

IMMH2026

Integrative Medicine for Mental Health

The world's leading integrative
mental health conference



October 8–11
San Diego, CA



Welcome to IMMH 2026

Mental health is complex. It is shaped by our experiences, relationships, environment and the way we live, which in turn affect our psychology and our biology.

That is why IMMH brings together such a broad community. This year, across four days and three learning tracks, more than 50 clinicians, researchers and educators will explore metabolic and nutritional psychiatry, psychoneuroimmunology, trauma, neurodevelopment, neurodegeneration, psychedelics, hormones, addiction, infections, toxins, relationships, sleep, and many other areas of whole-person mental health care.

My own journey into this work began after experiencing postpartum depression and discovering first-hand the limitations of a purely symptom based approach to mental health care. Integrative medicine helped me understand and act on the deeper factors that shape our mental health, from hormones, toxins, pathogens and inflammation, to trauma, chronic stress and nervous-system dysregulation.

That experience ultimately led me to create MindHealth360 and later take on IMMH. One of many insights on that journey is just how powerful it is when people come together to share ideas, exchange perspectives and build community around a common purpose.

At IMMH, you are not here simply to absorb information. You are here to question, discuss, learn across disciplines, make new connections and, I hope, leave with ideas and practical tools that genuinely influence how you approach mental health and the people you support.

Thank you for being part of this revolution in mental health care!

Kirkland Newman

Kirkland Newman
Executive Director, IMMH
Founder & Editor, MindHealth360

Four days of learning, connection and community at IMMH 2026

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Schedule overview

Use this overview to get a feel for the flow of each day, including plenaries, sessions, breaks, time in the Expo Hall and evening gatherings. Full session details can be found on the following pages. For CE/CME eligibility, room locations and the most up-to-date programme information, please check the event app.

Thursday, October 8	
07:00 - 09:00	Registration
07:00 - 08:30	Hosted Breakfast
07:15 - 08:15	Movement Class
08:15 - 08:30	Break
08:30 - 09:45	Plenary
09:45 - 10:30	Coffee Break
10:30 - 11:30	Sessions
11:30 - 11:45	Break
11:45 - 12:45	Sessions
12:45 - 14:15	Lunch
14:15 - 15:15	Sessions
15:15 - 15:30	Break
15:30 - 16:30	Sessions
16:30 - 17:15	Coffee Break
17:15 - 18:30	Sessions

18:30 - 21:00	Healthy Happy Hour & Ecstatic Dance with Designs for Health
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Friday, October 9	
07:00 - 08:30	Coffee in the Expo Hall
07:00 - 08:30	Hosted Breakfast
07:15 - 08:15	Movement Class
08:15 - 08:30	Break
08:30 - 09:45	Plenary
09:45 - 10:30	Coffee Break
10:30 - 11:30	Sessions
11:30 - 11:45	Break
11:45 - 12:45	Sessions
12:45 - 14:15	Lunch
14:15 - 15:15	Sessions
15:15 - 15:30	Break
15:30 - 16:30	Sessions
16:30 - 17:15	Coffee Break
17:15 - 18:30	Sessions

18:30 - 19:00	Nutrition is Therapy Q&A
18:30 - 20:30	Friday Night Cocktails and Canapés with Nutrition is Therapy

Saturday, October 10	
07:00 - 08:30	Coffee in the Expo Hall
07:00 - 08:30	Hosted Breakfast
07:15 - 08:15	Movement Class
08:15 - 08:30	Break
08:30 - 09:30	Sessions
9:30 - 9:45	Break
09:45 - 10:45	Sessions
10:45 - 11:30	Coffee Break
11:30 - 12:45	Sessions
12:45 - 14:15	Lunch
14:15 - 15:15	Sessions
15:15 - 15:30	Break
15:30 - 16:30	Sessions
16:30 - 17:15	Coffee Break
17:15 - 18:30	Sessions

19:00 - 22:00	From Eating to Embodiment: An Evening with Accord (Separate ticket required)
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Sunday, October 11	
07:15 - 08:15	Coffee in the Expo Hall
07:15 - 08:15	Embodiment Workshop
08:15 - 08:30	Break
08:30 - 09:45	Plenary
09:45 - 11:15	Sunday Brunch
11:15 - 12:15	Sessions
12:15 - 13:30	Sessions
13:30 - 14:30	Final Reflection

Finding your way around

We are delighted to welcome you to Town and Country Resort in San Diego for IMMH 2026. Set across spacious indoor meeting rooms, outdoor lawns, an open-air pool, onsite dining spaces and relaxed gathering areas, the resort gives us a beautiful setting for four days of learning, connection and community. We hope it gives you space not only to take in the programme, but also to pause, connect with others and enjoy being part of the IMMH community in person.

The main programme takes place across three key spaces. The two CE/CME tracks are held in the Golden State Ballroom and the Palm Ballrooms, with the sponsored and non-CE/CME talks taking place in Town and Country D.

