

WELLNESS AND SPIRITUALITY XV CONFERENCE

Workshops and Presenters

“Our Stories Move Us: Participatory Theater for Reflection and Dialogue”

Elisa Marina Alvarado, LCSW (Purépecha)
Artistic Director, Teatro Vision
San Jose, CA

“Providing Culturally Competent Behavioral Health Services”

Alex G. Alvarez, BA, LISAC (Pascua Yaqui)
Juan M. Salgado LISAC (Taino)
Therapists, Pascua Yaqui Tribe
Tucson, AZ

“Healing Spirit”

DJ Battiast-Tomasi, MA, Certified Psychologist (Choctaw)
Behavioral Health Clinician
Oklahoma City Indian Clinic
Oklahoma City, OK

“Music Performance”

Chucki Begay, BA (Navajo)
Entertainer/Performer
Tucson, AZ

“Developing Services that Meet the Needs of Elders/Exploring Spirituality”

Connie Bremner (Blackfeet)
Director
Carrie Jackson (Blackfeet)
Coordinator
Eagle Shield Center
Browning, MT

“Spirituality: The Good, the Bad, and the Ugly”

Miguel J. Cardenas (Yaqui)
Founder/Coordinator, Tatunka Enterprize
Tucson, AZ

“Wheels, Carts and Stones: Honouring the Wisdom of Culture in Health Promotion”

Carlie Chase (Shuswap)
HR/Programs Director
Allison Fisher (Odawa)
Executive Director
Wabano Centre for Aboriginal Health
Ottawa, Ontario

“Understanding Historical Intergenerational Trauma”

Sybil K. Cochran, MPH, BSN, RN (Chippewa-Cree)
Nurse Educator, Indian Health Service
Patrick Paul, MA, LISAC (Cree)
Consultant, Patrick Paul and Associates
Tucson, AZ

“Reviving Family Spirituality”

Robert Desjarlait, BA (Red Lake)
Associate Director
Ikwe-Niimi'idiwin (Woman's Dance)
Nanette Desjarlait, AA (Red Lake)
Director, Ikwe-Niimi'idiwin
(Woman's Dance)
Columbia Heights, MN

“Be A Wellness Coach: Help Individuals to Develop A Personal Wellness Vision & Goals”

Robert Fresen, MSW, LCSW
Director
Employee Assistance Program
Oneida Tribe of Indians of Wisconsin
Oneida, WI

“Strengthening the Spirit Through Horses, Camps and Veterans”

Yvonne Garcia, RN, BSN (Mandan)
American Indian Nursing Case Manager
Southern Arizona VA Health Care System
Tucson, AZ
Silas Johnson, Sr. (Tohono O'odham)
Agriculture Extension Agent
Tohono O'odham Community College
Sells, AZ

“Intermediate Beading”

(Bring samples of your work)
Theresa Geary, PhD (Tewa/Aztec)
Consultant/Retired Psychologist
Moriarty, NM
David Bingell, MA
Retired Museum Specialist
Consultant
Lakeside, AZ

“Teaching Spirituality to Children”

Suzannah Gould, LADAD, LISAC (Dine)
Addiction Counselor
SMG Consultant
Window Rock, AZ

“It's Never To Late To Have A Happy Childhood”

“The Circle of Healing”
Barbara Graumann (Pomo)
Nicole Graumann (Pomo)
Consultants
The Circle of Healing
Redwood Valley, CA

“Strategies for Weaving Traditional Values and Sprituality into Leadership and Governance”

Michelle L. Hale, MA, PhD candidate (Navajo/Laguna/Chippewa/Ottawa)
Director, Native American Community Leadership Program
Cook School for Christian Leadership
Tempe, AZ

“Conversations With Beaver”

Gene Hightower, PhD (Choctaw)
Psychologist, Private Practice
Berkeley, CA

“Planning with old Traditions and Current Best Practices”

Tia M. Holley, CDCII, NCAI, RHSI (Inupiat)
Administrative Supervisor
Outpatient Chemical Dependency Team
Kenaitze Indian Tribes Nakenu Family Center
Kenai, AK

“Sole To Soul”

Barbie Johnson, LMT, ACSM, NSCA-PT (Cherokee)
Director of Health Education
Mescalero Apache Tribe
Alamogordo, NM

“A Walk in my Moccasins: The Spiritual and Physical Challenges of Living with Diabetes”

Regina Lamar-Whitewolf, MHR (Blackfeet)
Therapist/Trainer
Anadarko, OK

“Traditional Medicine in A Modern World”

