

May 31, 2010

## CALL FOR PRESENTERS

The **2011 NAMA Conference** will be held April 14 – 17, 2011 at the *Crown Plaza Hotel*, in Cherry Hills, NJ, just seven miles from historic downtown Philadelphia!

This year's theme is:

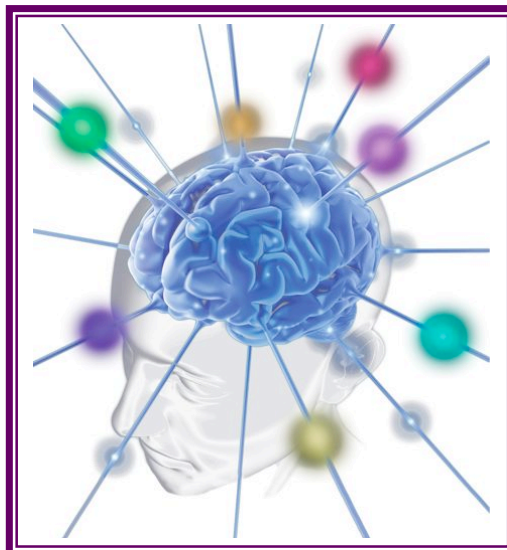
### **Healthy Body, Healthy Brain, Higher Consciousness Through Ayurveda**

Based on this theme, the 2011 conference planning team has developed a curriculum and tentative schedule of events for the up-coming conference. We are now extending a call for Presenters invitation to potential presenters for the educational sessions at this conference. A listing of topics for which presentations will be considered is included at the end of this announcement.

#### **Presenter Selection**

Selection of presenters is based on the individual's expertise in and knowledge of the topic for which he/she is applying to present, relevance to the year's theme, the speaker's presentation skills and ability to communicate effectively to large groups. Determination will be made by a review of background, education, preparation and materials submitted as requested in the format defined below. Consideration is also given for membership and participation in the NAMA organization.

For 2011, as well as providing a strong focus on Ayurvedic continuing education for practitioners and students, we plan to offer continuing education credits (CEUs/CMEs) for many licensed practitioners and others. To make this possible it is essential that the application be completed fully and your proposal be structured according to the guidelines provided.



We typically receive a great many more submissions than there are sessions to present; therefore, not everyone who submits a proposal will be invited to present.

When any submission is received, it is first reviewed for completeness as required in the application, so please provide all information requested in the format required be considered and to expedite the review process.

**Deadline for presenters' submissions is June 30, 2010.** Submissions received after that date will not be considered. Presenter selection will begin on July 1, 2010, and will be conducted by the Presentation Selection Committee. Final selection will be completed by July 31, 2010 and formal invitations will be issued.

It is the intention of NAMA to create relevant and exciting conferences each year. We look for educational information that is current and of interest to the different levels and types of conference attendees. There is a continuous effort to develop fresh and contemporary educational opportunities as well as maintaining the wisdom from the ancient and traditional sources of Ayurvedic knowledge.

To create variety and interest, and allow for new ideas and new presenters, those who have presented in a previous conference may not be invited to present at this conference. If you are not asked to present we still value you as a presenter and want you to know that you will continue to be considered for future events.

## **Presentations**

Presenters are prohibited from offering a sales or promotional type presentation, or featuring their products or services in any of the presentation sessions. **The presentation must be educational and conform to the topic and theme of the conference.** Presenters who violate this rule will not be invited back.

## **Topics Considered**

Following you will find the listing of topics for which presentations will be considered. No other subjects will be considered for this conference. However, the specific content of the presentation is at the discretion of the presenter as long as it clearly relates to one of the topics provided.

Be aware that attendance at each presentation varies depending on the interest in your topic. A low turn out could be ten people, whereas a high attendance could be over 100. Sometimes there is standing room only. The Conference dates are fixed and cannot be changed. Presentation day and time will be at the discretion of the Conference Planning Committee and will be scheduled as is most relevant to the programming.

## **Presenter Compensation**

Selected presenters will be compensated according to the following policy:

- Up to \$400 for air fare reimbursement (Presenter makes reservation and then sends a copy of itinerary to NAMA for reimbursement)
- Single occupancy room at the conference hotel on Thursday, Friday, and Saturday, April 14 - 17 (check out is Sunday morning the 17th). NAMA will make reservations for presenters directly with the hotel.
- Full conference pass, including all 5 meals, any featured addresses, entertainment, and all conference events is included
- The cost of transportation between the airport and the hotel will be reimbursed to the presenter by NAMA; up to \$25 each way.
- A signed contract will be required for each invited presenter to clarify the agreement between NAMA and the presenter.

Presenter expenses will be reimbursed within 30 days after the conference is over and all proper expense documentation is received.

## **Companion**

Should any presenter desire to be accompanied by a spouse or companion, your companion will be required to register and pay for the full conference if he/she intends to participate in any events or meals. No charge for accommodations will be made to the companion as long as the hotel guest room is shared with the presenter. If a separate room is required, the presenter or companion will be responsible for those charges and reservations must be made directly with the hotel. NAMA will pay no airfare or other transportation costs for any spouse or companion of a presenter.

