Heartland2000
Men's Conference

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Heartland 2000 Men's Conference

Keynote Speakers and Workshop Leaders

Keynote Speakers

John Lee

Author of the bestselling **Flying Boy: Healing the Wounded Man** & **Facing the Fire: Experiencing and Expressing Anger Appropriately** & the soon to be published (Jan. 2001) **How to Grow Yourself Back Up: Understanding Emotional Regression.**

John has recently appeared on **20/20** and the **Barbara Walters Show**. He has also been seen on **Oprah** and **PBS**.
He is an expert on helping people express emotions in ways that heal. His wisdom and humor go straight to the heart of his listeners.

Robert Bly

Author of **Iron John**, **The Sibling Society**, **Light Around the Body, The Maiden King** (with Marion Woodman).

The renowned poet, storyteller, translator, and worldwide lecturer who provided the impetus for a revaluing of the masculine experience. His poetry has won many awards, incuding the **National Book Award**.

Robert Moore

Co-author of **The King, Warrior, Magician, Lover Within** series

Dr. Moore is a Jungian psychoanalyst and senior professor of psychology and spirituality at the **Chicago Theological Seminary.**He is the founder of **The Institute for World Spirituality.** His theory of masculinity has established him as one of the foremost theoreticians of the international men's movement.

Bill Kauth

Author of **A Circle of Men: The Original Manual for Men's Support Groups**

Co-founder of the **New Warrior Training Adventure of The ManKind Project** , the **Inner King Training** and most recently the **Warrior Monk Training-Retreat.**

Marshall Rosenberg

Author of **Nonviolent Communication : A Language of Compassion**

Founder and director of educational services for the **Center for Nonviolent Communication**, an international, non-profit organization whose mission is to create a global educational program to teach the skills people need to live peacefully and gain access to the resources necessary to sustain life.

Marshall and his trainers teach nonviolent communication on four continents.

Swami Beyondananda

Author of **Duck Soup for the Soul: The Way of Living Louder & Laughing Longer.** Also **Driving Your Own Karma,** and the audiotapes, **The Yogi from Muscogee, Enlightening Strikes Again, and Don't Squeeze the Shaman.**

The Swami is the brainchild and altered ego of writer/humorist Steve Bhaerman. Steve, who spent his deformative years in Brooklyn, travels the U.S, performing as the Swami and presenting workshops on the healing power of humor. His monthly syndicated column "Ask the Swami" is read by millions, and has been described as "wisdom disguised as comedy" and "comedy disguised as wisdom".

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John Lee

John Lee's Website

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Robert Bly

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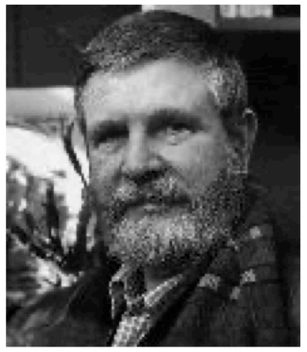
Robert Moore



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Bill Kauth

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Heartland2000
Men's Conference

Marshall Rosenberg, PhD

Website for Center for NonViolent Communication

Writings by Dr. Rosenberg: Compassionate Communication

Latest book by Dr. Rosenberg: Nonviolent Communication--A Language of Compassion

Contact Dr. Rosenberg at
Marshall_Rosenberg@compuserve.com

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Swami Beyondananda
aka Steve Bhaerman

See the Swami's website at **SwamiBeyondananda**

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Workshop Presenters

JEFF BELDEN, M. D. is a family practice physician with the group Family Health Care in Columbia, MO. Jeff has special interests in geriatrics, chronic pain, headaches, spirituality in medicine and in promoting physician well-being and self-care. Jeff is the website developer and webmaster for the Heartland Men's Conference.

MICHAEL BROWN, N.M.D. is a naturopathic physician who practices in Kansas City, MO

MICHAEL DIBENEDETTO, LPC is a therapist in private practice in Columbia, MO and a Certified Model Mugging instructor. He will display the Model Mugging Program at an information table. Michael is the author of *Heart's Calling*, a book about a son becoming his own man.

