

PROGRAM

2nd International Psycho- immunology & Psychobiology Research Symposium

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

April 3-4, 2021

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

Saturday, April 3 2021

PST	Topic	Presenter
8-8:10am (17:00 CET)	Welcome and logistics	Shayne McKenzie, CEO
8:10-8:30	Our journey to date - and beyond	Shayne McKenzie, CEO
8:30-9:00am	Epigenetics of trauma: how psychobiology is providing a new paradigm to trauma healing	Celine Guerin, PhD
9-9:30am (18:00 CET)	Designing psycho-immunology treatments using trauma epigenetics	Grant McFetridge, PhD
9:30-10am	Interoception: The science of how we feel	Joy Nauman, ND
10-10:30am (19:00 CET)	Study: using Peak States therapy as Schematherapy intervention	Daniel Zeiss, MD
10:30-11am	The pathogen causing Kundalini symptoms	Mary Pellicer MD, Julien Roux
11-11:30am 20:00 CET	Dietary and holistic strategies to achieve peak brain performance	Prof. Brant Cortright PhD
11:30-12:00	Peak performance and sports	Nicolai Hassing
12:00-12:30 (21:00 CET)	Treating pain using psychobiology	Kirsten Lykkegaard DVM, PhD
12:30-1pm	"A mother's journey through the research process for a potential autism treatment"	S.McKenzie interviewing Sonia Walcott

Sunday, April 4 2021

PST	Topic	Presenter
8-8:10am (17:00 CET)	Welcome and logistics, day 2	Shayne McKenzie, CEO
8:10-8:30	A psycho-immunology approach for tension headaches	Shayne McKenzie, CEO
8:30-9:00am	Easy ways to access peak experiences and peak states in modern life	Gilli Moorhawk, MA
9-9:30am (18:00 CET)	The subcellular psychobiology of type 1 diabetes and the implications for treatment	Mary Pellicer, MD
9:30-10am	Developing a psycho-immunology treatment for Covid-19	Grant McFetridge PhD
10-10:30am (19:00 CET)	A psycho-immunology approach to smoking addiction	Gaetan Klein Julien Roux
10:30-11am	Interview with a treated Asperger's client	Lorenza Menaghini w Ritte Ellyton
11-11:30am (20:00 CET)	Lyme disease research and case studies	Shayne McKenzie, CEO
11:30-12:00	Paradox and catastrophe as milestones in research	Michael St. John
12:00-12:30 (21:00 CET)	A presenters roundtable with public questions	All
12:30pm-1pm	A presenters roundtable with public questions (cont)	All

Our journey to date - and beyond

- Time: **Saturday, 8:10am PST (17:00 CET)**
- Presenter: Shayne McKenzie, CEO
- **Description:** The core purpose for The Institute for the Study of Peak States is to find new ways to heal humanity. This presentation will outline some of the key research breakthroughs in the 22 year history of the Institute and the research goals for the future given our current psycho-immunology framework.
- **Bio:** Shayne McKenzie is the CEO, Clinic Director and Certified Trainer for the Institute for the Study of Peak States. He was trained by the Institute in 2008. He has helped clients permanently eliminate issues such as Lyme disease, Aspergers Syndrome, depression, chronic pain, traumatic brain injury symptoms, relationship issues and emotional upsets, as well as helping many clients gain new states of consciousness, regain lost peak states™, or make brief peak experiences into permanent peak states™. His research interests include type 1 diabetes, autism and the Beauty Way and Optimal Relationship peak states.
- Website: <https://www.peakstates.com/projects.html>



Epigenetics of trauma: how psychobiology is providing a new paradigm to trauma healing