If you are interested in being a presenter please refer to the attached application. It is designed to help you prepare and submit the documents needed and in the correct format to expedite the processing of that information.

We appreciate your interest, support, and participation and look forward to receiving your presentation submission.

Thanking you in advance,

## **2011 NAMA Conference Team**

*Felicia Tomasko, Chair*

*Keesha Ewers*

*Hilary Garivaltis*

*Devi Mueller, Conference Manager*

## OUTLINE OF NAMA 2011 CONFERENCE PROGRAM - APPROVED TOPICS

### **THEME: Healthy Body, Healthy Brain, Higher Consciousness Through Ayurveda**

*When writing your proposal consider some of the following ideas:*

- *How does Ayurveda approach the wholeness of healing*
- *How to enliven clinical concepts with Ayurvedic principles*
- *Current research in brain health and how it supports Ayurvedic principles*
- *Significant ways that Ayurveda approaches health and well-being*

***Below are the topics grouped within generalized areas. Your presentation content must clearly relate to the topic you choose to address***

**Track: Professional Practicums (*Hands on and/or demonstrations*)** 4 hour blocks – to be offered for Ayurvedic practitioners; target attendees are Practitioner Level NAMA Members.

- A. **Tools for Expanding Consciousness: Connecting Body/Mind/Spirit**
- B. **Ayurvedic Food Preparation for the “Everyday Client” (Cooking class)**
- C. **Moving from Student to Practitioner; the Basics of Ayurveda as a Business, or Creating a Successful Practice**
- D. **Designing Herbal Formulas: Deepening clinical, safety, and other considerations**

**Track: Clinical Integrated Healthcare Competencies** 2-hour blocks;

This is all about Ayurveda, the focus should be on Ayurvedic treatments within specified categories AND how Ayurveda can be integrated into health practices; this helps meet the goal of creating viable careers for practitioners. These sessions would be geared to students and practitioners.

**Key Consideration:** In what ways could Ayurveda and conventional medicine be integrated to increase patient care efficacy?

- A. **Brain Health:** Exploring the biochemistry and current research of the brain with the application of Ayurvedic concepts. Consider conditions such as PTSD, Alzheimers, “Brain Fog,” Depression, etc.
- B. **Ayurveda and Psychology:** Addressing the pancha koshas, chakras, nadis, subtle channels. Identify ways to address mental health in more holistic approaches; including yoga, jyotish, meditation, pranayama, five sense therapies, etc.
- C. **Body/Brain Connections:** How does Ayurveda describe the inter-relatedness of the body, mind/body, and the brain. Bring in the research for treating conditions like fibromyalgia or environmental toxicity; the effects of hormonal changes; the connection of the GI/brain interface; weight management; cardiovascular health, etc.

- D. **Community Health:** What can Ayurveda bring to the discussion of health in our communities? Explore topics of community support, ways to build stronger connections to the world around us, and/or Ayurveda as a role model for preventative care on a larger scale.
- E. **Detoxification:** Healthy approaches to cleansing the body; panchakarma and body therapies that support health of body and mind; opening new channels of clarity.

**Track: Ayurvedic Strengths:** 2-hour blocks;

These sessions would be geared more to students of Ayurveda, but would be beneficial for Ayurvedic Practitioners, Yoga Therapists, etc. to provide additional information, understanding, and tools of Ayurvedic therapies.

- A. **Meditation/Prayer/Mantra:** Techniques for assimilating these powerful tools
- B. **Pranayama:** Ayurveda's healing modality through the breath
- C. **Rejuvenation/Ojas:** Bringing strength back to our lives on all levels
- D. **5-sense Therapies:** The Five Doors of Perception – The Five Arts of Healing: scent, sound, touch, taste, vision
- E. **Vastu:** Understanding how/why the structure of our environment matters

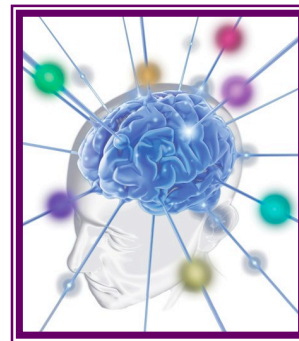
**Track: Ayurvedic Support and Research:** 2-hour blocks;

These sessions should help to meet the goals of responsible research and incorporation of natural substances into a health care practice. The target audience would be advanced students, Ayurvedic practitioners, and licensed medical practitioners interested in more natural healing methods.

- A. **Oils/Ghee:** Feeding the Brain and Body in healthy ways
- B. **Herbs for Brain Function Optimization:** Exploring ways to use healthy herbs to increase/maintain Brain health; may include information on pharmaceutical effects on the Brain and/or drug and herb interactions
- C. **Integrating Ayurvedic Psychology and Western Psychiatry:** A holistic approach to mental health and well-being
- D. **Defining Outcomes:** Research of Product and/or Practice that Embraces the Difference in Methodologies while Instilling Confidence in Ayurveda (safety, quality control, etc.)