ERIC EVERETT, R.Ph.,FIACP, is a pharmacist and certified clinical nutritionist. He is co-owner of O'Brien Pharmacy and the Kansas City MO Holistic Centre, specializing in alternative care and custom prescription. He is an adjunct faculty member at the UMKC School of Pharmacy.

CHRIS FREY, LCSW is a psychotherapist, retreat leader and poet from St. Louis, MO. A recognized men's work leader in the Midwest, Chris is the author of three books including Men at Work: An Action Guide to Masculine Healing.

LOUISE FLENNER, ACSW, LCSW is a social worker, therapist and one of the creators of Complementary Therapies of Columbia, MO. Her practice specializes in using hypnosis, tai chi, expressive therapy, meditation, relaxation training as well as traditional counseling techniques.

LOU GALLOWAY-ZAPIAIN is a junior high teacher in St. Louis. He and his wife Sylvia teach yoga for couples.

SYLVIA GALLOWAY-ZAPIAIN teaches yoga for couples with her husband , Lou.

JIM HOWARD, LPC is a leader in the St. Louis-Columbia Men's Community. He is a Licensed Professional Counselor with extensive experience in experiential healing, addictions, men's issues and codependency. Jim is a frequent presenter to professional and lay audiences.

SKY JIMENEZ, M.S. is a counselor of young children in Columbia, MO. Of Okla-Chickasaw heritage, Sky is a student of the Anisanabe Peace Shield.

PATRICK KANE, LCSW, DCSW is a therapist in private practice in Columbia, MO who provides counseling and psychotherapy for men, women, couples, families and groups. Currently facilitating men's empowerment groups and retreats, Patrick also provides couples retreats and group consultation with his wife Pam Mauch, a psychologist. Patrick is an Adjunct Professor at The School of Social Work, Univ. MO.

KAREN KAUPANGER, is a Nationally Certified Massage Therapist and Certified Touch for Health Instructor. Karen is the owner of The Swedish Massage Centre and has been in practice since 1978.

LARRY KREUGER, Ph.D. is a Professor of Social Work at the University of Missouri School of Social Work. One of Larry's major interests is how hypertechnology effects social functioning and face to face relationships at home and at work.

MANDY MANDERINO, Ph.D. is a psychologist in private practice at the Center for Family and Individual Counseling in Columbia, MO.

JOHN MARKOVITZ, a nurse practitioner at the Veterans Hospital in Columbia, MO, has been having fun playing drums for the past 25 years. He has performed locally with the percussion ensemble Universal Drum Appeal.

PAM MAUCH, Ph.D. is a psychologist in private practice in Columbia, MO who works with individuals, couples and groups. Since 1975 she has been a therapist and trainer focusing on women's issues including stopping violence against women, women's wellness and empowerment issues. With her husband social worker-therapist Patrick Kane, Pam also provides couples retreats and group consultations.

DAN MCKEE of St. Louis is a co-leader of the Warrior Monk Training Intensive. He is involved in community building, multi-cultural projects and he has practiced personal healing and awareness work for 20 years.

WILEY MILLER, Ph.D. is a psychologist and Coordinator of the Stress Management and Biofeedback Clinic at the University of MO Counseling Center. He is also in private practice in Columbia.

JOSEPH MONTIE,M.D. is a Urologist in Columbia MO. and a frequent presenter on men's health issues.

TOM MUENKS is a member of the ManKind Project since 1994 and a facilitator of men's integration groups.

DENNIS NICELY is active in the St. Louis center of the ManKind Project. He is editor of their newsletter.

RICHARD SANDERSON has been involved in the Boy Scouts for 53 years. For over 27 years he has been a scoutmaster. His passion for Scouting has brought him regional and national awards including the Silver Beaver. He has pioneered the use of Scout Troops with boys in detention and residential treatment.He will display these programs at the Heartland.

MARY SCHANUEL is a leader in the Woman Within community in St. Louis, frequently leading workshops with her husband , Tony.

TONY SCHNAUEL is a leader in the St. Louis ManKind Project community, frequently leading workshops with his wife , Mary. He is a free lance photographer.

