

## Program Agenda

**8:15 a.m. Registration and Continental Breakfast**

**9:00 a.m. Welcome and Introduction of Speaker**  
*Julie Whitford, RN, BSN, OCN*

**A Funny Thing Happened on Our Way to Chemotherapy**  
*Dan Shapiro, PhD*

**10:00 a.m. Break**

**10:15 a.m. Break out sessions**

**Rhythm for Life: Hands-on Approach to Wellness**  
*Todd Balcom, MT-BC*

**Nutrition and Cancer Survivors**  
*Julie Pryer, RD, LD*

**Laugh Till It Hurts... or NOT!**  
*Claudia Tatum, RT, RN, OCN*

**Recover, Renew & Restore: Restful Yoga for Stressful Times**  
*Valarie Keown, BBA* **10:15 a.m. session only**

**Caring for the Caregiver**  
*Raeshelle Sharpnack, BSW, MA* **10:15 a.m. session only**

**Mending and Tending Your Garden**  
*Nancy Moran, BSN, RN, CTY*

**Calming the Mind/Healing the Heart:  
 Relaxation Techniques and More!**  
*Carol Dillard, PhD and Faith Boudreau, MSW, LCSW, MPS*

**The Heart's Language: Poetry and Healing**  
*Britton Gildersleeve, PhD*

**Dance Movement**  
*Shanti Kriegl, MA, PLADC*

**11:15 a.m. Break**

**11:30 a.m. Break-out Sessions (Repeated)**

**Reclaiming Your Sensual Self**  
*Valarie Keown, BBA* **11:30 a.m. session only**

**Lymphedema: A Possible Side Effect**  
*Betsy Myers, MHS, OCS, CWS, CLT* **11:30 a.m. session only**

**12:30 p.m. Lunch - Middle School Cafeteria**

**1:15 p.m. Mi Sheberakh, A Prayer for Healing**  
*Debbie Zanerhaft*

**1:25 p.m. Survivorship and Beyond: Our Family's Journey**  
*Andrew Crawford, DO and Lisa Crawford, DO*

**2:10 p.m. Art of Healing Friend Award**  
 Presented by *Julie Whitford, RN, BSN, OCN*  
 and *Jolene Sanditen-Stephens, MSW*  
 Recipient: *Claudia Tatum, RT, RN, OCN*

**2:25 p.m. Closing Remarks**  
*Faith Boudreau, MSW, LCSW, MPS*

## Program Location, Parking and General Information

The program will be held at the Malcolm Deisenroth Performing Arts Center at Monte Cassino School located at 2206 S. Lewis Ave.

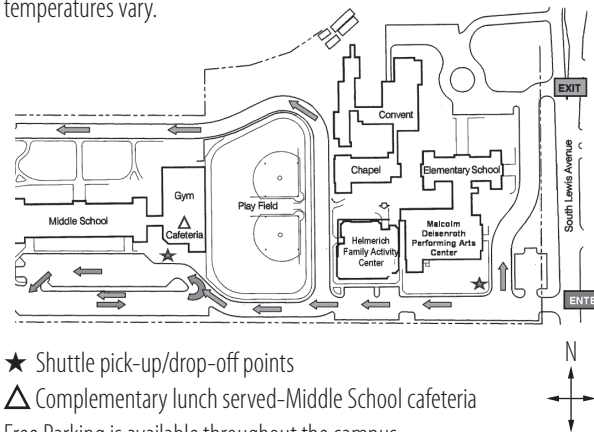
**From the north:** Take Lewis Avenue south and take the first right into the campus after crossing 21st Street. **From the south:** Go north on Lewis Avenue. Take the first left onto the campus after 22nd Place (before you reach the 21st Street intersection).

The program will begin at the performing arts center with break-out sessions held at the middle school. Shuttle buses will be available.

*Please see map below.*

Free parking is available throughout the campus.

Wear comfortable, casual clothing to allow for easy movement during the workshop. Also, consider bringing a light jacket or sweater, since room temperatures vary.



★ Shuttle pick-up/drop-off points  
 △ Complimentary lunch served-Middle School cafeteria  
 Free Parking is available throughout the campus.

