

Thrive: Turning The Tables on Trauma

Friday, March 28, 2025 | 8 a.m. to 3:30 p.m.

301 Sicomac Ave., Wyckoff | The DeYoung Auditorium at The Commons

Join us for an interactive conference for the healthcare community and anyone interested in managing and healing from trauma. Learn, discuss, and participate in sensory experiences.

Healing Trauma Through Mindfulness and Spirituality*

Rev. James Steward, D.Min., Christian Health Director of Pastoral Care | A Nondenominational Approach to the Power of Prayer and Intention

Treatment-Resistant Depression*

Monica Dhingra, MD, Christian Health Psychiatrist, LiveWell Counseling and Ramapo Ridge Behavioral Health

The Weight of Uncertainty: Trauma, Healing and Growth*

Brenda Marshall, EdD, RN, APRN, PMHNP-BC, NE-BC, MAC, ANEF, FAANP

Trauma-Informed Gentle Yoga with Kula for Karma*

Shari Becker, JD, PhD, RYT-200, SEP

Equine and Nature Assisted Social Work: Understand the Connection Between Horses, Humans and the Environment *

Dana Spett, DSW | An Interactive Session Highlighting Equine and Nature-Assisted Alternative Therapies

Turning Trauma Into Triumph: Neuroplasticity and Epigenetics*

Diego Coira, MD, LFAPA | Rewiring Our Brains and Influencing Our Genes Through Lifestyle Choices



Register Today: ChristianHealthNJ.Info/MHC25

Questions? Contact Cheryl Rhodes at
CRhodes@ChristianHealthNJ.org or (201) 848-5858

*CEUs are available for nurses, recreational therapists, and social workers.