



Mind Heart Connect Creating Resilient Lives

Gold Coast, Australia 5-7 May 2017

An exciting opportunity for collaboration



Mind Heart Connect is an exciting transformational forum, bringing together experts in evidenced-based practices supporting the Mind-Body-Heart connection.

World-class speakers will lead participants in:

- specialised workshops
- inspiring presentations
- experiential group workshops
- extensive resources

Through this forum, we will raise awareness of the Mind-Body-Heart connection, evidence based practices and their impact on health and wellbeing in our broader community; and foster a movement of leaders who will plant and nurture the seeds of resiliency in their own communities.

As a participant, you will walk away with the tools and resources you need to begin your personal, professional and community transformation.



World Class Speakers



Dr. David Hamilton
(UK)
Best selling author, fusing science, the mind and spiritual wisdom.



Dr. Lori Leyden
(USA)
Uniquely qualified psychotherapist, stress and trauma healing professional.



Dr. Joe Dispenza
(USA)
NY Times best selling author of several books detailing the neuroscience of change and epigenetics.



Dr. Helena Popovic
(AUS)
Medical doctor and leading authority on improving brain function for peak health and performance.



Brad Yates
(USA)
Internationally known for his creative and humorous use of EFT with parents and children.



Dr. Peta Stapleton
(AUS)
Registered Clinical and Health Psychologist and world leader with research in the EFT field.

[Click to view speakers' full biographies](#)

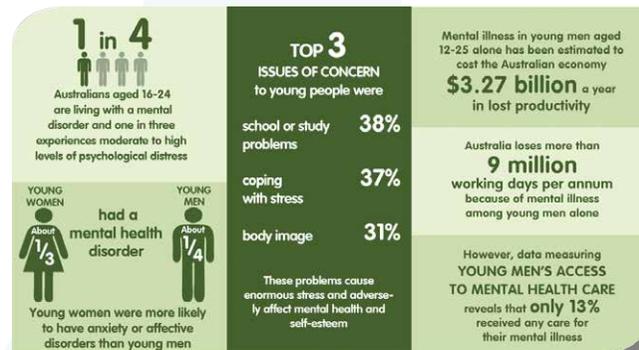
Today's reality

We could provide you with streams of detailed statistics to read; instead we have opted for a few simple graphics to create a snapshot of areas of concern and the impact on our society.

OBESITY



MENTAL HEALTH



© 2014 State of New South Wales

DOMESTIC VIOLENCE



Solutions

What if we came to the table with a fresh approach in a substantive way?

The statistics shown are just a sample of concerns that can be assisted with the practice we are endorsing. People are looking for ways to cope better and improve their lives.

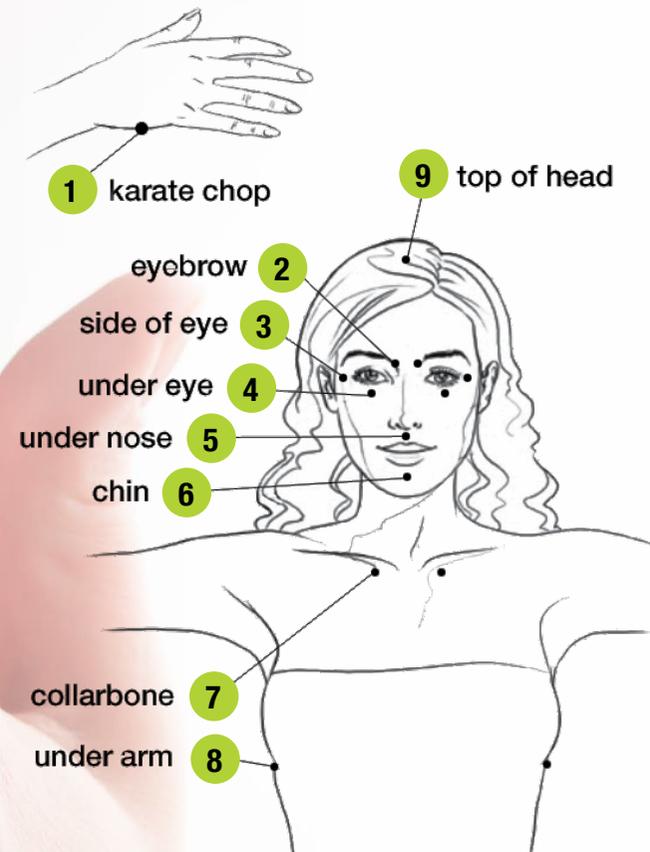
Complementary practices (e.g. chiropractors, acupuncture) are extensively used and becoming more mainstream - mindfulness and meditation are now widely accepted¹⁻² and we see this incorporated into the health, education, corporate sector and home environment. Research shows that people who had visited a complementary health therapist in the previous two weeks were more likely to have certain healthy behaviours

than the total population, or people who had consulted any other health professional. (Censuses of Population and Housing and from the ABS 2004-05 National Health Survey).

