

2019 ISTO SURF THERAPY SYMPOSIUM



International
Surf Therapy
Organization



Friday & Saturday | November 8 - 9 | 10AM - 5PM
Cross Campus/South Bay
840 Apollo St Suite 100, El Segundo, CA 90245

'THE PAST, PRESENT, AND FUTURE OF DOING GOOD' FRIDAY, NOVEMBER 8 ~ 10:10AM - 10:45AM



LARRY HARPER

Founder of Good Tidings Foundation

Larry Harper grew up in Southern California listening to Vin Scully with a dream to work in baseball. He spent five years as a college coach and thirteen years as a Major League Baseball Scout including the Director of Scouting for the San Francisco Giants. He just finished his third book that will be released on November 15th entitled Before Jackie on how baseball and inclusion brought nine kids together for life. His first book is called It's the Most Wonderful Time of the Year which he wrote in partnership with his childhood idol Vin Scully. In 2017, he released his memoir entitled An Accidentally Amazing Life – What baseball taught me about effort and success. Sales of all his books benefit the Good Tidings Foundation which he founded 25 years ago. The Good Tidings Foundation looks to support marginalized children in the areas of arts, education, athletics and wonder with a tagline of Driven by Dreams. They have built over 200 projects for deserving children while working with professional sports teams, hall of fame athletes and world-renowned musicians and artists. He is the recipient of the Humanitarian Award by the Positive Coaching Alliance. Larry has a business degree from Cal Poly Pomona and resides in South San Francisco with his wife Ronette. They have two adult children.



SEAN SWENTEK

Executive Director A Walk on Water

Sean is a passionate advocate for disadvantaged and in need populations, and has spent nearly 20 years working with nonprofits serving children with special needs. He currently serves as the Executive Director of A Walk On Water, a 501(c)(3) nonprofit he helped found in 2012 in California. Outside of his charitable efforts, Sean is a distinguished marketing professional and public speaker specializing in humanity-focused business success. Sean and his wife Dr. Lourdes Yvette Swentek--who works as a Trauma / Critical Care Surgeon at Loma Linda University Medical Center--are parents to a beautiful daughter and future Surf Therapist, Sia Kahlo Swentek.



VIPE DESAI

Founder of HDX Mix | Philanthropist | Host of Army of Gamechangers Podcast | Author

Vipe is the founder and CEO of HDX Mix, an environmentally friendly sports drink mix. In addition to being a serial entrepreneur and philanthropist, he applies more than 3 decades of experience in launching disruptive brands, brand building and cause-marketing strategies for both for-profit and nonprofits. Currently, Vipe is serving as a Board Member for Ocean Champions, Ocean Institute, and RichUncles.com, an SEC reporting company managing more than \$450 million in assets. He's also a campaign ambassador for AltaSea at the Port of Los Angeles. In the early '90s, Vipe created the H2O Winter Classic, a two-day surf and snowboard competition with a concert that went on to inspire the creation of the Warped Tour and X Games. In the late '90s, he helped launch Red Bull in the U.S. Vipe has been called upon by numerous brands, CEO's and even political campaigns to advise on branding, marketing and turn-around strategies which also included creating a collaboration for Partnership for a Healthier America chaired by First Lady Michelle Obama. Today, Vipe's focus is on ensuring that future generations are met with a healthy and thriving ocean. He's involved with several ventures focused around innovations and solutions that will reduce plastic waste and minimize the impact on the planet. An outspoken member of the coastal business community and a founding member of the Business Alliance for Protecting the Pacific Coast, Vipe was invited by Congressman Alan Lowenthal to testify before members of Congress on the harms of new offshore oil and gas drilling. He was recently given a Certificate of Special Congressional Recognition from Congressman Harley Rouda (CA-48) on his work with BAPPC to protect our coasts from offshore oil drilling. As a way to help others propel their careers, he launched the Army of Gamechangers podcast where he interviews executives who share their best career and leadership advice.



KRISTEN WALTER, PH.D.

Clinical and Research Psychologist

Kristen H. Walter, Ph.D. is a Clinical Research Psychologist at the Naval Health Research Center in San Diego, California, where she investigates the treatment of post-traumatic stress disorder (PTSD) and conditions that commonly co-occur with PTSD, such as major depressive disorder (MDD), and traumatic brain injury. Dr. Walter explores both evidence-based treatments for PTSD and co-occurring conditions, as well as complementary and alternative approaches. She is an Investigator on several Department of Defense-funded trials, including randomized controlled trials comparing evidence-based psychotherapies for co-occurring PTSD/MDD and another comparing two activity-based interventions (surf and hike therapy) for MDD. She is also a privileged clinical provider at Naval Medical Center San Diego and a licensed psychologist in the states of California and Ohio.