### Sponsored by



SAINT FRANCIS HOSPICE

With special appreciation to the following sponsors:  
 Scott and Jolene Sanditen Philanthropic Fund  
 Henry Zarrow

# Celebrating the Art of Healing

## A Family Journey

A free educational symposium for cancer survivors and the friends, family and health care professionals who care for them.

Saturday, April 10, 2010

Monte Cassino School  
 Malcolm Deisenroth Performing Arts Center  
 2206 S. Lewis Ave. Tulsa, OK

*Celebrating the Art of Healing: A Family Journey* is a day of promise and hope for survivors, families, friends, caregivers, and professional oncology specialists. The day's events begin with a keynote address by Dan Shapiro, PhD, professor and chair of the humanities department at Pennsylvania State College of Medicine.

*Celebrating the Art of Healing* will highlight activities that enhance and enrich the quality of life of those who face the challenges of cancer. The experiences offered in the break-out sessions welcome all levels of ability to participate. Local professionals will help participants access that unique potential of the human spirit. Newly diagnosed patients, those currently in treatment, long-time survivors, families, friends, caregivers and professionals join together on this day to celebrate the healing power of survivorship in our daily lives.

## Registration Information

There is no charge for the program but space is limited and registration is requested. To register or receive more information, please call the St. John Pulseline at (918) 744-0123.

## Speaker Information

**Dan Shapiro, PhD**, is professor and chair of the humanities department at Penn State College of Medicine. He has given more than 200 keynote addresses for lay and professional groups. His first book, *"Mom's Marijuana: Life, Love and Beating the Odds,"* has been translated into Spanish, Italian, Dutch, and Portuguese. His second book is *"Delivering Doctor Amelia: The Story of a Gifted Young Obstetrician's Mistake and the Psychologist who Helped Her."* He uses his experience from being on "both sides of the bed" as a consultant to the hit television series, "Grey's Anatomy" and "Private Practice" and has been featured in the *New York Times*, the *Chicago Tribune*, ABCNews.com, Salon.com, NPR, and a number of periodicals.

**Lisa Crawford, DO** is a pediatrician, cancer survivor, wife of Dr. Andrew "Drew" Crawford, and the mother of six children. She received her medical degree from Oklahoma State University (OSU) College of Osteopathic Medicine in Tulsa. She completed her residency training at Tulsa Regional Medical Center, now Oklahoma State University Medical Center. She was an associate professor of pediatrics at the OSU College of Osteopathic Medicine for four years. She resigned her position at OSU and is currently a "full-time, stay at home mom."

**Andrew (Drew) Crawford, DO** received his medical degree from Oklahoma State University College of Osteopathic Medicine in Tulsa. He completed his residency training at Tulsa Regional Medical Center,

now Oklahoma State University Medical Center, in Tulsa and his fellowship training at Scott and White Clinic in Temple, Texas. Dr. Crawford is board certified in internal medicine. He is currently associated with the St. John Health System and specializes in gastroenterology. He is married to Dr. Lisa Crawford and is the father of six children.

**Todd Balcom, MT-BC**, is a music therapist, drum circle facilitator, and wellness educator. He completed his degree in music therapy at Southwestern Oklahoma State University and was board certified by the Certification Board for Music Therapists in 1994.

**Faith Boudreau, MSW, LCSW, MPS**, is a cancer survivor. She is a First Connection volunteer with The Leukemia & Lymphoma Society. In 2005, she was a speaker on the community advocacy panel at the National Life Beyond Cancer retreat, and in 2009 presented a workshop at the Oncology Perspectives Conference sponsored by the Oklahoma Society of Clinical Oncology. Faith takes the mind-body-spirit approach to healing. A clinical social worker for 30 years, she has used psychodrama in her work with children, families and groups. Faith has trained in mediation and holds a masters degree in pastoral studies.

