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Fall 2013

# Integrative Health Studies Newsletter

CIIS

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# California Institute of Integral Studies



## Integrative Health Studies M.A. Program

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Fall 2013

### Message from Chair, Prof. Meg Jordan, PhD, RN, CWP

In this era of questioning the costs and relevancy of college educations, the most reliable measures of a master's degree include the life satisfaction and career opportunities for graduates. It's a pleasure to share comments from recent graduates of the CIIS M.A. in Integrative Health Studies.

"My experience in Integrative Health Studies facilitated profound self-reflection, along with providing me with professional skills that prepared me for my current position as wellness program manager of six hospital and clinic sites at Alameda Health System."

*Toni Sicola, MA (IHL 2011)*

"The CIIS health coaching program, combined with the entire Integrative Health Studies curriculum, is both comprehensive and extremely progressive. Students will happily find themselves better prepared than they realize for a fruitful career in this emerging field."

*Sarah Showalter, MA (IHL 2011)*

### Multidisciplinary Healing Circle Demo

#### 7 Health & Healing Disciplines

How do practitioners of various healing disciplines work together for the greater good of the patient? Come witness this ongoing, ethnographic study of multidisciplinary collaborative healing circles:



**Thursday, Oct. 17, 4-6 pm, at CIIS.** A volunteer "patient" will hear input and dialog in a facilitated circle with practitioners from Ayurveda, TCM, Naturopathic Medicine, Shamanic Counseling, Expressive Arts, Somatic Therapy, Health Medicine (Integrative Allopathy) and Reiki. Part of the CAIM course taught by **Ricky Fishman, DC.**

### Health Coaching Announcements

The CIIS M.A. Program and IW Coaching Certification just received approval as an **ICF Approved Coach Specific Training site for 402 hours** for



students completing the full coaching internships and training courses. Graduates can work towards advanced credentialing with ICF for Associate, Professional and Master Certified Coach.

The **National Consortium for Credentialing Health and Wellness Coaches** ([www.ncchwc.org](http://www.ncchwc.org)) just received its 501(c)3 **nonprofit status**. Fundraising will support development of standards, integrating coaching skills into health professions, and advancing a research agenda. [Donate](#) now and join this national effort.

### Positive Job Outlook

#### Bright forecasts for IHL Graduates

U.S. job reports are creeping back slowly, while IHL students and graduates are ahead of the numbers, with an 89% employment rate. Some recent successes:



**Sherri Sawyer**, Cancer Care Plan Consultant, San Francisco General Hospital, position funded by McKesson Foundation.

**Jeannette Northern**, Resident Service Coordinator Redwoods Community Assisted Living Center.

**Diana Prince** Co-Program Coordinator for UC Davis Health & Wellness Program, Smoke and Tobacco-Free Program Coordinator

**Katie Wilson**, CUNY faculty and doctoral study

**Regina Gelfo**, Integrative Academic Stress Management, funded by CIIS Student Alliance

**Hannah Quimby**, Added a health and fitness mission as Director of Quimby Family Foundation

### National Wellness Institute Election & Conference

NWI is the leading membership organization for

wellness professionals. IHL Chair **Meg Jordan** and UWSP Prof. **John Munson** are co-President Elects for the National Wellness Institute. The theme for the 2014 conference is "Reshaping the Wellness Landscape: The Next 5 Years." As the Patient Protection and Affordable Care Act (PPACA) is implemented, more people will aspire to live longer, healthier lives. Save the date: Minneapolis, June 23-26, 2014. Call for [proposals](#) due Oct. 1, 2013.

### IHL Coaches Apply Enneagram Wisdom

In addition to evidence-based theories and models of behavior change, CIIS Integrative Wellness Coaches learn the Enneagram, just because it seems to work so elegantly for health coaching. Our teacher for the third year is the endearing **Polly Cherner** who brings her unique Enneagram teaching style to IHL Wellness Coaching students every year. Check out her panels on <https://www.facebook.com/events/131121100280980/>

### Traditional Meso-American Medicine

Meso-American healing arts combine traditions from three continents and provide comfort and cure for Mexican-American, Hispanic, and Latino communities. IHL alumna **Yvette**



**Robles, MA (IHL 2013)** is working with **Ricardo Carrillo, PhD**, to propose professional training and certification of practitioners of Traditional Meso-American Medicine at CIIS. Interested? Contact Yvette Robles through the IHL office.

### Faculty News

#### Visionary Process

IHL Faculty **Marcel Allbritton, PhD**, who teaches career visioning in Communication Practicum, brought his strategic planning process to the Vanderbilt Center for Integrative Health to identify collective resonance areas. Dr. Allbritton is a clinical yoga therapist and meditation mindfulness consultant.

#### New Imagery CD Release

**Leslie Davenport, MA**, who trains IHL students in Transformative Imagery, just released a guided imagery and healing harp CD with Portia Diwa entitled [Invitation: Guided Imagery and Healing Harp for Relaxation and Rejuvenation](#). Check Leslie's web calendar for upcoming dates of live imagery and harp

performances.

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### **ABOUT CIIS and the M.A. in Integrative Health Studies**

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Spring 2013



## In This Issue

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## Message from Meg Jordan, PhD, RN, CWP Chair, Professor, Integrative Health Studies

A new goal of our M.A. program is to prepare leaders to help people with what we're calling the "Great Hand-Over," which was set in motion by the Affordable Care Act (ACA). Like it or not, ACA is the new economic engine driving prevention and health promotion.

- \* The federal government is **handing over** to states the responsibilities for insurance exchanges and care for the poor.
- \* Companies are **handing over** to employees the cost burden of chronic illness and sick time.
- \* Individuals are being **handed** responsibility for their health by health care teams and insurers--and in great measure, they are.

So with all this "over to you" going on, people need supportive allies and networks to figure out a new health era. At CIIS, students and faculty create integrative care solutions for the new challenges we face together.

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To apply for the fall 2013 semester, contact 415 575-6199, Kate Leahy, kleahy@ciis.edu, soon. Discover how a master's degree in Integrative Health Studies with an embedded Certificate in Integrative Wellness Coaching and Wellness Management can prepare you for leadership in an era where we're only as well as our communities.

## Welcome New Faculty

IHL is pleased to welcome **Mirie Levy, DrPH, MSG, CHES**, as core faculty member. Dr. Levy obtained her M.S. in Gerontology from the University of LaVerne and Doctorate in Public Health from Loma Linda University. She focuses on the integration of healthy lifestyle practices to lower the risk factors of chronic disease and disability. Her research interests include successful aging and creativity, and psychoneuroimmunology.

## Ancestral Healing

New adjunct **Atava Garcia Swiecicki, MA** taught Indigenous Medicine in IHL for the first time this spring. Her unique approach allows students to deeply reflect upon and reframe their own ancestral traditions. To learn more about Atava's work you can visit her [website](#)

## Acknowledging Dr. Denney

Founding IHL Advisory Board member **Mike Denney, MD, PhD**, taught *Ethics of the Healing Relationship and Spirituality, Consciousness, and Healing* for the past seven years, and provided valuable input for curriculum development and advised students in his own inimitable, warm and supportive style. CIIS Trustee Ricki Pollycove said, "Dr. Denney's inspiring and enthusiastic energies helped create the IHL master's program, and provided the essential modern medical faculty anchor." Board certified in surgery, he was given the Frederick Collier Award for outstanding research by the American College of Surgeons in 1965. He practiced medicine and surgery in charge of emergency and trauma at Wayne State University, Detroit, UC Davis and UC San Diego. Still teaching at Pacifica Graduate Institute, he wants CIIS students to know he's "ready to assist as always."

## Interns at San Francisco General Hospital Wellness Navigators

Thanks to leadership by Wellness Innovator **Blue Walcer, MPH**, and **Richard McKinney, MD**, Director of Integrative Medicine at SFGH, CIIS interns now contribute to the outstanding programs developed at SFGH for diverse communities. Students will also contribute to the doula training.

