



Saturday, October 20, 2018
Chicago
9am – 3pm

Speaker bios



Melissa Geraghty, PsyD

Dr. Melissa Geraghty, Psy.D. is a Licensed Clinical Health Psychologist. She works at Rago & Associates, a private practice located in Naperville, Illinois. Her primary specialties include chronic pain, complex medical, and eating disorders. Dr. Geraghty is an international speaker and author, and has received recognition and awards for her clinical advocacy efforts. She is an advocate for the U.S. Pain Foundation and participated in the INvisible Project: Migraine Edition (2017), Headache on The Hill (2018), and The 3rd Annual Real Hope, Real Heroes Gala (2018). Dr. Geraghty's professional Facebook (@MindfulMomentsByDrG) and Twitter (@MindfulDrG) allow her to spread awareness on physical and psychological difficulties as well as post information on mindfulness. Dr. Geraghty lives with chronic pain and multiple physical disabilities.



Sandra Hilton, PT, DPT, MS

Sandra (Sandy) Hilton graduated with a Master of Science in Physical Therapy from Pacific University in 1988. She received her Doctor of Physical Therapy degree from Des Moines University in 2013. Sandy has contributed to multiple book chapters, papers, and co-authored "Why Pelvic Pain Hurts". She is an international instructor and speaker on treating pelvic pain for professionals and for public education. Sandy is a regular contributor on health related podcasts, and is co-host of the Pain Science and Sensibility Podcast with Cory Blickenstaff. Sandy was the Director of Programming for the Section on Women's Health of the American Physical Therapy Association from 2012 - 2017. She is now on the board of the Abdominal and Pelvic Pain special interest group, a part of the International Association for the Study of Pain. Follow Sandy on Twitter @SandyHiltonPT. For information on speaking or courses: Sandy@Entropy-Physio.com



Elizabeth Turner

Elizabeth, 'Beth', Turner is an award-winning journalist. She is a professionally certified healing writing facilitator and storyteller. Beth has trained with some of the most renowned minds in the fields of expressive writing and neuroplasticity. When not encouraging, empowering and equipping others through her business/vision e3LLC, she is at home loving her three boys, husband, large lab, a rabbit named Esther and a couple backyard chickens. Over the past several years, Beth and her husband, Marvin, have been working with U.S. Pain on a documentary called "Balancing the Pain Scale." Beth is no stranger to chronic illness: her son lives with one and her mother has had chronic pain for more than a decade.



Rachel Horcher, LMT

Rachel Horcher has been a Licensed Massage Therapist for 17 years. She graduated from The Chicago School of Massage Therapy in 2001. She is certified in many modalities such as Myofascial, Cranial sacral, Sound Healing, Postural Assessment and Correction, mindful movement, Reiki, Breath work and more. Rachel obtained her Yoga Instructor Certification in 2014 and her Life Coach Certification In 2016. In addition, Rachel taught massage for a decade and is a very experienced experiential educator, outdoor team builder and grounding professional. She specializes in working with chronic pain and trauma in all age groups. Rachel has multiple chronic conditions and is the parent of 2 amazing children who also are chronic illness and pain warriors. In addition to her practice, Rachel is the Pediatric Program Development and Coordinator for the US Pain Foundation.



Beau Blakely, DC

Dr. Beau Blakeley is a Family Wellness Chiropractor with a passion for empowering both individuals and entire families to take control of their health and change their lives one day at a time. At The Wellness Path – Chiropractic Center in La Grange, IL, Dr. Beau uses a combination of chiropractic adjustments, functional neurology, nutritional therapy, and mindfulness to not only get people out of pain but functioning at their most optimal human potential and free to live the life they want to live.



Tiffany Westrich-Robertson

Since her diagnosis with several autoimmune arthritis diseases, Tiffany Westrich-Robertson has dedicated her life to helping other patients utilize their voices to impact education, advocacy, and research. Leading from example, she has used her own voice to influence change in several ways, including public policy visits to Capitol Hill, participating as a patient research partner with various research groups, served as the sole patient grant reviewer at the National Institute for Arthritis and Musculoskeletal and Skin Diseases, and in her work as CEO of the International Foundation for Autoimmune & Autoinflammatory Arthritis.



Kaitlyn Brennan

Kaitlyn (Katy) Brennan is an avid writer and activist with a particular interest in public policy. While only a senior in high school, she has published over 80 articles surrounding both her experiences with multiple chronic illnesses and her take on current events. Her writing has been published by Al Jazeera, The Mighty, Deaf Poets Society, Yahoo News, and a variety of other sites. Outside of writing, she is passionate about disability rights, gender equality, and climate change. Last March, she traveled to the 62nd United Nations Commission on the Status of Women where she advocated for a youth voice in negotiations and further awareness of issues at the intersection of gender and disability. Additionally, she has been involved in politics since 2016 through her work in local elections. In the future, Katy will continue to raise her voice by majoring in journalism and political science in college.



Jose Gonzalez Jr.

Jose Luis Gonzalez Jr. is a native of Chicago and specifically the Midway area. He is active in the community with multiple businesses and is the Executive Director of Educated Alternative, a first of its kind not-for-profit that focuses on education and funding for Illinois medical marijuana patients. He has been involved in the Illinois Medical Cannabis Pilot Program since its inception in many different capacities and is here today to give us an insight into marijuana and its efficacy as it relates to pain.

