the trails that run through our property. Each trail offers a suggestion for reflection designed to inspire deep thinking. It's our hope that the insights you find here will add meaningful value to your personal and professional life.

Click [HERE](#) to learn more about the Woodland Trails and Area for Contemplation.

#### [The Kingbridge Centre](#)

12750 Jane Street

King City, Toronto, ON L7B 1A3

Tel: 905-833-3086



## REGISTRATION

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