- Time: **Saturday, 8:30 am PST (17:30 CET)**
- Presenter: Celine Guerin, PhD
- **Description:** In her talk, she is presenting the epigenetic mechanisms of trauma according to the actual biology understanding and how the model of psychobiology developed by ISPS is providing a new paradigm to trauma healing. This is an introduction of ISPS discoveries about the relationship between trauma and emotions; how biology and psychology are deeply connected. It's not only that emotions can influence our biology but more about how consciousness can change our emotions by unblocking metabolic pathways in our cells. It will give you a new vision of PTSD origins and what makes a person more or less resilient. More largely, it will give you an idea about the reason why you feel the way you feel and how our technics can make you feel better in a short time but for a long time.
- **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>



Designing psycho-immunology treatments using trauma epigenetics

- Time: **Saturday, 9:00 am PST (18:00 CET)**
- Presenter: Grant McFetridge, PhD
- **Description:** Currently, one of the biggest problems in the field of psycho-immunology is in moving theory into practical applications. In this talk, we'll describe a fundamentally new way to view the infection process, which allows the development of entirely new techniques to treat infection and immunization. This approach uses trauma techniques to find and release epigenetically inhibited genes that affect immunity to individual pathogens.
- **Bio:** Grant McFetridge originally worked in electrical engineering R&D as a consultant and adjunct faculty in California. He then earned a PhD in psychology to look at why people get sick applying his engineer mind set. 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



Interoception: the science of how we feel

- Time: **Saturday, 9:30am PST (18:30 CET)**
- Presenter: Joy Nauman, ND
- **Description:** In this presentation, we will discuss the science of how we perceive sensations from inside the body related to internal organ function such as heartbeat, thirst, satiety, as well as the nervous system activity related to emotions.
- **Bio:** Dr. Joy Nauman is a naturopathic doctor, midwife and researcher practicing primary care medicine in Yakima, WA. She recently completed the ISPS therapist training and is working with Dr. Mary Pellicer on the Applied Research team at ISPS.
- Website: www.drjoynauman.com



Study: Using Peak States Therapy as Schematherapy intervention

- Time: **Saturday, 10am PST (19:00 CET)**
- Presenter: Dr. Daniel Zeiss, MD
- **Description:** Presenting the design of a study to find a new set of interventions which can be used by Schema therapists to help their patients resolve their schemas quickly. Schema therapy offers excellent diagnostic tools and Peak States therapy allows to resolve trauma sustainably and without the pain of re-traumatisation. Schema therapy is a recently developed type of therapy combining elements of different psychotherapy modalities, and emotion-focused humanistic therapies - like Gestalt therapy. Peak States therapy is a trauma healing and psycho-immunologic diagnostic and treatment modality offering cutting edge interventions to sustainably resolve trauma. It also explores therapeutic approaches to somatic diseases.
- **Bio:** Daniel started his career as a medical doctor with a specialization in occupational medicine, medical informatics, and nutrition. He has worked for 10 years in the international reinsurance and health-insurance business, managed global projects, and headed a department for health management. He now works as a medical doctor in a psychiatric hospital, personal development coach, health researcher, and speaker. He thrives on helping people resolving problems they may have been struggling with their whole life.
- Website: www.danielzeiss.com



The pathogen causing Kundalini symptoms

- Time: **Saturday, 10:30 am PST (19:30 CET)**
- Presenter: Mary Pellicer, MD and Julien Roux
- **Description:** The term kundalini is a term used to refer to various phenomenon. In his book, Subcellular Psychobiology, Dr. Grant McFetridge writes about the kundalini phenomenon as one cause of spiritual emergency that is problematic for many people. This presentation explores what we have learned about this phenomenon and a pathogen that appears to be related to many of the symptoms of what is sometimes called kundalini syndrome.
- **1st 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 Medical Director for 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>



The pathogen causing Kundalini symptoms (pg. 2)

- **2nd bio:** Julien Roux is a certified trauma and Peak States therapist, researcher, and someone who has always been passionate about finding new ways to heal humanity and find solutions to people's issues. He was trained by the Institute in 2018. He has helped many clients eliminate issues in relation to self-image - self-esteem, emotional and psychological blockages, feeling stuck on their life/project, stress related issues and helped people get into a permanent Inner Peace peak state of consciousness and Silent Mind state.

