

PROGRAM

3rd International Psycho- immunology & Psychobiology Research Symposium

Hosted by the Institute for the Study of Peak States
Hornby Island, BC, Canada

April 2-3, 2022

(Click or swipe to see the schedule and talk descriptions)

Saturday, April 2 2022

PST	Topic	Presenter
8-8:10am (17:00 CET)	Welcome and logistics	Shayne McKenzie, CEO
8:10-8:30	Institute highlights 2021/2022	Shayne McKenzie, CEO
8:30-9:00am	Foundations of subcellular psychobiology	Gaetan Klein
9-9:30am (18:00 CET)	Potential medical implications of psycho-immunology	Mary Pellicer MD
9:30-10am	Psychobiology of biographical and generational trauma	Celine Guerin PhD
10-10:30am (19:00 CET)	Fueled by curiosity: Health and disease from a Peak States perspective	Kirsten Lykkegaard DVM, PhD
10:30-11am	Human prion diseases	Grant McFetridge PhD
11-11:30am 20:00 CET	Invited Speaker: From Trauma Therapy in the 1990s to Psychedelics in the 2020s: A Perspective from the Front	Kate Hawke, MA Trauma Relief Services
11:30-12:00	A presenters roundtable with public questions	All presenters
12:00-12:30 (21:00 CET)	A presenters roundtable with public questions	All presenters
12:30-1pm		

Sunday, April 3 2022

PST	Topic	Presenter
8-8:10am (17:00 CET)	Welcome and logistics, day 2	Shayne McKenzie, CEO
8:10-8:30	Improving the efficiency of trauma therapy	Shayne McKenzie, CEO
8:30-9:00am	Neediness syndrome versus codependent personality	Jola Hamerlik
9-9:30am (18:00 CET)	Birth trauma	Gilli Moorhawk
9:30-10am	OCD breakthroughs and case studies	Shayne McKenzie, CEO
10-10:30am (19:00 CET)	Manipulation: the scourge of modern times	Julien Roux
10:30-11am	Shame in prenatal psychology	Wilfried Ehrmann PhD
11-11:30am (20:00 CET)	Invited speaker: Spiritual emergency	Emma Bragdon PhD
11:30-12:00	A presenters roundtable with public questions	All presenters
12:00-12:30 (21:00 CET)	A presenters roundtable with public questions	All presenters
12:30pm-1pm		

Institute highlights 2021/22

- Time: **Saturday, 8:10 am PST (17:10 CET)**
- Presenter: Shayne McKenzie, CEO (Australia)
- **Description:** The Institute for the Study of Peak States is first and foremost a research organization. Over the past 2.5 years, we have made many significant research breakthroughs, particularly in the psycho-immunology field. This short presentation will highlight some of the key moments that have made the development of new psycho-immunology treatments possible.
- **Bio:** Shayne is a people focused executive leader contributing to a transformation in how health care and psychological treatments will be delivered. He is passionate about optimal health and wellbeing, and thoroughly enjoys assisting others significantly improve their relationships, physical health, or emotional quality of life. Before joining the Institute he worked for a global strategy consulting firm and held a number of HR and Talent Management roles.
- Affiliation: Shayne McKenzie is the CEO, Clinic Director, and Training Director of the Institute for the Study of Peak States.
- Website: <https://www.peakstates.com/projects.html>



Foundations of subcellular psychobiology

- Time: **Saturday, 8:30 am PST (17:30 CET)**
- Presenter: Gaetan Klein (France)
- **Description:** What is this symposium all about? In this introduction, you will learn about the new science that we are exploring: the science of how are the psyche and cellular functions intertwined, and how to develop a whole new understanding of biology, consciousness, and find cures for diseases of unknown etiology. This talk will present the fundamental axioms of this model that integrates psychology and biology into a unified field: the primary cell, epigenetics, the scientific method applied to out-of-the-ordinary spiritual phenomenon, and the potential for medical applications.
- **Bio:** Gaëtan Klein is a French psychotherapist specialized in trauma therapy, with 11 years of experience. He had an early interest in addictions and trauma therapy and helped over 2,500 clients and trained therapists in this area before joining the institute 6 years ago. He now focuses on performing and spreading the word about the clinic processes such as TBI, Asperger syndrome or OCD. Formerly suffering from Asperger's syndrome, he participates in the development of the Institute's clinic and research.
- Website: <http://www.gaetanklein.com>