BETTY MICHALEWICZ-KRAGH

Exercise Physiologist

Betty believes in "connecting the dots" between people, organizations and goals. As an exercise physiologist, she also believes that no matter what challenges life brings us, we are better able to cope with them if we are active and spend as much time as possible outdoors. This belief became a profound truth in 2008, when one of Betty's patients at the San Diego Naval Medical Center--a combat injured soldier who lost an arm and a leg in an EOD explosion--asked to go surfing as a part of his rehabilitation. Their success together in easing his transition into a new chapter in his life, became the foundation for the Center's Surf Therapy Program. For over 11 years the program has provided surf therapy to thousands of Wounded, injured and ill service members. Many of these wounded warriors became avid surfers, using it as a holistic way to manage post-traumatic stress disorder, major depressive disorder, and other medical conditions. Through surfing, many found a new sense of belonging in their lives. Betty lives in San Diego with her husband Peter and their two daughters, Mia & Lia. She earned her M.Sc. in Exercise Physiology at San Diego State University. As part of her regular outdoor self-care you can find Betty at the beach with her family and friends, surfing, swimming, running, practicing yoga and stand up paddle boarding with her dog Fiji.



NICO MARCOLANGO

Senior Manager of Challenged Athlete foundation (CAF)

Operation rebound (the military wing of CAF): Nico cofounded the NMCSDF surf clinic with me in 2008 and has been a part of the clinic ever since. He is very well spoken, articulate and highly knowledgeable. Nico joined CAF in the spring of 2008 after 14 years of service as a United States Marine Corps Officer. He is a veteran of the Iraq conflict and brings with him over 8 years of fundraising and event experience to benefit challenged military athletes. Nico is dedicated to supporting the rehabilitative needs of our troops and leads CAF's effort to mentor and provide post-rehabilitation support to American service members who have suffered permanent physical injuries in recent conflicts.

'THE IMPACT ZONE: THE INTERSECTION OF SURF AND SCIENCE' FRIDAY, NOVEMBER 8 ~ 10:55AM - 11:30AM

"STOKE ~ ADVANCE YOUR SUSTAINABILITY" FRIDAY, NOVEMBER 8 ~ 11:40AM - 12:15PM



CARL KISH

Co-Founder & CEO STOKE

Before graduating with honors from San Diego State University for a degree in Sustainable Recreation and Tourism Management, Carl met his future business partner, Dr. Jess Ponting. Since co-founding the world's first sustainability certification for surf and mountain destinations with his professor in 2013, Carl has developed sustainability plans for several surf and ski resorts around the world as well as various surf and conservation conferences and competitions including adaptive surf events. He also led the World Surf League to become the first carbon neutral sports league and was the Project Manager of the first LEED Platinum hotel in Central America. Having completed the Global Reporting Initiative's Sustainability Reporting Course, the Green Globe Auditor Accreditation, and the LEED Green Associate Certificate, Carl is well-versed in the certification and sustainability reporting processes. Equipped with the sector-specific knowledge and tools to give back to the global community that fuel's Carl's passion for sustainability and the outdoors, he is devoted to saving the stoke for future generations.



NATALIE SMALL

Licensed MFT | Founder of Groundswell Community Project

Natalie Small, Licensed Marriage and Family Therapist and founder of Groundswell Community Project took her training and profession in using the arts for trauma recovery to the waves creating a Surf Therapy curriculum to build self-love, sea-love, and surfsisterhood for women overcoming trauma, abuse, depression, anxiety, and self doubt. Groundswell programs are currently based in San Diego but growing to provide Surf Therapy for Trauma recovery trainings and programs in Orange County, San Francisco, Cuba, Peru, and Scotland. Natalie believes that our mental and physical health goes hand in hand with the health of the sea and incorporated ocean conservation practices into the therapy approach. She has launched the side project 1Bag1World to teach sustainable upcycling practices as art therapy and income for women in coastal regions and #NoPlasticNovember as an opportunity for surfers around the world to take small actions that will make surfing a sustainable practice for generations to come.



JESS PONTING

Associate Professor SDSU | Co-Founder of STOKE

Dr. Jess Ponting is a leading researcher/consultant in sustainable surf tourism and is an Associate Professor in sustainable tourism at San Diego State University. He founded the Center for Surf Research there in 2011 along with the International Association for Surfing Research which now has more than 140 members from 15 countries. He has provided sustainable tourism consulting services for major multilateral agencies in 11 countries including the United Nations and the World Bank, collaborated with international NGOs like Conservation International, worked with corporations like Colliers International, and advised the governments of five countries on sustainable surf tourism policy. Jess is also co-founder of the surf park conference series Surf Park Summit, a partner in the surf park information consolidation website Surf Park Central, and co-founder of STOKE Certified the first sustainability certification to focus on surf and snow resorts, tour operators, events, and destinations. STOKE has worked with the world's best surf resorts as well as the World Surf League and the International Surfing Association to improve the sustainability performance of their events. Jess is currently STOKEd on surf therapy and is researching and writing on its efficacy and the nexus between surf therapy, surf parks and sustainability.