# 2011 NAMA CONFERENCE PRESENTER APPLICATION AND REQUIREMENTS

Deadline for presenter information – June 30, 2010



Please provide all information as requested below no later than the June 30, 2010 deadline in order to be considered to be a presenter at the conference. Submissions that do not fully meet the requirements detailed below will not be considered by the selection committee. Read all directions carefully to assure your submission is reviewed.

**Please send the following information in Word document(s) attached to your email.**  
**Please do not type in all caps.**

**There are 3 sections you must complete. Submission must be at the same time for all sections. Large submissions can be made in multiple e-mails by section as described below.**

Please name your files as follows:

(Last Name) (First Name) (Section #) (Section Title)

e.g. *Jones David Section 1 Presenter Contact Information.doc*

[Section 1: Presenter Contact Information](#)

Submission Date:

First Name:

Last Name:

Primary Phone:

Alternate Phone:

Email:

Organization (if applicable):

Mailing Address:

City:

State:

Postal Code:

Country (if not U.S.):

Website (if any):

For each of the next sections, **Word** documents with the information requested are required.

Section 2: Proposed Presentation Details (example included below as a guide)

**Please send items 1 – 7 together in a separate Word document attached to your email.**

- 1) Topic you would like to present (MUST be one listed on the Approved Topic List):
- 2) The exact title you will use for the presentation :
- 3) Description of the presentation (100 word max; will be used in the program and website):
- 4) An overview of your presentation including relevancy to the topic category and conference theme (75 word max):
- 5) Identify the audience to whom your presentation will be geared, list all categories toward which your presentation will be focused; (e.g., Ayurvedic practitioners, Ayurvedic students, MD's, RN's, pharmacists, yoga therapists, massage therapists, yoga teachers, general interest attendees, etc. Identify any other categories as applicable.)
- 6) The overall objective of the course and three to five learning objectives that attendees will meet by attending your proposed presentation:
- 7) Outline of your presentation conforming to a 2-hour time slot, (if you are applying for a practicum, the time is a 4-hour time slot and requires hands-on/demonstration):

(If you have not presented at a NAMA Conference previously, a sample presentation *may be* requested as a voice file (.wav); link to a YouTube video; or, on a CD or DVD to be mailed to the Committee at the address on the last page of this document.)

Example of a course designed for nurses about end of life and pain (to assist you in responding to #4 – 6 above)

**Overview:**

Because pain is frequently encountered in the palliative and hospice care environments, a knowledge of appropriate diagnosis and alleviation is vital to all members of the interdisciplinary team. A comprehensive discussion of these topics will provide the knowledge base necessary for all members of the interdisciplinary team to better understand the varied needs of their patients during the end-of-life period and to be better equipped to address those needs.

**Audience:**

This course is designed for physicians, physician assistants, nurses, social workers, and other members seeking to enhance their knowledge of pain management.

**Course Objective:**

The prevalence of pain at the end of life varies, with ranges of 8% to 96% being reported. Because pain is frequently encountered in the palliative and hospice care environments, a knowledge of appropriate diagnosis and alleviation is vital to all members of the interdisciplinary team. The purpose of this course is to provide an overview of the assessment and management of pain in the end of life, focusing on the components integral to providing optimum care.

**Learning Objectives:**

Upon completion of this course, you should be able to:

1. Review the etiology of pain at the end of life and issues in effective pain management.
2. Assess pain accurately through use of clinical tools and other strategies, including the use of an interpreter.
3. Select appropriate pharmacologic and/or nonpharmacologic therapies to manage pain in patients during the end-of-life period.

### Section 3: Presenter Background

**Please send items 8 – 12 each as separate Word documents attached to your email.**

- 8) Personal bio for the program guide and website (75 word max)
- 9) Recent PR photo (4-color preferred) (jpeg or tiff file e-mailed at 300 dpi of approx 2 x 2 inch size head shot)
- 10) Curriculum vitae (CV) or resume'
- 11) Any additional information that you feel would be beneficial to the Presentation Selection Committee in their selection process. Please keep it brief (40 word max).
- 12) Please identify the equipment you will need to make your presentation:  
(A Lavalier microphone will be provided at all presentations)
  - LCD Projector
  - Overhead Projector (only if use of an LCD Projector is not possible)
  - Whiteboard or flip chart with non-toxic markers
  - Other-Please specify: (any special equipment will be considered, but is no guarantee of availability is made.)

#### **Computers:**

**NOTE:** You will need to bring your own computer. Computers will not be provided. If you use a Mac, be sure to bring your own cable to connect with the projector. The hotel cannot guarantee having the correct cable connections for Mac computers. To be sure you can connect properly we suggest you acquire the correct cable that will link your Mac with a standard LCD projector, and test it to make sure it works.

E-mail all information with attachments to:  
[NAMA-Conference@PatternsForLiving.com](mailto:NAMA-Conference@PatternsForLiving.com)

If requested, the CD/DVD can be mailed to the address below. If you have questions about this application or any of the requirements, please e-mail Devi.

Devi Mueller  
Conference Manager  
2011 NAMA Conference  
930 Marvista Avenue  
Seal Beach, CA 90740  
[devi@patternsforliving.com](mailto:devi@patternsforliving.com)  
562-936-1961  
Fax 815-550-1579