Potential medical implications of psycho-immunology

- Time: **Saturday, 9:00 am PST (18:00 CET)**
- Presenter: Mary Pellicer MD (USA)
- **Description:** "As a physician working on the research team at the Institute, I have a bird's eye view of breakthroughs as they happen. I am not a futurist, but I like to consider the potential implications of what we are discovering to the field of medicine. Join me as I peer into the future and consider what that might look like."
- **Bio:** Mary Pellicer, MD has a lifelong commitment to healing work. She is trained as a Family Practitioner and practiced conventional medicine in a migrant health clinic for years, so she understands the pros and cons of that model and enjoys working in partnership with medical providers to help patients achieve the best health outcomes possible. Dr. Mary is the Director of Applied Research for the Institute for the Study of Peak States. She also works in the Institute training trauma therapists in the peak states model and is part of the ISPS research team. She is committed to bridging the gap between the conventional practice of medicine and the fascinating new discoveries being made in the Institute
- **Website:** <https://www.peakstatestherapy.com/pellicer.php>



Psychobiology of biographical and generational trauma

- Time: **Saturday, 9:30 am PST (18:30 CET)**
- Presenter: Celine Guerin, PhD (France)
- **Description:**
- **Bio:** French, PhD in Neurosciences and Peak State therapist trained 6 years ago. After her PhD, she worked in psychiatry and explored different alternative healing practices before discovering Peak States therapy. She is now receiving individual clients for Peak State therapy in Sophia Health Center in Lausanne, Switzerland, but also world-wide with online-Peak States therapy sessions. She specializes in stress management, burn-out, sexual abuses and self-esteem issues. She is part of Peak States research and training staff members, including for spiritual emergency.
- Website: <https://www.conscience21.ch>



Fueled by curiosity: Health and disease from a peak states perspective

- Time: **Saturday, 10:30 am PST (19:30 CET)**
- Presenter: Kirsten Lykkegaard, DVM, PhD (Denmark)
- **Description:** Why hasn't medicine made progress on certain diseases? This talk will give you insights and an overview into the thinking and modeling about health from a psychobiology and psych-immunology perspective.
- **Bio:** Kirsten is a doctor of veterinary medicine and also holds a PhD in pharmacology. For over 19 years she has contributed to fundamental biomedical research within the somatic pain, obesity and type 2 diabetes areas. As co-director of research at the Institute, Kirsten's current focus is on developing effective psycho-immunology treatments for specific viral and bacterial diseases. She is also investigating the causes of diseases of unknown etiology, such as autism.
- Website: <https://www.linkedin.com/in/kirsten-lykkegaard/>



Human prion diseases

- Time: **Saturday, 10:30 am PST (19:30 CET)**
- Presenter: Grant McFetridge, PhD (Canada)
- **Description:** To our surprise, observations using prenatal regression and subcellular psychobiology have shown that various prion infections in humans are widespread in the general population. We'll cover some of the diseases they cause, our current treatment strategies, and some unexpected features of prion biology.
- **Bio:** Grant McFetridge PhD (psychology) originally worked in electrical engineering R&D as a consultant and adjunct faculty in California. In 1998 he founded the Institute for the Study of Peak States, where he still co-directs the research. He is the author of *Subcellular Psychobiology Diagnosis Handbook*, *Silence the Voices*, *Peak States of Consciousness* volumes 1 & 2, and *The Whole-Hearted Healing Manual*.
- Website: www.PeakStates.com Email: grant@PeakStates.com



From Trauma Therapy in the 1990s to Psychedelics in the 2020s: A Perspective from the Front Lines

- Time: **Saturday, 11:00 am PST (20:00 CET)**
- Presenter: Kate Hawke (USA)
- **Description:** Kate Hawke will share stories, lessons, and food for thought from her decades on the edge of the evolving world of traumatology, Energy Psychology, and psychedelic-assisted therapy. From teen years in the 60's to what is being called the Psychedelic Renaissance (some now say Gold Rush) she has ridden the waves and survived with just a few scars.
- **Bio:** For over thirty years Kate Hawke has integrated research-supported methods of healing trauma with altered states of consciousness and traditional indigenous wisdom practices. Now, in the 2020's, she finds herself in the path of a perfect storm: rising awareness that unresolved trauma underlies our personal and social problems, recognition that communities of color deserve support in addressing fresh wounds as well as those from the past, and the increasing legitimacy of psychedelic medicines. Kate has been a member of the Multidisciplinary Association for Psychedelic Studies (MAPS) since the '80's and will be providing MDMA therapy as soon as it is legal. She works in Flagstaff, Arizona while preparing to build a center for community-based trauma healing near the Navajo Nation. Her personal explorations with plant medicines, psychedelics, and non-drug altered states have influenced her worldview and guided her personal path. She is currently providing Ketamine Assisted Psychotherapy and honored to support others on their journey.
- Website: www.katehawke.com Email: kate@ttn.org