## 2013-14 Integrative Health Conferences That Float Our Boat

[National Wellness Institute](#), Stevens Point, Wisconsin, July 15-18 2013

[Integrative Healthcare Symposium](#) Hilton New York, NY, Feb 20-22 2014

[Art & Science of Health Promotion](#) Colorado Springs, CO, March 26-28 2014

[American Holistic Nurses Association](#) Norfolk, CA, June 5-8 2013

## Proposed Health Research by May 2013 IHL Graduates

**Kareen Pattersen** - *Promoting Behavior Change in Primary Care*

**Coren Tamboli** - *Wellness Coaching for Self-Efficacy in Type 2 Diabetes Patients*

**Marisa Weiler** - *Peer Wellness Circles: Undergraduate Student Rape Prevention Through Circles of Community Support*

**Lauren Bern** - *Wellness Coaching: Impact on Long-Term Stress Reduction at Work*

**Kate Sulzer** - *Yoga Therapy for Medical Students: An Impact Study on Stress Levels During the First Year of Medical School*

**Allie Stark** - *ResourceFull: Exploring Food Choices and Eating Styles Through Connection to Self, Community, and Environment*

**Yvette Robles** - *Echoing the Spirit - Regeneration of Lament*

**Olivia Cerf** - *Mindfulness-Based CME: What are the effects of a Mindfulness*

*Communication Course on Patient Satisfaction?*

**Regina Gelfo** - *Resonant Community: The Impact of a Vocal Sound Healing Group on Mood, Depression Levels, and Feelings of Connection in Individuals Diagnosed with Depression*

**Andrew Groggel** - *Neo-Shamanic Counseling: Case Studies in Chronic Disease*

**Peter Wolff** - *Workforce Engagement and Well-being: An Interdisciplinary Approach to Organizational Health*

**Kelly Guevara** - *Making the Golden Years Shine: Integrative Wellness Approach to Eldercare*

**Misa Ikeda** - *What Helped Me Transform: Reflections from San Quentin*

**Dolores Avila** - *Interrogating IM and Recontextualizing CAM as Indigenous Medicine*

**Emily Lewis** - *The Effect of Vocal Improvisation and Group Engagement on Perceived Well-Being and Quality of Life*

**Christine Imfeld** - *Supporting Alcohol Addiction Recovery with Holistic Therapies: An Integrative Nutritional Approach*

**Alice Pennes** - *Interweaving Visual Arts and Diabetes Education*

## Global Advances in Health and Medicine

Congratulations to founding editor **David Riley, MD**, for creating a peer-reviewed, international journal that champions the intelligence of the case report in mapping uncharted territories in integrative health and cutting-edge medicine, along with other research and clinical findings. Check special issues on health coaching, shaped by NCCHCW colleagues **Karen Lawson, MD**, (U Minn) and **Ruth Wolever, PhD** (Duke).

## How Is Health Coaching Different From Psychotherapy?

Coaches can help you keep the focus on what's important, be realistic in taking on too much, cultivate an attitude of gratitude, and most of all create actions steps as part of an overall wellness vision plan. They help you get back on track when commitment falters. Don't psychotherapists do the same? Yes, and more. Read about the differences and areas of overlap in an upcoming article by Meg Jordan and John Livingstone in *Global Advances in Health and Medicine*.

## Alumni on the Move

**Chanda Mollers (IHL'09)** makes room for IHL interns at Pacific Gas & Electric as Wellness Manager.

**Danya Dunn-Shegoleff (IHL '12)** serves women with cancer at Charlotte Maxwell Center in Oakland.

**Michael DeLa Rosa (IHL'09)** works as a Case Manager at Conard House.

**Ciel Patenaude (IHL'11)** launched a successful herbal business Entelchyheals.

**Toni Sicola (IHL'11)** raises money for kids through Bay Area Wilderness Training.

**Sara Haston (IHL'11)** is a coordinator at AmeriCorps.

**Kristen Schepker (IHL'11)** provides holistic support at Hamilton Family Center.

**Rinchen Dhondrup (IHL'12)** brings integrative medicine concepts to Tibetan Clinics.

**Andrew Groggel (IHL'13)** returns home to open his own Integrative Yoga Center in Michigan.

## TAKE ACTION: Protect botanical meds and seed supply!

While Monsanto continues to try to dominate the world's seed supply, and Nestle attempts to patent *nigella sativa*, a traditional medicine used in Asia and India for respiratory ailments, we stand with [Sum of Us](#), a nonprofit that fights for people over



profits. Give them your support.

### Quick Links

[Dr Meg Jordan at  
Twitter](#)

[IHL's Facebook  
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ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES M.A.  
The Integrative Health Studies program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, wellness coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact Kate Leahy, Program Coordinator 415-575-6199. [kleahy@ciis.edu](mailto:k Leahy@ciis.edu)

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Spring 2012



# California Institute of Integral Studies

Integrative Health Studies Newsletter

Spring 2012

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Celebrate Earth Month

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Meg Jordan, PhD, RN, CWP, Dept. Chair, Professor, Integrative Health Studies

Dear Friends,

Have you noticed what affects your energy, mind, and mood more than anything?

Do you have a morning routine that, if you skip, spells trouble later that day? Maybe you've tried a new Tai Chi practice or attempted to get down a kale smoothie each day. Or perhaps you notice that if you don't take 300 mgs of Omega-3, your neck aches again. These are the next generation of "activities of daily living" for a new health age that require knowledge, discipline, operate independently of the health care system, and are fueled by intrinsically-sensed well-being.

CIIS educates masters-level health professionals who facilitate your awareness of felt sensations that may be subtle in the beginning, but serve as core motivations in your life.

## WILL HEALTH COACHES NEED CERTIFICATION?

Most likely, but the planning stages inch along slowly at the National Consortium for Credentialing Health & Wellness Coaches. Keep informed by checking in at the new website <http://www.ncchwc.org/> serves on this Consortium with several university programs and private organizations. CIIS serves on this Consortium with several university programs and private organizations.

## IHL ORAL PRESENTATIONS May 2012

Students preparing to graduate this spring present their integrative health research projects. Topics include: Self-Care Among Providers; Human Flourishing: Mindfulness at the Workplace; Women of Concrete Jungles: Ecologically-based Support Circles for Well-Being; Impact of Expressive Dance on Women with Eating Disorders; Children in the Garden: Nourishing Life Skills; Compassion Meditation for Stress and Anxiety Reduction in Early Alzheimer's Management; Effects of Wellness Coaching in Thriving Among Adolescents School-Based Health Centers; Nihilism Cures: Agency and Meaning-Making in Health and Illness; Vipassana and Sustained Wellness; The Cleansing Breath; Promoting Resiliency Re-Integration: Wellness Support Group for Adolescent Children of Alcoholics; Shamanic Journeying for Women with Cancer; Portrayal of Integrative Health in the U.S. News; Full Stomachs, Hungry Souls: Impact of National School Lunch Programs in Oakland; How Doctors Could Do Less to Help More: Including CAM in Conventional Health Care.

## GLOBAL SPA & WELLNESS SUMMIT

Meg Jordan will bring "Coaching: the 21st Century Solution for Lifestyle Change" to this invitation-only gathering of wellness and spa industry leaders in Aspen, June 3-6. The theme of Innovation attracts Aspen Institute and author John Kao, Dr. Richard Carmona, and Jose Maria Figueres.



## LIFE AFFIRMING TOUCH

New guidelines from the American Pain Society now include massage as a preferred treatment for low back pain due to research on reduction of cytokine inflammatory levels through enhanced lymphatic circulation. But what is really

going on? Do cytokines decrease because lymph is flowing or because the fundamental need for caring touch has benefits beyond what we've mapped out in a biochemical realm? And does it really matter? Get massage regularly.

## GOOD SUMMER READS

For conscious, compassionate, healthy living, students read *The Immortal Life of Henrietta Lacks* by Rebecca Skloot, *The Spirit Level: Why Greater Equality Makes Societies Stronger* by Richard Wilkinson and Kate Pickett, *The Sugar Solution* by Mark Hyman, and *Organize Your Brain, Organize Your Life* by Margaret Moore and Paul Hammerness.



## SUCCESSFUL FAMILY HEALTH FAIR for OUR NEIGHBORHOOD!

With over 75 families in attendance, and three translators available, (Cantonese, Hindi and Spanish)

IHL students provided over a dozen exciting booths. Residents saw healthy food cooking demos, visited a kids' learning corner with health-oriented coloring books, talked with wellness coaches, and had blood pressure and BMI measured at a tracking station. IHL student **Preeti Rao** was the superstar event coordinator. The health fair was part of an Aetna Grant for IHL's wellness initiative for low-income housing residents at the 10th and Mission apartment complex. In addition to games, music, talks, free DVDs, pedometers, health screening, and more, the fair featured a delicious free vegetarian lacy from Ghana culinary chef **Kuukua K.**

Many thanks to **Raymon Cancino**, Support Services Program Coordinator for Catholic Charities CYO-10th and Mission Support Services, and gratitude is extended to the four Co-Project Managers: **Molly Hartle**, **Dolores Avila** (Coaching), **Emily Lewis** (Communications), **Diana Prince** (Assessments) and **Preeti Rao** (Events). **Stephanie Arnold** was Assistant Events Manager and Emcee, and presented a sugar-bustin' nutrition booth with **Kareen Patterson**. Other presenters included children's specialists **Megan Murk** (and friends), **Sherri Sawyer** (healthy soups and foods), and massage therapist **Ross Buttner**.

Brief wellness coaching was provided by **Danya Dunn-Shegoleff** and

**Marina Ramos**, while **Teresa Visini** led a movement class. Additional exhibitors included IHL program consultants **Nirinjan Yee** and **Gary Yee** (IHL **MyBreath** consultant, Wellness Fair exhibitor), **Dr Yandron Kalzan** (Achieving Balance with Traditional Tibetan Medicine) and **Marcel Allbritton** (yoga therapy and Gertonson Institute).