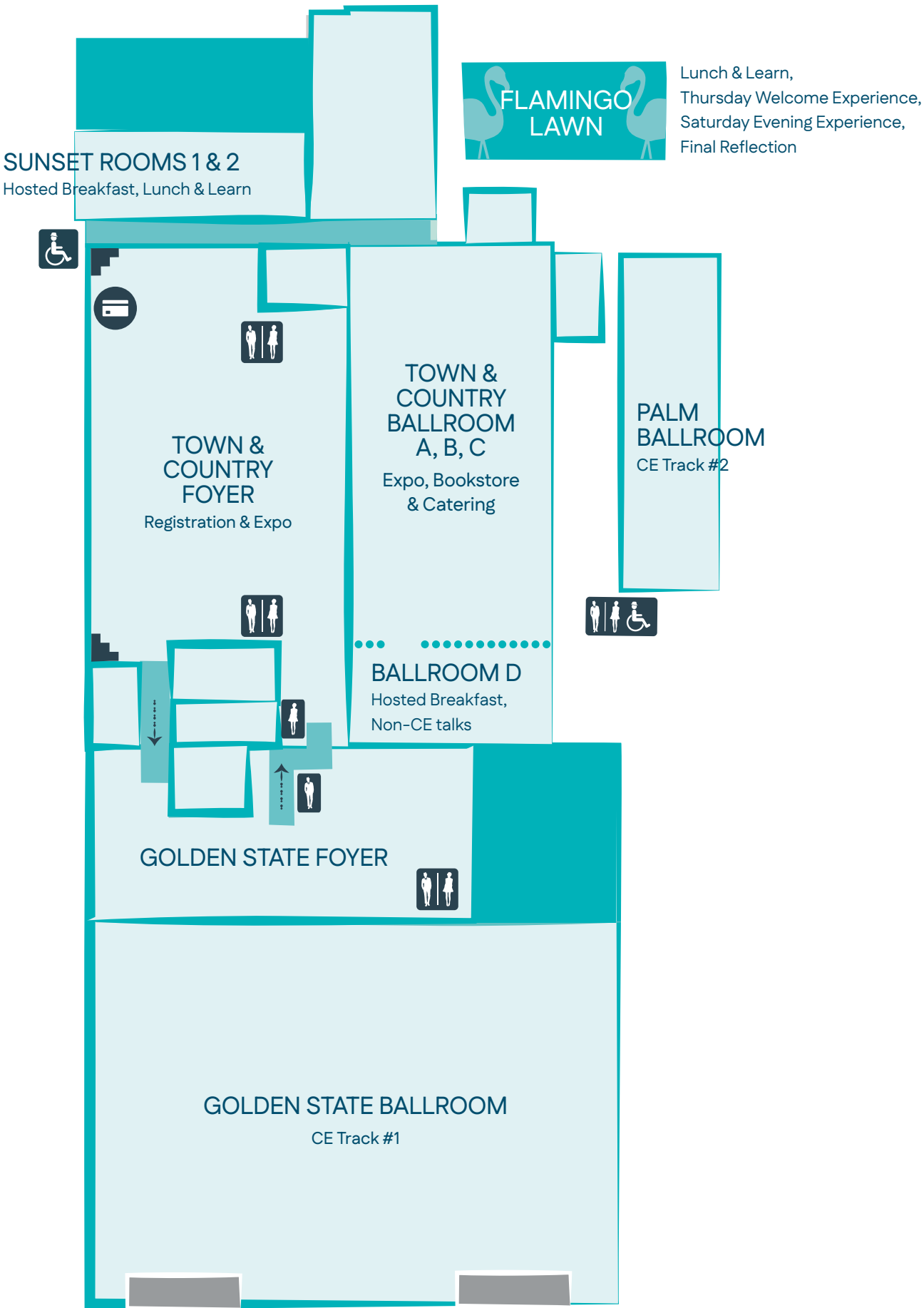
The Expo Hall is located across Town and Country A, B and C, as well as the surrounding foyer space. This is the main hub for exhibitors, sponsors, coffee breaks, lunches and informal networking throughout the conference.

Hosted breakfasts and Lunch & Learn sessions take place in Sunset 1 and 2, Town and Country Ballroom D and on the Flamingo Lawn.

Evening gatherings take place across the venue’s indoor and outdoor spaces, including the Thursday Opening Fiesta on the Flamingo Lawn, the Friday Expo Hall social in and around the Expo Hall, and the Saturday evening experience with Accord on the lawn.

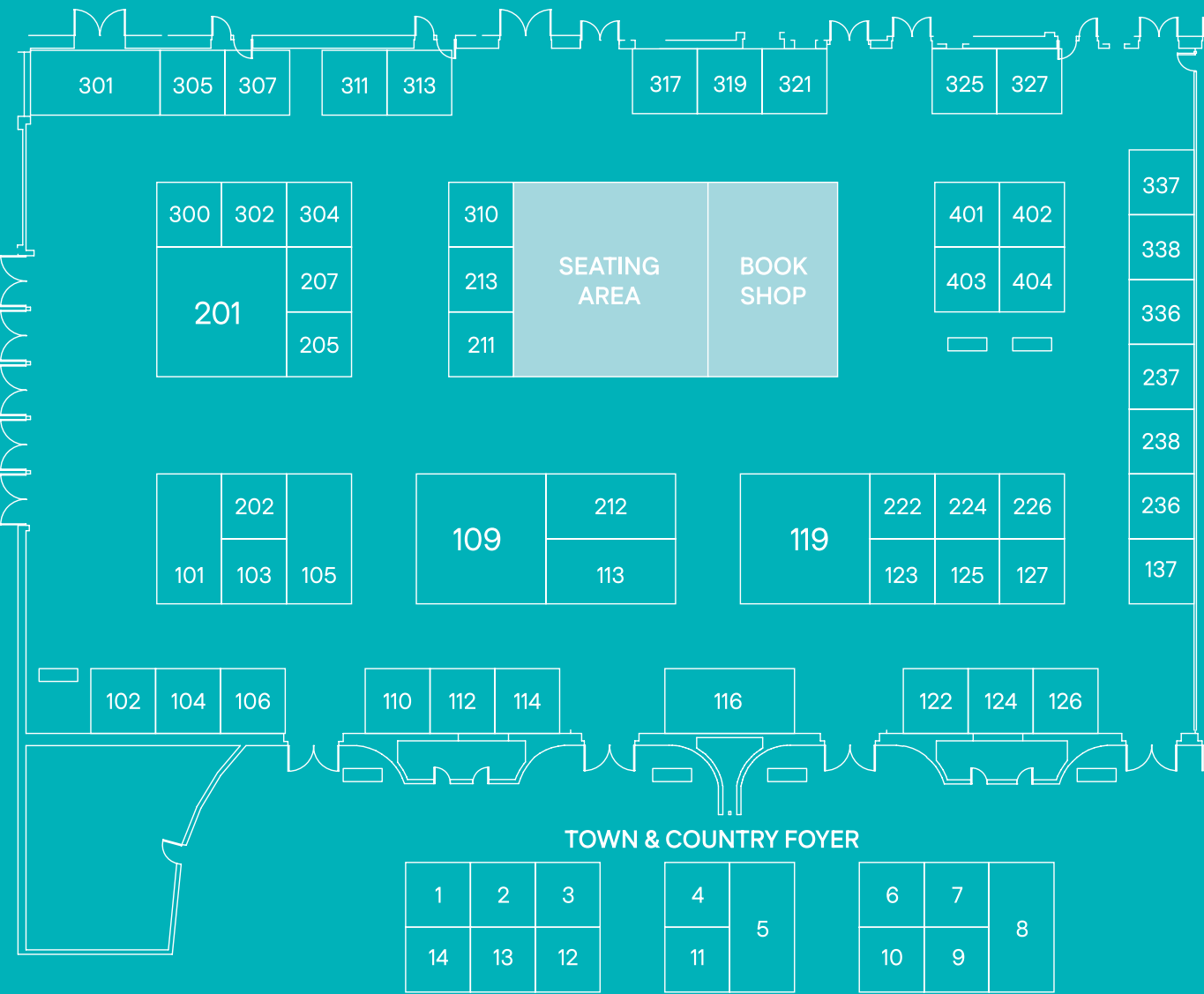


Please check the event app for the most up-to-date room locations and schedule information.