His research interests include Kundalini, smoking addiction, anxiety, HIV, blockage to fundamental changes, pushing the frontier of what we know and can achieve (about human consciousness and our own potential), the Minimal Sleep State and the Beauty Way peak state.

- Website: <http://www.libretheureux.ca>



Dietary and Holistic Strategies to Achieve Peak Brain Performance

- Time: **Saturday, 11am PST (20:00 CET)**
- Presenter: Professor Brandt Cortright, PhD
- **Description:** No one escapes the neurotoxic assault on the brain that living in today's world entails. This brain weakening results in symptoms such as anxiety, depression, and cognitive decline, with many people only experiencing sub-clinical symptoms such as brain fog or less energy. A holistic approach to heal and strengthen the brain and self results in a level of vitality and cognitive enhancement that our ancestors could only dream of.
- **Bio:** Brant Cortright, Ph.D., is the author of the Amazon #1 bestseller: *Holistic Healing for Anxiety, Depression, and Cognitive Decline*. He is professor emeritus with the California Institute of Integral Studies. Dr. Cortright is a licensed clinical psychologist with a private practice in San Francisco. He also has an online coaching and consultation practice focused on brain health, anxiety, and depression. He is the author of three previous books, *The Neurogenesis Diet and Lifestyle* (#1 Amazon international bestseller), *Psychotherapy and Spirit* and *Integral Psychology: Yoga, Growth and Opening the Heart* (published by SUNY Press.)
- Website: <http://brantcortright.com>
- Facebook: www.facebook.com
- Twitter: <https://twitter.com/brantcortright>



Peak performance and sports

- Time: **Saturday, 11:30am PST (20:30 CET)**
- Presenter: Nicolai Hassing
- **Description:** In this lecture I will be covering:
 - Goal Setting, achieving goals and the Life Path Process(TM)
 - Peak Performance using Peak State techniques (PE to PS)
 - Injuries
 - What are the potentials- and what are the limitations using ISPS techniques?
 - Q and A
- **Bio:** Nicolai, 36. Licensed therapist since 2015 and a professional educator in psychiatry. I have just recently started working in sports.
- Website: <http://www.psykobiologi.dk>



Treating pain using psychobiology

- Time: **Saturday, 12pm PST (21:00 CET)**
- Presenter: Kirsten Lykkegaard, DVM, PhD
- **Description:** Starting with a review of classical pain physiology, we'll look at what a psychobiology model can add to treatment efficacy, speed, and range. We will take a practical approach to look at the different causes of pain and their treatment when using an epigenetic trauma approach. We'll also cover pathogen caused pain, such as Lyme disease as well as others.
- **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/>



"A mother's journey through the research process for a potential autism treatment"

- Time: **Saturday, 12:30pm PST (21:30 CET)**
- **Presenter:** Sonia Walcott will be interviewed by Shayne McKenzie
- **Description:** Starting back in 2009, Sonia and her daughter were research subjects in attempts to find an effective psychobiology treatment for her daughter's autism. Sonia will be talking about the ups and downs of this research, the before and after behaviors of her daughter, and her progress since the beginning of treatment.
- **Bio:** Mother of 3 daughters, Sonia lives in Sydney Australia. Her day job is in corporate sales, and she is a certified trauma therapist.