## CONFERENCES WE CAN'T MISS

Institute of Functional Medicine May 2012  
<http://www.functionalmedicine.org/>

National Wellness Conference [www.nationalwellness](http://www.nationalwellness.org/) July 13-19, 2012  
<http://www.nationalwellness.org/>

American Anthropological Association. Nov 14-18, 2012  
Society of Medical Anthropology  
<http://aaanet.org/meetings/>

Integrative HealthCare Symposium. Feb 28-Mar 3, 2013  
<http://www.ihsymposium.com/>

The Art & Science of Health Promotion. March 20-22, 2013  
<http://healthpromotionconference.com/>

## MAKING VEGGIES COOL

When teaching healthful habits to children, avoid a preachy style and dull lectures, says **Megan**

**Murk**, who produced a coloring book with "cool characters" enjoying fruits and veggies. Kids had their faces painted to match the characters.



## ALUMNI on the MOVE

**Kristen Schepker**,

MA, works with the Hamilton's Children's Program.

**Jerrol Kimmel**, RN, MA, produces workshop on Mind-Body Skills Group; The art of self-care for health professionals. Ask her about her recent trips to Haiti.

**Toni Sicola**, MA, (IHL 2011), Wellness Manager at Alameda County Medical Center is looking to bring on IHL interns to help her with a busy schedule.

**Sarah Showalter**, MA, (IHL 2011) will bring her advanced wellness coaching skills to families at Mercy Housing this summer. Sarah works as Senior Health Coach at WellCall.

**Christian Nix**, MA (IHL 2009), offers hospital-based acupuncture training. For more, [http://christiannix.com/HBA\\_Training.pdf](http://christiannix.com/HBA_Training.pdf)

## SOUND HEALING at CHINESE HOSPITAL EVENT

IHL Sound healing students **Michael Nisley, Regina Gelfo and Valentina Moyano** will bring tuning forks, bowls and vocal arts to the Chinese Hospital Health Fair. Chinese Hospital is a unique provider of culturally competent services in San Francisco.

### [INTEGRATIVE COACHING ALLIANCE](#)

Students and alumni are forming a Coaching Alliance to continue their skills and look for proctoring opportunities in health/wellness coaching. Advisors like **Belma Gonzalez** (BandBcoaching) and **Nirinjan Bikko-Yee** and **Gary Yee** (MyBreath™ App)

### [NEW FACULTY JOIN IHL in FALL 2012](#)

**Marcel Allbritton**, PhD, will teach Communication Practicum, and serve as a program advisor and internship site supervisor at the Gertonson Institute and Mind-Body Foundation. **Ricky Fishman**, DC, will teach CAIM (Complementary, Alternative, and Integrative Medicine.) Dr. Fishman has worked in the integrative medicine field, and has a [drricky.com](http://drricky.com). **Megan Lipsett**, MA, will teach Human Flourishing, a course bridging beyond last year's workshop from Elliott Dacher, MD. **Fouzieyha Towghi**, PhD, brings her medical anthropology lens to Multicultural Perspectives on Health Care Delivery.

### [IHL and SOMATIC PSYCHOLOGY FORM NEW DEPARTMENT](#)

As of July 1, 2012, the Integrative Health Studies program (IHL) will move into a new department with Somatic Psychology (which offers the M.A. in Counseling Psychology, concentration in Somatic Psychology) that is yet to be name, although opportunities for collaborative research, networking, and transdisciplinary learning are on the horizon. As leading universities examine the benefits of inter-professional education, CIIS takes a lead in developing ways that clinical and nonclinical health care professionals can share best practices.

### [MAY IS ANIMAL-ASSISTED THERAPY MONTH](#)

May 6-12 is National Pets Week as well as Be Kind To Animals Week. Research on animal-assisted therapy for people with disabilities, autism, anxiety, and depression is encouraging, and advocates urge trained animal companions for people in nursing homes and returning veterans with PTSD. Learn how you can happy tails to those in need. <http://animaltherapy.net/>

### [ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES M.A.](#)

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# California Institute of Integral Studies

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Issue #10



### Message from Meg Jordan, PhD, RN, CWP, Professor and Chair of Integrative Health Studies (IHL)

CIIS is a leader in integral education. How does that translate for graduate students in Integrative Health? As they explore transformative practices such as indigenous healing methods, health coaching and NonViolent Communication, they open to new vistas that can sometimes baffle friends and families. According to one student, "I feel like I'm undergoing tremendous change all the time, and I wonder how I'll ever communicate everything to everybody." The transformations that students undergo not only broaden their intellectual grasp but awaken them to a profound inner journey. Sometimes a gap between their pre-CIIS lives and the current ones can develop. In those cases, faculty reinforce compassionate communication strategies to cross divides, and insist on holistic self-care practices to soothe the turbulence of new learning.

[Conference](#)

[Shamzi the  
Therapy Dog](#)

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## New Courses for IHL in Spring 2011

Advanced Wellness Coaching with **Michael Arloski**, PhD

Integrative Nutrition (online) with **Jim Cross**, ND, LAc

Somatic Approaches for Establishing Rapport with **Christine Donohue**, MA, MFT

Indigenous Medicine with **Leslie Gray**, PhD

Ancient and Contemporary Sound Healing, Music at the End of Life, and Healing and Creativity, with **Silvia Nakkach**, MA, MMT

## Silvia Nakkach, MA, MMT Joins IHL Faculty

Formally trained as a psychoanalyst in Argentina and Europe, **Silvia Nakkach** is among the first music psychotherapists in the Western Hemisphere. She is an award-winning composer and an internationally accredited specialist in cross-cultural music therapies, and her explorations in music, consciousness and recovery from mental illness found her collaborating for many years with many international scholars, musicians and pioneers: **Claudio Naranjo**, **Ralph Metzner**, **Pauline Oliveros**, **David Darling** and **John Beaulieu**. Having established the Sound Healing Certification in CIIS Public Programs, Silvia continues her work there and with the Vox Mundi School Project, bringing world class healers, physicians and research scientists to CIIS to usher in a new era of sound medicine.

Silvia's therapeutic vocal techniques have become landmarks in the field of integrative sound healing, and widely used in hospices, wellness and integrative medicine centers. She has released eight CD albums, and is a contributing author to several scholarly books on music and consciousness, including her latest *Free Your Voice* on the applications of the voice in healing, to be published by Sounds True.

## Alumni on the Move

**Jennifer Yee** (2010) is the new Senior Health Educator at Kaiser Sunnyvale.

**Carmen Sosa** (2009) is Business and Operations Analyst for the Institute of Health and Healing (IHH), California Pacific Medical Center (CPMC).

**Brittany Cushman** (2011) is Patient Coordinator at the IHH, CPMC.

**Christian Nix** (2009) teaches MDs acupuncture for pain reduction.

**Toni Sicola** (2011) was offered the Wellness Program Management position at Alameda County Medical Center.

## First Inter-Departmental Healing Circle Demo

Faculty from Expressive Arts Therapy, **Shoshana Simons**, PhD, and from Clinical Psychology, **Leland Van den Daele**, PhD, joined Meg Jordan with six other practitioners in an educational demonstration of multidisciplinary healing circle work. Also in attendance: **Greg Harper**, PhD (Shamanism); **Sally LaMont**, ND, LAc (Naturopathic Medicine); **Ofer Erez** (Somatics); **Andy Groggel** (Reiki); **Rinchen Dronrup**, (Tibetan Medicine); **Losong** (Ayurveda).

## Label GMO Food

Food Day, October 16, 2011, is going to be the largest day of action for labels on genetically engineered food in U.S. history. All around the country, local Millions Against Monsanto chapters are planning Right2Know rallies, marches, recruiting drives, film screenings, potlucks and house parties.

<http://www.organicconsumers.org/monsanto/index.cfm>

## What is Disobsession and Why Does Brazil Study It?

**Emma Bragdon**, PhD, Director of Spiritual Alliances and author of the newly released *Resources for Extraordinary Healing: Schizophrenia, Bipolar and Other Serious Mental Illnesses*, begins a joint research project with IHL on mediumship and cultural contexts for mental illness treatments and cures. Dr. Bragdon brings professionals to experience the work of John of God and some of Brazil's Spiritist psychiatric hospitals. <http://www.emmabragdon.com/>

## Sonic Anatomy and the Study of Wave Phenomena

IHL students hear it all the time: "You get to study the coolest stuff..." **John Beaulieu**, ND, PhD, teaches the impact of sound on nervous system anatomy for repatterning mind, body and spirit. Learn BioSonic Repatterning™ ("I feel like I'm going to Hogwarts for Adults," proclaimed Yvette Robles, "but with a whole lot of academic rigor.")

