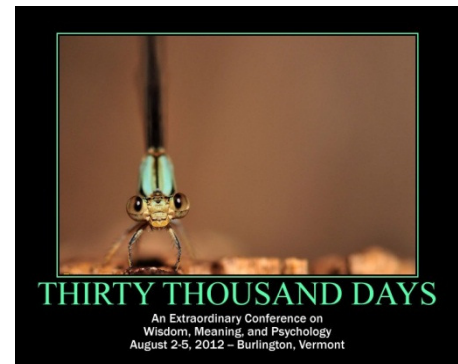


# Thirty Thousand Days Conference Agenda



Friday, August 3, 2012

Main Street Landing – Burlington, Vermont

8:00 am – 9:00 am	Registration (The Atrium)	
9:00 am – 9:55 am	<b>Welcome, Opening Remarks and Orientation and Introductions</b> <b>(Great Room)</b>	
10:00 am – 10:20am	Book Sales	<b>Film</b> <b>“Japanese Psychology for Dummies - Everything You Need to Know in Fifteen Minutes”</b> <b>(Great Room)</b>
10:20am – 10:40am		<b>Morning Break</b>
10:45am – 11:45am	Haiku Poetry Contest	<b>Keynote Address: Gregg Krech</b> <b>“The Prison of Self-focused Attention and How to Escape”</b> <b>(Great Room)</b>
11:45am – 12:10pm	Morning Wrap-up	
12:10pm – 1:10pm	Lunch Break (Japanese & Vietnamese lunches provided in Atrium)	

<p>1:15pm – 2:00pm</p>		<p><b>Panel Discussion: Jane Skiba, Jim Roberts, Patricia Madson, Ron Green, &amp; Ron Madson</b></p> <p><b>“May I Have Your Attention Please”</b></p> <p><b>A Series of 5 min. Presentations</b></p> <p><b>Facilitator: Wylie Goodman (Great Room)</b></p>	
<p>2:10pm – 3:10 pm</p>		<p><b>The Healing Power of Gratitude Practice</b></p> <p><b>Presenter: Carmela Javellana, M.D. (Great Room)</b></p>	<p><b>Making Peace: A Down to Earth Approach</b></p> <p><b>Presenter: Loraine Rickard-Martin (Board Room)</b></p>
<p>3:10 pm – 3:30 pm</p>		<p>Afternoon Break</p>	
<p>3:30 pm – 4:30 pm</p>		<p><b>Panel Discussion: Gregg Krech, Ron Green, Clark Chilson, Kathy Dean, Romola Georgia and Linda Anderson Krech</b></p> <p><b>Naikan: Gratitude, Grace and the Japanese Art of Self-Reflection</b></p> <p><b>Facilitator: Barbara Sarah (Great Room)</b></p>	
<p>4:30pm – 5:15pm</p>		<p>Plenary Session</p> <p><b>Discussion, Q&amp;A with Speakers</b></p> <p>Music, Poetry and more . . .</p> <p>(Great Room)</p>	

Saturday, August 4, 2012

Main Street Landing – Burlington, Vermont

8:00am – 9:00am	Registration				
9:00am – 9:30am	<b>Welcome, Opening Remarks and Orientation</b>				
9:30am – 10:35am		<b>Keynote Address: Gregg Krech</b> <b>“The Curative Power of a Meaningful Life”</b> <b>(The Film House)</b>			
10:35am – 10:55am		Morning Break			
10:55am – 11:55am		Book Sales	<b>Keynote Address: Zoe Weil</b> <b>“A Good Life, A Better World”</b> <b>(The Film House)</b>		
11:55am – 12:10pm		Haiku	Morning Wrap-up		
12:10pm – 1:25pm		Poetry	Lunch Break		
1:30pm – 2:30pm		Contest	<b>Managing Stress Using Morita and Naikan Therapies</b>  <b>Presenter: Rich Blonna, Ed.D.</b>  <b>(Great Room)</b>	<b>Beyond Right and Wrong... I Will Meet You There: Exploring Strategies for Couples in Conflict</b>  <b>Presenter: Jim Roberts</b>  <b>(Board Room)</b>	<b>Practicing the Self of No-Self: The Nexus of Spirit-Mind Healing in Asia</b>  <b>Presenter: Henry McCann, DAOM</b>  <b>(The Film House)</b>
2:30pm – 2:45pm		Afternoon Break			

2:50pm – 3:50pm		<p><b>Making Healthy Lifestyle Choices: What Does It Involve?</b></p> <p><b>Presenter: Linda Anderson Krech, LICSW</b></p> <p><b>(Great Room)</b></p>	<p><b>Meaningful Life Therapy: Living Fully with Illness and Dying Well</b></p> <p><b>Presenter: Barbara Sarah, LCSW</b></p> <p><b>(Board Room)</b></p>	<p><b>Naikan Therapy: Treatment of Social and Emotional Isolation of Depression</b></p> <p><b>Presenter: Robert Strayhan, MD</b></p> <p><b>(The Film House)</b></p>
4:00pm – 4:45pm		<p>Plenary Session</p> <p><b>Discussion, Q&amp;A with Speakers</b></p> <p>Music, Poetry</p> <p>(The Film House)</p>		
5:00pm – 5:45pm		<p>Screening</p> <p><b>Academy Award Nominated Film</b></p> <p><b>The Tsunami and the Cherry Blossom</b></p> <p>Directed by Lucy Walker (<i>Wasteland, Blindsight</i>)</p> <p>(The Film House)</p>		

[For speaker biographies please click this link >> http://www.thirtythousanddays.org/events](http://www.thirtythousanddays.org/events) (if it doesn't open for you, please copy and paste the URL into your browser.)