Today we now have the opportunity to connect with our “inner” physician and we are committed to inspire attendees to engage in ongoing Mind-Body-Heart practices. One of these practices is Emotional Freedom Techniques (EFT/ Tapping), which is an area of focus for the Mind Heart Connect plenary event in May 2017, and the experiential group workshops.

EFT/Tapping

EFT/Tapping is a hands-on practice, which is of great benefit for those who may struggle with being “still” and contemplating a mindfulness/ meditation practice.



- EFT stands for “Emotional Freedom Techniques” and is a powerful self-help method. EFT/Tapping uses elements of Cognitive Therapy and Exposure Therapy, and combines them with Acupressure, in the form of fingertip tapping on acupuncture points. (see diagram below left)
- EFT/Tapping appears to affect the amygdala (stress centre in the brain) and hippocampus (memory centre), and both play a role in the decision process when you decide if something is a threat.³
- EFT/Tapping has also been shown to lower cortisol levels, which is the stress hormone. Too much cortisol can result in lowered immune function and ultimately affect our physical health.⁴⁻⁵
- EFT/Tapping is very effective for reducing anxiety, stress and other emotional issues as it significantly increases positive emotions, self-esteem and resilience and decreases negative emotional states.⁶⁻⁹

Media Exposure

Over recent months there has been increased main-stream media exposure, ranging from television news reports on the latest research, radio interviews, to full-page articles in supplementary newspaper magazines and other “self-help” publications.



sundaylife

The Courier Mail

THE
HUFFINGTON
POST

family circle

An opportunity for transformation at the Mind Heart Connect forum

Teaming up with renowned speakers who support our vision, the Mind Heart Connect forum is the platform to propel EFT/Tapping mainstream in Australia, to educate and share the benefits of this evidence-based technique through countless sectors of our community.

EFT/Tapping has been selected for our experiential group workshops because:

- Over 20 clinical trials published in peer-reviewed medical and psychology journals have demonstrated that EFT/Tapping is effective for phobias, anxiety, depression, post-traumatic stress disorder, pain, and other problems. See <http://www.eftuniverse.com/research-and-studies/eft-research> for a comprehensive list
- According to a news report on Examiner.com, “EFT is one of the most successful psychology self-help techniques ever developed.” <http://www.examiner.com/article/new-book-highlights-success-of-clinical-eft-tapping>
- EFT/Tapping is a practical tool, hands-on, easy to learn and it is a unique way to assist individuals.
- Once learned, this technique can be applied, anywhere, anytime by anyone.



Forum Objectives

- Raise awareness of the Mind-Body-Heart connection and its impact on health and wellbeing in all sectors of the Australian community
- Provide attendees with Keynote Speaker training programs and resources
- Raise the profile of EFT/Tapping in Australia through attendees and broad media exposure
- Create a network of like-minded individuals seeking further education and training after experiencing EFT/Tapping
- Encourage attendees to sign on for formal EFT/Tapping trainings within Australia
- Increase exposure and engagement with complimentary products/services through our exhibitor space
- Create a supportive online community
- Build awareness of the collaborative approach and professionalism of the Mind Heart Connect brand
- Connect attendees with existing EFT businesses/practitioners globally
- Increase awareness and engagement in existing MHC Projects - e.g. Tapping In The Classroom
- Launch the MHC Foundation - Project LIGHT: Australia
- Create a “resilient living” mindset and groundswell of support for transformation in ourselves and our communities.

Projected Forum Outcomes

- Engage key stakeholders and attendees from various community sectors to enroll in formal EFT/Tapping training, to assist education and implementation in even the most remote areas of Australia
- Expand the existing network of practitioners in Australia to assist with the increasing demand for this technique
- Establish a sense of community/commitment from attendees to assist brand exposure and recognition to broad sectors of the community
- Establish social media platforms for ongoing support and communication amongst attendees and facilitators. These platforms will evolve into sub-groups specific to interests
- Create regional “meet-ups” for attendees to reconnect, support and collaborate
- Assist existing EFT/Tapping businesses and practitioners globally, expanding their reach
- Provide an interactive hub for keynote speakers and additional Mind-Body-Heart resources.





Forum Attendees

The forum is suitable for everyone in the community;

- Professionals in primary medical and allied health disciplines including:
 - general practitioners
 - psychologists
 - social workers
 - mental health nurses
 - psychiatrists
 - counselors
 - performance and coaching experts
- Students and recent graduates from psychology/health/medicine related disciplines
- Complimentary therapists, naturopaths, nutritionists
- Educators
- Emergency services
- Life coaches
- Wellbeing coaches
- Sporting arena, coaches, trainers
- Child care
- Aged care.

Through the exploration of the Mind-Body-Heart connection and EFT/Tapping, we will cover the following areas in our experiential workshops:

- Education
- Addictions
- Weight loss and food cravings
- Trauma and PTSD
- Parents and Children
- Peak Performance and Abundance.

Participants will leave the weekend with practical methods to implement in their life and areas of interest, whether it is in their own home, workplace or community.

Exhibitors

Our exhibitor space at the Gold Coast Convention and Exhibition Centre will encapsulate the essence of Mind Heart Connect in a relaxed manner and will be open to attendees throughout the event.