CARLY ROGERS

Occupational Therapist | Co-Founder Jimmy Miller Foundation

Carly M. Rogers, OTD, MOT, OTR/L, is a clinical occupational therapist and independent researcher. She received her BA in Psychology from the University of California at Santa Barbara and her masters and clinical doctorate from the University of Southern California. During her Master's coursework in 2003, Dr. Rogers created a therapeutic surfing program titled Ocean Therapy, aimed at enhancing self-efficacy in participants from diverse backgrounds. She later became the Director of Programs for the Jimmy Miller Memorial Foundation, where she implemented Ocean Therapy with underprivileged youth and military populations until 2015. She has presented at the regional, national and international level both on the topics of surf therapy and occupational therapy's role with veterans diagnosed with combat PTSD. Dr. Rogers is the primary author of "High-Intensity Sports for Posttraumatic Stress Disorder and Depression: Feasibility Study of Ocean Therapy With Veterans of Operation Enduring Freedom and Operation Iraqi Freedom."



SUZANNE VAN DEN BROEK-DIETZ, MSC

Founder of Surf Project, NL

Despite being a graduate of psychology, Suzanne van den Broek-Dietz ended up working as a project manager in Amsterdam. Ten years in, she asked herself whether this was what she really wanted to do with her life. As she chatted with one of the boys from the farm rehabilitation center where she volunteered, telling him about her most recent surf trip, he asked her the question that opened her eyes to what her next step should be: "Can't you teach us how to surf?" In 2014, the answer (a big YES) became a reality, as Suzanne founded the Surf Project, an organization that gives surfing lessons to children with Down syndrome, autism, and ADHD. Since then the project's expanded to five locations along the Dutch coast: Zandvoort, Ouddorp, Camperduin, Ter Heijde and Katwijk.



BETTY MICHALEWICZ-KRAGH

Exercise Physiologist | NMCS D Surf Therapy Program Manager

Betty believes in "connecting the dots" between people, organizations and goals. As an exercise physiologist, she also believes that no matter what challenges life brings us, we are better able to cope with them if we are active and spend as much time as possible outdoors. This belief became a profound truth in 2008, when one of Betty's patients at the San Diego Naval Medical Center—a combat injured soldier who lost an arm and a leg in an EOD explosion—asked to go surfing as a part of his rehabilitation. Their success together in easing his transition into a new chapter in his life, became the foundation for the Center's Surf Therapy Program. For over 11 years the program has provided surf therapy to thousands of Wounded, injured and ill service members. Many of these wounded warriors became avid surfers, using it as a holistic way to manage post-traumatic stress disorder, major depressive disorder, and other medical conditions. Through surfing, many found a new sense of belonging in their lives. Betty lives in San Diego with her husband Peter and their two daughters, Mia & Lia. She earned her M.Sc. in Exercise Physiology at San Diego State University. As part of her regular outdoor self-care you can find Betty at the beach with her family and friends, surfing, swimming, running, practicing yoga and stand up paddle boarding with her dog Fiji.



ELIZABETH BENNINGER

Co-Director Waves for Change | Founder of Muizenberg Beach Club

Elizabeth Benninger is a passionate community psychologist with a strong background in community mental health promotion. She completed her M.A. in Psychology with a specialization in Community Psychology from Antioch University, Los Angeles and her doctoral degree in Psychology from the University of the Western Cape in Cape Town, South Africa. Trained as a community, clinical and social psychologist, her research and community practice specifically address health inequities that connect to community need and which are inclusive of diverse populations, including children, women, people of color, and low-income populations. She is the founding director of Muizenberg Beach Club, a non-profit organization focused on children and youth activities connected to nature: including surfing, snorkeling, hiking, and camping in Cape Town, South Africa. She is also the former Co-Director of Waves for Change and the founder of the organization's therapeutic surfing program in Cape Town.

"WOMEN PIONEERS OF SURF THERAPY" FRIDAY, NOVEMBER 8 ~ 1:30PM- 2:05PM

"MAKING WAVES" FRIDAY, NOVEMBER 8 ~ 2:15PM - 2:50PM



JOE TAYLOR

Founder The Wave Project, UK

Joe Taylor is the founder of The Wave Project. He started the charity in 2010 with just 6 volunteers running a course for 20 young people with mild to moderate mental health issues. Now the charity supports around 1,500 children every year in the UK, across 15 sites managed by 30 permanent staff and over 900 volunteer surf mentors. Recently, The Wave Project started the UK's first programme of surf therapy on prescription, in which a course of surfing lessons can be prescribed by a doctor as a therapy for anxiety and depression.



