

Event Schedule



PROVIDER
WELLNESS
SYMPOSIUM

Nov. 4-6, 2022

This schedule is subject to change. Please check back often for the most up-to-date speakers and itinerary.

[Visit Website](#)

Friday

	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
12:00AM	Open Registration				
8:00AM		Summit Anesthesia Seminars www.summitanesthesiaseminars.com			
5:00PM	Welcome Meet & Greet Special guest: Nashville Recording Artist Carl Wokner				Camp Fire / S'mores

Saturday

	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
7:00AM	Open Registration/Breakfast		7-745 AA- Recovery Open Support Group Dr. Ethan 1	Morning Yoga Jessica Switzman	

	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
8:00AM	Respiratory Physiology "Deep" "Breath" Key Note: New York Times Best Selling Author, James Nestor				
9:00AM	Compassion Fatigue "Killing me Softly" Tracy Traut MS, LCAC	Interfacing Personalities in Mental Health "Nurtured by Nature" Dr. Ethan Bickelhaupt	Rhythmic Biofeedback "Sounds of Wellness" Janalea Hoffman	Spirituality, Science, and Synapses "Shaped by Beliefs" Dr. Jessica Zinder	
10:00AM	Theta Waves, Cortisol & Stress "Mindfulness & Meditation" Jason Kniola MS, LCAC, LMHC	Music's Effect on the Brain "Power of Sound" Carl Wokner	Neuroplasticity & Mental Health "Imagination & Play Back to Health, Happiness, & Prosperity" Rodney Overstreet	Exercise Physiology "Fitness & Lifestyle Skills" Luke DePron	
11:00AM	Physiologic Effect of Hypnosis "Stress Management" Ron Eslinger	Science of Resilience "Surviving and Thriving Through Adversity" Jessica Switzman	Parasympathetic Nervous System "Introduction to Whim Hoff" Erik Milosevich	Horticulture Physiology "Gardening your way to Health" Dr. Jessica Zinder	
12:00AM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
1:00PM	Science of Addiction "Living a Sober and Balanced Life" David Cummins, MD	Stress Reduction Peter Strube	Sympathetic Nervous System Shift "Interactive Whim Hoff Experience" Erik Milosevich	Rhythmic Biofeedback "American Flute Experience" Janalea Hoffman	Meditative Garden Walk Dr. Jessica Zinder
2:00PM	PTSD in Healthcare "Healing the Healer" Tracy Traut MS, LCAC	Self-Hypnosis "The Interactive Experience" Ron Eslinger	Mindfulness & Meditation "Interactive Experience" Jason Kniola MS, LCAC, LMHC	Kinetics "Interactive Experience" Luke DePron	
3:00PM	Processing Grief "Live By Letting Go" Rodney Overstreet	Ask a Psychiatrist Interactive Experience Dr. Ethan Bickelhaupt	Student Wellness Peter Struve	Mindfulness Based Yoga "Interactive Experience" Jessica Switzman	
4:00PM	4pm-430pm Award Presentation	Ask an Addictionologist "Interactive Experience" David Cummins, MD	Mindfulness & Meditation "Interactive Experience" Jason Kniola MS, LCAC, LMHC	Kinetics "Interactive Experience" Luke DePron	
5:00PM	Dinner Break	Dinner Break	Dinner Break	Dinner Break	
6:30PM	The Magic of Music Live Interactive Performance: Carl Wokner				
8:30PM					Camp Fire / S'mores

Sunday

Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
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	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
8:00AM	Crisis Incidence Management “Processing the Event” Garry Brydges	Workplace Wellness “Creating a Culture of Success” Pam Brasher	Pandemic Blues “Self-Care” Dr. Terry Harman	Support Systems and Wellness “A Case for Life Coaching,” Amy Reischeck	
9:00AM	Habit Theory “We Are What We Practice” Julie Linton	Guided Imagery “Taoism, & Tai Chi Interactive Experience” Rodney Overstreet	Mental Health Management “Psychological First Aide” Dustin Dean	Support Systems, Wellness, and Coaching “Interactive Experience” Amy Reischeck	
10:00AM	Science of Sleep “How sleep controls our lives” Dr. Chris Kurtz	Communication in the Workplace “The Toxic Lounge” Pam Brasher	Psychological First Aide “Interactive Experience” Dustin Dean	Spirituality “Spirituality and Spiritual Emptiness” Dr. Terry Harman	
11:00AM	Neuroplastic Influences “Laugh Therapy” Rodney Overstreet	Parasympathetic Nervous System “Introduction to Whim Hoff” Erik Milosevich	Nutritional Impact on Health “Our Second Brain” Dr. Chris Kurtz	CLOSED	
12:00AM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
1:00PM	Leadership in Healthcare “Fearless Motivation” Garry Brydges	Sympathetic Shift “Interactive Whim Hoff Experience” Erik Milosevich	Neurophysiology of Addiction “Understanding the Reward Pathway System” Julie Linton	CLOSED	
2:00PM	Closing Remarks Matthew Zinder & Rodrigo Garcia				
3:00PM					

Enhance your experience with additional activities.

Available Friday, Saturday, and Sunday. 8am-5pm. For prices and reservations, please contact the resort directly at 1-512-308-1234.

Main Activity Pool

Crooked River Water Park

Family Pool

Cabana Rentals

18-Hole Signature Golf

Driving Range & Putting Greens

Spa Django

Beauty Salon

Horseback Train Riding

Pony Rides

Shotgun Trap Shooting

Tomahawk & Archery

Family Fishing

Bike Rentals

Zip Line Lost Pines

UTV Tours

Wildlife Explore Package

GPS Family Nature Quest

Day Trip - Mckinney Nature Park

Day Trip - Downtown Bastrop

Day Trip - Circuit of the Americas

Day Trip - Texas State Capitol

Kayak the Colorado

Paddle Board/Tube the Colorado