



Osher Integrative Medicine  
Network Forum 2022

The Lived Experience of  
Depression: An Integrative Approach  
November 10 & 11, 2022



Time / Duration	DAY 1 Agenda	Section Title	Speaker	Institution
8:30 AM (20 min)	Welcome Remarks	Why Is this an Integrative Medicine Conference?	Peter Wayne, PhD Maurizio Fava, MD	Osher HMS/BWH MGH
8:50 AM (20 min)	Keynote	The Global Lived Experience of Depression	Vikram Patel, MBBS, PhD	HSPH
9:10 AM (10 min)	Q&A		MC: Peter Wayne, PhD	Osher HMS/BWH
9:20 AM (10 min)	Break			
9:30 AM (90 min)	SESSION 1	State of Knowledge & Evidence of Treatment: Why One Perspective Alone is Not Enough	MC: Ashwini Nadkarni, MD	BWH
(15m each)	Short Talks	Brain Structure & Neuroimaging Epi/Genetics of Depression Heart-Brain Connection Cross-Cultural Contexts	David Silbersweig, MD Olivia Okereke, MD, MS Gregory Fricchione, MD Margarita Alegria, PhD	BWH MGH MGH MGH
(25 min)	Panel / Q&A		All speakers	
11:00 AM (15 min)	Break			
11:15 AM (75 min)	SESSION 2	What Can Our Patients Teach Us?	MC: Donald Levy, MD	Osher HMS/BWH
(15 min)	Seed talk	Garden Vs Mechanic	Donald Levy, MD	Osher HMS/BWH
(12 m each)	Short Talks	Self-Reported Case Self-Reported Case	Shannon Scott-Vernaglia, MD Patient (w. Albert Yeung, MD)	MGH MGH / South Cove
(25 min)	Panel / Q&A		All Speakers, + Randall Paulsen, MD	
12:30 PM (60 min)	Lunch / Posters			
1:30 PM (75 min)	SESSION 3	Traditional Whole Systems Perspectives	MC: Eric Jacobson, PhD, MPH	BWH
(12m each)	Short Talks	Ayurveda  Tradition Chinese Medicine Tibetan Medicine	Marni Chanoff, MD  Rosa Schnyer, L.AC Eric Jacobson, PhD, MPH	McLean  UT - Austin BWH
(25 min)	Panel / Q&A		All Speakers	
2:45 PM (15 min)	Break			
3:00 PM (80 min)	SESSION 4	Current Complementary & Integrative Approaches	MC: Gloria Yeh, MD, MPH	Osher HMS/BWH
(12m each)	Short Talks	Role of Diet Nutraceuticals 3rd Wave Psychological Therapies Movement	Melinda Ring, MD Karen Koffler, MD Zev Schuman-Olivier, MD Peter Wayne, PhD	Osher NW Osher Miami CHA CMC Osher HMS/BWH
(25 min)	Panel / Q&A		All speakers	
4:20 PM (10 min)	Remarks Close	Reflections on Day 1	Darshan Mehta, MD, MPH	Osher HMS/BWH
5:30 PM (90 min)	Reception	In-person reception, Boston	HMS Martin Conference Center	



Time / Duration	DAY 2 Agenda	Section Title	Speaker	Institution
8:30 AM (10 min)	Welcome House keeping	Introduction to Day 2	Peter Wayne, PhD	Osher HMS/BWH
8:40 AM (20 min)	Keynote	<b>Integrative Medicine at the Crossroads of Clinical Medicine and Public Health</b>	Gregory Fricchione, MD	MGH
9:10 AM (10 min)	Q&A		MC: Peter Wayne, PhD	Osher HMS/BWH
9:20 AM (45 min)	SESSION 5	<b>Listening to Our Patients and Communities</b>	MC: Darshan Mehta, MD, MPH	Osher HMS/BWH
(12m each)	Short Talks	Mental Health via a Public Health Lens Cross-Cultural Perspectives on Clinical Care in Psychiatry: The South-Asian Lens	Kevin Simon, MD Ashwini Nadkarni, MD	BPHC BWH
(15 min)	Panel / Q&A		All + Donald Levy, MD	
10:05 AM (15 min)	Break			
10:20 AM (50 min)	SESSION 6 (a)	<b>What Can Faith Communities Teach Us?</b>	MC: Darshan Mehta, MD, MPH	Osher HMS/BWH
(15 min)	Seed Talk	Role of Spirituality in the Management of Depression / Jewish Perspective	David Rosmarin, PhD	McLean
(12m each)	Short Talks	Muslim perspective Hindu perspective Buddhist perspective	Rania Awaad, MD Bhriugu Singh, PhD Janet Gyatso, PhD	Stanford Brown HDS
11:10 AM (10 min)	Break			
11:20 AM (70 min)	SESSION 6 (b)	<b>What Can Faith Communities Teach Us? (continued)</b>	MC: Darshan Mehta, MD, MPH	Osher HMS/BWH
(12m each)	Short Talks	Jain perspective Sikh perspective Christian perspective	Chris Miller, PhD Sat Bir Khalsa, PhD Shakira Sanchez-Collins, MD	Arihanta Academy BWH Northwestern
(25 min)	Panel / Q&A		All speakers	
12:30 PM (60 min)	Lunch / Posters			
1:30 PM (90 min)	SESSION 7	<b>New &amp; Promising Complementary and Integrative Approaches</b>	MC: Ashwini Nadkarni, MD	BWH
(12m each)	Short Talks	Psychedelic Assisted Therapy Infrared Light Therapy Interventional Psychiatry Hyperthermia Digital Innovations	Franklin King, MD Paolo Cassano, MD, PhD Shan Siddiqi, MD Maren Nyer, PhD Sabine Wilhelm, PhD	MGH MGH BWH MGH MGH
(25 min)	Panel / Q&A		All speakers	
3:00 PM (10 min)	Break			
3:10 PM (60 min)	SESSION 8	<b>Connecting to Social and Natural Ecosystems</b>	MC: Aterah Nusrat, MSc., DIC	Osher HMS/BWH
(12 m each)	Short Talks	Social Connection Healing Power of Storytelling Nature Therapies	Matthew Lee, PhD Annie Brewster, MD David Victorson, PhD	Baylor MGH Northwestern
(20 min)	Panel / Q&A		All speakers	
4:10 PM (10 min)	Poster Awards	Poster Awards and Accolades	Peter Wayne, PhD; Gloria Yeh, MD, MPH	Osher HMS/BWH
4:20 PM (10 min)	Remarks Close	Concluding Thoughts	Gloria Yeh, MD, MPH	Osher HMS/BWH