TIJS VAN BEZEIJ

Founder Surf Therapie, NL

Tijs van Bezeij, was born in 1971 in Holland. Studied medicine at the Erasmus University in Rotterdam. Worked as a resident emergency care in the North of Holland, Den Helder. Although I liked the emergency care very much I wanted to follow my patients more and started to work in a clinic for rehabilitation and became a specialist in rehabilitation medicine. Because of the persistent attraction of the acute and intensive care medicine I worked for a year at, the Swiss paraplegic center with acute care, intensive care and rehabilitation in one center. I did a Fellow Intensive Care and started 3 years ago a post intensive care rehabilitation unit (Optimum Care) in a rehabilitation clinic (RC Heliomare) Wijk aan Zee, Holland. The center is about 100m from the sea. In the rehabilitation setting you get the best results if you can challenge your patients. That's why I started surf therapy. Especially for the patients with brain lesions the results are amazing. I'm convinced it's a very powerful tool to support the rehabilitation process. Besides the radical physical changes we also see a big improvement on the mental status.



ROXANNE AVANT

Executive Director Urban Surf 4 Kids

Roxanne Avant is the Executive Director of Urban Surf 4 Kids, a San Diego based nonprofit organization that provides surf therapy, mentoring and a life skills achievement program for foster children and vulnerable youth who have experienced trauma. She graduated from CSUSM College of Business Administration in 2013 with a Bachelor of Science Degree in Business Administration, with an emphasis in Marketing. Early in her career in the nonprofit industry, she was recognized as one of former Assembly Member Wilmer Amina Carter's 40 Under 40 Latino and Native American Leaders and sat on several local Women's and Children's advisory boards in Riverside and San Bernardino County. She was the youngest female interim President, of the Board of Directors of the Colton Chamber of Commerce. Roxanne was also a foster youth advocate, frequenting Sacramento and Washington DC to lobby for improvements in the foster care system. Prior to her work with the Make-A-Wish Foundation, Trinity Youth Services and Planned Parenthood, in her earliest years, she was a human rights activist. In 2013, Roxanne entered the action sports, surf and outdoor industries by supporting the CEO and CFO of two multi-million dollar global brands. Today, she is the first full time paid Executive Director of Urban Surf 4 Kids, which provides healing opportunities for foster children through surf therapy, and lives in San Diego with her husband, a purple heart recipient, her two children and her Victorian Bulldog.



JOEL PILGRIM

Occupational Therapist | Founder of Waves of Wellness Foundation

Joel Pilgrim is CEO of Australian based surf therapy charity, the Waves of Wellness (WOW) Foundation. Joel and his team are pioneering surf therapy intervention in mental health. WOW specialises in both clinical and prevention programs for a range of populations, including youth at-risk, youth trauma, adult mental health, PTSD and men's wellness. WOW has completed 68 programs to date, directly impacting over 770 participants. Joel is a mental health Occupational Therapist, specialising in early psychosis and rehabilitation, where his passion for innovating in the mental health space was born. He is an experienced public speaker, presenting both nationally and internationally as an influencer in the mental health and wellbeing space. Joel's a big advocate for the healing ability of the outdoors, with 20+ years of surfing experience. Joel is a founding member of the International Surf Therapy Organization (ISTO), and was a NSW finalist for Young Australian of the Year 2018, recognised for his dedication to mental health promotion. He is a 2018 Westpac Social Change Fellow, a conjoint university lecturer and has written a children's book, Stand Up Stand Out, to help people from a young age think about mental health differently.



JAMIE MARSHALL

PH.D Candidate Surf Therapy | Director ISTO

Jamie Marshall is a researcher working on the world's first dedicated surf therapy PhD. His research primarily focuses on the exploration of change theories amongst established Surf Therapy programs worldwide. His background is that of a practitioner having founded and managed the Wave Project in Scotland, an awarding winning surf therapy intervention that supports young people facing a wide range of mental health challenges. A natural interest into how this intervention achieved its outcomes led to a part time MSc in Physical Activity for Health at the University of Edinburgh and subsequent pursuit of PhD research at Edinburgh Napier University. Jamie is also a keen surfer having surfed around the world and represented Scotland on a longboard.



ANNERICKE LEONARD

Researcher Live For More

Annericke is from South Africa, but now lives in New Zealand. Currently completing her masters thesis in Psychology, at Massey University. The aim of my thesis was to evaluate how effective the Tai Wātea surf therapy programme is at a) improving the interpersonal, intrapersonal, behavioural and social functioning of it's participants, and b) how effective the programme is at helping these participants attain and maintain legal work, training and study. I am passionate about interventions that reach and better the lives of people who are socially and politically disadvantaged, or are not keen to engage with "therapy" in the traditional sense. Thus, my interest lies heavily in the power of combining challenging outdoor activities, group processes, and one-on-one therapeutic intervention. I only started surfing when I started researching the programme. I have to say, there is nothing quite like catching a wave on the ocean.



PHIL WARD, PH.D.

Professor and Postgraduate Research Coordinator, School of Psychiatry, UNSW Sydney | Director Waves of Wellness

Phil is a clinical neuroscientist and professor of psychiatry at UNSW Sydney in Australia who has always loved body surfing. His research for the last ten years has focused on evaluating novel lifestyle interventions to improve the lives of people living with mental disorders, including those living in low-resource settings in the developing world. Since first seeing the benefits of surf therapy for young people dealing with a psychotic illness, he has been blown away by the positive outcomes that surf therapy can achieve for people living with mental health challenges. He is a passionate advocate for building the evidence base for this novel therapy and is inspired by the work that members of the ISTO community undertake in so many different settings.

