

ACNEM Training

Thyroid and Adrenal Conditions

13 & 14 NOVEMBER 2021

VIRTUAL TRAINING SCHEDULE

Saturday 13th November 2021

TIME	TOPIC	PRESENTER
9.00 – 9.10am	Welcome	MC – Dr Caitlin O’Mahony
9.10 – 10.00am	Overview of Thyroid Health	Dr Amy Gajjar
10.00 – 10.45am	Overview of Adrenal Health	Dr Michelle Woolhouse
10.45 – 11.15am	Morning Tea	
11.15 – 12.45pm	Thyroid Investigations	Rachel Arthur
12.45 – 1.00pm	Practical Session - Breathing	Cecily Chun
12.45 – 1.45pm	Lunch	
1.45 – 3.05pm	Thyroid Investigations Continued	Rachel Arthur
3.05 – 3.35pm	Dietary Options to Heal the Thyroid	Dr Amy Gajjar
3.35 – 4.00pm	Afternoon Tea	
4.00 – 4.40pm	Prescribing for Thyroid Health	Natalie Douglas
4.40 – 5.00pm	Case study – Thyroid	Natalie Douglas
5.00 – 5.30pm	Q&A – panel of speakers	Dr Amy Gajjar, Natalie Douglas, Rachel Arthur

VIRTUAL TRAINING SCHEDULE

Sunday 14th November 2021

TIME	TOPIC	PRESENTER
9.00 – 9.10am	Welcome	MC - Dr Caitlin O'Mahony
9.10 – 10.05am	Adrenal Investigations	Dr Kamal Karl
10.05 – 10.55am	Prescribing for Adrenal Health	Lisa Costa-Bir
10.55 – 11.25am	Morning Tea	
11.25 – 12.10pm	Genetics Associated with Thyroid/Adrenal Health	Dr Denise Furness
12.10 – 12.50pm	Mind-Body-Spirit Medicine	Dr Michelle Woolhouse
12.50 – 1.05pm	Practical Session - Meditation	Cecily Chun
12.50 – 1.50pm	Lunch	
1.50 – 2.35pm	Toxin Overload & Detoxification	Dr Nicole Nelson
2.35 – 2.50pm	Case study - Thyroid	Dr Nicole Nelson
2.50 – 3.45pm	Managing Trauma – EMDR, LENS, CBT	Dr Paula Rodrigues
3.45 – 4.05pm	Practical Session - Yoga	Cecily Chun
3.45 – 4.15pm	Afternoon Tea	
4.15 – 4.45pm	Case studies – Adrenals	Lisa Costa-Bir
4.45 – 5.15pm	Q&A – panel of speakers	Lisa Costa-Bir, Dr Denise Furness, Dr Nicole Nelson, Dr Michelle Woolhouse