## Distinguished Academic Excellence Award from National Wellness Institute

**IHL M.A. Program in Integrative Health Studies** received the



"Distinguished Academic Excellence Award" from the National Wellness Institute in July. Presented by **John Munson**, PhD, NWI Senior Consultant for Academic Accreditation, the award also went to American University in Washington, D.C. The National Wellness Institute (NWI) presented its annual Distinguished Academic Program Awards during the 36th Annual National Wellness Conference. [www.nationalwellness.org](http://www.nationalwellness.org)

### National Healthcare Reform Conference Examines Prevention/Cost-Cutting

Prof. Meg Jordan will deliver a keynote address in Chicago on Oct 28, 2011: "Let Sanity Reign, The Undeniable Health-Wealth Connection for a Happier, Healthier Society," at the Natural Health Research Institute Scientific Symposium. **Len Saputo**, MD and **Russel Jaffe**, MD, PhD, IHL Advisory Board members, will also speak at the conference.

### Therapy Dog Shamzi Offers Health Blog

Therapy Dog Shamzi accompanies Dr. Shieva Khayam-Bashi on her rounds at San Francisco General Hospital. Shamzi shares his wisdom at <http://shamzithetherapydog.blogspot.com>

### New Collaboration For Enhanced Health Coaching

IHL program consultants **Alba Rodriguez**, PhD, and **Ramon Nunez**, D.Ac, demonstrated how somatic functional therapy with deep breathing and guided relaxation reduced or eliminated chronic pain and stress and cut health care costs at Henry Ford Center for Integrative Wellness for Dow Chemical Company employees. Next, IHL integrative wellness coaches may deliver their innovative CAM program through a web portal project with **Hemanshu Doshi** and **Michael Skolnick**.

### Ever-Expanding Internships for IHL Graduate Students

**The Alameda County Food Bank** with **Sarah O'Sullivan** delivered over 700 outstanding meals to East Bay kids last summer. **One Medical** developed a patient navigator role with interns **Shawn Casev** and **Kate Sulzer**.

IHL grad **Jake Pollack**, opened up internships in the Bahamas as the new Director of Education for the **Cape Eleuthera Institute**. Students may explore opportunities with **Nirinjan Yee**, founder of BreathResearch, Inc.

**Laguna Honda Hospital** managers are considering IHL sound healer interns for their programs in in eldercare, hospice, substance abuse, and long term rehabilitation.

**YMCA Shiu Lang Center** creates innovative wellness programming beyond the customary gym workouts.

**The Healing Project of Potrero Hill**, a pilot program for SF's Department of Public Health, offers free holistic care for low-income clinic patients.

### ***Energy Psychology Journal from Editor Dawson Church, PhD***

New peer-review journal covers topics such as economic cost savings of energy psychology treatment, studies of EFT and EMDR, anxiety reduction with Thought Field Therapy, and effects of Quantum Touch on chronic pain reduction. Prof. Jordan serves on the editorial board with **Hyla Cass**, MD, **Larry Dossey**, MD, **David Feinstein**, PhD, and **Fred Luskin**, PhD, among others.

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact Kate Leahy, Program Coordinator 415-575-6199. [k Leahy@ciis.edu](mailto:k Leahy@ciis.edu)

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Summer 2011



# **California Institute of Integral Studies**



# Integrative Health Studies Newsletter

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**16 New Integrative Health Masters**

**The Future "Leeds Certification" of Integrative Medicine Clinics?**

**What's a CWP?**

**Bevelry Rubik Stalks the Compassionate Brain**

**Yosuke Chikamoto Ramps Up Wellness for Kaiser Docs**

**Where in the World are IHL Faculty and Students?**

**New Courses for Fall**

**Meditation Workshop Fall 2011**

**Info Session June 23rd**

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## Summer 2011

**Message from Meg Jordan, PhD, RN, CWP, Dept. Chair and Professor, Integrative Health Studies (IHL)**

"Self-possessed, resolute, act without any thought of results, open to success or failure. This equanimity is yoga."

*Bhagavad Gita, 2.48*

Summer is a time of stepping into new internships, where IHL students do their best to act resolute and self-possessed, all the while being perpetually challenged and surprised. This

summer IHL graduate students find themselves in medical clinics, schools, holistic spas, insurance companies, senior programs, food advocacies and more. Their yoga practice keeps them open, receptive, and centered.

**16 New Integrative Health Masters Take On the World of Health Care**

A record number of graduates, with their M.A. in Integrative Health Studies and a Certificate in Integrative Wellness Coaching, enjoyed the commencement ceremony at CIIS with their families this May 22. Their Final Projects included a wide range of explorations from wellness coaching for eating disorders to horticulture therapy and web-use for alternative medicine seekers.

**The Future "Leeds Certification" of Integrative Medicine Clinics?**

Megan Lipsett, M.A. (IHL 2011) addressed the CIIS trustees on her Final Project, "IMIGIS: AN Integral View of Integrative Medicine Assessment." According to Trustee Ricki Pollycove, MD, the IMIGIS system could be groundbreaking in helping centers assess their offerings and improve patient care. Congratulations,

Megan!

### What's a CWP?

Certified Wellness Professional is a new designation from the National Wellness Institute. Find out how to achieve it at the [National Wellness Conference](#), July 18-21, where Prof. Jordan facilitates a panel on Wellness Coaching. If you are attending the conference, say hello to [Karim Scarlata](#), CIIS IHL admissions counselor at the exhibit area.

### Beverly Rubik Stalks the Compassionate Brain

IHL Faculty member [Dr. Rubik](#) reported findings of her latest study that involved measuring 40 Hz (gamma) brainwaves from the prefrontal cortex. She found positive emotion correlated with this band in both meditators and nonmeditators. Beverly said, "This was the same brainwave band that Richie Davidson measured in Tibetan Buddhist monks several years ago, which correlated with the depth of their meditation experience and their feeling of oneness and compassion with all beings. "  
[Jrnl Alt Comp Med. 2011. 17\(2\),109-115](#)

### Yosuke Chikamoto Ramps Up Wellness for Kaiser Docs

Besides teaching, advising, providing charitable work for Japan, and bringing wellness services to the 10<sup>th</sup> and Mission residences, **Prof. Chikamoto** also serves as a wellness educator and manager for the medical staff at Kaiser Permanente. His experience at Kaiser is invaluable to IHL students.

### Where in the World are IHL Faculty and Students?

**Meg** spent spring break teaching and doing a site accreditation at the [University of Applied Sciences](#) near Graz, Austria, now accredited by NWI. Her host, Prof. **James Miller**, has been instrumental in shaping the curriculum for the leading Health Tourism Management program anywhere.

**Sarah Morrow, M.A.** (IHL 2011) assisted conference chair [Suzanne Arms](#) in the Canary Islands at the groundbreaking Birthing the Future conference, advocating for worldwide mother-infant support .

**Rinchen Dhondrup**, IHL student and Traditional Tibetan Medicine doctor, spends his internship at U WIS (Madison) with [Richard Davidson](#), learning fMRI research design for meditation, and grant writing for administrative management of lab research.

### New Courses for Fall: Sound Science 1 and 2

Welcome to [John Beaulieu, ND, PhD](#), new adjunct faculty to teach within the Sound Healing Focus. [Silvia Nakkach, MA, MMT](#), core faculty for the Focus, hosted Dr. Beaulieu playing his Reichian Orgone Suite. Together they usher back the elegant music salon, with a nod toward evoking higher consciousness and healing.

### Meditation Workshop Fall 2011

IHL Advisory Board member [Elliott Dacher, MD](#), assisted by [Megan Lipsett, M.A.](#), will expand his hospital-based 10-week workshop on Human Flourishing: A Meditative Science and Art. For more information, contact [meganlipsett@gmail.com](mailto:meganlipsett@gmail.com).

### Info Session June 23rd 5:30in

**CIIS Summer Information Fair on Thursday, June 23rd from 5:30-7:00pm. learn more about our programs and meet key faculty/staff on campus. 1453 Mission, #307, San Francisco, CA 94103.**

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact IHL's new and wonderful Program Coordinator (says her Chair) Temple Byars MSW, Program Coordinator at 415 575-6199, [tbyars@ciis.edu](mailto:tbyars@ciis.edu)

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Oct. / Nov. 2010 Issue #8



# California Institute of Integral Studies



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Oct/ Nov '10 /Issue #8

**Message from Meg Jordan, PhD,  
RN  
Dept. Chair and Prof., Integrative Health  
Studies (IHL)**

### HEALTH COACH SUMMIT

How do you know your health coach is **qualified**? Without a national certification or educational standards, you rely on recommendations and reputations, and both can lead you astray. To remedy that, an historic Summit took place Sep. 26-27, with over 60 invited leaders in health care, collaboratively developing strategies for national benchmarks for education, training, and credentialing professional coaches in healthcare and wellness.

Co-conveners **Karen Lawson** (U MN) and **Margaret Moore** (Wellcoaches), supported by a grant from **Institute for Integrative Health**, led a Steering Committee of **Michael Arloski** (RealBalance), **Linda Bark** (AsOne Coaching), **Michelle Bouchard** (HealthCorps), **Michael Burke** (Mayo Clinic), **Richard Cotton** (ACSM), **Georgiana Donadio** (National Instit. of Whole Health), **Roy Elam** (Vanderbilt), **Jay Groves** (Vanderbilt), **Meg Jordan** (CIIS), **Pamela Peeke**, (Advisor to Surgeon General/Discovery) **Linda Smith** (Duke), and **Ruth Wolever** (Duke).