The Expo

The Expo is your opportunity to continue the conversation, meet pioneering companies, explore breakthrough technologies, discover innovative products and connect with the people advancing integrative mental health every day.



To find out more
about our partners
please visit our app.

103	Accord	236	Integrative Therapeutics
304	Aevum Consulting	104	IntellxxDNA
6	Alzheimer's Survivors Foundation	302	Kadima Neuropsychiatry Institute
11	Amen Clinics	114	KBMO Diagnostics
126	Apex Energetics	337	Kimberly Taylor, Author
10	Apollo Health	338	Kolabme.com
300	BEE Medic	125	Legally Mine
212	Better Way Health	12	Metabolic Mind
110	BlueOakNx	226	Moleculera Biosciences
3	Boiron	319	Mosaic Diagnostics
4	Brain Bean	202	Neurobiologix
113	Canada RNA	101	New Beginnings Nutritionals
310	Cosmointel	127	Nutramedix
307	Crystal Wings Healing Art	123	OCHS Labs
325	Daydream MD Integrative Health & Wellness	102	Omni-Biotic
205	DesBio	321	Ortho Molecular Products
109	Designs for Health	105	Psychiatry Redefined
211	DHA Laboratory	137	Pure Encapsulations
317	Diagnostic Solutions Laboratory	122	Quicksilver Scientific
14	DNA Life	13	Recharge Biomedical
1	Doctors Data	327	Relax Saunas
201	Enlyte	8	Researched Nutritionals
213	Fatty15	112	Restorative Formulations
301	Flowpresso	224	Southern California University of Health Sciences
237	GBR Medical	238	The Guest House Ocala
336	Genova	222	Tiny Health
T4 & T5	Goldish	7	UC Irvine SSIHI Integrative & Functional Medicine Fellowship
106	Hardy Nutritionals	5	VibraTec
119	Healthy Kids Happy Kids	116	Vielight
124	I'm Nutrients		

The social edit

Your in-person IMMH ticket gives you access to more than the core conference programme. Across the four days, you'll find additional opportunities to connect, learn and experience more of the IMMH community.



Healthy Happy Hour & Ecstatic Dance

Thursday 18:30 – 21:00
Flamingo Lawn

Sponsored by Designs for Health

A vibrant welcome reception to kick off IMMH 2026, with delicious food, functional mocktails and plenty of time to connect. From 20:00, DJ Joy Factor will lead an Ecstatic Dance experience designed to awaken the body, elevate mood and celebrate the feel-good chemistry of connection.

Included with any in-person ticket

Friday Night Cocktails & Canapés

Friday 18:30 – 20:30
Expo Hall

Sponsored by Nutrition is Therapy

Come together at the end of Friday for cocktails, canapés and relaxed conversation in the Expo Hall. Connect with fellow attendees, speakers, sponsors and exhibitors, explore the organisations supporting IMMH, and continue the conversations sparked throughout the day.

Included with any in-person ticket

From Eating to Embodiment

Saturday 19:00 – 22:00
Flamingo Lawn

Hosted in partnership with Accord

Spend Saturday evening exploring food, flavour, connection, music and movement. You will enjoy nourishing food and drinks inspired by Accord's approach to whole-person health before moving into an embodied experience of music, movement and connection.

Ticket required

In partnership with



Breakfast sponsored by dnalife

DNA Mind: From Research to Practice

Helen Gautschi, Dr. Michelle Leary

07:00 – 08:30 | Sunset Rooms 1 & 2

Lunch sponsored by Fatty15

Ferroptosis & Metabolic Hyperferritinemia: Emerging Roles in Liver, Metabolic and Mental Health

Dr. Stephanie Venn-Watson

12:45 – 14:15 | Flamingo Lawn

Lunch sponsored by IntellxxDNA

The Future of Precision Medicine: What Can Genomics Add?

Dr. Sharon Hausman-Cohen

12:45 – 14:15 | Sunset Rooms 1 & 2

Golden State Ballroom CE/CME

07:15 – 08:15	Morning Dance Fitness Class Karen Olsen	Mood Disorders Embodiment In-Person Experience
☐ I'm going		
08:30 – 09:45	An Introduction to the Internal Family Systems (IFS) Model Dr. Dick Schwartz	CE/CME Trauma Mood Disorders Embodiment
☐ I'm going		
10:30 – 11:30	Mitochondrial Function, Mental Wellbeing and Hormones: A Vital Connection Dr. Felice Gersh	CE/CME Hormones Mood Disorders Metabolic Psychiatry
☐ I'm going		
11:45 – 12:45	Medicine for All People: Dance, Neuroscience, and Embodied Mental Health Dr. Geeta Maker-Clark	CE/CME Mood Disorders Brain Health & Cognition Embodiment
☐ I'm going		
14:15 – 15:15	GABA and Restoring Vagal Tone Dr. Peter Bongiorno	CE/CME Nutritional Psychiatry Mood Disorders Stress
☐ I'm going		
15:30 – 16:30	Slowing the Biology of Ageing: Tales of telomeres, trauma, and joy Dr. Elissa Epel	CE/CME Trauma Brain Health & Cognition Stress
☐ I'm going		
17:15 – 18:30	Shifting Out of Criticism and Control: Using IFS to Cultivate Self-Led Relationships with Food and the Body Dr. Jeanne Catanzaro	CE/CME Nutritional Psychiatry Trauma Embodiment
☐ I'm going		