Products and services that support our vision, to raise the awareness of the Mind-Body-Heart connection will be showcased.

Attendees will enjoy connecting with and gaining insight from our wellbeing experts as they share their products, experience and knowledge.

Book signings with keynote speakers will also be facilitated in this area.



Behind the Scenes at Mind Heart Connect

Mind Heart Connect evolved with collaboration of:



Assistant Prof. Peta Stapleton

Assistant Professor Peta Stapleton is a registered Clinical and Health Psychologist and is Program Director of the Masters of Clinical Psychology program at Bond University. Peta is a sought after speaker and trainer and presents across Australia and internationally.



Dr Lori Leyden

Lori Leyden, PhD, MBA is a psychotherapist, author, workshop leader, inspirational speaker, business consultant and humanitarian. Lori holds a doctorate in Health and Human Services with a concentration in psychoneuroimmunology, and a masters degree in Business Administration with a concentration in management.



Kate Helder

Kate Helder, author and creator of toolboxtime™, has a genuine interest in health and wellbeing. With over 25 years experience in sales, marketing and project management, Kate is committed to create a greater awareness of the mind, body link to the broader community.

Venues

Mind Heart Connect is being held at two premium locations on the Gold Coast, Australia

Engaging the Gold Coast Convention and Exhibition Centre events team, we will deliver an unprecedented and professional three-day event.

Bond University, Robina

Bond University, one of Australia's leading universities provides the perfect environment for Day 1, our full day of specialised workshops with keynote speakers. Coach will transport attendees, from the Broadbeach precinct to the university for the day's activities.



The Gold Coast Convention and Exhibition Centre, Broadbeach;

Conveniently located just metres from the pristine beaches of the Gold Coast, the GCCEC offers guests a world-class conference venue with access to numerous accommodation options. Hosting Day 2 and 3 at this world-class facility, with meals provided and exhibitors to explore, a sense of connectedness and community will be experienced.





mindheart
CONNECTTM

www.mindheartconnect.com

Please join us!

Mind Heart Connect 2017 will create significant change at a grass roots level as the material presented by our world-class keynote speakers is supported by scientific and evidence-based research.

Participation in the experiential workshops, ongoing training programs and our support structure will ensure the excitement and momentum continues for attendees well after the event. Through this, we will witness the successful integration of these practices in a substantial manner, Australia-wide.

This forum and subsequent projects are the ideal platforms for Ambassadors, Sponsors and Exhibitors to join us, to raise the profile of the Mind-Body-Heart connection and EFT/Tapping in Australia.



If this overview has captured your interest

please email: info@mindheartconnect.com
or call Kate Helder +61 409 420 266.

Giving

MHC Foundation

MHC Foundation is our charity arm and we will launch this with Project LIGHT: Australia in May 2017. Dr. Lori Leyden has established Project LIGHT: Rwanda and Project LIGHT: Newton (US) and we will be utilising Lori's resources and expertise to support an existing Australian charity in line with our vision and mission.



This phase of exploration for our foundation is in its infancy, so suggestions and expressions of interest are also welcomed.

References

1. Didonna, F. (Ed.). (2009a). *Clinical handbook of mindfulness*. New York: Springer
2. Shapiro, S. L., & Carlson, L. E. (2009). The art and science of mindfulness: Integrating mindfulness into psychology and the helping professions. *Washington, DC: American Psychological Association*.
3. Feinstein, D. (2012). Acupoint Stimulation in Treating Psychological Disorders: Evidence of Efficacy. *Review of General Psychology*. doi: 10.1037/a0028602
4. Bougea, A., Spandideas, N., Alexopoulos, E., Thomaides, T., Chrousos, G. P., & Darviri, C. (2013). Effect of the Emotional Freedom Technique on perceived stress, quality of life, and cortisol salivary levels in tension-type headache sufferers: A randomized controlled trial. *Explore*, 9, 91-99. doi:10.1016/j.explore.2012.12.005
5. Church, D., Yount, G. & Brooks, A. (2012). The effect of emotional freedom technique (EFT) on stress biochemistry: A randomized controlled trial. *Journal of Nervous and Mental Disease*, 200, 891-896.
6. Baker, A. H., & Siegel, L. S. (2010). Emotional freedom techniques (EFT) reduce intense fears: A partial replication and extension of Wells et al. (2003). *Energy Psychology: Theory, Research, & Treatment*, 2, 13-30. doi:10.9769.EPJ.2010.2.2.AHB
7. Church, D. (2013). Clinical EFT as an evidence-based practice for the treatment of psychological and physiological conditions. *Psychology*, 4.
8. Feinstein, D. (2010). Rapid Treatment of PTSD: Why psychological exposure with acupoint tapping may be effective. *Psychotherapy: Theory, Research, Practice, Training*, 47,385-402.
9. Fitch, J., Schmuldt, L., & Rudick, K. L. (2011). Reducing state communication anxiety for public speaker. An energy psychology pilot study. *Journal of Creativity in Mental Health*, 6, 178-192.