Improving the efficiency of trauma therapy

- Time: **Sunday, 8:10 am PST (17:10 CET)**
- Presenter: Shayne McKenzie, CEO (Australia)
- **Description:** The breakthroughs that have been made in psycho-immunology by the Institute for the Study of Peak States over the past 2.5 years has not only created the possibility for treatments to eliminate diseases that conventional medicine and psychology do not believe are possible (such as OCD and Lyme disease) but it has also created the possibility to significantly improve the speed in creating effective trauma therapy results. In this presentation, Shayne will share how a number of our current trauma therapy approaches will become even more efficient or effective in the near future.
- **Bio:** Shayne is a people focused executive leader contributing to a transformation in how health care and psychological treatments will be delivered. He is passionate about optimal health and wellbeing, and thoroughly enjoys assisting others significantly improve their relationships, physical health, or emotional quality of life. Before joining the Institute he worked for a global strategy consulting firm and held a number of HR and Talent Management roles.
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Neediness syndrome versus codependent personality

- Time: **Sunday, 8:30 am PST (17:30 CET)**
- Presenter: Jola Hamerlik (Poland)
- **Description:** Are you codependent, trying to heal from your neediness syndrome, or have a partner that is codependent? Being codependent actually has nothing to do with dependency. It is actually just a relationship style, and you deal with people on a relationship level. My presentation will cover psychological and psycho-immunological perspective of this common problem. I will also share the ISPS research solution on how to eliminate the condition based on neediness syndrome.
- **Bio:** Jola is a Polish Psychotraumatologist and Certified Trauma and Peak States Therapist. She is also experienced in Bert Hellinger's Family Constellations and Rebirthing healing methods. She is passionate about helping people to improve their quality of life by recognizing and healing traumatic memories, emotions and physical sensations that limit their lives. Jola specializes in relationships, self-confidence, burn-out/stress issues. She is part of clinic staff and participates in development of the Institute's research projects. She is also a Future Trainer Development Program Participant. Before joining the Institute, she worked for medicine companies in the Oncology field.
- Website: <https://atelierprzemian.com>. Email: jolahamerlik@gmail.com



Birth Trauma

- Time: **Sunday, 9:00 am PST (18:00 CET)**
- Presenter: Gilli Moorhawk (UK)
- **Description:** The common understanding of the term Birth Trauma includes experiences like: premature birth; forceps delivery; long labour; baby born dead; baby in an incubator etc. In the ISPS we also include pre-natal trauma where the baby experiences physical damage before birth; this may be from toxins from the mother (smoking, alcohol), or actual physical injury to the mother or baby (surgery or being involved in an accident). However, less attention is paid to the normal treatment of mother and baby in the medical system through the 20th century and a brief study of this provides some rather disturbing information. I'll also cover the field of Reproductive Medicine and the impact of common practices used to help parents conceive.
- **Bio:** Gilli has been involved in the complementary health field for over 30 years. She trained with the ISPS in 2013 and 2020. Gilli has been interested in birth trauma since the age of 5 when her mother told her she had been a premature baby - born 7 weeks early. She always asks clients about their birth experiences and finds many sources of insight and roots of current life problems from this investigation. She runs workshops on 'Embodied Creativity and Wellness' and also sees clients one-to-one. Gilli is the author of "*Meditation and Positive Thoughts for Pregnancy and Birth*", the first book on meditation for pregnancy and "*Miracle Baby Stories*" about women's experience of infertility. She is an editor on "*The Cantin Ketogenic Diet for Cancer*" and her next book "*Embodied Sexuality*" will be published in 3Q 2022.
- Website: www.yourbodyisyourbuddy.com, www.gillimoorhawk.com. Email: gillimoorhawk@gmail.com