Palm Ballroom CE/CME

10:30 – 11:30	Beyond Medication: Integrative Strategies for Safely and Effectively Reducing or Eliminating Psychotropics Dr. Leslie Korn	CE/CME Trauma Nutritional Psychiatry Mood Disorders
☐ I'm going		
11:45 – 12:45	Decoding Brain Longevity: A Therapeutic Brain Health Framework for Complex Mental Health Dr. Eboni Cornish	CE/CME Neurodegeneration Brain Health & Cognition Toxins & Infections
☐ I'm going		
14:15 – 15:15	Food Therapy: The Missing Piece for Nervous System Regulation Luis Mojica	CE/CME Nutritional Psychiatry Trauma Embodiment
☐ I'm going		
15:30 – 16:30	Reframing Mental Illness: NLRP3 and the Systems Biology of Neuroinflammation Dr. Bob Rountree	CE/CME Neurodegeneration Mood Disorders Inflammation
☐ I'm going		
17:15 – 18:30	Psychedelics in Clinical Practice Panel Dr. Dick Schwartz, Dr. Robin Carhart-Harris, Dr. Will Van Derveer, Dr. Dimitri Perivoliotis, Kirkland Newman	CE/CME Psychedelics Trauma Mood Disorders
☐ I'm going		

Town and Country Ballroom D

10:30 – 11:30	The Brain Medicine Revolution – Healing Brains Beyond Silos James Maskell	☐ I'm going
11:45 – 12:45	“As Within, So Without”: Mitochondrial Vulnerability & Emotional Resilience Through a Systems Biology Lens Dr. Lisa Portera	Metabolic Psychiatry Stress Brain Health & Cognition Sponsored by Researched Nutritionals
☐ I'm going		
14:15 – 15:15	Understanding the role of mast cell activation syndrome (MCAS) and allergies in mental health disorders Dr. Debby Hamilton	Mood Disorders Inflammation Gut-Brain Sponsored by Nutramedix
☐ I'm going		
15:30 – 16:30	Amino Acids as Precursors for Neurotransmitters Dr. James Greenblatt	Nutritional Psychiatry Brain Health & Cognition Mood Disorders Sponsored by Pure Encapsulations
☐ I'm going		
17:15 – 18:30	One Protein Behind All Autism? The Sonic Hedgehog Case and a 3-Year Path to Reversal Dr. William Shaw	Autism Toxins & Infections Neurodevelopment
☐ I'm going		

Breakfast sponsored by The Guest House Ocala

Getting to the Root Cause of Suicidal Ideation: An Integrative & Functional Medicine Perspective

Dr. Yousef A Elyaman

07:00 – 08:30 | Town & Country Ballroom D

Breakfast sponsored by Apex Energetics

Bedside Neuro–systemic Exams

Joseph Smith

07:00 – 08:30 | Sunset Rooms 1 & 2

Lunch sponsored by Legally Mine

Safeguarding Wealth: Lawsuit Prevention and Tax Strategies

Jason Porter

12:45 – 14:15 | Sunset Rooms 1 & 2

Lunch sponsored by Southern California University of Health Sciences

Making It Happen: What it takes to put the Health of our Souls at the Center of Healthcare

Dr. Tracy Gaudet

12:45 – 14:15 | Flamingo Lawn

Sponsored by Nutrition is Therapy

Bringing Integrative Medicine into the Therapy Room: Where do you begin?

Vonda Schaefer

18:30 – 19:00 | Sunset Rooms 1 & 2

Golden State Ballroom

CE/CME

07:15 – 08:15	Morning Dance Fitness Class Karen Olsen	Mood Disorders Embodiment In-Person Experience
☐ I'm going		
08:30 – 09:45	Mitochondria, Metabolism and Stress Dr. Robert Lustig, Dr. Elissa Epel	CE/CME Trauma Metabolic Psychiatry Stress
☐ I'm going		
10:30 – 11:30	How Psychedelics Work: Illuminating the Hidden Mind Dr. Robin Carhart-Harris	CE/CME Psychedelics Mood Disorders Brain Health & Cognition
☐ I'm going		
11:45 – 12:45	Sentinel Trauma: Why Survival States Persist After Threat is Gone – This session will be presented remotely Dr. Stephen Porges	CE/CME Trauma Embodiment Stress
☐ I'm going		
14:15 – 15:15	Improving Sleep as a Pathway to Mental Health: A Transdiagnostic Approach Dr. Allison Harvey	CE/CME Mood Disorders Sleep Stress
☐ I'm going		
15:30 – 16:30	Functional Medicine for Obsessive Compulsive Disorder Dr. James Greenblatt	CE/CME Genomics Nutritional Psychiatry Mood Disorders
☐ I'm going		
17:15 – 18:30	Internal Family Systems for Intimate Relationships Dr. Dick Schwartz	CE/CME Trauma Embodiment Mood Disorders
☐ I'm going		

Palm Ballroom

CE/CME

10:30 – 11:30	Ayurveda and Personalized Medicine: The Power of Self-Care for Prevention and Longevity Dr. Judith Pentz	CE/CME Mood Disorders Stress Brain Health & Cognition
☐ I'm going		
11:45 – 12:45	The Addicted Brain & How to Break Free: Nutritional Treatment of Addiction Dr. Hyla Cass	CE/CME Nutritional Psychiatry Addiction Mood Disorders
☐ I'm going		
14:15 – 15:15	The Role of Psychotherapy in Psychedelic-Assisted Treatment: A New Model of PTSD Care Dr. Dimitri Perivoliotis	CE/CME Psychedelics Trauma Mood Disorders
☐ I'm going		
15:30 – 16:30	The Cell Safety State: A New Model for Brain Health + Mental Wellness Dr. Ilene Naomi Rusk	CE/CME Trauma Brain Health & Cognition Stress
☐ I'm going		
17:15 – 18:30	Integrative Approaches to Disordered Eating Panel Dr. James Greenblatt, Luis Mojica, Dr. Jeanne Catanzaro, Dr. Christina Bjorndal, Kirkland Newman	CE/CME Nutritional Psychiatry Trauma Mood Disorders
☐ I'm going		

