



December 2014 Presentation Dr. Beree Darby

As usual our holiday topic is a little less technical yet one we think you'll enjoy and find most useful. Dr. Beree Darby will give a brief demonstration of **psychoneuroimmunology**, the study of the interaction between psychological processes and the nervous and immune systems of the human body. Her background in biochemistry and psychology allows her to approach healing as a *process* that integrates every aspect of the individual and is the most effective means of creating sound, sustainable health.

In short, her demonstration will show you some of the tools that you can use to activate your body's own self-healing processes. The results are nothing short of remarkable.

About Dr. Darby

Dr. Darby's dissertation research was the first to demonstrate biochemically that psychological intervention can improve the immune system response. She was later asked to write an article on psychoneuroimmunology research for the *Encyclopedia of Complementary Health Practices* and has numerous publications from her immunology and psychological research, including a book chapter in Neuroimmunology on her research. Her most recent international presentation was to the Royal London Hospital for Integrative Medicine.

Dr. Darby is an intriguing lecturer whose presentations on mind-body healing have captivated audiences in universities, medical facilities and related conferences around the world. Whether addressing physicians, students or the general public, Dr. Darby earns the respect and admiration of every audience with her astounding research findings and warm disposition. She is an internationally recognized figure in the field of psychoneuroimmunology.

In the arena of performance enhancement, she has worked with athletes who later won world and national championships and Olympic medals. Her clients range from Fortune 500 company presidents to NCAA champions. She hosted the Phoenix-based radio show "Optimal Health with Dr. Darby", featuring a lineup of guest speakers that included Dr. Bernie Siegel (author of "Love, Medicine & Miracles"), Dr. Norm Shealy (world-renowned expert in pain control), John Gray, Ph.D. (author of "Men are from Mars, Women are from Venus"), and Dr. Joan Borysenko (author of "Minding the Body, Mending the Mind").

Today Dr. Darby is in private practice in Gainesville, Florida, where she specializes in health related issues, treating recovering cancer patients and other immune system related disorders with remarkable success. She is also employed as a psychologist at the University of Florida and is an affiliate member in the Department of Counseling Psychology.



Meeting Information

Date

Tuesday, December 9, 2014

Location

Meeting room near Albert's in the UF Hilton, 1714 SW 34th Street, Gainesville, FL

Times (all PM)

Registration: 5:10 - 5:45
Dinner: 5:45 - 6:45
Presentation: 7:00 - 7:45

Cost

Presentations are no charge for Chapter members; \$5 for guests (cash or checks only please).

RSVP

Reservations help us obtain a meeting area with adequate seating and staffing. To RSVP, please send an email to:

reserve@aitp-ncfl.org

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