

Chronic Illness Symposium Agenda - Day 1
Patient / Caregiver Track
Friday, April 17, 2026

TIME	PROGRAM	SPEAKERS
9:00-9:30am PST / noon-12:30pm EST	Keynote: Building a Stronger Chronic Illness Community	Allison Fine, MSW, LICSW Executive Director & Founder, Center for Chronic Illness
9:30-10:30am PST / 12:30-1:30pm EST	Across Lived Experience: A Patient Panel on the Impact of Living with Chronic Illness	Moderator: Kaly Ryan Speakers: Kimberley John-Morgan, Michelle Haynes, Nate Dorband
	Caregiver Panel: Caring for Someone with Chronic Illness	Moderator: Alice Allen-Redfern, MSW, LICSW Speakers: Aaron Blight, EdD, Albert Freedman, PhD, Charlotte Bayala
10:30-11:00am PST / 1:30-2:00pm EST	Break / Rest	
	Visit Virtual Exhibitors	

Chronic Illness Symposium Agenda - Day 1 Continued
Patient / Caregiver Track
Friday, April 17, 2026

TIME	PROGRAM	SPEAKERS
11:00am-noon PST / 2:00-3:00pm EST	Chronic Migraine Care, a Panel Discussion: Patient Experiences and Clinical Perspectives	Moderator: Riley Rheta, MSW Speakers: Morgan Fitzgerald, Jennifer Warner, LCSW, LICSW, Anikah Salim, PhD
	Grief & Chronic Illness: Navigating Ongoing Loss, Identity Shifts, and More!	Joanna Hanaka, Disability Justice Advocate
	What We Wish You Knew – Lessons on Caring for Chronically Ill Folks	Anna Cechony, Disability Doula
Noon-1pm PST / 3-4pm EST	Break / Rest	
	Visit Virtual Exhibitors	
	Virtual Support Group Meeting	
	Self-care Session	TBD

Chronic Illness Symposium Agenda - Day 1 Continued
Patient / Caregiver Track
Friday, April 17, 2026

TIME	PROGRAM	SPEAKERS
1:00-2:00pm PST / 4:00-5:00pm EST	Understanding Pain: Acute and Chronic Experiences and Care – A Panel Discussion	Moderator: TBD Speakers: Cheryl Crow, OT, Melissa Talwar, Cheryl Marker
	Breaking Isolation: Practical, Evidence-Based Strategies for Young Adults Living with Chronic Illness /	Phylicia Headley, MSW, LCSW
	Building Community and Connection While Living with Chronic Illness	Melissa Glenn, LMHC
	Know Your Coverage. Know the Issues. Know Your Power: Key Policy Issues Impacting Chronic Disease Patients and How to Take Action	Rob Nolan
2:00-2:30pm PST / 5:00-5:30pm EST	Break / Rest	
	Visit Virtual Exhibitors	

Chronic Illness Symposium Agenda - Day 1 Continued
Patient / Caregiver Track
Friday, April 17, 2026

TIME	PROGRAM	SPEAKERS
2:30-3:30pm PST / 5:30-6:30pm EST	Self-Care IS Advocacy	Nate Milam II & Carter Hemion
	Joy as Regulation: Music-Based Nervous System Tools for Living With Chronic Illness Reframing Illness Management as Skill Building: Your Metaphorical Resume	Sue Huie Ashley Berghoff, MS
	Supporting Adolescents through Chronic Illness Ambiguous Loss & Chronic Illness Caregiving	Casey Berna, LCSW Kim Moy
3:30-4:00pm PST / 6:30-7:00pm EST	Self-care Session: Mindfulness and Self-Compassion	B. Bartja Wachtel, MSW, LICSW, MHP, CMHS

Chronic Illness Symposium Agenda - Day 2
Patient / Caregiver Track
Saturday, April 18, 2026

TIME	PROGRAM	SPEAKERS
9:00-9:30am PST / 12:00-12:30pm EST	Keynote - VISIBLE Advocacy: Reclaiming Confidence and Voice While Living with Chronic Illness	Sheena Yap Chan
9:30-10:30am PST / 12:30-1:30pm EST	Beyond Survival: Meaning-Making in Chronic Illness	Emily Lafeber, RP, CCC
	Social Security Disability: Change and Confusion	Jeffrey Rabin, JD
	How to Help Your Family and Support Network Prepare for Unexpected Hospitalizations and Medical Emergencies	Hilary Hodge
10:30-11:00am PST / 1:30-2:00pm EST	Break / Rest	
	Visit Virtual Exhibitors	
	Networking Opportunities	

Chronic Illness Symposium Agenda - Day 2 Continued
Patient / Caregiver Track
Saturday, April 18, 2026

TIME	PROGRAM	SPEAKERS
11:00am-noon PST / 2:00-3:00pm EST	When Care Causes Harm: The Impact of Medical Gaslighting and Trauma on Chronic Illness - A Panel Discussion	Moderator: Alexandra Wildeson Speakers: Alec Bradbury, FNP, TBD, Ilana Jacqueline, Chelsea Kramer LMFT PMH-C
	Addressing Caregiver Burnout: A Panel Discussion	Moderator: Nichole Goble Speakers: Liz Morasso, LCSW, Barry Jacobs, PsyD, Jacquelyn Revere
Noon-1pm PST / 3-4pm EST	Break / Rest	
	Visit Virtual Exhibitors	
	Self-care Session - Rewriting the Body's Story: Writing and Meditation for Chronic Illness Resilience	Vincent Bain

Chronic Illness Symposium Agenda - Day 2 Continued
Patient / Caregiver Track
Saturday, April 18, 2026

TIME	PROGRAM	SPEAKERS
1:00-2:00pm PST / 4:00-5:00pm EST	Achieving a Better Life Experience with an ABLA Account	Jody Ellis & Leah Campbell
	Navigating the Noise: Empowering Yourself to Recognize and Challenge Health Misinformation	Rae Martens
	Universal Design: Beyond Accessibility	Stephanie Swanson
	Genetic Testing: What It Is and Why It Matters The Patient Perspective: The Critical Importance of Patient Voice in Clinical Development	Caroline Kasman, MS Richie Kahn, MPH
2:00-2:30pm PST / 5:00-5:30pm EST	Break	
	Visit Virtual Exhibitors	

Chronic Illness Symposium Agenda - Day 2 Continued
Patient / Caregiver Track
Saturday, April 18, 2026

TIME	PROGRAM	SPEAKERS
2:30-3:30pm PST / 5:30-6:30pm EST	Plot Twist – My Body Thinks It’s a Rebellious Teenager Hot Pink Canes, Questionable Coping Mechanisms, and Other Survival Strategies	Renata Leverance
	From Partner to Caregiver—and Back Again: Relational & Sexual Impacts of Chronic Illness	Byrd Aruna
	One Problem, Many Perspectives: Mastering Chronic Illness Appointments	Amanda Berlon & Zach Berlon
3:30-4:00pm PST / 6:30-7:00pm EST	Symposium Closing	