Town and Country Ballroom D

10:30 – 11:30	The Pyrrole–Vagus Connection: How a Hidden Biochemical Disorder Disrupts Autonomic Tone and Mental Health Dr. Navaz Habib	Nutritional Psychiatry Gut-Brain Mood Disorders Sponsored by DHA Labs
☐ I'm going		
11:45 – 12:45	Genes, Nutrients, and Mood: Precision Mental Health Through Nutrigenomics Dr. Priscila Arbex	Nutritional Psychiatry Genomics Mood Disorders Sponsored by Neurobiologix
☐ I'm going		
14:15 – 15:15	Mental Illness as a Bioenergetic Disorder: How Broad-Spectrum Micronutrients Upregulate Mitochondrial Function in the Central Nervous System Taron Fletcher	Mood Disorders Nutritional Psychiatry Metabolic Psychiatry Sponsored by Hardy Nutritionals
☐ I'm going		
15:30 – 16:30	Your Brain on Art: The Science of the Arts for Health and Wellness Susan Magsamen, Ivy Ross	Stress Brain Health & Cognition Mood Disorders
☐ I'm going		
17:15 – 18:30	What does trauma therapy actually feel like from inside the client? Dr. Kimberly Taylor	Psychedelics Trauma Metabolic Psychiatry Sponsored
☐ I'm going		

Sponsored Embodiment Workshop

Physician, Heal Thyself:
A Somatic Self-Care Practice for
Doctors and Mental Health Providers

Dr. Vanessa Spelman, Dr. Tanvi Gandhi

07:00 – 08:30 | Flamingo Lawn

Breakfast sponsored by BetterWay Health

The Neuro-Immune Connection:
Reversing the Epigenetic Signatures
of Depression & Cognitive Aging with
BWH-85™ Beta Glucan

Dr. Jill Carnahan

07:00 – 08:30 | Town & Country Ballroom D

Breakfast sponsored by Restorative Formulations

Neurotransmitter Optimization: A
Clinical Approach to Mental Wellness
Without Pharmaceuticals

Dr. Jaquel Patterson

07:00 – 08:30 | Sunset Rooms 1 & 2

Lunch sponsored by KBMO Diagnostics

When the Mood Is Downstream: Two
Urine Panels That Change the Question

Dr. Nasha Winters

12:45 – 14:15 | Sunset Rooms 1 & 2

Lunch sponsored by Vielight

Personalized Brain Intervention:
Beyond Fixed Protocols in Integrative
Mental Health

Dr. Lew Lim, Dr. Sorenza Bastiaens

12:45 – 14:15 | Town & Country Ballroom D

Golden State Ballroom

CE/CME

07:15 – 08:15 Morning Dance Fitness Class

Karen Olsen

☐ I'm going Mood Disorders Embodiment
In-Person Experience

08:30 – 09:30 Neuropsychiatric Inflammation As Seen
Through the Lens of DAMPS and PAMPS

Dr. Neil Nathan

☐ I'm going CE/CME Psychoneuroimmunology
Brain Health & Cognition Inflammation

09:45 – 10:45 The Inflamed Mind: Mast Cell Activation
Syndrome, Trauma, and the Path Toward
Whole-Person Healing

Dr. Kelly McCann

☐ I'm going CE/CME Trauma Mood Disorders
Inflammation

11:30 – 12:45 Immune Resilience: The Future
of Longevity

Dr. Jill Carnahan

☐ I'm going CE/CME Brain Health & Cognition
Toxins & Infections Inflammation

14:15 – 15:15 The Crucial Role of the Brain Gut
Microbiome system in Healthy Aging

Dr. Emeran Mayer

☐ I'm going CE/CME Neurodegeneration
Brain Health & Cognition Gut-Brain

15:30 – 16:30 The Metabolic Brain:
How Cardiometabolic Dysfunction
Shapes Mental Health

Dr. Yousef A Elyaman

☐ I'm going CE/CME Mood Disorders
Metabolic Psychiatry Brain Health & Cognition

17:15 – 18:30 Treatment-Resistant Until It Wasn't:
A Metabolic Psychiatry Panel

Dr. Matt Bernstein, Lauren Kennedy West,
Matt Baszucki, Hannah Warren

☐ I'm going CE/CME Nutritional Psychiatry
Metabolic Psychiatry Mood Disorders

Palm Ballroom

CE/CME

08:30 – 09:30 From Cell Danger to Cellular Resilience:
Identifying and Removing the Triggers
That Keep Paediatric Mental Health
Stuck

Dr. Elisa Song

☐ I'm going CE/CME Inflammation Toxins & Infections
Neurodevelopment

09:45 – 10:45 Why Treatment Hits a Ceiling in Pediatric
Mental Health: The Missing Nervous
System Variable

When Symptoms Persist: The Nervous
System Variable in Pediatric Mental
Health

Dr. Roseann Capanna-Hodge

☐ I'm going CE/CME Mood Disorders
Neurodevelopment Brain Health & Cognition

11:30 – 12:45 Toxicity, Infection, Brain Networks, and
Neuromodulation

Dr. Chris Winfrey

☐ I'm going CE/CME Brain Health & Cognition
Toxins & Infections Neurodevelopment

14:15 – 15:15 AI or EI? The New Era of Treatable
Neurodegenerative Diseases

Dr. Dale Bredesen, Dr. Judy Benjamin

☐ I'm going CE/CME Neurodegeneration
Brain Health & Cognition

15:30 – 16:30 Lyme & Alzheimer's Disease: Proving the
Infection/Amyloid/P-Tau Connection &
Role of All 16 MSIDS Factors in Dementia

Dr. Richard Horowitz

☐ I'm going CE/CME Neurodegeneration
Toxins & Infections Inflammation

17:15 – 18:30 Reversing Cognitive Decline:
Groundbreaking Results from the
Evanthea Randomized Controlled Trial
of Precision Medicine in Alzheimer's
Disease with Dr. Kat Toups followed by a
Panel and Q&A

Dr. Kat Toups, Dr. Dale Bredesen, Dr. Richard
Horowitz, Dr. Judy Benjamin, Kirkland Newman

☐ I'm going CE/CME Neurodegeneration
Brain Health & Cognition

Town and Country Ballroom D

08:30 – 09:30 When the Immune System Attacks the
Brain: A Biomarker-Guided Approach to
Root-Cause Psychiatry