ED SMITH is a certified co-leader for the New Warrior Training Adventure of the ManKind Project and a men's work leader in Indianapolis, Indiana.

LEE ANN STAMM, D.C. is a chiropractor, healer and spiritual leader of the Cedar Grove Life Center (in the Kansas City area) where she offers multiple methods of healing for mind and body.

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Heartland2000
Men's Conference

Location

November 11, 12, 2000
Pre-Conference Event: November 10

Ramada Inn Conference Center
1100 Vandiver Dr
I-70 and Rte 763 Blvd
Columbia, MO

The Heartland Men's Conference will be held in Columbia, Missouri at the Ramada Inn Conference Center. Ramada Inn is at the I-70 and US Route 763 intersection, convenient to both Kansas City and St. Louis Airports.

For our map to Ramada Inn Conference Center...

YAHOO! Maps

The Robert Bly Poetry Reading, **An Evening with Robert Bly,** will be on the University of Missouri - Columbia campus in the Middlebush Hall Auditorium on the corner of 9th Street and University Avenue.

For details of parking and travel directions for Bly poetry reading...

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Heartland2000
Men's Conference

An Evening with Robert Bly

November 12, 2000
8:00 to 10:00 P.M.

Middlebush Hall Auditorium
University of Missouri - Columbia

Ticket prices
$15 general admission
$10 for Heartland registrants
$10 for students with ID

Tickets may be purchased

- at Tiger Tales Book Store in the Rockbridge Shopping Center in Columbia, MO
- or by phoning Patrick Kane at 573/449-0120
- or they may be purchased at the door beginning at 7pm the night of the event.

An Evening With Robert Bly is co-sponsored by the Heartland Men's Conference and the Unversity of Missouri Women's Center.

Location of
An Evening with Robert Bly

Middlebush Hall is on the corner of 9th Street and University Avenue.

Take Rt 763 from the Ramada Inn Conference Center south to Business Loop 70 and turn Left (East). Go to College Avenue and turn Right (North). Go 4 traffic lights to University Avenue and turn Right (West). Parking is available in the Hitt Street Parking Structure (turn Right off University Ave onto Hitt St).

Follow the links below to see maps to the Middlebush Hall Auditorium.

Map of Central Columbia to Middlebush

Map of Middlebush Hall area (shows parking garage and Middlebush Hall)

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Travel

Columbia Regional Airport
Airport Shuttles to Kansas City and St. Louis

Columbia Regional Airport

Columbia is accessible by air from St. Louis or Kansas City, as well as through Columbia Regional Airport. Call your local travel agent or use Travelocity to order airfare online.

Ozark Airlines

Ozark Airlines, headquartered here in Columbia, has nonstop Fairchild 328-300 Jet service from Columbia Regional Airport to Dallas-Fort Worth International Airport and to Chicago Midway.

For reservations:
US: 800.264.3309
Local: 573.449.7000

Airport Shuttles

Those wishing to minimize costs may want to use the local ground shuttle between Columbia and the St. Louis and Kansas City airports.Two companies provide this service.

Tiger Air Express
MoExpresss

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Heartland2000
Men's Conference

Second Heartland Men's Conference

Program
Men's Health: Emotional, Spiritual, Physical
November 11 & 12, 2000

Including
John Lee -
Pre Conference Event, Friday, November 10

Robert Bly
Poetry Reading at University of Missouri campus,
Middlebush Auditorium, Saturday, November 11
8:00 to 10:00 P.M.

Ramada Inn Conference Center
Columbia, MO

Keynote Addresses:

Saturday, Nov. 11

John Lee
On the Mountain of Tears and Laughter

Dr. Robert Moore
Men & Spiritual Health

Dr. Marshall Rosenberg
Nonviolent Communication

Robert Bly
will be a special guest of the Heartland Men's Conference. He will be attending workshops and talking with conference participants. On Saturday evening he will be giving a **Poetry Reading** on the University of Missouri campus. Discount tickets are available to conference registrants.

