Alternative Healing Practices
Tuesday May 20th

Kaimanu (Kai) Takayama, a 41-year old resident of Kaneohe, is a former social service worker with a great deal of experience with helping people in need. He now devotes his time to helping people live healthier and higher quality lives by providing information about alternative health practices and making available the most advanced, non-invasive technologies.

Preventing Compassion Fatigue
Monday May 19th

Elaine L. Nicholas holds a master’s of psychology degree, an applied forensic psychology certificate, and is currently pursuing a master’s in social work and is a designated as a Compassion Fatigue Educator from The Green Cross Academy of Traumatology. Elaine has worked in the mental health field as a community-based case manager for those with severe, persistent mental illness and substance use issues and is dedicated to working with providers to prevent CF and increase CS. The purpose of the Compassion Fatigue Prevention Training is to provide training for providers to prevent compassion fatigue and workplace burnout. The workshop defines compassion fatigue, addresses resiliency, self-care, and focuses on provider well-being.

Restorative Exercise  Tuesday May 20th

Carol Lee-Arnold is a certified Restorative Exercise Specialist, a NASM certified personal trainer and a certified mat pilates instructor. She focuses on proper alignment, flexibility, mobility, strength and functional movement for a healthy pain free life. She also serves as an Educational Coach and Campus Coordinator on Honolulu Community College for the Dual Enrollment with Individualized Supports (DEIS) project at the University of Hawai’i at Mānoa Center on Disability Studies.
Ayurvedic Healing
Monday May 19th, 2014 2:30-3:30pm

Jennifer Caldwell is the founder and director of Open Lotus Ayurveda. Jennifer is a Clinical Ayurvedic Specialist (C.A.S.), having completed her studies in 2007 from the California College of Ayurveda and is a Practitioner Member of the National Ayurvedic Medical Association (NAMA). She has also completed intensive post graduate study with Dr. Liladhar Gupta, B.S.c, B.A.M.S. at his Dhanvantri Dham clinic in Vrindaban India. Before studying Ayurveda, Jennifer earned her Bachelor of Arts in Anthropology from the University of California at Santa Cruz. Jennifer has also completed Level One Reiki training with Reiki master Shalandra Abbey and is a Certified Reiki Practitioner. As a Clinical Ayurvedic Specialist, Jennifer is an herbalist, aromatherapist, lifestyle counselor, dietary & nutritional advisor and is a huge supporter of your success!

Jennifer has traveled extensively throughout the world, living for a time in Southeast Asia and has studied yoga and holistic medicine for over 15 years. Her own journey to wellness led her to Ayurveda ten years ago and has been an integral part of her life ever since. Jennifer’s diverse background allows her to create a compassionate healing space for each of her clients. She is inspired to help people reconnect with their mind, body and spirit to create optimum health. In her downtime, Jennifer can be found cooling off her pitta in the ocean or restoring her vata in a yoga class.

Misery or Happiness: It’s all about Energy
Monday May 19th, 2014

Wailua Brandman APRN-Rx PMHCNS/NP BC CHMRP

Mr. Wailua Brandman holds several degrees including MS in Adult Psychiatric Mental Health Nursing from Yale University School of Nursing in New Haven, CT, 1994, and a Post-Masters Certificate in Adult Psychiatric Mental Health Nurse Practitioner from California State University Long Beach, 1995. His advance practice career has included the roles of graduate and undergraduate nursing faculty at the University of Hawai’i at Manoa, Clinical Preceptor, Consultant, Leadership in Health Care Policy and Clinician. His current integrative health care solo private practice in Honolulu is
based in the nursing model of Margaret A. Newman, Health as Expanding Consciousness. He was the first Psychiatric Mental Health Nurse Practitioner (PMHNP) in Hawai‘i and the first in private practice. He was Hawai‘i’s first PMHNP to become a primary care provider (PCP) in 2009, after the legislature mandated third party payers to recognize APRNs as PCPs. He is a co-founder of the American Psychiatric Nurses Association Hawai‘i Chapter as well as the Hawai‘i Association of Professional Nurses and a past President of each.

Music as Therapy  Monday May 19th, 2014

Izik  Singer/Songwriter grew up in Hawai‘i on the beautiful islands of O‘ahu and Moloka‘i. His interest in music was nurtured and cultivated at a very young age when his Grandmother insisted on him learning how to play an instrument. He learned the guitar and began songwriting during his freshman year of high school.

“I believe the power of music lies within the story that’s being told. That story can be someone’s best friend. It can help someone who feels alone; feel like they have everything they need in the world.” - Izik

Animal Therapy  Tuesday May 20, 2014

LOREN LASHER is well known as a trainer of people. For the past 35 years, he has conducted workshops and trainings in Leadership and Customer Service. He has also facilitated Partnering Workshops and Strategic Planning Sessions throughout the world. For his whole life he has been involved with animals and for the past 10 years has been involved with the raising, training and handling of Therapy and Service Dogs. Now, Loren is associated with HI-FIDO. The dedicated mission of Hawaii Fi-Do is to train assistance dogs to provide physical, psychological and therapeutic support for people who face the daily challenges of life with a disability other than blindness. Hawaii Fi-Do Service Dogs (a 501c (3) non-profit corporation) is the only certified training center on the island of Oahu. Love of people and animals guide all Hawaii Fi-Do Service Dog programs and services.