Dr. Craig Shimasaki

☐ I'm going Psychoneuroimmunology Gut-Brain
Sponsored by Moleculera

09:45 – 10:45 Mitochondria – Connecting Exercise and
Mental Health

Dr. Sundeep Dugar

☐ I'm going Neurodegeneration Brain Health & Cognition
Sponsored by Blue Oak

11:30 – 12:45 The Connection Between Functional
Testing and Mental Health, A New
Frontier of Prevention, Causal
Investigation and Treatment

Dr. Oscar Coetzee

☐ I'm going Genomics Nutritional Psychiatry Gut-Brain
Sponsored by Designs for Health

14:15 – 15:15 MSC Exosomes and Treatment of ASD
and other Neurodevelopmental Delays

Dr. Armen Nikogosian

☐ I'm going Autism Genomics Mood Disorders
Sponsored by Recharge Biomedical

15:30 – 16:30 Neuroimmune Stabilization Anchors
Root-Cause Interventions for Mental
Health

Dr. Chris Shade

☐ I'm going Brain Health & Cognition Inflammation
Sponsored by Quicksilver

17:15 – 18:15 Biotoxin Illness and Psychiatric Disease:
The Home That Makes You Sick

Dr. Pejman Katiraei

☐ I'm going CE/CME Toxins & Infections Inflammation
Neurodevelopment

Sunday Brunch

A relaxed brunch and final chance to visit the Expo before the closing sessions.

09:45 – 11:15 | Expo Hall

Final Reflection

Honouring the Legacy of Dr. Edith Eger: Story, Music and Guided Reflection

Jordan Engle, Najeeb Sabour

13:30 – 14:30 | Flamingo Lawn

On-demand session

CE/CME

The Color-Coded Brain: Insights into Polyphenols, Melatonin, and Glymphatic Dynamics in Neuroprotection and Cognitive Function

Dr. Deanna Minich

Watch anytime | Online only

On-demand session

CE/CME

Nature’s Medicine: Is Oxytocin the Secret to Love, Health and Longevity?

Dr. Sue Carter

Watch anytime | Online only

Golden State Ballroom

CE/CME

07:15 – 08:15 Embodiment Workshop

☐ I'm going

CE/CME

08:30 – 09:45 Part 1: How to Change the Score: Multiple Pathways to Healing

Dr. Bessel van der Kolk, Licia Sky

CE/CME

Trauma

Mood Disorders

Embodiment

☐ I'm going

11:15 – 12:15 Part 2: Trauma Across Context: Biological Adaptations to Stress

Dr. Wendy D'Andrea, Mike Niconchuk, Dr. Marlen Gonzalez

CE/CME

Trauma

Mood Disorders

Embodiment

☐ I'm going

12:15 – 13:30 Environment and the Nervous System Panel

Dr. Bessel van der Kolk, Dr. Wendy D'Andrea, Mike Niconchuk, Licia Sky, Dr. Marlen Gonzalez, Kirkland Newman

CE/CME

Trauma

Embodiment

Stress

☐ I'm going

Palm Ballroom

CE/CME

11:15 – 12:15 Never Well Since: What Cancer Has Been Trying to Tell Us About Trauma

Dr. Nasha Winters

CE/CME

Trauma

Inflammation

Stress

☐ I'm going

12:15 – 13:30 Rethinking Addiction: An Integrative Mental Health Panel

Dr. Arwen Podesta, Dr. Robert Lustig, Dr. Hyla Cass, Christina Veselak

CE/CME

Trauma

Addiction

Mood Disorders

☐ I'm going

Book signing schedule

Visit the IMMH Bookstore in the Expo Hall, hosted by Dave Hemsath of BreakPoint Books. The collection will include practical guides, clinical resources and thought-provoking titles from IMMH speakers and other leading voices in integrative mental health. Selected speakers will also be signing books throughout the conference. Please look out for daily book signing updates and notifications in the conference app.

Thursday, October 8

Morning Break (09:45 – 10:30)

Dick Schwartz

Lunch (12:45 – 14:15)

Geeta Maker-Clark, Felice Gersh, Leslie Korn

Afternoon Break (16:30 – 17:15)

Luis Mojica, Elissa Epel, Peter Bongiorno

End of Day (18:30)

Jeanne Catanzaro

Friday, October 9

Morning Break (09:45 – 10:30)

Robert Lustig, Melissa Mondala

Lunch (12:45 – 14:15)

Judith Pentz

Afternoon Break (16:30 – 17:15)

Hyla Cass, Stephanie Venn-Watson

End of Day (18:30)

James Greenblatt, Christina Bjorndal, Kimberly Taylor

Saturday, October 10

Morning Break (09:45 – 10:30)

Elisa Song, Neil Nathan, Jaquel Patterson

Lunch (12:45 – 14:15)