"GROWING THE GLOBAL EVIDENCE BASE FOR SURF THERAPY" FRIDAY, NOVEMBER 8 ~ 3:00PM - 3:35PM

"CHANGE MAKERS" SATURDAY, NOVEMBER 9 ~ 10:10AM - 10:45AM



ASSEMBLYMEMBER AL MURATSUCHI California 66th District Assemblymember

Assemblymember Al Muratsuchi (D-Torrance), represents California's 66th Assembly District, located in the South Bay of LA County. Muratsuchi is committed to protecting the quality of life that makes the South Bay a special place to live and raise a family. His priorities are jobs, education, public safety, the environment, and veterans. Muratsuchi has received the California Legislator of the Year Award from the California Solar Energy Industries Association, Alliance of Automobile Manufacturers, and Global Automakers. A champion for the environment, Muratsuchi has authored numerous bills to make the Torrance Refinery and other oil refineries safer. He also wrote a law that strengthens coastal protection programs to oppose oil drilling in Hermosa Beach. Muratsuchi has also fought to improve support services for homeless and disabled veterans, receiving a Cali. Legislator of the Year Award AMVETS, a national veteran's organization. Muratsuchi lives in the South Bay with his wife, Dr. Hiroko Higuchi, and his daughter. He is a graduate of the University of California, Berkeley, and the UCLA School of Law.



DREW BOYLES Mayor El Segundo

Drew Boyles is an entrepreneur and community leader with a broad background in management consulting and corporate leadership. Drew achieved his Bachelor's Degree by 21, while fully enlisted in the US Navy. After the military, Drew quickly progressed through the leadership ranks at Brunswick Corporation and Starbucks Coffee, while solely raising his two sons. Drew went on to get his MBA in Finance from USC and became a Management Consultant. After consulting, Drew co-founded a dry cleaning start-up to reinvent the staid, cottage industry. Drew's next entrepreneurial adventure involved consolidating 1-800-GOT-JUNK? franchises in Illinois and California through an unprecedented 29 mergers, acquisitions and sales. Drew is also a franchisee of You Move Me, America's Favorite Local Mover, in Southern California. Drew founded HazAwayToday.com, disrupting the hazardous waste industry. In 2016, Drew was elected to the El Segundo City Council after earning the most votes in recent history. In May of 2018, Drew was elected Mayor by his fellow Councilmembers. Drew has served in various leadership capacities with the 13,000 member+ Entrepreneurs' Organization, including President of the LA Chapter, US West Area Director, US West Membership Director and the US West Regional Director. Drew is an Advisory Board Member of ESMoA and served as Chairman of the El Segundo Economic Development Advisory Council. Drew is a Board Member of The World Is Just a Book Away, which builds libraries for impoverished children in Mexico and Indonesia. Drew was Co-Chairperson of the Surfrider Foundation Malibu/Santa Monica chapter. Drew is also building a brand around a patented consumer product for the action sports industry and developing a warehouse management software while making time for his wife, 5 kids, soccer coaching, surf sessions and ski/board trips. Drew has a goal of surfing every country in the world, even the landlocked ones! As of March 2018, 15 countries surfed.



PHIL ROY Advisor to the Board of Directors ISTO

Phil Roy is our Governance advisor and is a retired Deloitte Partner based in Sydney, Australia. Phil has played a significant role in the development of ISTO having been involved with the Board and strategy settings from the get go. Phil is also an advisor to the two founders of Onewave and was the founding chairman of another of our contributor surf therapy program, Waves of Wellness.



EDDIE DONNELLAN Co-Founder MeWater Foundation | Fish People on Netflix

MeWater Foundation was founded in 2015 by childhood surfing friends Eddie Donnellan and Tim Gras from San Francisco. They have always shared deep personal connections with the ocean and have found council in surfing through life's biggest challenges. Eddie and Tim worked together for over two decades at the Edgewood Center for Children and Families, specializing in trauma informed care and running outdoor summer camps. It was there that they had the idea to bring the kids and others out into the ocean. When they saw an immediate positive impact on kids dealing with a variety of issues, they decided to take the plunge, officially founding MeWater to bring more kids to the beach. To see more about MeWaterFoundation, check out Patagonia's Film Fish People on Netflix.



CASH LAMBERT Author of Waves of Healing | Surfers for Autism

Cash Lambert is the Author of Waves of Healing: How Surfing Changes the Lives of Children with Autism, published by Hatherleigh Press and Penguin Random House. The former Editor of Hawaii's Freesurf Magazine, he has written for ESPN Outdoors, the Outdoor Channel, Autism Parenting Magazine, Surfing Magazine, Eastern Surf Magazine and Surfline. Cash served as a volunteer surf instructor with Surfers for Autism for 4 years and currently lives on Oahu's North Shore.



