

Event Schedule



PROVIDER
WELLNESS
SYMPOSIUM

Nov. 4-6, 2022

[Visit Website](#)

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

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	7-7:45 Open Support Group Tracy Traut	7-7:45am AA - Recovery Open Support Group - Dr. Ethan	Morning Yoga Jessica Switzman	
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	Music's Effect on the Brain "Power of Sound" Carl Wokner	Exercise Physiology "Fitness & Lifestyle Skills" Luke DePron	Spirituality, Science, and Synapses "Shaped by Beliefs" Dr. Jessica Zinder	
10:00AM	Theta Waves, Cortisol & Stress "Mindfulness & Meditation" Jason Kniola MS, LCAC, LMHC	Interfacing Personalities in Mental Health "Nurtured by Nature" Dr. Ethan Bickelhaupt	Neuroplasticity & Mental Health "Imagination & Play Back to Health, Happiness, & Prosperity" Rodney Overstreet	Rhythmic Biofeedback "Sounds of Wellness" Janalea Hoffman	
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 Wim 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 "Your Wellness, Your Balance, Your Drugs" David Cummins, MD	Resilience in Action "From Provider to Patient, A Story of Resilience" Jeremy King	Activating the Parasympathetic Nervous System "Introduction to Whim Hoff" 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	TBD	Mindfulness Based Yoga "Interactive Experience" Jessica Switzman	
4:00PM	4-4:30pm 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				

	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
8:30PM					Camp Fire / S'mores

Sunday

	Main Hall	Breakout Room 1	Breakout Room 2	Breakout Room 3	Outdoor Session (Weather Permitting)
7:00AM	Open Registration/Breakfast	7-7:45am Open Support Group Dr. Harman	7-7:45am AA- Recovery Open Support Group - Dr. Ethan	AM YOGA	
8:00AM	Crisis Incidence Management "Processing the Event" Garry Brydges	Workplace Wellness "Creating a Culture of Success" Pam Brasher			
9:00AM	Habit Theory "We Are What We Practice" Julie Linton	Guided Imagery "Taoism, & Tai Chi Interactive Experience" Rodney Overstreet	Dopamine's Effect on the Brian "Self-Care" Dr. Terry Harman	Student Wellness & Stress Reduction Peter Strube	
10:00AM	Science of Sleep "How sleep controls our lives" Dr. Chris Kurtz	Communication in the Workplace "The Toxic Lounge" Pam Brasher	Mental Health Management "Psychological First Aide" Dustin Dean	Support Systems and Wellness "A Case for Life Coaching, Part A&B" Amy Reischek	
11:00AM	Neuroplastic Influences "Laugh Therapy" Rodney Overstreet	Activating the Parasympathetic Nervous System - "An Interactive Whim Hoff Experience" Erik Milosovic	Neurotransmitter Influences "Spirituality" Dr. Terry Harman	Support Systems, Wellness, and Coaching "Interactive Experience" Amy Reischek	Leadership With Jeremy Young CRNA
12:00AM	Lunch Break	Lunch Break	Lunch Break	Lunch Break	
1:00PM	Neurophysiology of Addiction "Understanding the Reward Pathway System" Julie Linton	Activating the Parasympathetic Nervous System - "An Interactive Whim Hoff Experience" Erik Milosovic	Psychological First Aide "Interactive Experience" Dustin Dean	CLOSED	
2:00PM	Leadership in Healthcare "Fearless Motivation" Garry Brydges	Nutritional Impact on Health "Our Second Brain" Dr. Chris Kurtz	CLOSED		
3:00PM	Closing Remarks Matthew Zinder & Rodrigo Garcia				

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	Horseback Train Riding	Wildlife Explore Package
Crooked River Water Park	Pony Rides	GPS Family Nature Quest
Family Pool	Shotgun Trap Shooting	Day Trip - McKinney Nature Park
Cabana Rentals	Tomahawk & Archery	Day Trip - Downtown Bastrop
18-Hole Signature Golf	Family Fishing	Day Trip - Circuit of the Americas
Driving Range & Putting Greens	Bike Rentals	Day Trip - Texas State Capitol
Spa Django	Zip Line Lost Pines	Kayak the Colorado
Beauty Salon	UTV Tours	Paddle Board/Tube the Colorado