Jill Carnahan, Roseann Capanna-Hodge

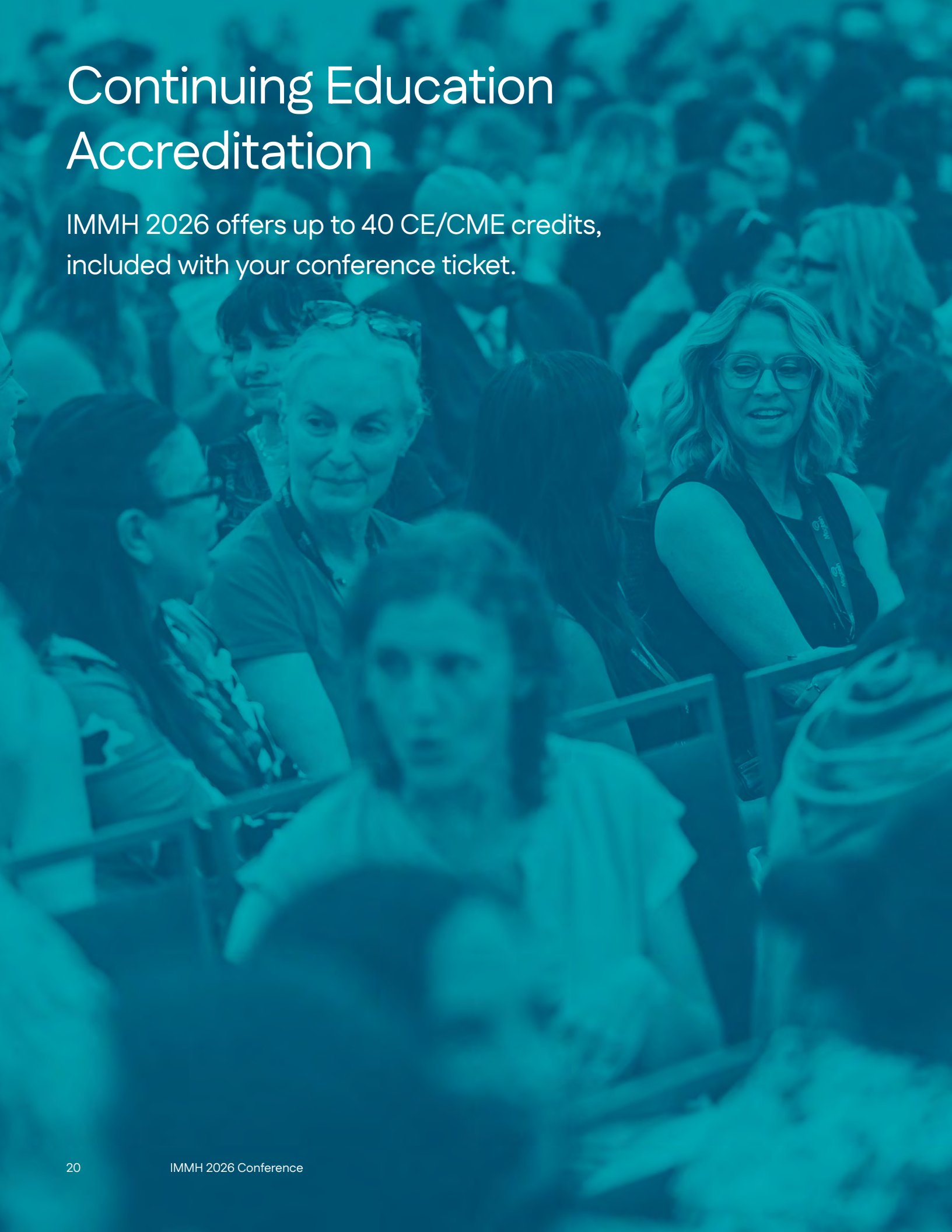
Afternoon Break (16:30 – 17:15)

Emeran Meyer, Dale Bredeesen, Richard Horowitz

Sunday, October 11

Sunday Brunch (09:45 – 11:15)

Bessel van der Kolk, Christina Veselak



Continuing Education Accreditation

IMMH 2026 offers up to 40 CE/CME credits, included with your conference ticket.

Continuing education credits are provided in partnership with Pinnacle Conference, LLC, an accredited continuing education provider.

In support of improving patient care, this activity has been planned and implemented by Pinnacle Conference, LLC and IMMh. Pinnacle Conference, LLC is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE) and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Professional Accreditations

This activity is accredited for up to 40 CE hours with the following institutions:

- Accreditation Council for Continuing Medical Education, AMA PRA Category 1™
- Accreditation Council for Pharmacy Education, ACPE CPE
- American Nurses Credentialing Center, ANCC NCPD (CNE)
- American Academy of PAs, AAPA Category 1
- American Psychological Association, APA CE
- Association of Social Work Boards, ASWB-ACE
- Commission on Dietetic Registration, CDR CPE
- Interprofessional Continuing Education: IPCE

Not all sessions are accredited with CE/CME credit. Eligible sessions are marked CE/CME in the conference schedule, so please refer to the event app for the most up-to-date information, as final accreditation may still be confirmed or updated after this brochure goes to print.

Live CE/CME Credit

For live sessions, attendees are encouraged to register for the CE/CME sessions they plan to attend in the event app. Attendance will be verified through in-room scanning or virtual platform viewing.

There is one CE/CME evaluation link covering all eligible sessions across the conference. The same link will be sent at the end of each day, so you can complete your evaluations as you go or wait until the end of the conference.

Certificates will be issued once attendance has been verified and the required evaluation completed. Please allow 2–3 weeks after the event for live-session certificates.

Enduring CE/CME Credit

If you are unable to attend an eligible session live, you will have the opportunity to claim enduring CE/CME credit after the conference.

Eligible recordings will be available for 90 days. Enduring CE/CME links will be added to the event app after the conference and will also be shared by email.

To claim enduring credit, you will need to watch the eligible recording and complete the required post-test and evaluation.

CPD

For attendees who do not require formal CE/CME credits, attendance at IMMh 2026 may still be used as part of their own continuing professional development (CPD) record, depending on the requirements of their professional body, employer or regulator.

Important to Know

- Register for the CE/CME sessions you plan to attend in the event app.
- Live attendance must be verified through in-room scanning or virtual platform viewing.
- Complete the required evaluation or post-test to claim credit.
- Use the same email address as your event registration when completing evaluations or post-tests.
- CE/CME credit can only be claimed for eligible sessions attended live or completed on demand.
- Recordings will be available for 90 days after the conference.

Counsellors & Therapists

LMFT or NBCC?

Requirements vary by state and professional body and are not automatically covered through joint accreditation.

Eligible attendees can receive an AMA Category 1 participation certificate showing their earned hours and accreditation statement, which can be submitted to their relevant state licensing board or professional body for consideration.

Pinnacle Conference, LLC can also assist with individual accreditation questions.

Our partners

A huge thank you to all of the organisations supporting IMMH 2026 and helping us bring this year's conference to life.



To find out more about our partners please visit our app.





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*The Connection Between Functional Testing and Mental Health:
A New Frontier of Prevention, Causal Investigation, and Treatment*

SATURDAY OCTOBER 10

11:30 AM-12:45 PM

Town and Country Ballroom D

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^{††}U.S.A. Functional Medicine MDs, DOs, NDs, DCs, and Nutrition Professionals surveyed in 2025 for Designs for Health.