A psycho-immunology approach for tension headaches

- Time: **Sunday, 8:10am PST (17:10 CET)**
- Presenter: Shayne McKenzie, CEO
- **Description:** A tension headache feels like a tight band around your head. They are considered to be the most common type of headaches yet the cause of these headaches is not clearly understood. While there are likely to be many different causes, one cause that we have identified at the Institute for the Study of Peak States is due to a “viral net” that gives the sensation of squeezing around the head. This presentation will describe the results from a recent research process using our psycho-immunology approach that appears to permanently eliminate this cause.
- **Bio:** Shayne McKenzie is the CEO, Clinic Director and Certified Trainer for the Institute for the Study of Peak States. He was trained by the Institute in 2008. He has helped clients permanently eliminate issues such as Lyme disease, Aspergers Syndrome, depression, chronic pain, traumatic brain injury symptoms, relationship issues and emotional upsets. His research interests include type 1 diabetes, autism and the Beauty Way and Optimal Relationship peak states.
- Website: <https://www.peakstates.com/psychoimmunology.html>



Easy ways to access peak experiences and peak states in modern life

- Time: **Sunday, 8:30am PST (17:30 CET)**
- Presenter: Gilli Moorhawk, MA
- **Description:** It seems to be part of the human condition to search for better emotions, peak experiences and peak states. Indeed some researchers suggest that the mythical 'lost-paradise' discussed in so many religions and ancient cultures, is not an external location, but an internal state of consciousness. Yet how do we find these better states? For people in normal consciousness moments of peace, happiness and ecstasy only occasionally arrive and depart soon after. My presentation details several accessible ways to shift into peak experiences and in some cases peak states.
- **Bio:** Gilli Moorhawk MA is a health researcher, author and EFT practitioner with a special interest in infertility and birth trauma and also runs workshops on the 'Benefits of Becoming Embodied'. Gilli's forthcoming book, *Becoming the Sexual Athlete* with Don Dura, will be published later this year.
- Gilli lives in London. Website: <http://www.embodyeft.com>



The subcellular psychobiology of type 1 diabetes and the implications for treatment

- Time: **Sunday, 9:00 am PST (18:00 CET)**
- Presenter: Mary Pellicer, MD
- **Description:** Type 1 diabetes mellitus results from autoimmune destruction of the insulin-producing beta cells in the pancreas. Though much less common than Type 2 diabetes, 40,000 people in the US are diagnosed with Type 1 diabetes each year and will need lifelong treatment with insulin. The research team at the Institute for the Study of Peak States has been researching Type 1 diabetes for the past 10 years. This presentation will review our current state of knowledge of the subcellular psychobiology of Type 1 diabetes and the potential implications for developing a treatment.
- **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 Medical Director for 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>



Developing a psycho-immunology treatment for Covid-19

- Time: **Sunday, 9:30am PST 18:30 CET)**
- Presenter: Grant McFetridge, PhD
- **Description:** When the coronavirus hit last year, we dropped all our research projects and started working on a psycho-immunology approach to treating the covid symptoms and hopefully giving coronavirus immunity. This project turned out to be far harder than we expected! This talk will cover our setbacks and successes, the fascinating biology we uncovered, and our current treatment approach and results.
- **Bio:** Grant McFetridge originally worked in electrical engineering R&D as a consultant and adjunct faculty in California. He then earned a PhD in psychology to look at why people get sick applying his engineer mind set. 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



A psycho-immunology approach to smoking addiction

- Time: **Sunday, 10:00am PST (19:00 CET)**
- Presenters: Gaëtan Klein & Julien Roux
- **Description:** Smoking tobacco is an important health issue, being a strong factor of heart diseases, pulmonary diseases and cancers, leading to million of death worldwide. Unfortunately, neuro-biological models of addiction are not satisfactory and fail to lead to practical method to completely eliminate the addiction. Using a totally new approach, subcellular psycho-biology, a team of researchers applied themselves to understanding the root cause of smoking addiction and designing a treatment, in quest for a cure for this addiction. In this presentation you will learn about our important discovery and the current state of research, and why we might have found what we were looking for.
- **1st bio:** Gaëtan Klein has helped over 2,500 people quit smoking using hypnotherapy, NLP and EFT, trained therapists and wrote a book on how to stop smoking without gaining weight or suffering from craving. Having a successful practice in Paris and internationally with a high success rate was however not enough to satisfy his personal quest of a thorough understanding of why people smoke exactly, and searching for the best possible method to eradicate this problem. As a researcher at the ISPS, he will give you a peak insight of the current state of research and an enthusiastic perspective on future treatments.
- Website link: <http://www.gaetanklein.com>