Carol Locust, EdD (Eastern Band Cherokee)
Traditional Practitioner
IHS/University of AZ College of Medicine
Tucson, AZ

Workshops and Presenters (Continued)

"Reclaiming Voice & Spirit"

Michele Maas, MSW (Bad River Chippewa)
Substance Abuse Coordinator/Prevention
Specialist, Native American Health Center
San Francisco, CA

"Spirituality and the Grieving Process"

Luana Mangold, MS, CMP (Jemez Pueblo)
Music Program Coordinator
Yavapai Regional Medical Center
Prescott, AZ

"Gaining Balance & Spiritual Strength Through Stress Management"

JoAnn Nai-che, MEd (Apache)
Owner/President
nai-che & associates inc.
Kennewick, WA

"Wholistic Approach to Positive Thinking"

"Country Western Dancersizing"

Ray Paytiamo, LADAC (Acoma)
Substance Abuse Specialist
Northern Navajo Medical Center
Shiprock, NM

"Healing our Spirit...Empowering our Relationships"

**Chani Phillips, PhD
(Cheyenne River Sioux)**
Psychologist/Trainer
Mind, Body, Heart, & Spirit
Yakima, WA

"Pini chix'wit - Making Myself Better"

Linda Pratt, MEd (Yakama)
Director
Jerod M. Corpuz, MEd (Yakama)
Lead VR Counselor
Vivian L. Long, BA (Yakama)
Counselor
Yakama Nation Vocational Rehabilitation
Toppenish, WA

"Reverse Diabetes and Feel Your Spirit Soar"

Marcia Roper, RD, CDE
Diabetes Educator
Indian Health Council and Tule River
Pauma Valley, CA

"Wisdom from Butterflies and Boulders: With Pain There Can Be Gain"

Yolanda Ruiz, BA (Mestiza)
Behavioral Health Counselor, Salt River
Pima-Maricopa Indian Community
Tempe, AZ

"Professional Well-being and Burnout"

Alan E. Shelton, MD, MPH
Medical Director
Puyallup Tribal Health Authority
Tacoma, WA

"Digging Roots: Our Healing Journey from Abuse & Addiction"

Curtis L. Thompson Sr.
Sarah J. Thompson
(Confederated Tribes of Warm Springs)
Warm Springs, OR

"Dream Power"

Caren Trujillo, BA-SW (Yaqui)
Wellness Consultant
Wings of Wisdom
Tucson, AZ

"Chilling In A Goot Way"

"Good Grief! Griefwork as a Part of the Recovery and Healing Process"

**Patrick Trujillo, CAC
(Cochiti/Jemez Pueblo)**
Counselor/Educator/Role Model/Health
Educator/Spiritual Advisor
Private Consultant
Pena Blanca, NM

"Gifts from Mother Earth"

Ann Wadsworth White, AA, AS (Sioux)
Diabetes Community Educator
Special Diabetes Program
Fort Totten, ND

"Encouraging Native Youth to Seek Meaning and Purpose for Living"

**Gordon Whitewolf, MBS
(Comanche/Caddo)**
Therapist/Consultant
Riverside Indian School
Whitewolf & Associates
Anadarko, OK

CONFERENCE SCHEDULE NOVEMBER 5-8, 2007

Monday, November 5

1:00 - 5:00 pm
Registration/Check-In
3:30 - 5:00 pm
Pre-conference Workshops
7:00 - 9:00 pm
Welcome Gathering

Tuesday, November 6

6:00 - 7:30 am
Wellness Activities
7:30 - 8:30 am
Registration/Check-In
8:30 - 10:00 am
Opening General Session Keynote
Presentation by D.J. Vanas
10:30 am - 12:00 pm
Workshops
1:30 - 5:00 pm
Workshops
5:30 - 6:30 pm
Wellness Activities
7:00 - 11:00 pm
Powwow

Wednesday, November 7

6:00 - 7:30 am
Wellness Activities
8:30 - 10:00 am
General Session Keynote
Presentation by "bea" Shawanda
10:30 am - 12:00 pm
Workshops
1:30 - 5:00 pm
Workshops
5:30 - 6:30 pm
Wellness Activities
7:00 - 11:00 pm
Dinner & Dance

Thursday, November 8

6:00 - 7:30 am
Wellness Activities
8:30 am - 12:00 pm
Workshops
12:00 - 3:00 pm
Lunch with Presentation by
Henry Walden, Jr. & Closing Circle

WELLNESS AND SPIRITUALITY XV CONFERENCE NOVEMBER 5-8, 2007

CONFERENCE COSTS

An early bird registration fee of \$300 USD is being offered for all registrations postmarked, faxed, or received electronically by Monday, Sept. 24, 2007. The regular registration fee for the conference is \$350 USD if registering between Sept. 24 and Oct. 29. All registrations after Oct. 29, including walk-in registrations, will be \$450 USD. All payments must be made in U.S. funds; Canadian funds must be exchanged.