Sunday, Nov. 12

Swami Beyondananda
Healing Power of Humor

Bill Kauth
Men People Suck: How Psychic Vampires Give Your Life Meaning

Workshops by the Keynote Speakers:

John Lee
Growing Yourself Back Up: Understanding Emotional Regression.
(Based on John's new book to be published Jan. 2001.)

Dr. Robert Moore
Exploring Your Spirituality

Swami Beyondananda
Your Laff Story: How to Write Your Autobiography as a Comedy

Bill Kauth
Tell Me Who You Are: Reality Creation as Mind Healing

Dr. Marshall Rosenberg
Nonviolent Communication Skills Training

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Conference Agenda

Saturday, Nov 11

7:30 am **Registration**
9:00 am **General Session**
Welcome: Patrick Kane

Keynote Address
John Lee
On the Mountain of Tears and Laughter

Robert Moore
Healthy Spirituality for Men

10:30 am **Break**
10:45 am - 12:15 pm **Concurrent Workshops**

A. Tell Me Who You Are: Reality Creation as Mind Healing
Bill Kauth & Dan Mckee

Take a few steps with one of the co-founders of the New Warrior Training Adventure Weekend of the ManKind Project on the "mystical journey" as we examine our individual identities. As we explore who we really are we learn to embrace and hold our deepest values. Tell Me Who You Are the Warrior Monk from Bill and Dan.

B. Intimacy is Good for Your Health (and Soul)
Patrick Kane & Pam Mauch

Creating a healthy partnership that contains empathy, safe conflict, sacred intimacy, humor and ritual is good for the soul...now we know it is good for your health. Join these partners and learn about the skills and practices of intimacy.

C. The Spiritual Lover
Chris Fey & Jim Howard

Of all the characteristics of the mature Lover Archetype, it is the SPIRIT that most defines him. The Lover lives his journey into the spiritual self, spiritual wounding and forgiveness of self and others.

D. Sexual and Prostate Health
Joseph Monke, M.D.

Join Dr. Monke, a Colombia physician , to learn about and discuss these important issues. (For Men Only)

12:20 pm **Lunch**
1:00 pm **General Session**
Keynote Address

Marshall Rosenberg
Nonviolent Communication

1:45 pm **Break**
2:00-3:30 pm **Concurrent Workshops**

A. Exploring Your Spirituality
Robert Moore

Join this powerful guide on a journey to explore your healthy spirituality and make it a driving force for your mission in the world. Robert's theory of Masculine Psyche: King, Warrior, Magician, Lover Within and his writing and teaching has helped empower his lives of service and maturity.

B. Andropause
Eric Everett & Michael Brown

Join Eric (pharmacist, nutritionist) and Michael (naturopathic physician) in learning the latest about andropause...the male counterpart to menopause.

C. Empowering Men's Work for Men Who are Gay
Ed Smith & Dennis Nicely (For Men Only)

Learn and interact with two powerful leaders from the ManKind Project about how doing men's work can empower a gay man to identify with the circle of all men while taking his place as a man who is gay.

D. Touch for Health
Karen Kangsanger

Learn from this certified teacher simple Touch for Health skills to access the body's wisdom and create balance between the conscious (mind) and the unconscious (body). This is an experiential hands on workshop.

3:30 pm **Break**
3:45-5:15 pm **Concurrent Workshops**

A. Nonviolent Communication Skills Training
Marshall Rosenberg

Join this master teacher and learn how to transform potential conflicts into peaceful dialogues, speak your mind without condemning others, and express compassionately using the healing power of empathy.

B. Exploring Chi
Lee Ann Sisman

Explore chi the life force with this chiropractor, healer, and spiritual leader. Learn the differences & similarities of various energy healing arts - qui gong, reiki, etc.

C. *Yoga for Men and Women as Couples*
Lou And Sylvia Galloway-Zapoun

Learn to deepen your relationship with yoga. Please bring clothing.

D. Networking and Connecting Space
Heartland Staff

A place and time to network and connect with old and new friends, face to face planning time for projects and visions etc.

5:15 pm **Break**
5:30-6:30 pm **Concurrent Workshops**

A. Centering
Wiley Miller

Explore and practice several approaches to stress awareness and stress reduction, such as meditation and guided imagery; A chance to learn with a safe guide and a soothing voice.