A psycho-immunology approach to smoking addiction (pg. 2)

- **2nd bio:** Julien Roux is a certified trauma and Peak States therapist, researcher, and someone who has always been passionate about finding new ways to heal humanity and find solutions to people's issues. He was trained by the Institute in 2018. He has helped many clients eliminate issues in relation to self-image - self-esteem, emotional and psychological blockages, feeling stuck on their life/project, stress related issues and helped people get into a permanent Inner Peace peak state of consciousness and Silent Mind state.

His research interests include Kundalini, smoking addiction, anxiety, HIV, blockage to fundamental changes, pushing the frontier of what we know and can achieve (about human consciousness and our own potential), the Minimal Sleep State and the Beauty Way peak state.

- Website link: www.libretheureux.ca



Interview with a treated Asperger's client

- Time: **Sunday, 10:30 am PST (19:30 CET)**
- Presenter: Lorenza Meneghini
- **Description:** Lorenza will interview Ritte Ellyton, an ISPS student, who had the markers that our process could resolve. This interview will explain how people may feel having this issue and how to recognise it even without a medical diagnosis for it, which issues our process addresses and the benefits one could have after completing it.
- **Bio:** Lorenza is an Italian Australian therapist and has been part of the Institute since 2011 and is also part of the clinic staff. She has a background in EFT, Family Constellations and Mindfulness. She is the artist of many of the drawings of the most recent ISPS books. As an English teacher for kids and young adults with learning difficulties and dyslexia, she is finding creative and playful ways to address the causes of those difficulties. Her drive is to support people in their own journey to be better beings and to truly enjoy who we really are. Self development is her most favorite playground. Above all, she is a happy wife of an Argentinian boy, a cat lover and a self-taught gardener.
- Website link: www.lorenzameneghini.it