Next steps include outlining definitions, core competencies, and scope of practice for health and wellness coaches, and designing a multi-site research project with CAM researcher **David Eisenberg** (Harvard). Summit participants shared a sense of urgency to move ahead, since lifestyle turnaround remains a primary objective for the nation's health objectives for the nation's health, according to the Institute of Medicine.

## CAIM COURSE WEBINARS

CAIM (**Complementary, Alternative, and Integrative Medicine**) proved to be a most popular course with record attendance. Video recordings of the guest lecture series includes talks on clinical nutrition, homeopathy, naturopathy, Tibetan medicine, Traditional Chinese Medicine, bodywork/somatic education, chiropractic, ayurveda, mind/body therapies, integrative medicine and more. Several advisory board members guest lectured for this course including **Sally LaMont**, ND, LAc; **Liz Lipski**, PhD, CCN; **Russell Jaffe**, MD, PhD; and **Len Saputo**, MD, and **Susan Fox**, LAc. IHL will be posting a short version introductory webinar of the course soon.

## MERCY HOUSING and CIIS WELLNESS

IHL graduate students who've completed wellness coaching and management courses will deliver this fall educational, client-centered, on-site wellness services for residents of Mercy Housing units. **Prof. Yosuke Chikamoto** will supervise this first time opportunity. We want to acknowledge **Catholic Charities CYO, Catholic HealthCare West and CIIS Development** for their assistance in securing this opportunity. Reducing health disparities through integrative wellness outreach is one of the central objectives of IHL.

## ALUMNI making tracks

**Barb Harris, MA** (IHL 2009), former Editorial Director of SHAPE Magazine, will teach **Movement & Stress Management in Spring 2011**. Barb also serves as a chaplain and integrative health practitioner for Kaiser Permanente Medical Center in Oakland, CA. She continues to work with the Glide Memorial Women's Center, creating a photostory, created and directed by women participants in a support program.

## ADVISORY BOARD NEWS

**Russell Jaffe** offers medical "pearls" in his new newsletter . **Sally LaMont** testified for natural medicine on the Hill; **Len Saputo** conducts healing circles again out of Health Medicine Center; **Dana Ullman's** column on Huffington Post makes frequent headlines. **Elliott Dacher** redrafted human flourishing in a ready-for-publishing manuscript; **Ricky Pollycove's** evolutionary hormone theory made its way into the *Pocket Guide to Bioidentical Hormones*.

### TIBETAN MEDICINE DOCTOR AT CIIS

Welcome to **Rinchen Dhondrup** whose expertise in Tibetan Medicine will be presented with Tibetan Medicine doctor, **Yangdron Kalzan** in CAIM in November. Rinchen, also a Tibetan Medicine doctor, entered the IHL program this fall.

### RECORD NUMBER OF INTERNS

So what did you do on your summer vacation? IHL students packed 200-hours of intensive community service into their busy schedules. Thanks to Internship Supervisor **Niyati Desai** for expanding sites to include:

- Designed **healthy weight program** at naturopathic clinic.
- Administration of a **sliding scale Reiki clinic**.
- Conducted **healthy food demos** for low-income areas
- Served as **research assistant** for a PTSD study at MAPS
- Assisted in **nutritional detoxification** at a retreat center
- Acted as a **trainee for an Ayurvedic health center**
- Created **wellness coaching** for Human Resources Instit..
- Wrote **content for [www.FoundHealth.com](http://www.FoundHealth.com)**.
- Evaluated **gender-appropriate services** for SF Mental Health Board

### Chanda Möllers, Wellness Manager

Congratulations to our Program Coordinator and graduate of the IHL program, **Chanda Mollers**, who accepted a coveted Wellness Manager position at **Pacific Gas & Electric**. We will miss her but are happy to celebrate this wonderful success! After completing an internship at PG&E, Chanda continued to assist their executive team with health fairs and stress reduction strategies.



### ALLIANCE with [www.FoundHealth.com](http://www.FoundHealth.com)

So many health web sites (over 30,000!), so little integrative health. But that might all change soon. IHL now has an alliance with [www.FoundHealth.com](http://www.FoundHealth.com), developed by CEO **Rita Sharma** and **Mike Rosenthal**. They will learn how to create leading-edge web strategies for disseminating integrative health messages. **Jennifer Yee** (IHL '10) wrote about Integrative Medicine for the website.

### Energy Psychology Journal

**Energy Psychology Journal** is a new peer-reviewed publication  
**Dr. Jordan** serves on the editorial advisory board.  
[www.EnergyPsychologyJournal.com](http://www.EnergyPsychologyJournal.com)

### About Integrative Health Studies

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May -June 2012 Issue #7



# California Institute of Integral Studies



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May/June '10 /Issue #7

## Message from Meg Jordan, PhD, RN Dept. Chair and Prof., Integrative Health Studies (IHL)

Happy Spring! May is both National Fitness Month and Mental Health Awareness Month. Here in Integrative Health Studies, we consider that synchronicity just one more confirmation of the many psycho-emotional benefits that flow from healthy lifestyles.

## The Surprising New Science of Heart Health

### A Symposium presented by the Calistoga Institute

Our notions about what makes the heart healthy are due for a massive update. Findings from experts in a dozen different fields will converge at the new Calistoga Institute on May15-16, 2010 at the Mayacamas Ranch. Meg Jordan will address social isolation as a growing risk factor for heart disease. For a discount code for \$50 off any ticket package for our Heart Health symposium May 14-1, just type "Meg" into the discount code box and the ticket price will be adjusted. Go to <http://calistogainstitute.eventbrite.com> for more information or contact organizer Eliot Hurwitz at [ehurwitz@calistogainstitute.org](mailto:ehurwitz@calistogainstitute.org).

## 2010 IHL Graduates

### **Final Presentations May 9, 2010**

Congratulations to this year's graduates. Their compassionate advocacy of integrative health models extended to sites as diverse as Glide Memorial Women's Center, San Bruno, CA County Jail, the EARN Program, and a proposed model for Kaiser's Behavioral Medicine unit. Each of their Final Projects are posted on individual websites. For a list of those, contact [cwilliams@ciis.edu](mailto:cwilliams@ciis.edu).

**Barb Harris-** Moving Beyond Survival: A Program to Heal the Cycle of Violence in Marginalized African American Women

**Chanda Möllers-** AHIMSA: Augmenting Health through Mindfulness Skills and Action

**Michael DeLaRosa-** Financial Wellness: A Cornerstone to Overall Health

**Jennifer Yee-** Returning to Wholeness: A Multi-Pronged Integrative Approach to Treating Depression

### **CIIS Faculty**

Core faculty Professor **Yosuke Chikamoto, PhD**, is researching empathy and wellness. **Michael Arloski, PhD**, founder of RealBalance and the Wellness Mapping 360© "Wellness Coach" Certificate Training will bring his vast experience in wellness coaching to students in a fall course.

**Beverly Rubik, PhD**, presents at the LENS (Low Energy Neurofeedback System) Conference in May.

### **Advisory Board Members**

**Elliot Dascher, MD**, has developed a hospital-based workshop on Human Flourishing: Health, Happiness and Serenity in Modern Times, and has an accompanying manual that should be a published book for the public soon.

**Dr. William Stewart**, Director of The Institute for Health & Healing at California Pacific Medical Center, shares the latest research and his insights on integrative medicine and tips on how you can achieve "personal and planetary" health from his book

Deep Medicine on a radio show called "Reality Sandwich" and airs on KPOO 89.5 FM Thursdays @ noon. The show will air Thursday, May 13th, 12-1pm LIVE or on the Web at <http://www.kpoo.com/hearus.html>.

### **CIIS Health and Wellness Fair**

#### **Balanced and Boundless**

That's the new slogan for the CIIS Wellness Program, voted in by participants at the first co-sponsored CIIS Health Fair between Human Resources and Integrative Health last month. True to CIIS, it was both integral and integrative. According to our insurance providers, they never attended an organizational health fair that featured such a wide array of healing modalities (traditional Tibetan medicine, Reiki, acupuncture, Reiki wellness coaching, and heart rate variability biofeedback). Many thanks to our students, volunteers and practitioners for a successful event, complete with raffle prizes.

### **Wellness Coaching**

CIIS's **Meg Jordan, PhD, RN** and **Yosuke Chikamoto, PhD** are working to define national parameters for both health coaches and wellness coaches with **Karen Lawson, MD**, University of Minnesota; **Linda Bark, PhD, RN**, AsOne Coaching; **Michael Arloski, PhD**, RealBalance Wellness, and; **Margaret Moore**, WellCoaches.

### **International Students**

We welcome **Rinchen Dhondrup**, a professor and medical doctor from Tibet, and **Pradeep Immanuel**, a medical doctor in India and Singapore. It's great to have your willingness and interest here at CIIS. Both are being asked to contribute to our understanding of medical pluralism and integrative models throughout the world.