Conference registration/check-in will begin on Monday, Nov. 5 at 1p.m. The conference will end at 3 p.m. on Thursday, Nov. 8. All participants will receive 2.1 CEUs from the University of Oklahoma.

CONFERENCE HIGHLIGHTS

- ♦ Keynote Presentations
- ♦ Skills-based Workshops
- ♦ Powwow
- ♦ Spirit Room
- ♦ Dinner and Dance
- ♦ Closing Lunch with Henry Walden
- ♦ Wellness activities
- ♦ Talking circles
- ♦ Prayer circles
- ♦ Sweats

HOTEL INFORMATION

The DoubleTree Hotel at Reid Park, 445 South Alvernon Way in Tucson will be the site for the conference. Located in the heart of "Old Pueblo," this hotel has spectacular views of the Catalina Mountains and city lights, just 15 minutes from the Tucson airport. El Con Mall and a variety of fast food restaurants are within walking distance.

A special room rate of \$89 (plus tax) for single or double occupancy and \$99 (plus tax) for triple/quad occupancy per night has been obtained for conference participants who make their reservations by Oct. 12.

This special rate includes a breakfast buffet coupon. Hotel check-in time is 3 p.m.; check-out time is noon. All reservations for arrival after 6 p.m. must be guaranteed by one night's deposit or major credit card. If you are planning to pay your lodging bill by a purchase order, you will need to fax, email or send a copy of the purchase order when making your reservation. Complimentary airport shuttle and parking is provided by the hotel.

To obtain this special room rate, be sure to mention you are a participant in the University of Oklahoma's Wellness & Spirituality Conference when making your reservation. Reservations may be made by calling (520) 881-4200 or (800) 222-TREE.

REGISTRATION FORM

WELLNESS & SPIRITUALITY XV CONFERENCE 541-0055-801

November 5-8, 2007 • TUCSON, ARIZONA

CHECK THE APPROPRIATE REGISTRATION TYPE

CHECK ALL THAT APPLY.

THIS FORM MAY BE PHOTOCOPIED.

- Regular Registration (September 24-October 29, 2007): \$350 USD
- Walk-in Registration (after October 29, 2007): \$450 USD

LAST NAME

FIRST NAME

PARTICIPANT MAILING ADDRESS

CITY STATE/PROVINCE ZIP/

POSTAL CODE

DAYTIME PHONE

E-MAIL ADDRESS

ORGANIZATION

METHOD OF PAYMENT — PLEASE CHECK ONE:

- Enclosed is a check or money order made payable to The University of Oklahoma.

NOTE: Total registration fee MUST clear in USD funds.

- Purchase Order attached:

*Payment must be received one week prior to conference or paid on-site.

P. O. # _____

- Please charge fee(s) to my credit card:

AMERICAN EXPRESS VISA MASTERCARD DISCOVER


Card # _____

Expiration Date _____

Signature of Cardholder _____

PAYMENT AND CANCELLATION POLICY: Payment must be received five days before the conference or paid on-site. Purchase orders can be accepted only if payment will be made within 30 days of the conference. To avoid cancellation fees, please notify the OUTREACH registration office (by mail or fax) up to one week prior to the conference. A \$50 cancellation fee will be charged if written notification is received less than one week prior to the conference.

REGISTERED 'NO SHOWS' WILL BE CHARGED \$100.

-  **SPECIAL NEEDS:** Health Promotion Programs and the University of Oklahoma OUTREACH are committed to making their activities as accessible as possible to persons with disabilities or special needs. If you anticipate a need for services, please check this box and notify our office at least three (3) weeks in advance of the conference.

MAIL OR FAX REGISTRATION FORM TO:

Non-Credit Registration

The University of Oklahoma OUTREACH

1700 Asp Avenue, Room B1

Norman, OK 73072-6400

Phone: (405) 325-2379 Fax: (405) 325-7164

VISIT OUR WEBSITE TO REGISTER ONLINE:

hpp.ou.edu

CONFERENCE CO-SPONSORS

YOU STILL HAVE TIME...

to have your tribe, your organization or your agency serve as one of our co-sponsors. Ask for Sue or Anita at 405.325.1790 for the details.

