

Tabitha Parker, ND—2022 AIHM Annual People. Planet. Purpose. Conference

Interview by Dick Benson

Following is a brief overview of the 2022 AIHM Conference. The 2022 event will be held October 28-30 with a pre-conference event October 27. The in-person conference will be held at the Paradise Point Resort & located at 1404 Vacation Rd, San Diego, CA. Visit www.aihm.org/conference/ for registration and to see the entire line-up of speakers.

Dr. Tabatha Parker is a naturopathic physician who currently serves at the Academy of Integrative Health & Medicine (AIHM) as the Executive Director. She previously served as the Associate Fellowship Director and Education Director. Dr. Parker's commitment to collaboration and the underserved makes her uniquely qualified to lead the largest interprofessional integrative health association. "My goal is to bring the integrative community together to find ways to bring integrative health to all. Right now, we are doing that by educating the future leaders and clinicians—but there is so much more we can and will do."

Integrative Medicine: A Clinician's Journal (IMCJ): Today we are going to discuss the 2022 AIHM Conference titled "Disruptive Innovation + The Future of Health." We did an interview with Scott Shannon about his presentation, and I want to talk briefly about the event regarding an overview of what's going on at AIHM and what people should be excited about when attending this event.

Dr. Tabatha Parker: Thanks Dick—we have many things to be excited about this year. We have three pre-conferences - two clinical and one leadership. One of the clinical pre-conferences is an update hormone therapy and integrative practice with some of the leading speakers in the country including Rashmi Mullur, an endocrinologist from UCLA, cardiologist, Mimi Guarneri, and two leading integrative women's health experts—Sara Gottfried and Rachel Abrams who will be presenting on Practical Applications of Hormone Replacement in all Genders.

The other clinical pre-conference is on Psychedelic Assisted Psychotherapy: Clinical Use + Emerging Research with Scott Shannon and Brad Jacobs—both amazing teachers whom everyone loves to learn from—really incredible leaders from this emerging field.

The third pre-conference topic is an organizational leadership summit that is bringing together over 50 organizational leaders to work on strategic initiatives to

leverage our collective towards successfully transforming the healthcare system in this country. It is exciting how strategic we are getting as a movement doing this work together. We are so blessed to be having Mr. Bill George speaking to this leadership group. Bill George will also be our opening keynote at the main conference on Friday morning—speaking on Whole Health and the Future of Health—a talk not to be missed. Especially for the integrative community since there has been such a shift nationally talking about Whole Health.

Within the main conference itself, we are covering a range of major clinical topics to unique policy and education discussions—we have something for everyone. From topics like cardiology, mold exposure, and chronic fatigue, to hearing from leaders like Shamini Jain about the current biofield research going on. We have great nutrition talk from Mary Purdy and Romi Mushtaq will be sharing with us the data on how to successfully shift culture within an organization and approaches that can help transform the workplace.

We also have some great panels too. One on DEI moderated by our BIPOC Committee co-chairs Jean Davis and Yvette Miller and health equity education with other leaders from University of Miami, the Red Cross, Southern California University of Health Sciences and others sharing about how education is changing both within systems and for clinicians. Ryan Bradley, a naturopathic physician, is giving a keynote on disruptive innovation in health and the future of medicine. And from that perspective of our integrative movement and the work that we all do, how we are really disrupting healthcare. Our closing global panel of leaders will broadly look at disruption in health and how we approach health in this country and globally.

IMCJ: This sound like an exciting event, I would guess your community is looking forward to the event.

Dr. Tabatha Parker: Yes they are. And we invite all of you to attend—come experience this wonderful community and get some of the most cutting edge talks in integrative health globally.

IMCJ: It sounds like an exciting event!