B. Tai Chi
Louise Fivenor

Movement meditation that helps improve balance and concentration along with producing a relaxation response. Join in and learn a short form of simple relaxing Tai Chi movements.

C. The Art of Breathing & Imagery for Relaxation and Energy
Mendy Mendorino

Listen and learn from a peacefully powerful voice in this group experience. A variety of breathing techniques will be discussed , demonstrated and practiced.

D. A Passion for Drumming
John Markwitz

Bring your drum or percussion instrument and join him in a celebration of rhythm. No experience necessary.

6:30-8:00 **Free Time**

8:00-10:00 **Robert Bly**
Poetry Reading
"An Evening with Robert Bly"
Middlebush Auditorium, University of Missouri

Click here for location, travel directions, times and tickets

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Sunday, Nov 12

8:00 am **Registration**
8:45 am **General Session**
9:00 am **Keynote Address**
Swami Beyondananda
The Healing Power of Humor: Ho-Ho-Holy, He-He-Healing

9:45 am **Break**
10:00-11:45 am **Concurrent Workshops**

A. Growing Yourself Back Up: Understanding Emotional Regression
John Lee

John will help you understand how you regress, and what you can do to be in your maturity when you are by yourself or with others. This is an amazing and healing workshop.

B. Using Computers and Still Staying Connected
Larry Krueger

Join this incredible thinker as you explore ways to utilize computers in your life still build and maintain healthy face to face social relationships.

C. Head, Heart & Soul
Tony & Mary Schumacher

An interactive workshop-participants examine life events and learn how these events often separate us from others. Learn to reclaim joy & magic in life by reconnecting with self & others by practicing wholeness.

D. Reflection Through Music and Journaling
Heartland Staff

Time to reflect, meditate, rest, journal or write. Be rehabilitated by music from Rhythmic Medicine of Kansas City, MO.

11:45 am **Lunch**
12:30 pm **Keynote Address**

Bill Kauth
Men People Suck: How Psychic Vampires Give Your Life Meaning

1:15 pm **Break**
1:30-3:00 pm **Concurrent Workshops**

A. Your Laff Story
Swami Beyondananda

Join the Swami and heal your irregularitability by learning to write your own autobiography in humor and comedy. Guaranteed to ease general projection towards others.

B. Touchings of the Animanle Peace Shield
Sky Jimenez

Learn how these touchings can be applied to personal growth & relationships from Sky. She is of Okla-Chickasaw heritage and she "walks the Red Road."

C. The Connection Model
Tom Shanski

Catch Tom's enthusiasm & learn to identify personality traits that interfere with relationships. Learn tools to build intimacy and self awareness.

D. Workshop
Robert Bly

To be announced.

3:15-4:00 pm **Good-bye Ritual**

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Program Schedule for
Pre-Conference Event
for Men and Women)
Friday, November 10 from 7 to 10 pm
Ramada Inn Conference Center, Columbia, MO

John Lee

The Detour Method
A New Way of Being in Relationship with your Partner, Children, Parents, Friends, Employees and Employers.

The reasons to take the **Detour Method** are when you feel: **overly stressed, overly tired, overly sad, afraid you can't manage your anger, scared, anxious, abandoned, jealous, not seen, and not heard.**

When you learn to use the **Detour Method** you can: **Stop** saying words you will regret later. **Stop** making hasty, painful and costly relationship decisions. **Stop** prematurely ending relationships. **Start** minimizing the stress and tension in your life.

The **Detour Method** is so valuable because the skills transfer from home to work and vice versa.

John has recently been on 20/20 and Barbara Walters. He is the best selling author of *The Flying Boy, Facing the Fire: Experiencing and Expressing Anger Appropriately*, & the soon to be published (January 2001), *How to Grow Yourself Back Up: Understanding Emotional Regression.*

John Lee will surprise and delight you. His wisdom and humor go straight to the heart of his listeners.

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Bill Bolduc, webmaster
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Men's Support Group

Wednesday 6-8 p.m.