**Carol Dillard, PhD, LPC, LMFT**, holds a doctorate in marriage and family studies, and has been in private practice in Oklahoma since 1984. She has presented locally and nationally at conferences and workshops on a variety of topics, and she teaches at the undergraduate and graduate level. Carol is a cancer survivor and presents workshops dealing with cancer and loss. She devotes part of her private practice to individuals and families confronting cancer in their lives.

**Britton Gildersleeve, PhD**, holds a doctorate in creative writing, directs the Oklahoma State University (OSU) Writing Project, and is a long-time editor at Nimrod International Journal. She teaches writing at both OSU and The University of Tulsa, and presents workshops across the country.

**Valarie Keown, BBA**, is a breast cancer thriver since undergoing treatment in 2005. Her four-year private practice, The Art of Hatha Yoga in Tulsa is devoted to improving health and well-being, combining compassion with skillful use of body alignment. Valarie holds a BBA from the University of Texas and is a structural yoga instructor and massage therapist with more than 25 years of practice. She utilizes meditation, therapeutic somatic movement, dance, and restorative modalities in therapeutic yoga.

**Shanti Krigel, MA, PLADC**, received her Masters from Naropa University in somatic counseling psychology/dance therapy, and completed her undergraduate work at Sarah Lawrence College where she earned a BA in modern dance and psychology. She is a therapist, dancer, artist, certified aqua massage practitioner, and a mother of two. Shanti has taught dance to all populations for more than 15 years and has worked privately with clients utilizing body-mind coaching on land and in the water for the last five years. Shanti joined the Resonance team in November 2009 as a staff therapist.

**Nancy Moran, BSN, RN, CYT**, is a public health nurse, yoga instructor, and organic gardener. After her husband was diagnosed with cancer, "how did her garden grow!" Applying the "seed and the soil theory of cancer," Nancy shares gardening tips and metaphors for self-care, along with the latest research on how the biochemical terrain of the body can be altered so that cancer behaves less like an invasive weed and healthy cells are given the opportunity to grow.

**Betsy Myers, MHS, OCS, CWS, CLT**, is a physical therapist with the Saint Francis Health System. Her clinical areas of expertise include lymphedema management, wound care, differential diagnosis, and orthopedics. She has presented nationally and has published numerous articles in scientific and professional journals. The Oklahoma House of Representatives awarded Betsy the Citation of Appreciation and Recognition.

**Julie Pryer, RD, LD**, is an outpatient fitness and wellness dietitian at St. John Medical Center. Julie spends much of her time working with patients to improve overall health through better nutrition. Her passions include working with cancer survivors to help boost the immune system before, during, and after cancer treatment. Julie attended the University of Oklahoma, where she obtained her bachelor's degree in clinical dietetics. She is a current member of the American Dietetic Association's Oncology Nutrition Dietetic Practice Group.

**Raeshelle Sharpnack, BSW, MA**, has a masters degree in marriage and family therapy. She currently works at Grace Hospice, where she assists with caregiver support, preventing caregiver burnout, and educates the community about being an effective caregiver.

**Claudia Tatum, RT, RN, OCN**, has been in oncology since 1976. She began her career as a radiation therapist and later became a radiation oncology nurse. Currently, she works as a senior clinical hematology consultant for Genzyme in the transplant and oncology division. Her experience in oncology has awarded her the gift of gratitude for each day and a mission to assist others with stress management by utilizing massage, aromatherapy, imagery and positive self-talk.

### Shabbos in Shul (Sabbath in Synagogue) with Dan Shapiro, PhD

Please join us for an additional presentation by Dan Shapiro, PhD at Congregation B'nai Emunah on Friday evening, April 9.

*Join us for all or any part of the evening.* Sabbath meal begins at 6:30 p.m., Shabbat service at 7:30 p.m. and Dr. Shapiro's remarks, "House of Estrogen: Observations about Strong Women and Intimacy in the Face of Crisis," follow at 8:15 p.m. Dinner reservations may be made by calling (918) 583-7121. The cost is \$12 for adults. Seating is limited; please call soon. The service and Dr. Shapiro's remarks are free and reservations are not required.

### Congregation B'nai Emunah

1719 South Owasso (17th Street and South Peoria) Tulsa, Oklahoma