

David E.Tiner, DDS, LMFT after nearly twenty years of practicing dentistry, a personal crisis led Dr. Tiner to embark on a new journey. His desire to understand how things worked expanded to include the realm of the emotions, the realm of the heart. He spent the next twenty years working with individuals and couples struggling with addiction, life trauma, or marriage and family problems. David served three years active duty in the U.S. Navy and seven years in the U.S. Naval Active Reserves as a dental officer. Currently he is the Executive Director of the TDWF.



Phil Herndon, MA, LPC-MHSP, NCC, uses a dynamic approach to help his clients recover their hearts and redeem their stories. Phil works with individuals who have lost their way through addiction, anxiety, depression, struggles with spirituality, or burnout to walk them through the tumultuous and scary times that are so common to the human experience. He completed graduate school in 1992 with a Master of Arts degree in counseling and religious education. Phil is the Clinical Director and co-owner of River Tree. Phil lives in Murfreesboro with his wife, Sheila, and they have one son, Luke.



Cynthia Henderson graduated from Nashville School of Law. Her career has included working in leadership roles in the behavioral healthcare, business development, legal and fundraising industries. Currently she is working in the addiction and behavioral health field assisting professionals in need of treatment for substance use and co-occurring mental health disorders.



Janina Tiner BSN, RN, MMFT, LMFT. graduated from the University of Tennessee Health Science Center School of Nursing in 1979 and worked as an RN for 25 years working primarily in Cardiovascular and Neuro Intensive Care. In 2006, Janina received her Master of Marriage and Family Therapy from Trevecca Nazarene University. She has acquired extensive training and experience in treating complex trauma, serving clients over 20 years at her private practice, Tiner Counseling, in Brentwood, TN. She is the mother of three adult married children and the grandmother of four, with the fifth grandchild due in June. Dr. Tiner and Janina will be celebrating 45 years of marriage in 2025. She has been in Al-Anon 12-Step Recovery since 2001.



Colton Shannon, PhD, LPC-MHSP is a professional counselor and owner of the Voice of the Heart Center in Murfreesboro, Tn. He founded the center as a continuation of decades of clinical work shaped by mentors Dr. Chip Dodd and Phil Herndon. He holds a Ph.D. in counselor education and supervision from Trevecca Nazarene University, where his research focused on stress, burnout, and social support. Colton lives in Murfreesboro with his wife and three children.



Jessi Fortmann Page, MMFT is an Internal Family Systems complex trauma therapist, trained through the IFS-Institute. This transformative, evidence-based psychotherapy helps people heal by accessing and loving the protective and wounded inner parts that have been forced from their valuable states into extreme roles within us. Jessi holds a Masters in Marriage and Family Therapy from Trevecca Nazarene University. She is Level 2 Internal Family Systems (IFS), trained specifically in a compassionate approach to the addictive process (addiction and eating disorders). In addition, Jessi is trained in EMDR, Dialectical Behavioral Therapy (DBT), and Somatic Attachment. Jessi's clinical work is also deeply supported by her personal experience working the twelve steps of Al Anon.



Tennessee Dental Wellness Foundation 2025 Doc Mac Sain Conference

Friday, September 12, 2025
Saturday, September 13, 2025

Dentists
\$225.00

Dental Hygienists or Assistants
\$95.00

Spouses/significant others are encouraged to attend at the reduced fee of \$45.00



Please go to our website to register for conference and hotel:

www.tndentalwellness.com

Scholarships for tuition are available on an "as needed basis." To apply, email us at

info@tndentalwellness.com

HOTEL

Embassy Suites by Hilton, Murfreesboro
1200 Conference Center Blvd.
Murfreesboro, TN 37129

Rooms are \$179 per night
(plus tax)

This rate is reserved until August 13, 2025.

TENNESSEE DENTAL WELLNESS FOUNDATION

2025

Doc Mac Sain Conference

This Year's Theme:

*"Experience, Strength, and Hope
for the Recovering Family"*

Friday and Saturday
September 12th & 13th
Embassy Suites Hotel
Murfreesboro, Tennessee



*Approved for 6 hours of
continuing education including
Substance Use Disorder*

2025 Doc Mac Sain TDWF Conference September 12th & 13th

This conference is exclusively for dental professionals that are under contract, alumni of the TDWF, and their spouses/guests. It will revolve around a theme of family and the disease of chemical dependency.

You will have an opportunity to meet dental professionals from around the state, as well as Directors of our TDWF Board.

NOTICE: All individuals under contract with the TDWF are required to attend.

Call our office with any questions at
(615) 628-3200 or email:
info@tndentalwellness.com

PROGRAM

Friday, September 12, 2025

4:00 - 4:30 **Registration**

4:30 **David Tiner, DDS, LMFT**
Welcome

4:45 - 5:45 **Janina Tiner, BSN, RN, MMFT, LMFT** - *A spouse's Story (Sharing My Experience, Strength, and Hope)*

5:45 - 6:30 **Dinner** (provided)

6:30 - 8:00 **David Tiner, DDS, LMFT**
Shame and the Family

Saturday, September 13, 2025

6:30 - 7:30 **Dr. Brett Orr**
AA Meeting

7:15 - 8:00 **Breakfast** (provided)

8:00 - 8:15 **David Tiner, DDS, LMFT**
Welcome and Today's Agenda

8:15 - 9:45 **Colton Shannon, PhD, LPC-MHSP**
Codependency and Healthcare Providers

9:45 - 10:00 **Break**

10:00 - 11:00 **Dr. Buzz N.'s story**

10:00 - 11:00 **Jessi Fortmann Page, MMFT**
*Break Out Session for
Spouses/Significant Others*

11:15 - 12:15 **Phil Herndon, MA, LPC-MHSP, NCC**
Healing Attachment Wounds

12:15 - 1:15 **Lunch** (provided)

1:15 - 2:45 **Cynthia Henderson, JD**
Coping with Loss: A recovering Lawyer's Journey Through Grief (without drinking, drugging, or going completely insane)

3:00 **Closing, Tokens, and CE Certificates**