Facilitator: Patrick Kane, LCSW, DCSW

2100 E. Broadway, Suite 213

Columbia, MO 65201

573-449-0120

heartlandmen@aol.com

Heartland2000 Men's Conference

Second Heartland Men's Conference

Registration Form

November 11, 12, 2000

Pre-Conference Event with **John Lee**: November 10

Robert Bly Poetry Reading at MU November 11

Ramada Inn Conference Center
Columbia, MO

Fees (check those that apply)

❑ Conference Fee (Nov. 11-12)	$199.00
❑ Pre-Conference Fee with John Lee (Nov. 10)	$30.00
❑ Robert Bly Poetry Reading @ MU	$15.00
❑ Robert Bly Poetry Reading with Conference Registration	$10.00
❑ Early Conference Fee postmark by Nov. 1	$175.00
❑ Early Conference Fee for 2-postmark Nov. 1	$340.00
❑ Group Rate (6 or more registrants)-per person fee)-*Must be sent together and postmarked by Nov. 1, 2000*	$165.00
❑ Senior Rate (60 and over) .....Age: _____	$165.00
❑ Full-time Student School: _____	$165.00
❑ Saturday Only	$120.00
❑ Sunday Only	$110.00
❑ Certificate of Attendance	$2.00
Total Enclosed	$ _____

Payment method: Check or Money Order payable to:

Patrick Kane - The Heartland Men's Conference

To register, please return this form with proper fees to:

Heartland Men's Conference
c/o Patrick Kane
2100 E. Broadway, Suite 213
Columbia, MO 65201

Name: _____

Address: _____

City: _____ State: ___ Zip: _____

Phone: (_____)_____-_____

Register Early: Attendance limited to 350 men/women.

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Heartland2000 Men's Conference

Organizers of the Heartland Men's Conference 2000

Patrick Kane, LCSW - Organizer
Pam Mauch, PhD - Organizer
Jeff Belden, MD - Webmaster

Patrick Kane, LCSW	The Heartland Men's Center 2100 E. Broadway, Ste. 213 Columbia, MO 65201-5895 Phone: 573-449-0120 Email: hrtlndmens@aol.com Hours: Mon -Fri Some evening hours. Counseling and psychotherapy for men, women, couples, families, and groups. Currently facilitating men's empowerment groups.There are two openings in the Monday night group. He also facilitates men's retreats and with Pam Mauch, he provides couple retreats and group consultations and presentations. Patrick has trained with John Lee in order to help those who want emotional energy recovery work He has also trained with Marshall Rosenberg in order to teach nonviolent communication skills.

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Pam Mauch, PhD	2100 E. Broadway, Ste. 213 Columbia, MO 65201-5895 Phone: 573-449-0120 Hours: Mon -Fri Some evening hours. Counseling and psychotherapy for women, men couples and groups. Pam facilitates women's retreats, groups, and consultations in a variety of areas including women's wellness, healing & empowerment issues and stopping violence against women. With Patrick Kane, she also provides couples rretreats and group consultations.

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Jeff Belden, MD	Family Physician Family Health Care 1506 E. Broadway, Ste 220 Columbia, MO 65201-5895 Phone: 573-449-0808 Fax: 573-442-1331 Email: JeffBelden@home.com Web site: http://www.familydoctor.org/belden Hours: 9 am-5 p.m. MTF 2-5 p.m. W Some Saturday and Evening hours I have a special interest in geriatrics, chronic pain, headaches, spirituality in medicine, and in promoting physician well-being and self-care.

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Men's Conference

Links

Ally Press

Center for NonViolent Communication

Jed Diamond's Male Menopause Website "Men Alive" NEW!

John Lee's Website

ManKind Project

Men's Health Network NEW!

Menstuff

Men's Work and the Media: An Interview with Robert Bly and Robert Moore

The New Orleans Men's Center

New Warrior Training Adventure

Project Return 3rd Annual Conference NEW!
The Practice of Forgiveness to Transformation in Action.
Oct 26-28, 2000

SwamiBeyondananda

THEMENSCENTER.com

WarriorMonk NEW!
A mystical journey that balances Spirit and Soul

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