CONFERENCE EXHIBITORS

Join the Wellness and Spirituality XV Conference as an educational exhibitor. We have limited Space available for exhibitor booths. The booth fee is \$375 and applications are available by calling 405.325.1790.



Join the XV Wellness and Spirituality Conference as an educational exhibitor.

UPCOMING EVENTS

Native Diabetes Prevention Conference

Grace Inn at Ahwatukee
Phoenix, Arizona
January 28-30, 2008

Native Fitness Training – Special Populations

Grace Inn at Ahwatukee
Phoenix, Arizona
January 30 to February 2, 2008

Native Women and Men Wellness Conference

Town & Country Resort Hotel
San Diego, California
March 15-20, 2008

VISIT OUR WEBSITE TO REGISTER ONLINE:

hpp.ou.edu



WELLNESS AND SPIRITUALITY XV CONFERENCE

November 5-8, 2007 – Tucson, Arizona

For Questions or More Information Contact:

Health Promotion Programs

The University of Oklahoma OUTREACH

555 E. Constitution

Norman, OK 73072-7820

Phone: (405) 325-1790 Fax: (405) 325-7126

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or

Visit Our Website:

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WELLNESS AND SPIRITUALITY XV CONFERENCE

Strengthening the Spirit

NOVEMBER 5-8, 2007

TUCSON, ARIZONA

WELLNESS AND SPIRITUALITY XV CONFERENCE

November 5-8, 2007 – Tucson, Arizona

HEALTH PROMOTION PROGRAMS and the University of Oklahoma OUTREACH invite you to attend the 15th annual Wellness & Spirituality Conference to be held at the DoubleTree Hotel, November 5-8, 2007, in Tucson, Arizona. This wellness conference provides a gathering place for Native/First Nations/non-native men and women from the four directions, to come together to share and celebrate a collective wisdom on issues of spirituality.

We all know that the foundation for “Strengthening the Spirit” begins with our own individual self and our personal relationship with the Creator. As we build a strong spirit, only then can our physical, our mental and our emotional self start down that road of life where we can forgive, forget, release, love, cherish, respect and contribute to the positive growth of those we love and to those people in the larger Native communities. We know that one strong spiritual person can make that positive change. That is what change takes, one, two, threeindividuals who are willing to step up to the plate. Let this change start with you.

The success of our conference has always relied heavily on those who choose to share their wisdom and skills with their tribal communities and others. This year’s conference is no different. As you can see, we have workshop leaders who are inspiring and who have successful programs with spirituality as their foundation. Our keynote speakers, DJ Vanas, bea Shawanda and John Walden will have you leaving the conference ready to change your world and the world in our Native communities. We will have a lot of physical activities and a lot of laughter.

This conference has helped change many lives over the past 15 years. You the participants, the planning circle leaders, the HPP staff, the workshops leaders and keynote presenters, the people who have conducted the sweats, the ceremonies, the fun activities and others, have all made and will continue to make their own unique contribution to the success of this conference. Please join us in sunny Tucson for the opportunity to GIVE, SHARE, GROW AND CHANGE.

KEYNOTE PRESENTATIONS

“bea” Shawanda (Odawa-Pottowatomie)



“bea” is from Manitoulin Island on the Great Lakes of Ontario, Canada. Raised with elders, she has worked with families and communities for over 35 years. She is an author, social activist, Language Keeper and Traditional Dancer. bea is a mother of four, and grandmother “Nokomis” of 16.

While bea travels as a storyteller supporting community motivation, she also teaches “the art of storytelling” that celebrates life, cultural diversity, and brings people together. Her stories speak “the language of the heart”, cross generations, inspire love of heroes, and through humor, give tools for living in a complex world.

Thursday Lunch Speaker:

Perspectives on Wellness

Henry Walden, Jr.

Director, Health Resource Department

Gila River Indian Community, Laveen, Arizona

D.J. Eagle Bear Vanas (Odawa)



D.J. Eagle Bear Vanas is a husband, father, internationally acclaimed motivational storyteller and success coach. He is also the author of the celebrated book *The Tiny Warrior: A Path to Personal Discovery & Achievement*.

D.J. is Odawa Indian from Michigan and uses traditional warrior concepts and wisdom to inspire others to achieve their best in life and career. For over a decade, he’s delivered his dynamic programs in 45 states and overseas to over 1,500 audiences including hundreds of tribal governments, communities and schools.

He holds a B.S. from the U.S. Air Force Academy and an M.S. from University of Southern California. After serving ten years as an Air Force officer, he is now the president of his own company, Native Discovery Inc. D.J.’s mission is to “build the warriors of tomorrow...today”