

# ND Mini Camp

## July 22- 27, 2018

Subject to Change

### Sunday, July 22, 2018

12:00 – 3:30 pm	Lodging Check In – Chapel Lobby
4:00 – 4:30 pm	Camp Check in (outside Dining Commons)
4:30 – 6:30 pm	Welcome Reception

### Monday, July 23, 2018 – “Wellness” Rm. 146

7:00 – 7:45 am	Qi Gong or Yoga
8:00 – 9:00 am	Registration and Breakfast
9:00 – 9:15 am	Introduction to the day – Overview of First Year, ND Dean Arianna Staruch
9:15 – 10:15 am	Welcome by Founder – Joseph E. Pizzorno, Jr., ND, President Emeritus
10:15 – 10:30 am	Break
10:30 – 11:30 am	“Treating the Whole Person: Mind Body Connection” – Brad Lichtenstein, ND
11:30 am – 1:00 pm	Break
1:00 – 2:00 pm	“Meet your Microbes” – Rebecca Achterman, PhD
2:15 – 3:00 pm	Case Study with Safiya McCarter, ND and Mark Martzen, PhD
3:00 - 4:30 pm	“Comparative World Medicine and Constitutional Analysis” Sheila Kingsbury, ND
4:30 – 5:00 pm	Optional – Meditation
4:30 – 7:30 pm	Optional – Spa Treatments
4:30 – 6:30 pm	Dinner

## Tuesday, July 24, 2018 – “Dis-ease and Diagnosis” Rm. 133

7:00 – 7:45 am	Qi Gong or Yoga
8:00 – 9:00 am	Breakfast
9:00 – 9:15 am	Introduction to the day – Overview of Second Year
9:30 – 10:45 am	“Oncology Research” – Leanna Standish, PhD. ND LAc, FABNO
10:45 – 11:00 am	Break
11:00 am – 12:00 pm	“Leaving the Garden of Gluten: The Immunopathology of Celiac Disease” – Cynthia Wenner, PhD and Jing Meng, MD, PhD
12:00 – 1:00 pm	Lunch Break
1:00 – 2:20 pm	Miraculous Body” – Rebecca Love, DVM (Room 146 and Room 50, Basement/Gross Lab
2:20 – 2:30 pm	Break
2:30 - 3:30	“Making Historical Botanical Elixirs” – Sheila Kingsbury, ND
3:30 – 4:00 pm	Wrap up for the Day – ND Dean Arianna Staruch
4:00 – 4:30 pm	Garden Tour
4:30 – 5:00 pm	Optional: Meditation Club
5:00 – 6:00 pm	Dinner
6:30 – 8:30 pm	Optional: Ping-pong tournament and games night hosted by Kent Littleton, ND and Naturopathic Medicine Student Association (NMSA)

## Wednesday, July 25, 2018 – “Tools for Restoring Health and Wellness” Rm. 133

7:00 – 7:45 am	Yoga on the Lawn
8:00 – 9:00 am	Breakfast
9:00 – 9:15 am	Introduction to the day – Overview of Third Year – Eric Yarnell, ND
9:15 – 10:15 am	Les Griffith, ND, Founder
10:00 – 11:00 am	Intro to Germany Spa trip – Nathan Petersburg, and Intro to DC Fli, NMSA Rep
11:00 am – 12:00 pm	Free Hour (Admissions meetings), Group A Lunch break
12:00 – 12:45 pm	GROUP B – “Hydrotherapy” – Nathan Petersburg, ND, hydro room (meet in 19)

12:00 – 12:45 pm	GROUP A - “Traditions of Nature Cure” – Dean Neary, ND and Greg Yasuda, ND, Rm. 19
12:00 – 12:45 pm	GROUP C – Lunch Break
12:45 – 1:30 pm	GROUP A – “Hydrotherapy” – Nathan Petersburg, ND, hydro room (meet in 19)
12:45 – 1:30 pm	GROUP B – Lunch Break
12:45 – 1:30 pm	GROUP C - “Traditions of Nature Cure” – Dean Neary, ND and Greg Yasuda, ND, Rm. 19
1:30 – 2:15 pm	GROUP A – Free Hour (Admissions Meetings)
1:30 – 2:15 pm	GROUP B - “Traditions of Nature Cure” – Dean Neary, ND and Greg Yasuda, ND, Rm. 19
1:30 – 2:15 pm	GROUP C - “Hydrotherapy” – Nathan Petersburg, ND, hydro room (meet in 19)
2:15 – 3:15 pm	“How to Hack ND School” – Sydney Freggiaro, NMSA Chapter President, 2017 – 2018
3:30 – 4:30 pm	“Cultural Humility: Treating the Whole Person – Considerations for the Naturopathic Profession” – Safiya McCarter, ND
4:30 – 5:00 pm	Optional: Meditation with Don Jean, ND
5:00 – 7:00 pm	Welcome BBQ
7:30 pm	Movie “Coco” – on campus, open to all, Rm. 176

## Thursday, July 26, 2018 – Putting It All Together in the Care of Patients: Rm. 133

7:00 – 7:45 am	Yoga on the Lawn
8:00 – 9:00 am	Breakfast
9:00 – 9:15 am	Introduction to the day – Overview of Fourth Year, Christian Dodge, ND
9:30 – 10:30 am	GROUP A: Interactive Lab – Rebecca Love, DVM; Mark Martzen; PhD; Terri Stilson, MS – Room 78
9:30 – 10:30 am	GROUP B: Interactive Lab – Mark Lamden, ND; Rebecca Achterman, PhD; Anna Davis, PhD – Room 82
10:30 – 11:30 am	GROUP A: Interactive Lab – Mark Lamden, ND; Rebecca Achterman, PhD; Anna Davis, PhD – Room 82

10:30 – 11:30 am	Yoga on the Lawn
11:30 am – 1:00 pm	Lunch Break and Student Club Fair in the Main Hallway
1:00 – 2:00 pm	“Doctor as Teacher” – Christian Dodge, ND
2:00 – 2:15 pm	Break
2:15 – 3:15 pm	Case Study – Jing Meng, MD, PhD and Jamey Wallace, ND
3:15 – 4:00 pm	“Food as Medicine,” Debra Boutin, MS, RDN, CD
4:00 – 4:15 pm	Student Support Services, Cheryl Stover
5:00 – 6:00 pm	Dinner
6:00 – 8:00 pm	Optional: MBSR session
6:00 – 8:00 pm	Kenmore Concert in the Park – Kent Littleton, ND and NMSA reps

## Friday, July 27, 2018 – Clinic Experience – Rm. 166

8:00 – 9:00 am	Breakfast
8:55 – 9:45 am	Shuttle from Bastyr University to Bastyr Center for Natural Health
9:45 – 10:15 am	Introduction to Clinic – Jennifer Johnson, ND, Associate Dean of Clinical Education
10:15 – 11:00 am	Tour of Bastyr Center for Natural Health
11:00 am – 12:00 pm	Case Study – Lela Altman, ND
12:00 – 12:30 pm	Clinic Wrap Up – Jennifer Johnson, ND
12:45 pm	Shuttles back to Bastyr Kenmore Campus
1:30 – 2:30 pm	Lunch and Camp Wrap up with Arianna Staruch, ND, Dean