



Enhancing Mental Wellbeing: Navigating Modern-Day Life

BioCeuticals Symposium | 1-3 October 2021

SYMPOSIUM PROGRAM

Friday 1st October

Times AEST	Session	Speaker(s)
8:45am-9:00am	Registration Reconnect	
9.00am-9.30am	Welcome: Day 1	Opening video Host: Dr Ron Ehrlich Guests: Dr Lesley Braun; Prof Jon Wardle
9.30am-10.30am	Panel: COVID - Lessons from the Battlefield	Host: Dr Ron Ehrlich Panelists: Prof Kerryn Phelps; Dr Azita Moradi; Prof Jayashri Kulkarni
10.30am-10.45am	Break	<i>Mindful Moment</i>
10.45am-11.30am	Plenary: Immunity, Inflammation & Brain Health	Dr Austin Perlmutter
11.30am-12.15pm	Plenary: Research, Resilience & PTSD	Prof Julia Rucklidge
12.15pm-12.30pm	BIMA Announcement: Innovation in Practice	Roberta Barbiellini
12.30pm-1.00pm	Break	<i>Mindful Moment</i>
1.00pm-2.00pm	Panel: A world first - Nutraceutical and Phytoceutical Clinical Guidelines for Use in Psychiatric Disorders	Host: Dr Ron Ehrlich Panelists: Prof Julia Rucklidge; Prof Jerome Sarris; Dr Adrian Lopresti
2.00pm-2.45pm	Masterclass: How to Create a Successful Podcast	Rachel Corbett
2.45pm-3.00pm	Break	<i>Mindful Moment</i>
3.00pm-3.45pm	Plenary: The Science Behind Ashwaghandha and Saffron	Dr Adrian Lopresti
3.45pm- 4.00pm	Reflection & Clinical Pearls	Dr Ron Ehrlich



For speaker bios scan the QR code
or visit bioceuticals.com.au/symposium-2021

Saturday 2nd October

Times AEST	Session	Speaker(s)
9.00am-10.00am	Masterclass: Creativity and Play for Clinicians: Becoming our own advocates in self-care	Dr Aoife Earls
10.00am-10.45am	Plenary: Fish Oil and Lifestyle Medicine for Enhancing Mood	Prof Jerome Sarris
10.45am-11.00 am	Break	<i>Mindful Moment</i>
11.00am-11.45am	Case Study: Heavy Metal Assessment as part of the Holistic Care of Mental Health	Maria Allerton
11.45am-12.00pm	BIMA Announcement: Living Legend Award	Roberta Barbiellini
12.00pm-12.45pm	Plenary: The Domino Effect - Conception and the Endocrine System	Leah Hechtman
12.45pm-1.15pm	Break	<i>Mindful Moment</i>
1.15pm-2.00pm	Case Study: How Mitochondrial Function, Oxidative Stress & the Microbiome Affect Mental Health	Dr Sanjeev Sharma
2.00pm-2.45pm	Masterclass: Conquering Virtual Burnout	Tammy Guest
2.45pm-3.00pm	Exhibition Hall	
3.00pm-3.15pm	BIMA Announcement: Clinical Excellence	Roberta Barbiellini
3.15pm - 3.30pm	Break	<i>Mindful Moment</i>
3.30pm-4.15pm	Plenary: Benefits of Yoga for Mental Health	Associate Prof Romy Lauche
4.15pm- 4.30pm	Reflection & Clinical Pearls	Dr Ron Ehrlich

Sunday 3rd October (note: day light saving commences at 2.00 am this morning local time)

Times ADST	Session	Speaker(s)
9.00am-9.15 am	Welcome: Day 3	Dr Ron Ehrlich
9.15am-10.00 am	Plenary: Healing the Healer	Dr Deanna Minich
10.00 am-10.45 am	Interview: An Extraordinary Journey	Sam Bloom
10.45am-11.00am	Break	<i>Mindful Moment</i>
11.00am-11.15am	BIMA Announcement: Professional Ambassadorship & Philanthropy	Roberta Barbiellini
11.15am-12.00pm	Interview: Peace in Practice	Petrea King
12.00pm-12.15pm	BIMA - Contribution to Research, Education & Training	Roberta Barbiellini
12.15pm-12.30pm	Recap, Reflect, Close	Dr Ron Ehrlich & Lesley Braun
12.30pm-1.00pm	Break	<i>Mindful Moment</i>
1.00pm - 2.30pm	Masterclass: Right Brain	Alex Wadelton
2.30pm- 4.00pm	Masterclass: Thriving with Challenges & Change	Melissa Harries

*Draft program. Times, sessions and speakers subject to change.

JOIN US VIRTUALLY FROM ANYWHERE

As a virtual ticket holder you will receive full exclusive access to the 3 day program with access to most sessions for 3 months post the event.

For speaker bios scan the QR code or visit bioceuticals.com.au/symposium-2021