MARK SAWYER-CHU Senior Vice President The Inertia | Director Christian Surfers | Co-Owner Oasis Surf House

Mark was born in Norway. He co-owns a Bed & Breakfast Surf House in The Canary Islands (off the coast of Morocco) called Oasis Surf House, with his wife, Lydia. Mark has worked in the surf industry for over 15 years – including places like Surfer Magazine, Surfline.com, Adaptive Surfing Magazine and he currently heads up global partnerships for The Inertia. He also runs his own consulting agency for brands called the Action Sports Lifestyle Group and is on the Board of Directors for Christian Surfers International. Some of Mark's closest friends run Aloha Life, Urban Surf 4 Kids, Life Rolls On, A Walk On Water, 100 Wave Challenge, Stoked Mentoring, etc. A soon to be first time Dad, expecting a little girl before the end of the year.

"HOW SURFING CHANGES LIVES" SATURDAY, NOVEMBER 9 ~ 10:55AM - 11:30AM

"SPECIAL ISSUE ON SURF THERAPY AROUND THE GLOBE IN THE
GLOBAL JOURNAL OF COMMUNITY PSYCHOLOGY PRACTICE"
SATURDAY, NOVEMBER 9 ~ 11:40AM - 12:25PM



HANNEKE VAN EWIJK, PH.D

Senior Researcher in Child and Adolescent Psychiatry | Surf Project, NL

Senior Researcher in Child and Adolescent Psychiatry Hanneke's background lies in clinical and research psychology, with a focus on developmental neuropsychology. Hanneke did a PhD in the same field, studying brain structure and functioning in children and adolescents with ADHD. Afterwards, she continued doing research and teaching at the university for several years. Currently, she is working as a senior researcher at an institute for child and adolescent psychiatry in the Netherlands, where she is involved in different studies that aim to improve clinical practice for youths with severe mental health problems. She is involved in the Surf Project as volunteer coordinator and researcher. Her ambition is to gain more insight into the effects of surfing on children with developmental difficulties, through a combination of qualitative and quantitative research.



GIOVANNI MARTINEZ

Clinical Psychologist | Founder SURF4DEM

Giovanni is a Licensed Clinical Psychologist in Puerto Rico and the Executive Director of the non-profit organization Surf4DEM, Inc. Dr. Martinez has vast experience working on the Diagnosis of the Autism Spectrum Disorders (ASD), provides training in this area and developed alternative methods of intervention. His groundbreaking research measured social and communication skills in a pre and post-test evaluation and results concluded there is scientific evidence to establish the sport of surfing as an alternative method to traditional therapy for children with autism.



KRISTEN WALTER, PH.D.

Clinical and Research Psychologist

Kristen H. Walter, Ph.D. is a Clinical Research Psychologist at the Naval Health Research Center in San Diego, California, where she investigates the treatment of post-traumatic stress disorder (PTSD) and conditions that commonly co-occur with PTSD, such as major depressive disorder (MDD), and traumatic brain injury. Dr. Walter explores both evidence-based treatments for PTSD and co-occurring conditions, as well as complementary and alternative approaches. She is an Investigator on several Department of Defense-funded trials, including randomized controlled trials comparing evidence-based psychotherapies for co-occurring PTSD/MDD and another comparing two activity-based interventions (surf and hike therapy) for MDD. She is also a privileged clinical provider at Naval Medical Center San Diego and a licensed psychologist in the states of California and Ohio



JAMIE MARSHALL

PH.D Candidate Surf Therapy | Director ISTO

Jamie Marshall is a researcher working on the world's first dedicated surf therapy PhD. His research primarily focuses on the exploration of change theories amongst established Surf Therapy programs worldwide. His background is that of a practitioner having founded and managed the Wave Project in Scotland, an awarding winning surf therapy intervention that supports young people facing a wide range of mental health challenges. A natural interest into how this intervention achieved its outcomes led to a part time MSc in Physical Activity for Health at the University of Edinburgh and subsequent pursuit of PhD research at Edinburgh Napier University. Jamie is also a keen surfer having surfed around the world and represented Scotland on a longboard.



GREGOR SARKISIAN, PH.D., PROFESSOR

Professor Antioch University Los Angeles | Director of Research JMMF

Gregor V. Sarkisian, Ph.D., professor of psychology at Antioch University Los Angeles, has worked with the Jimmy Miller Memorial Foundation's (JMMF) Ocean Therapy program since 2015 as volunteer surf instructor and more recently as the Director of Research and Evaluation. Dr. Sarkisian attended his first International Surf Therapy Organization (ISTO) conference in July, 2018 and has served as a leader in ISTO's research efforts through his service as the Guest Editor of a Special Issue on Surf Therapy Around the Globe in the Global Journal of Community Psychology Practice and contributions to the special issue based on work with JMMF. Dr. Sarkisian is the principal investigator of two IRB approved studies (one with underserved youth and one with U.S. Veterans) in collaboration with JMMF.