### **New Internships**

The internship offers students an opportunity to gain practical experience, contribute to the community, explore potential careers and enrich their lives. Here's a list of new sites;

Safronya in San Raphael, the Human Resources Institute in Vermont, FoundHealth.com, Vibrant Reiki and Mercy Housing both in San Francisco.

### About Integrative Health Studies

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Winter 2010 Issue #6

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# California Institute of Integral Studies



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### Message from Meg Jordan, PhD, RN

#### Dept. Chair and Prof., Integrative Health Studies (IHL)

Notice how health dominates the headlines lately? *Impending public health disasters in Haiti and Chile. Childhood obesity championed by the White House. Last fight for the public health care option.* Our IHL graduate students adopt global health NGOs, forge integrative nutrition solutions, and fight skyrocketing insurance premiums. The world is keeping them busy, and they're all employed. One new grad, Stephanie Goldstein, returned to Southern Illinois to find three doctor's offices ready to accept her skills as an integrative wellness coach and healing yoga practitioner. No matter what the headline says, IHL students extend compassionate activism in every direction at once.

### Nutripuncture Workshop

A follow-up visit and workshop on March 6-7 features the investigative work of French researcher Patrick Veret, MD and Cristina Cuomo at CIIS, Namaste Hall. This workshop on aligning nutrient support along meridians is open to the public. Call 415 575-6199 to attend.

### Childhood Obesity and Neighborhood Watch

As Michelle Obama inspires us to tackle childhood obesity, San Francisco can pride itself on instituting many of the methods she suggests: Get rid of the junk in school vending machines, restore physical activity, and rediscover the at-home family meal. IHL faculty **Niyati Desai** teaches integrative nutrition, which emphasizes nutritional science, food advocacy, GMO labeling, water privatization, and deep nourishment.



### Integrative Healthcare Symposium



Six graduate students from IHL accompanied **Dr. Meg Jordan** to the Integrative Healthcare Symposium in NYC where they heard leading experts present on environmental toxins, women's health, functional medicine principles, brain health and vaccine injury, iodine and Vitamin D supplementation, thyroid and adrenal recovery, and more. What impressed them the most? The way leading experts acknowledged the need for two emerging professions--"integrative health practitioners" and "health coaches"--to fundamentally reshape the health care landscape today.

### IHL Faculty News

**Yosuke Chikamoto, PhD**, core faculty of IHL, will be in Tokyo on

March 22 to give a presentation on "Wellness Coaching" sponsored by Japan Health Development Foundation.

#### **Dr. Beverly Rubik's**

study on the effect of traditional diets of unprocessed foods on blood components, as compared to modern, conventional organic diets, produced some surprising findings. She writes, "In fact, we observed....that high levels of saturated fats in the diet seem to have a protective effect on the RBCs and to inhibit the expression of inflammation." The study was published in the journal *Wise Traditions in Food, Farming, and the Healing Arts*.

### **Student Projects**

Some of the IHL graduating final projects are:

- \*Effects of meditation and yoga on inmates
- \*Stopping cycles of intergenerational domestic violence
- \*CIIS Integrative Wellness coaching for depression
- \*Impact of financial advising on wellness coaching

### **Conferences**

**March 17-21**, Near-Death Experiences

Meg will present, "They're Baaaack: Life-After-Death Reports in the Age of Neurobiology" at the 30th Annual Spring **Conference for the Society for the Anthropology of Consciousness**, this year chaired by **Matthew Bronson, PhD**, of CIIS Anthropology Dept.

Adjunct faculty **Dr. Beverly Rubik** will also present. This event will be held at the UC Berkeley Faculty Club. Visit [www.sacaaa.org/](http://www.sacaaa.org/) to register or for more information.

**July 17-22** National Wellness Institute, [www.nationalwellness.org](http://www.nationalwellness.org)  
Univ of Wisc, Steven's Point

### **Academic Consortium of Complementary Health Care**

CIIS is now an associate member of the [Academic Consortium for Complementary and Alternative Health Care \(ACCAHC\)](http://www.accahc.org), an exciting collaboration of 15 member organizations.

### **About Integrative Health Studies**

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# California Institute of Integral Studies

## Integrative Health Studies

Welcome back!



Fall 2009

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Healing Circle

Ceremony

Employment  
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Nonviolent  
Communication

New Internship Site

Events and  
Presentations in CAIM

New book "Deep  
Medicine"

### Greetings!

This academic year provides our students with presentations from leaders in the field of integrative health, culturally sensitive education, and new internships within diverse communities. CIIS also offers stimulating lectures and events for the public as well. We hope to see you at the events mentioned below.

Best to you in health and well-being,  
Meg Jordan, PhD, RN, Dept. Chair Integrative Health  
Studies and Chanda Möllers, Program Coordinator

### Integrative Health in CIIS Public Programs Lecture Series

**True Health Care Reform:  
Fundamental Shifts Start with You**

Len Saputo, MD

Thurs, Sept 17, 7-9pm

Come hear this integrative physician share his vision for progressive change that requires building community in a meaningful way to heal a broken system. You'll hear hard truths and fresh perspectives. Dr. Saputo directs the Health Medicine Center in Walnut Creek, CA. Author of *A Return to Healing - Radical Healthcare Reform and the Future of Medicine*, he is on the Integrative Health Studies Program Advisory Board. Contact [Public Programs](#) at 415.575.6175 to register.

**Jungle Medicine: The Healing Force**



### **of Plant Spirit Energies**

Meg Jordan and Connie Grauds

Thurs, Oct 15, 7-9pm

Connie Grauds is a pharmacist who was initiated as a shamana through an extensive apprenticeship with a Peruvian Amazon jungle shaman. Meg Jordan is a medical anthropologist who has investigated the healing dynamics of four different healing traditions employing plant and ceremony in sacred context. They have combined their experiences in recovery and healing with visionary spirit doctors, and offer a colorful multi-media presentation.

You will hear tales of visionary spirit doctors, embodying non-ordinary approaches and worldviews. Contact [CIIS Public Programs](#) at 415.575.6175.

### **Healing Circle on Mon, Sept 21 at CIIS**

Witness as participant-observers the communication, nonverbal interactions, advice, conclusions, and process of various health practitioners with a volunteer client in an educational Healing Circle designed to demonstrate true integration of CAM therapies as practitioners attempt to listen deeply and offer support to someone with a chronic condition who has had limited success in conventional models of health care. This model was developed by Len Saputo, MD, in collaboration with Meg Jordan and others over the Health Medicine institute. For more information or to RSVP, contact [Chanda Möllers](#) at 415.575.6199.

### **Indigenous Medicine Ceremony**

[Ancestral Voice](#) is a center of healing and learning devoted to the preservation, application and respectful dissemination of shamanic and Indigenous lifeways. Phillip Scott is Founder and Director of Ancestral Voice, as well as Adjunct Faculty for IHL. The Sacred Hoops gathering is Wednesday, Sept 30 at 7:30 pm in Novato (108D Oliva Ct.). For more information, contact [Phillip](#) for more information at 415.897.7991.

### **Half-time Core Faculty Position Available**

This position includes responsibilities for teaching nine units per year of graduate-level courses in Integrative Health Studies, advising students, university service, committee work, and professional contributions as needed. Email [Chanda Möllers](#) for the complete job posting.

### **Nonviolent Communication, Sun, Oct 11, 11am-5pm**

A guest lecturer from the Bay Area Nonviolent Communication group will facilitate experimental practice in NVC, an effective strategy for working in integrative health care settings.

### **New Internship Site**

We are pleased to announce a new alliance with the 100% Club Prep Institute (100CPI), a college preparatory program for middle and high school students. The program is designed to inspire young women and young men to set and achieve high academic, social and artistic goals. The IHL department

seeks to bring wellness coaching to the underserved. The collaboration of CIIS and the 100% Club will benefit students and their families in the Bayview Hunters Point community.

### **Presentations in new course "Complementary, Alternative, and Integrative Medicine"**

This course provides a holographic view of CAM systems in use today, along with the attempts to blend those approaches with modern biomedicine. The intent is to gain sufficient familiarity with each healing system so that students may be advocates for medical pluralism in whole-person health care settings. Student practitioners critically analyze strategies for integration and develop models. If you would like to attend any of these presentations, contact [Chanda Möllers](#) at 415.575.6199.

**10/5 NATUROPATHIC MEDICINE**, Sally LaMont, ND, LAc  
**10/12 MAPPING HEALTH CONDITIONS and ORIGINS OF HEALING**

Meg Jordan on origins of global healing methods, and Sally LaMont, ND, LAc, on how to assess health conditions and choose appropriate treatment options.