OCD breakthroughs and case studies

- Time: **Sunday, 9:30 am PST (18:30 CET)**
- Presenter: Shayne McKenzie, CEO (Australia)
- **Description:** Over the past year, we have continued to improve our OCD treatments. In addition to improving the efficiency and effectiveness in eliminating OCD compulsions (due to a sense of underlying fear) and OCD contamination fear, we now also have a clinic treatment for OCD intrusive thoughts (which is a different root cause to the mind chatter that nearly everyone experiences or schizophrenic voices). In this presentation, Shayne will share how the research breakthrough was made as well as a number of OCD success stories for each of the different types of OCD symptoms.
- **Bio:** Shayne is a people focused executive leader contributing to a transformation in how health care and psychological treatments will be delivered. He is passionate about optimal health and wellbeing, and thoroughly enjoys assisting others significantly improve their relationships, physical health, or emotional quality of life. Before joining the Institute he worked for a global strategy consulting firm and held a number of HR and Talent Management roles.
- Affiliation: Shayne McKenzie is the CEO, Clinic Director, and Training Director of the Institute for the Study of Peak States.
- Website: <https://www.peakstates.com/projects.html>



Manipulation: the scourge of modern times

- Time: **Sunday, 10:00 am PST (19:00 CET)**
- Presenter: Julien Roux (Canada)
- **Description:** Have you ever felt manipulated in one way or another, or have you ever tried to convince someone with sweet talk or other stratagems? This presentation finally gives a biological explanation to this psychological phenomenon that is manipulation, which is very present in our modern society. As well as a way to identify if you are currently being manipulated/under the influence of someone. I will also discuss our solution against manipulation.
- **Bio:** Julien Roux is a French certified trauma and Peak States therapist, researcher and trainer at the Institute. But above all he is a researcher at heart, who is passionate about helping people discover who they really are and to realize their full potential beyond what they thought was humanly possible. This involves pushing the boundaries of what is known, developing new ways to heal and solve major problems such as Manipulation issues, Kundalini's symptoms, self-Identities, Gaïa connection, smoking addiction, etc.
- Website: <http://www.libreetheureux.ca>. Email: julien@PeakStates.com



Shame in prenatal psychology

- Time: **Sunday, 10:30 am PST (19:30 CET)**
- Presenter: Wilfried Ehrmann PhD (Austria)
- **Description:** My talk will outline the basic importance of shame for social security and learning, and describe some important events for forming toxic shame patterns in the prenatal phase.
- **Bio:** Wilfried is a psychotherapist working with clients and groups since 1987, and based in Vienna, Austria. He's trained in person-centered counseling, breathwork, bodywork, systemic constellation work, and peakstates therapy. He's the main trainer of the ATMAN-Trainingsproject for Integrative Breathwork, and the author of around 120 articles on breathwork and breath therapy. His books include *Vom Mut zu wachsen* (2011), *The Evolution of Consciousness* (2014), *40 Tore der Weisheit* (2015), *Coherent Breathing* (2016), *Die Scham, das geheimnisvolle Gefühl* (2020).



Website: www.wilfried-ehrmann.com

Blog (English): <http://wilfried-ehrmann-e.blogspot.com>

Contact: info@wilfried-ehrmann.com

Spiritual Emergency

- Time: **Sunday, 11:00 am PST (20:00 CET)**
- Presenter: Emma Bragdon PhD (USA)
- **Description:** Dr. Bragdon will define “Spiritual Emergence” and “Spiritual Emergency” from several perspectives. She will reflect on how it is treated in conventional clinics and hospitals, and how that differs from ideal management, and then compare the outcomes. She will describe a protocol she teaches in her training of “Spiritual Emergence Coaches®” that is useful for therapists as well as those personally struggling with lived experience.
- **Bio:** Emma Bragdon earned her doctorate in Transpersonal Psychology in 1987 from the Institute of Transpersonal Psychology. She was licensed as a Marriage, Family, Child Therapist in 1988. She is the author of 7 books—2 of them on the subject of “Spiritual Emergency” published in 1988 and 1990—making her an esteemed pioneer in the field. She is the Founder/Executive Director of Integrative Mental Health University that offers more than 40 courses online and live.
- **Website:** For Integrative Mental Health University: <https://IMHU.org>. For personal consultation: <https://EmmaBragdon.com>. Spiritual Emergence Coach® Certification: <https://courses.imhu.org/collections/adding-spirituality-to-mental-health-practices>. Email address: EB@IMHU.org