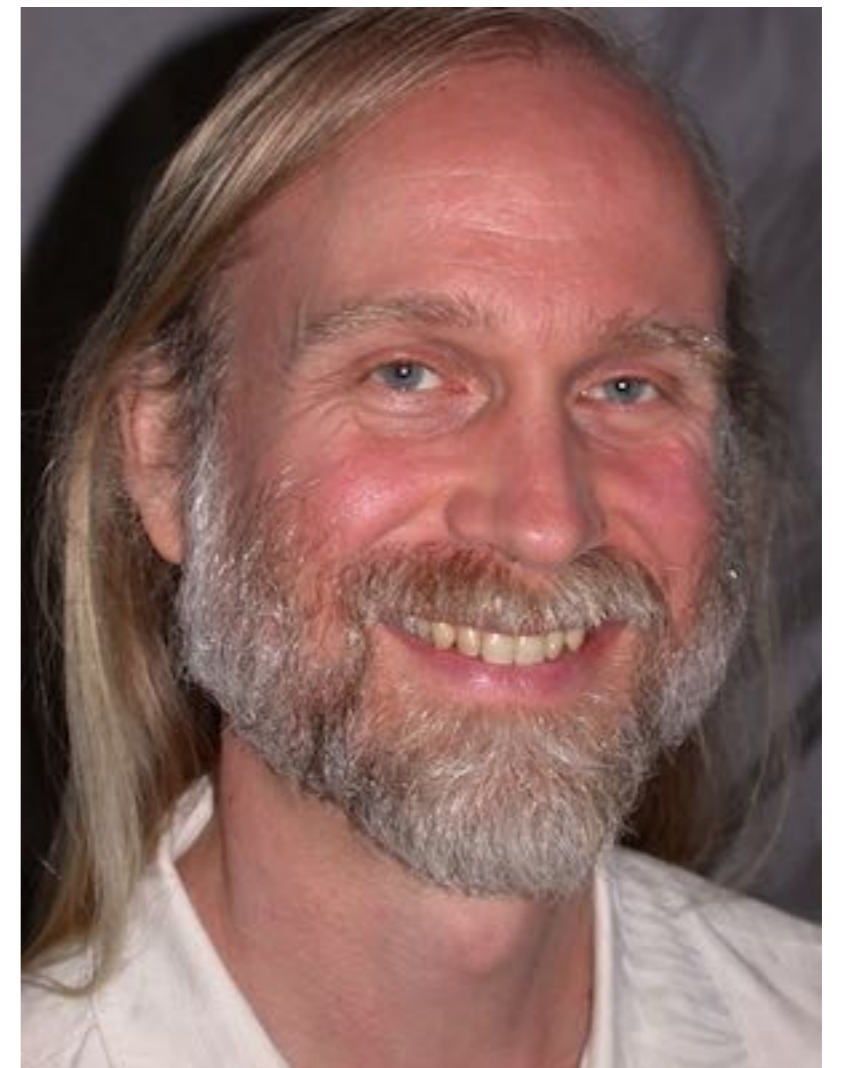
Lyme disease research and case studies

- Time: **Sunday, 11:00am PST (20:00 CET)**
- Presenter: Shayne McKenzie, CEO
- **Description:** While it is believed that the Lyme disease bacteria has existed for 60,000, it was only 45 years ago that the disease was described in Lyme, Connecticut. Sufferers of Lyme disease experience symptoms such as chronic joint pain and inflammation, fatigue, and brain fog. Antibiotics are the common treatment but this is not always effective. The Institute for the Study of Peak States has been researching a potential treatment for Lyme disease for over 4 years. During that time, 5 different treatments have been tested based on the most recent research framework we had at that time. This has resulted in a treatment that appears to be safe, effective, permanent and efficient. Several case studies will be presented to demonstrate the changes that have resulted with clients who have suffered from Lyme disease symptoms.
- **Bio:** Shayne McKenzie is the CEO, Clinic Director and Certified Trainer for the Institute for the Study of Peak States. He was trained by the Institute in 2008. He has helped clients permanently eliminate issues such as Lyme disease, Aspergers Syndrome, depression, chronic pain, traumatic brain injury symptoms, relationship issues and emotional upsets. His research interests include type 1 diabetes, autism and the Beauty Way and Optimal Relationship peak states.
- Website: <https://www.peakstatesclinics.com/lyme.html>



Catastrophe and paradox as milestones in research

- Time: **Sunday, 11:30am PST (20:00 CET)**
- Presenter: Michael St. John
- **Description:** A candid look at the conceptual challenges that arise when research bumps or crashes into the limits of current understanding, and how to overcome those challenges instead of desperately defending established dogma. Historic and current examples outside and within biology, along with a few aphorisms are used to illustrate what can happen, and to stimulate a deeper understanding.
- **Bio:** Michael first got acquainted with the Institute's work in August of 2004, completed the Trauma Therapist training in 2020, and is working toward certification. While his formal background is in the physical sciences and engineering, he's taken in informally much of the life and psycho-social sciences, and has studied the history of science. For the past 4 years he has offered his services by word of mouth advertising on a pay for results basis to those who can afford to pay. So far, he has seen about a 90% success rate since incorporating ISPS and similar techniques.
- Website:



A presenters roundtable with public questions

- Time: **Sunday, 12:00-1:00pm PST
(21:00-22:00 CET)**
- Presenters: All presenters
(moderated by Shayne McKenzie)
- Description: We will be using the zoom room to chat about our work and any questions we had for each other. Hopefully much of our time will be spent answering questions from the audience.
- Website: www.PeakStates.com

