

From Surviving to Thriving: Connection as Medicine

Agenda

Tuesday, December 9, 2025 | 8 a.m. – 2:45 p.m. (MST)

7:50 - 8:00 a.m. Participant questions / Issues

8:00 - 9:00 a.m. Early Relational Health: Building the Foundations for Lifelong Health and Wellbeing
(David Willis, MD)

9:00 - 10:00 a.m. Culturally Humble, Trauma-Informed, Healing-Centered Care
(Noshene Ranjbar, MD)

10:00 - 10:10 a.m. Break

10:10 - 11:10 a.m. Harnessing the Nervous System to Revolutionize Care and Outcomes
(Karden Rabin)

11:10 a.m. - 12:10 p.m. Building Safety and Connection to Support Healing After Trauma
(Chandra Ghosh Ippen PhD)

12:10 - 12:40 p.m. Lunch

12:40 - 1:40 p.m. Trauma Informed Care: How to Start if you only have 5 minutes (and how to do more with 10 or 15 minutes
(Heather Forkey, MD, Boston)

1:40 - 2:40 p.m. A Fresh Look at Stress, Service and Self-Care
(Sam Chase)

2:40 - 2:50 p.m. Wrap Up 5 - 10min

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