**10/19 WESTERN HERBS / CLINICAL NUTRITION**, Sally LaMont, ND, LAc

**10/26 HOMEOPATHY**, Iris Ratowski, Homeopathic educator and practitioner

**11/2 AYURVEDA**, Debra Riordan, Ayurvedic practitioner

**11/9 QIGONG**, Michael Mayer, PhD, Psychotherapist, Qi Gong expert

**11/16 TRADITIONAL CHINESE MEDICINE**, ACTCM Instructor

**11/23 BIO-ENERGETICS**, Erik Peper, PhD, Professor, SFSU, Biofeedback

**11/30 BIOMECHANICAL ENERGY SYSTEMS**, Ricky Fishman, DC

**12/7 REIKI**, Anna Reiki Master, Vibrant Reiki

### **Deep Medicine: Discovering a Personal Path to Healing**

The holistic health pioneer, William B. Stewart, MD, puts his knowledge into practice in *Deep Medicine* by showing readers how to make health-creating choices. Dr. Stewart is cofounder and director of the Institute for Health & Healing at California Pacific Medical Center in San Francisco, and is also on the IHL Advisory Board.

#### **Contact Us**

[Meg Jordan](#), PhD, RN, Department Chair, Professor, Integrative Health Studies  
[Chanda Williams](#), Program Coordinator  
California Institute of Integral Studies  
1453 Mission Street  
San Francisco, California 94103

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Fall 2009 Issue #5

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# California Institute of Integral Studies



## Integrative Health Studies Newsletter

### In This Issue

[Welcome New Faculty](#)

[Clinic Design & Management](#)

[IHL Alumni](#)

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[Healthy People 2010](#)

[Winter Health Tip](#)

**Dec '09-Jan '10 / Issue #5**

**Message from Meg Jordan, PhD, RN  
Dept. Chair and Professor, Integrative Health  
Studies (IHL)**

As we send out this winter newsletter, Congress endlessly debates health care reform, but we know they're only talking about incremental fixes to payor neglect. True health care reform would foster preventive health and wellness choices, fair access to quality urgent and crisis care, an expanded field of primary care options and reimbursed providers, all within a supportive culture and sustainable environment. IHL students, alumni and faculty

[Bhutan](#)

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advocate for a system that is truly healthy and caring. May this season find your personal choices for enhanced well-being supported in multiple, surprising ways.

### Welcome New Core Faculty



The IHL Department is pleased to announce that **Yosuke Chikamoto, PhD**, joins in January as Associate Professor, bringing extensive research experience in health promotion, as well as significant teaching experience at American University and California State University,

Fullerton. Dr. Chikamoto also served as Director of Technology and Research in the Health Improvement Program at Stanford Center for Research in Disease Prevention, where he oversaw projects in health risk appraisal, stress management and information technology. A native of Japan, he served as a clinical assistant professor and research associate at several hospitals and universities in Tokyo, and has published extensively on worksite health costs and financial incentives. Dr. Chikamoto will teach **Integrative Wellness Management and Health Assessment and Evaluation**, and help CIIS develop an integrative wellness program.

### How Do You Manage an Integrative Health Center?

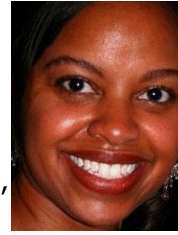
Plenty of graduate programs exist that teach students administrative management for hospitals and clinics, but the IHL may be the first to address the challenge of designing and managing a holistic health center that combines complementary and alternative therapies with conventional medicine. Students created mock integrative centers, complete with mission, objectives, insurance/payment plans, operating budgets, revenue forecasts, architectural renderings, hiring practices, community service strategies, operating philosophy, workforce descriptions and managerial format.

### IHL Alumni Jake Pollack Returns

After years in Auroville, India, where he worked with the Living Routes program, Jake returns to CIIS as the new **Program Coordinator for Public Programs**. He is completing his doctorate at Prescott College in sustainability education. Jake served as Program Coordinator at CIIS during his studies in IHL.

### Call to Community Service in South Africa

**Chanda Möllers**, Program Coordinator and IHL advanced student, travels to South Africa for service work with the nonprofit **Clouds of Hope**, which cares for children orphaned by AIDS. Chanda will teach daily yoga to the children. She travels with her husband Jürgen, who intends to publish a book about the foundation's work.



### Healthy People 2010

**Professor Jordan** attended the Healthy People 2010 special session led by the **U.S. Department of Health and Human Services**.

She reported on the ways in which lifestyle coaching initiatives could directly tackle health disparities among poor and low middle-income people. Every 10 years, HHS seeks input from health professionals on a proposed set of objectives aimed at extending quality and length of life. Dr. Jordan has participated in this national process since the mid-1990s.



### Winter Nutritional Super-Star

Overheard by noted nutrient researchers at a medical conference: "I'm up to 2,000 IU of Vitamin D3, and I'm taking K2 as well..." A smart move--especially during the long, dark days of winter, for those prone to osteoporosis. Research on **Vitamin D3** affirms that this hormone needs to be paired with **K2** for optimal bone preservation and mineralization.

### Bhutan Trip

Experience the mystery and tranquility of the Himalayas in **India and Bhutan, March 4-23, 2010**. Contact Richard Buggs at 415.575.6116 or [rbuggs@ciis.edu](mailto:rbuggs@ciis.edu).



### About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methods and healing philosophies, along with real-world internships and embodied practice of holistic self-care. Integrative health is the art and science of achieving optimal wellness by

integrating the best of modern medical practice with time-honored native healing and evidence-based holistic therapies, and respectful attention to the larger social, environmental and spiritual contexts of people and their communities. Thank you for your interest and support of the IHL Program. For more information, contact Chanda Möllers, Program Coordinator at 415 575-6199 or [cwilliams@ciis.edu](mailto:cwilliams@ciis.edu)

Summer 2009 Issue #4



## California Institute of Integral Studies

### Integrative Health Studies Newsletter

Summer 2009



#### In This Issue

National Wellness  
Institute

Take Action

New Allies

Advisory Board

2009 Graduates at Work!

New Faculty: Marenka  
Cerny

Fall Courses

#### *Message from Meg Jordan, PhD, RN*

The Integrative Health Studies (IHL) faculty, graduate students, advisors and alumni serve as effective change agents, promoting prevention and wellness for every segment of society. Add your voice to these causes:

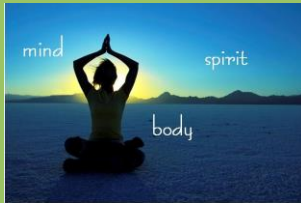
\* Support grassroots behavior change programs.

IHL joins **Dr. Steven Tierney** in the CIIS Community Mental Health program with a public sector initiative for healthy life planning. One example: Faculty member **Niyati Desai** teaches healthy food shopping and preparation to women at risk.

\* Empower yourself with knowledge. Advisory Board

member **Len Saputo, MD**, lays out a brilliant plan for integrative health care form in his new book, *A Return to Healing*.

\* IHL students are busy with summer internships:PG&E, Glide Memorial, Aetna, and SF Public Health Dept.



## BEST CONFERENCE FOR WELLNESS

**NATIONAL WELLNESS INSTITUTE** Keynote on July 22 by Dr. Meg Jordan, "*Let Them Eat Happiness: Making Positive Psychology Work With the Grim Reality of Health/Wealth Inequity.*" Don't miss this seminal conference for professional development and personal renewal.

## TAKE ACTION

See the eye-opening documentary **FOOD, INC.** and help reauthorize the [Child Nutrition Act](#).

Call your [Congressional reps](#) in support of a public health care insurance option. We like Paul Krugman's blog which states: "The Congressional Budget Office (CBO) has found that administrative costs under the public Medicare plan are less than 2% of expenditures, compared with about 11% of spending by private plans under Medicare Advantage." In addition to savings, a public health care insurance option is part of a humane society.

## NEW ALLY

**Samueli Institute's** Director **Wayne Jonas, MD**, put forth a [Wellness Initiative for the Nation](#). Along with the voices expressed at the Institute of Medicine's Summit on Integrative Medicine, Dr. Jonas joins a chorus of national leaders advocating for the inclusion of health coaches to stem the growing tide of people with chronic degenerative disease by teaching lifestyle change.

## ADVISORY BOARD MEMBER

Welcome new advisor **Daphne White, PhD**, a CIIS trustee, whose work with Institute of Noetic Science and numerous other boards, whose experience will be highly valued. Daphne introduced us to homeopathic educator **Iris Ratowski**, who will join advisor **Sally LaMont, ND, LAc**, as guest lecturers for Integrative Health Students this fall.

## ALUMNI AT WORK!

Our graduates are working in their chosen field--a significant achievement in this economy. Some examples: **Carmen Sosa** is a Program Coordinator at Institute for Health and Healing; **Cynthia Baklanov** is a holistic hospital chaplain at St Mary's Hospital in San Francisco; and **Stephanie Goldstein** is an integrative health practitioner for three medical practices near Carbondale, IL.



### WARM WELCOME

IHL welcomes **Marenka Cerny, MA**, who will teach Integrative Anatomy and Physiology, which she has taught for several years at other universities. She earned her MA in Somatics Psychotherapy from CIIS in '96.