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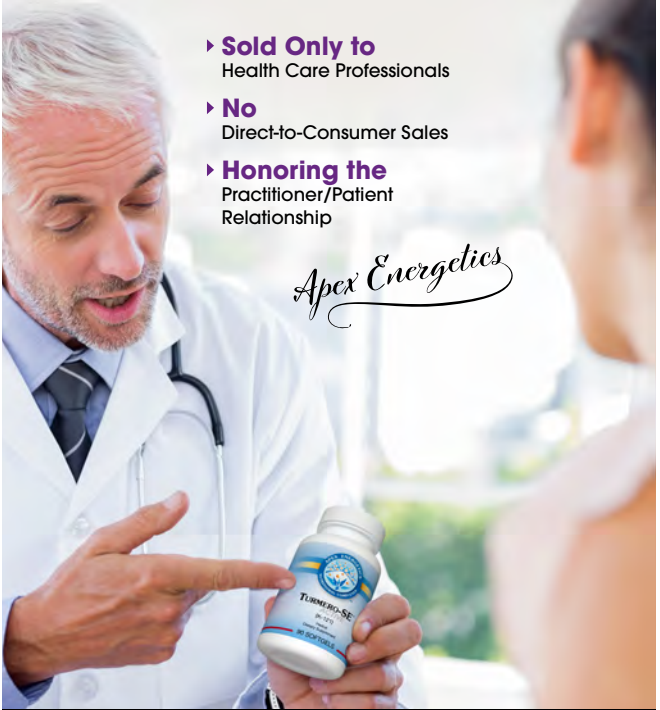
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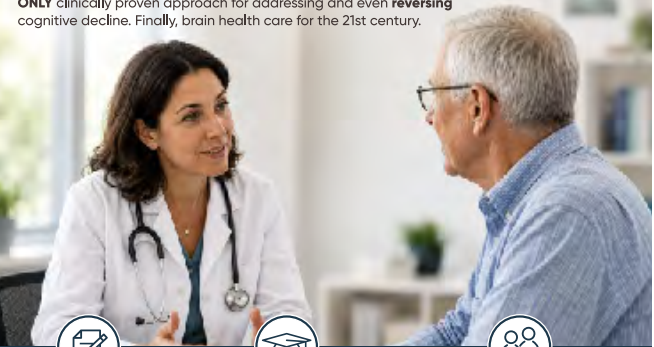
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Talk

Friday October 9, 10:30-11:30am

Signing

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JOIN OUR SESSION

Friday, October 9 @ 11:45am

Town and Country Ballroom D

“Genes, Nutrients, and Mood: Precision Mental Health Through Nutrigenomics”

Take the guesswork out of patient care.

NEUROBIOLOGIX®

BOOTH 202

Nutra-Hist™

A Professional Solution for Supporting Histamine Balance in Your Practice



Targeted Mast Cell & Immune Support for Your Patients

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How Nutra-Hist™ Works

Nutra-Hist™ supports histamine balance through two mechanisms:

Mast Cell Stability Support
Helps maintain healthy mast cell function and balanced histamine release.*

Multi-Pathway Histamine Support
Supports healthy activity across H1, H2, and H4 receptors to promote respiratory, digestive, immune, and skin comfort.*

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**BOOTH 319**

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"As Within, So Without": Mitochondrial
Vulnerability and Emotional Resilience
Through a Systems Biology Lens.
Presented by Lisa Porter, DC, FMCP
- Thursday, October 8th @ 11:45am
- Town and Country Ballroom

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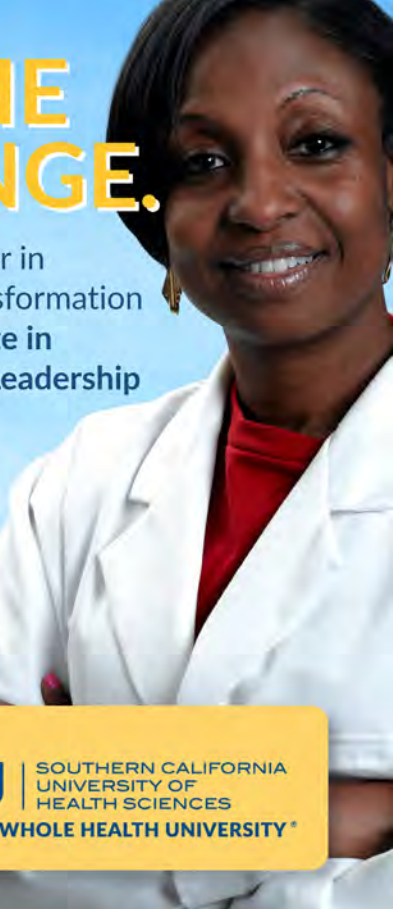


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Featured Lecture
Dr. Armen Nikogosian,
MD, FMAPS



**"MSC Exosomes and
Treatment of ASD and
Other
Neurodevelopmental
Delays"**

**17 Saturday, October 10,
2026 at 2:15 PM**

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— Dr. Armen Nikogosian, MD, FMAPS



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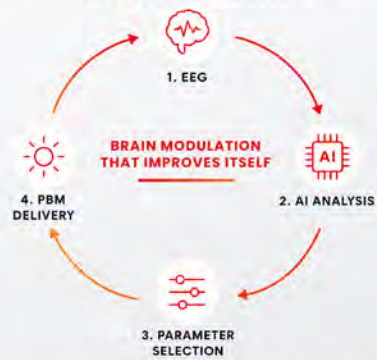


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SPONSORED LUNCH SESSION - 10 OCTOBER

Saturday, 12:45 – 2:15 pm

Rewiring the Brain with Light

Dr. Lew Lim - Town and Country Ballroom D



See our research



Your notes





MindHealth360

Stay connected with MindHealth360

MindHealth360 is a free resource and podcast exploring the root causes of anxiety, depression, insomnia, addiction, ADHD and burnout through integrative and functional medicine.

Kirkland Newman speaks with leading experts about the biological, psychological, social, spiritual and lifestyle factors that shape mental health.

Many of this year's IMMh speakers have also appeared on The MindHealth360 Show, with new episodes coming soon.

Listen at mindhealth360.com

IMMH2027

Integrative Medicine For Mental Health

We're already planning IMMh 2027 and would love your input.

Scan the QR code to register your interest for next year and share your feedback on IMMh 2026. As a 2026 attendee, you'll receive early access to a discounted ticket price as soon as the 2027 dates and details are confirmed.

