

Keynote:

The True Temperature Check: Our Baseline for Integrative Mind, Body, and Spirit Health

Saturday, March 23, 12:30PM – 1:30PM EST

KEYNOTE DESCRIPTION

In this presentation, Dr. Baudino will introduce the concept of the True Temperature Check, a framework for understanding our current state of being by considering our mind, body, and spirit. She will explain how this framework can be used to support overall well-being and mental health.

Dr. Baudino will share her insights on Body Knowledge, using the playful acronyms FEVER and DANCE to explore practical tools and strategies that can be used in dance/movement therapy. These tools can help individuals improve their mental, emotional, physical, and social well-being.

LEARNING OBJECTIVES

1. To identify the difference between mental, body, and soul temperature.
2. To learn and understand the acronym F.E.V.E.R and D.A.N.C.E .
3. To understand the True Temperature Check framework through the mind-body-spirit connection.

CONTINUING EDUCATION

1.0 ADTA CE; 1.0 NBCC CE; 1.0 NY LCAT CE

KEYNOTE SPEAKER INFORMATION



Dr. Lori Baudino, PsyD, BC-DMT has been a practicing clinician for over 20 years. Her professional work fuses integrative health into hospital care, private practice, parent education, academic teaching, and global outreach. Dr. Baudino's work is grounded in the belief that the mind, body, and spirit are interconnected. She uses an embodied methodology to support social, emotional, physical, and cognitive health, which promotes greater awareness and connection. Dr. Baudino is a leading advocate for integrating movement and body awareness into psychotherapeutic practice. Her work is helping to change the way we think about health and healing, and she is inspiring people all over the world to celebrate and move together!