



Karuna 2017

A dialogue on human connection



April 21, 2017
8:00AM - 4:30PM
Hartford, Connecticut

Join internationally recognized thought leaders for an insightful dialogue on the current state of psychiatric treatment, approaches for supporting a person experiencing emotional distress, along with integrative practices that promote health, wellness, and a positive quality of life. An optional 6.5 CEUs are available.

REGISTER AT: <http://conta.cc/2kqUkJJ>

CONFERENCE PROGRAM

8:00 Registration

8:30 Welcome

9:00 Keynote: Robert Whitaker

Robert Whitaker is an American journalist and author. In 1998, he co-wrote a series on psychiatric research for the Boston Globe that was a finalist for the Pulitzer Prize for Public Service. His book *Anatomy of an Epidemic* won the 2010 Investigative Reporters and Editors book award for best investigative journalism.

10:15 Breakout Session 1

Finding True North - Achieving Recovery While Transitioning to Adulthood

From the Heart: Loving Kindness to Cultivate Deeper Connection and Skillful Communication

Paradigm Shifting: Starting and Sustaining a Peer Respite

Reconnect with Yourself through Chair Yoga

Visions, Voices & Unusual Beliefs: A Course

11:15 Breakout Session 2

Community Bridger: Connecting People to their Future

Dignity & Advocacy Network

Healing Ourselves with Qigong and Sound Healing

The Hearing Voices Movement - Around the World and Close to Home

Parachute NYC, Open Dialogue, and the Needs Adapted Treatment Approach

12:00 Lunch and Toivo Experience

1:00 Panel Discussion

2:15 Breakout Session 3

"Alternatives to Suicide" Mutual Support Groups: Building Community in Times of Struggle

Coming Off Psychiatric Drugs

Continuing the Conversation with Robert Whitaker

Intentional Peer Support

Laughing for the Health of It!

3:15 Plenary

4:15 Summation

For more information, please contact michaela@advocacyunlimited.org