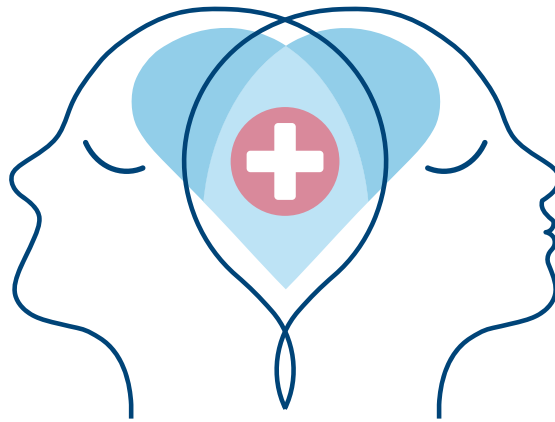




EDS ECHO SUMMIT

Mental Health

AGENDA



SATURDAY, NOVEMBER 1, 2025

SATURDAY NOVEMBER 1

TIME (EST):	SESSION & PRESENTATION:	SPEAKER(S):
08:45-09:00	Webinar opens	
09:00-09:10	Welcome & Housekeeping	Lara Bloom
09:10-09:20	Why This Matters: Centering Mental Health in the EDS and HSD Journey	Sarah Hamilton
Session 1: THE HIDDEN WEIGHT - MENTAL HEALTH REALITIES IN EDS & HSD - Chair: Dr. Helen Cohen		
09:20-09:40	Trauma and Mistrust in the Clinic Visit	Dr. Colin Halverson
09:40-10:00	The Mind-Body Connection: How Stress Can Amplify Pain	Dr. Linda Bluestein
10:00-10:20	The Cognitive Cost of Chronic Illness	Dr. Helen Cohen
10:20-10:40	Community Voice: Dealing with Flare-Ups and Injury	Beth McKenzie
10:40-11:00	Q&A	
11:00-11:15	BREAK	
Session 2: BEYOND THE DIAGNOSIS - IDENTITY AND BELONGING - Chair: Mars Lombardi		
11:15-11:35	More Than a Patient: Navigating Identity, Emotions, and Health Care with Chronic Health Conditions	Dr. Mars
11:35-11:55	Intersectional Struggles: EDS in Trans, Gender Non-Conforming and Intersex Communities	Mars Lombardi
11:55-12:15	Breaking the Silence: Men’s Mental Health & Societal Pressure	Domenik Pasquale
12:15-12:35	12:15-12:35	Dr. Akilah Cadet
12:35-12:55	Q&A	
12:55-13:30	BREAK	



SESSION



COMMUNITY VOICE



BREAK



Q&A

PLEASE NOTE: SINCE THIS IS A LIVE EVENT, TIMES ARE APPROXIMATE & ARE SUBJECT TO CHANGE.
IF YOU MISS ANYTHING LIVE, YOU CAN CATCH UP BY WATCHING THE RECORDINGS BACK.

SATURDAY NOVEMBER 1

TIME (EST):	SESSION & PRESENTATION:	SPEAKER(S):
Session 3: WIRED DIFFERENTLY: NEURODIVERGENCE AND EDS & HSD - Chair: Dr. Chad Shepherd		
13:30-13:50	The Intersection of Neurodivergence and EDS	Bianca Comfort
13:50-14:10	The Anxiety Loop	Dr. Jessica Eccles
14:10-14:30	It's Never Too Late: Bodies, Brains & Burnout - A Personal Story	Jane Green MBE
14:30-14:50	Managing PTSD: Coping, Healing, Thriving	Dr. Chad Shepherd
14:50-15:10	Living with Autism and EDS	Sarah Clark
15:10-15:30	Q&A	
15:30-15:45	BREAK	
Session 4: CREATIVE RECOVERY THROUGH MOVEMENT AND MUSIC - Chair: Sarah Hamilton		
15:45-16:05	Mindful Dance	Stacia Barrett
16:05-16:25	Music as Healing	Ann Britt
16:25-16:45	Moving into Joy: Hobbies for Stress Relief, Strength and Energy Renewal	Kim Goodrich
16:45-17:15	Mindfulness in Motion: Building Inner Strength Through Adaptive Yoga	Deborah Vick
17:15-17:30	Q&A	
17:30	END	



SESSION



COMMUNITY VOICE



BREAK



Q&A

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SATURDAY NOVEMBER 1

TIME (EST):	SESSION & PRESENTATION:	SPEAKER(S):
Self-Help For Kids in Pain Workshop		
11:00-11:15	Workshop Opens	
11:15-11:30	Imagery Activities	Lonnie Zeltzer
11:30-11:45	Yoga Breathing Techniques	Lonnie Zeltzer
11:45-12:00	Focal Self-Acupressure Points	Sara Ptasnik
12:00-12:15	Mindful Body Movement	Sabine Combrie
12:15-12:30	Mindful Body Scan	Lonnie Zeltzer
12:30-12:35	What Can You Find at CHYP	Alisha Jean-Denis
12:35	END	



SESSION



COMMUNITY VOICE



BREAK



Q&A

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In support of improving patient care, this activity has been planned and implemented by the Ehlers-Danlos Society and Project ECHO. Project ECHO® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



AMA Designation Statement

Project ECHO® designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement

Project ECHO®, in compliance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, requires that anyone who is in a position to control the content of an educational activity disclose all relevant financial relationships they have had within the last 24 months with an ineligible company.

None of the planners and presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Lara Bloom, Dr. Alan Hakim, Stacey Simmonds, Faye Moran, Nagat Abduljalil, Stacia Barrett, Linda Bluestein, Ann Britt, Akilah Cadet, Sarah Clark, Helen Cohen, Bianca Comfort, Jessica Eccles, Jane Green, Colin Halverson, Sarah Hamilton, Mars Lombardi, Beth McKenzie, Domenik Pasquale, Chad Shepherd, Deborah Vick.

The following planners / presenters listed below have disclosed that they have a relevant financial relationship with an ineligible company.

Name	Nature of Relationship	Name of Ineligible Company
Kim Goodrich	Independent Contractor	Isagenix International
Marisa Bergfield	Employee	Brown University Health

All of the relevant financial relationships listed for these individuals have been mitigated.