"VETERANS CARVING THEIR OWN WAVES" SATURDAY, NOVEMBER 9 ~ 1:30PM - 2:05PM



ANDY MANZI

Co-Founder Warrior Surf Foundation

Andy Manzi is the Executive Director of Warrior Surf Foundation (WSF). In 2015, he co-founded WSF on Folly Beach to provide surf therapy and has served over 400 Veterans with his team. Andy's journey with surfing began shortly after his time in the military ended. With several deployments under his belt as a U.S. Marine with Operation Iraqi Freedom, it wasn't long before Andy began noticing the lasting physical and mental effects from frequently engaging in armed conflict. The first time Andy paddled out on a surfboard, he immediately felt solace and true healing from the ocean, and it ultimately changed the course of his life. In 2017, Andy was recognized as one of CNN's Top Heroes and, shortly after, also received the Jefferson Award for his commitment to community outreach. His time is often well-spent as an activist for Veteran-related issues and as a mentor with Veteran leadership courses, such as Vantage Point Foundation and Focus Marines Foundation. Today, Andy is a surfer to his core and will stop at nothing to assist in bringing quality surf therapy to Veterans.



MAIA GILL

Clinical Psychologist; Department of Veterans Affairs - Local Evidence Based Practice Coordinator; Founder, Navi Institute LLC; Independent Consultant

Dr. Gill specializes in providing Evidence Based Treatments serving veterans, as a licensed clinical psychologist within the Department of Veterans Affairs. Her current research with community-academic collaborators, examines the psychosocial benefits of a 12-week surf therapy program for veterans conducted through Warrior Surf Foundation, based in Charleston, SC. Her research interests include implementation science applied to experiential therapies. She is the author of *Adapting*, a treatment manual that takes a culture first approach to building skills, based on evolutionary science. Maia Gill received her undergraduate degree from University of Massachusetts, Amherst and doctoral degree in clinical psychology from Pacific Graduate School of Psychology, Palo Alto, CA.



KEVIN SOUSA

Licensed MFT | Program Director JMMF

Kevin Sousa, MA, MFT is a Depth Psychotherapist, Ocean Therapist and Program Director of the Jimmy Miller Memorial Foundation. The Foundation's Ocean Therapy Program treats veterans and active duty military dealing with post traumatic stress and drug and alcohol mis-use, they also serves at-risk youth from the greater Los Angeles area. Kevin has coached and taught aquatics and surfing since 1988. His own journey has incorporated the ocean as a way to heal; the process of getting sober and his training for and completion of The Catalina Classic was documented in his masters thesis, *Soul Seeking a Crossing*, where he explored the Depth Psychotherapeutic values of healing through being on the ocean where a shifting of libidinal energies was achieved creating a tension of opposites through the adversity of a physically and mentally challenging goal that led toward individuation and the transcendent function. This process has enabled him to pass on his experiences, surfing and paddling to others as a way towards growth and healing in the populations he serves. Kevin is a PhD Candidate at Pacifica currently writing a dissertation on Ocean Therapy, and is in private practice in Hermosa Beach.



ALEX GRAY

Professional Surfer | Founder Alex Gray Surf

Alex Gray, over the course of a long and successful career as a forceful competitor and tube-chasing freesurfer, has always seemed to carry himself with a breezy, casual demeanor, smiling through all manner of heavy water situations. Despite his outward cheerfulness, Gray was struggling internally, avoiding a long overdue grieving process after the passing of his older brother and hero, Chris, who died from a drug overdose when Gray was just 17-years old. Gray, through therapy and the help of friends and family, was eventually able to find solace. But it was a long and difficult road—one he hopes he can help others traverse more constructively. Monthly, Gray invites anyone who's lost a sibling out to the beach in the South Bay of Los Angeles for a group therapy day, to talk through their grief and tap into the healing powers of the ocean.



JOSÉ FERREIRA

Professional Surfer | Co-Founder Wave by Wave

José Ferreira is Co-Founder of Wave by Wave. A pioneering surf therapy initiative in Portugal carried out by the Vice National Surfing Champion José Ferreira and the association Associação Portuguesa de Surf for Good, which intends to bring to Portugal an innovative way of using surf to serve social welfare. Wave by Wave is a surf-based therapeutic evidence-based intervention, designed and carried out by mental health technicians and surf instructors, to intervene and prevent vulnerable populations.



ARITZ ARANBURU

Professional Surfer | Ambassador Kind Surf

You'd be hard pressed to find a happier or friendlier guy than Aritz Aranburu. No matter where you travel around the world, Aritz has probably been there—and you are unlikely to meet anyone who doesn't like him. But don't let his affable nature fool—Aritz is as hard-charging committed as he is soft-spoken. Between grinding out results on the QS and CT, charging huge Basque bombies, filling multiple passports with stamps and dominating just about every barreling sand spit on the planet, Aritz has led a varied and successful pro career, all while staying grounded and winning fans wherever he goes.



