

PROGRAM

4th International Psycho- immunology & Psychobiology Research Symposium

Hosted by the Institute for the Study of Peak States

Crete, Greece
July 22-23, 2023

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

Saturday July 22, 2023

PST	Topic	Presenter
8-8:10am (17:00 CET)	Welcome and logistics	Shayne McKenzie, CEO
8:10-8:30	Institute highlights 2022/2023	Shayne McKenzie, CEO
8:30-9:00am	Invited Speaker: The Early Days: Guinea Pig Number Two and Prenatal Trauma	Wes Gietz
9-9:30am (18:00 CET)	Dreaming a healthier world: Psycho-immunology disease applications	Mary Pellicer MD
9:30-10am	Being human is a spectrum disorder: Beauty Way vs normal consciousness	Kirsten Lykkegaard DVM, PhD
10-10:30am (19:00 CET)	Psychobiology vs. psycho-immunology: which is better for treating diseases?	Grant McFetridge PhD
10:30-11am	A presenters roundtable with public questions	All presenters
11-11:30am 20:00 CET	A presenters roundtable with public questions	All presenters

Sunday July 23, 2023

PST	Topic	Presenter
7-9am (16:00 CET)	Research updates for Institute certified therapists (online)	Staff
10-12am (19:00 CET)	In-house training and process testing for certified therapists - in Crete only	Staff

Institute highlights 2022/23

- Time: 8:00am PST (17:00 CET), July 22 2023
- 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>



Invited speaker: Wes Gietz

The Early Days: Guinea Pig Number Two and Prenatal Trauma

- Time: 8:30am PST (17:30 CET) July 22 2023
- Presenter: Wes Gietz (Canada)
- **Description:** Wes was one of the original explorers in the Institute's experimental work in the 1990s. He's the author of *Born Whole: heal your pre-birth trauma* (2019).
- **Bio:** "More than anything else, I am a teacher/mentor/guide. A teacher of spirituality and awakening, a guide of life advancement through coaching, a mentor of elderhood in a challenging society, and a guide to wellness through working as a healer. In my academic life I earned Bachelor's degrees in Chemistry and English Literature and Master's degrees in Biochemistry and Public Administration. As a professional and a consultant, I have nearly 30 years of experience in training, strategic planning, and human resource management."
- Affiliation: He is the founder of Windwalker, a nature-focused teaching and training organization.
- Website: www.windwalker.ca



Dreaming a healthier world: Psycho-immunology disease applications

- Time: 9:00-9:30 (18:00 CET), July 22, 2023
- Presenter: Mary Pellicer MD (USA)
- **Description:**
- **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>



Being human is a spectrum disorder: Beauty Way vs normal consciousness

- Time: 9:30-10:00am (18:30 CET) July 22, 2023
- Presenter: Kirsten Lykkegaard, DVM, PhD (Denmark)
- **Description:**
- **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 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/>



Psychobiology vs. psycho-immunology: which is better for treating diseases?

- Time: 10:30-11:00am (19:00 CET) July 22, 2023
- Presenter: Grant McFetridge, PhD (Canada)
- **Description:** We'll go into exactly what these are and how they differ in this talk. We'll also discuss how the field of psychology views these topics.
- **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 is focused on 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



A presenters roundtable with public questions (Q&A)

- Time: 10:30-11:30am (19:00 CET) July 22, 2023
- Presenter: All presenters
- **Description:** This gives you, the listener a chance to call or type in questions. You can address specific presenters or ask anyone to respond.
- **Bio:** Most of the presenters are staff at the Institute for the Study of Peak States, doing trauma, psychobiology, and psycho-immunity research, teaching, and treatments.
- Website: www.PeakStates.com Email: grant@PeakStates.com