TIM CONIBEAR

Founder Waves for Change | Ashoka Fellow | Director ISTO

Tim is an Ashoka Fellow and founder of Waves for Change, a Surf Therapy organization created in 2011 to address gaps in the provision of psychosocial support and therapy services to survivors of trauma in South Africa. From Cape-Town start-up, Waves for Change now provides evidence-based Surf Therapy programs to over 1,500 children per week along the South African coast, and now offers programs in various other African countries. Tim is proud to contribute to the ISTO network and is keen to see organizations collaborating on research and sharing practice with one and other, so the Surf Therapy sector continues to learn and improve.

"THE PROS" SATURDAY, NOVEMBER 9 ~ 2:15PM - 2:50PM

KEY NOTE SPEAKER WALLACE 'J' NICHOLS



International
Surf Therapy
Organization



Dr. Wallace “J.” Nichols, called “Keeper of the Sea” by GQ Magazine and “a visionary” by Outside Magazine is an entrepreneurial scientist, movement maker, voracious idea explorer, New York Times best-selling author, international speaker, media advisor, and public figure. His experiences as a field research scientist, government consultant, founder and director of numerous businesses and non-profit organizations, teacher, mentor, parent, and advisor all support his quest to build a stronger and more diverse Blue Movement and work to inspire a deeper connection with nature through the neuroscience of the human - water connection.

He has authored more than 200 scientific papers, technical reports, book chapters, and popular publications; delivered over 300 presentations in more than 30 countries; and reached millions in various print, web, radio, podcast, film and television media outlets. His current focus is on what he refers to as Blue Mind, a powerful new universal story of water and a movement of global proportions. In this he communicates the cognitive, emotional, psychological, social, and spiritual benefits of healthy oceans and waterways.

By connecting neuroscientists and psychologists with aquatic experts and artists, his work is transforming many sectors, including: water and food infrastructure; environment and conservation; technology and innovation; health and well-being; education and parenting; arts, architecture and design; real estate and planning; travel and tourism; and sports and recreation.

His book Blue Mind, published by Little, Brown & Company, quickly became a national bestseller and has been translated to over a dozen languages and has inspired a wave of media and practical applications.



SATURDAY, NOVEMBER 9 ~ 3:00PM - 3:45PM

KEY NOTE SPEAKER AARON CHANG



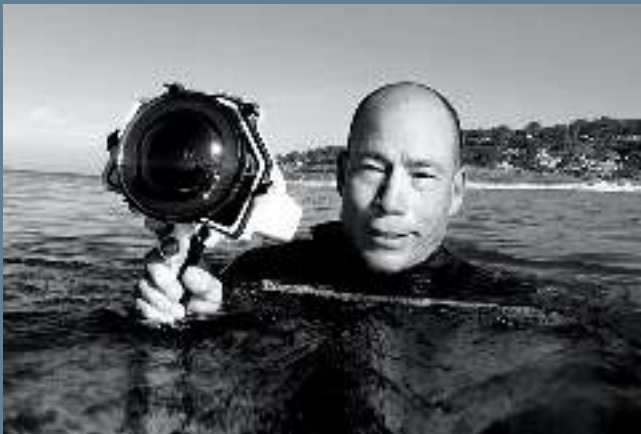
International
Surf Therapy
Organization



Aaron Chang is an American-born artist, known for his exceptional ocean photography and stunning visual art. An internationally acclaimed artist, Chang has collectors all over the world and his work has been published in hundreds of books and magazines. Respected as a creative force who helped visually define the sport of surfing, Aaron spent 25 years as a senior photographer at *Surfing* magazine, traveling to the far reaches of the globe. During this time, Chang set new standards for modern ocean photography.

Today, as a fine art photographer, Aaron owns two thriving art galleries in California – one in Solana Beach and the other in Carmel-by-the-Sea. Aaron continues to travel the world, having melded his passion for the ocean and the visual arts into a successful lifelong career.

Aaron's new direction blends the abstract and reality genres in the ocean realm. This fresh take on capturing the beauty of the sea results in the viewer experiencing feelings of hope, restoration and renewal we feel when we retreat to the ocean.



Recently Aaron has branched out into corporate and healthcare art installations, including custom commissions by Sharp, Scripps and UCSD La Jolla Hospitals in California. In the corporate world, Aaron's work has been commissioned by American Assets Trust, with his work collected by Via Sat, Google, Glaxo Smith Kline, eMoney and many more. With the trend toward biophilic design (bringing the connection with nature into the design of where we live and work) Aaron's art is aligned with the concepts that focus on bringing the energy and power of nature indoors.

Aaron's passion is to share his love and intimate connection with the ocean. Whether through photography or sculpture, Aaron has a base of passionate fans that long to experience the ocean through his eyes.

SATURDAY, NOVEMBER 9 ~ 3:00PM - 3:45PM

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