### NEW COURSE

#### Complementary, Alternative, and Integrative Medicine

Ever wonder how to put together an integrative health center? We'll explore CAIM healing therapies, interview working practitioners, investigate licensure and practice guidelines, and review different successful models in existence today. Students will design a hands-on, experiential "mock" clinic, based on real-world advice from CAIM practitioners.

### CIIS Public Programs Fall 2009

**HEALTH POLITICS** with IHL Advisory Board Member **Len Saputo, MD**, on September 17.

**JUNGLE MEDICINE** with **Connie Gauds, RPh**, and Meg Jordan, PhD, RN, on October 15.

**NUTRIPUNCTURE** experts **Patrick Veret, MD**, and **Cristina Cuomo**, hope to return for a September/October workshop. Their July demo was astounding. Come experience a form of needle-less acupuncture.

#### QUICK LINKS

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#### SCHOLARSHIPS AVAILABLE

Integrative Health Students entering the program may apply for CIIS scholarships. Please contact Chanda ([cwilliams@ciis.edu](mailto:cwilliams@ciis.edu)) for more information.



You are receiving this newsletter because of your interest in Integrative Health, if for any reason you'd like to be removed from our list, please contact us. For more information about the Integrative Health Studies program, please contact Program Coordinator, Chanda Möllers, by email at [cwilliams@ciis.edu](mailto:cwilliams@ciis.edu) or by phone at 415.575.6199.

## Feb/March 2009 Issue #3

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# California Institute of Integral Studies



## Integrative Health Studies Newsletter

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Feb- Mar 2009/Issue #3

### Prevention in the Spotlight

Even in an economic downturn, health careers prove to be a growing job market. Plus, the national focus on health care reform and prevention has never been more pressing, and the knowledge and skills of IHL graduates are in demand. In February, **Department Chair Meg Jordan, PhD, RN**, forged new alliances from government institutes to leading research organizations, seeking partners for the IHL commitment to bring integrative health models to underserved communities. Meg and faculty member **Julia Zarcone, MA**, participated in the Summit on Integrative Medicine at the Institute of Medicine last month. The outlook is bright for integrative health.

### Program Highlights

**New Internships in Wellness** With a record enrollment this spring, the IHL department continues to expand, and internships have opened at **Pacific Gas & Electric, Aetna** and **Blue Shield** for students. While some test their newly

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shaped skills in wellness coaching and program design, others adopt international health organizations, advocate for health equity and social justice, and usher a holistic systems approach into mainstream clinical settings.

### Free Webinar

***"Let Them Eat Happiness? Making Positive Psychology Work With the Grim Reality of Health/Wealth Inequity" with Meg Jordan***

***March 3, 8:00 AM - 9:00 AM PST***

This webinar gives a sneak preview of a larger presentation scheduled for the National Wellness Conference in July 2009.

[Click Here](#) to register

800.243.8694 or

e-mail [nwc@nationalwellness.org](mailto:nwc@nationalwellness.org)

### Call to Community Service and Volunteerism

Activism and applied learning are central to the mission of integral education. **Maria Min** spends time with Off the Mat into the World (OTM), a program helps you define your purpose and become active in your local or global community. **Li Campanello** enjoys the bliss of the Tse Chen Ling Center, a Buddhist community. **Chanda Williams** teaches yoga at the San Francisco County Jail in San Bruno through a program called Resolve to Stop Violence Project (RSVP), a restorative justice crime prevention program centered on yoga, meditation and life skills. **Barb Harris** is supporting the Women's Program as well as the staff of the Health Center at Glide Church through integrative wellness coaching skills.

### e-Portfolios

For the first time, students preparing to graduate will showcase their Final Project scholarship, community service and professional goals in a web-based e-portfolio, in addition to the traditional binder. Plans are underway for an audio/video learning lab to make podcasts and webinars-another way for students to move health information.

### Bhutan for 2010



**Meg Jordan, PhD, RN**, will conduct ethnographic research in Bhutan this March, but hopes to put together a full CIIS trip with Richard Buggs, PhD, Director of Alumni, next March 2010.

### Conferences

Institute of Medicine Summit on Integrative Medicine, Washington, DC **Feb 25-27, 2009**

The Art and Science of Health Promotion, San Francisco, CA **March 16-18, 2009**

National Wellness Institute, Stevens Point, WI, **July 17-28, 2009**

### Health Tips

\* **Splenda®. Not so splendid.** Sucralose (chemical name) replaces some oxygen and hydrogen with chlorine, creating a chlorocarbon similar insecticides and disinfectants. Support the [Citizens for Health](#) petition FDA for a recall of the artificial sweetener.

\* **Nanotechnology Warning.** Many sunscreens and dietary supplements use titanium dioxide in sunscreens and as coatings. When micronized, titanium dioxide have the potential for causing DNA damage by escorting unwanted co-constituents inside cells.

\* **Proactive Prevention Model** New advisory board member **Russell Jaffe, MD, PhD, CCN**, presents his Proactive Prevention model to the Ripple Snomass Consortium. You can start on it now by reducing oxidative stress, correcting acid/alkaline balance, hydrating properly, and replacing needed antioxidants.

### Alumni Making Waves

**Jerrol Kimmel, MA**, is using her mind/body relaxation techniques as Integrative Health Practitioner for a busy OB/GYN practice with Ricki Pollycove, MD.

**Katie Wilson, MA**, is a Research Coordinator for Preventive Medicine Research Institute, founded by Dean Ornish, MD.

November 2008



# California Institute of Integral Studies



## What's New this Month in Integrative Health

Issue: #2  
2008

November

### In This Issue

Faculty Announcements  
New Courses for Spring  
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Important Dates  
Hans Baer, PhD, Lectures at  
CIIS  
Bhutan Trip  
Online Courses for Spring  
Consciousness and Healing  
Research Opportunity  
Article Headline  
Health Tips  
Advisory Board Members

### Faculty Announcement

**Julia Zarcone**, Core  
Faculty, will be on  
sabbatical Spring 2009.  
Julia will be working on a  
book project on Integrative  
Healing and traveling to  
several conferences,  
including the Institute of  
Medicine's Integrative  
Health Summit in  
Washington, DC.



### GLOBAL WARMING and GLOBALIZATION:

### Beyond Capitalism and Toward an Alternative System

**Tuesday, Nov. 18, 2008**

4-6 pm, CIIS Namaste Hall at 1453 Mission Street,  
San Francisco

Come hear internationally renowned medical anthropologist Hans Baer, PhD, speak on the roots of global warming in the treadmill of capitalist production and consumption, and the impact of global warming on settlement patterns, human subsistence, and health. Given that anthropologists have long recognized that social systems do not last, he presents a way to mitigate global warming by replacing global capitalism with a new global political economy committed to social parity, democratic processes and environmental sustainability. This emerging climate movement holds the potential to stop the planet and humanity from frying.



### Bhutan Trip

Plans are shaping up! Let us know your interest so we may make this trip a reality. Keep spring break open: March 20-29, 2009. We'd like to visit the Institute of Traditional Medicine Services in Bhutan, and we're now corresponding with official agents within the country. More details, call Chanda 415.575.6199.

### Two Online Wellness Courses for Spring

Expanding our wellness course initiative here at IHL, we are happy to provide two online courses for Spring 2009. Integrative Wellness Management (IHL 6032) with Dr. Meg Jordan teaches students how to design and implement a wellness program. Plus - direct

## New Courses for Spring

Integrative Wellness Management an online course with Dr. Meg Jordan

Consciousness, Healing, and Spirituality with Dr. Mike Denney

Health Equity and Planning with Allyson Washburn and SF Department of Public Health

Movement and Stress Management with Dr. Beverly Rubik

Health Assessment and Evaluation with Dr. John W. Travis

Healthy Aging with Allyson Washburn

## Upcoming Events

Information Session  
Wed., Dec. 3 6:30-8:30

1453 Mission Street  
San Francisco, California  
94103

## Quick Links

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More About Us

## Important Dates

Wed Dec 24 -  
Fri Jan 2 Winter Holidays  
(buildings closed)

Fri Dec 12 Registration for

from Australia! Complete with pythons in the rafters (you'll have to ask him about that) is Health Assessment and Evaluation (IHL 6033) with the "big uncle" of the wellness movement, Dr. John Travis, inventor of the Wellness Inventory. Spread the word on these exciting courses, and join us. We'll have full online and video capability.

## What is the Impact of Consciousness on Healing?

Explore this topic in depth with adjunct faculty member Mike Denney, MD, PhD, in Consciousness, Healing, and Spirituality (IHL 6010) this Spring 2009. Dr. Denney, board-certified in surgery, taught and practiced medicine for more than 35 years. With a PhD in Depth Psychology, he currently practices psychosomatic counseling, and teaches about the union of science and spirituality in the medical healing arts. He is the author of *Second Opinion*.

## Research Opportunity with Beverly Rubik, PhD

Beverly Rubik, Ph.D., who is a new adjunct faculty member in Integrative Health Studies at CIIS, is conducting research measuring 40 Hz brainwaves from the prefrontal region of the brain in relation to higher states of consciousness. Meditators from 3 different traditions---Transcendental Meditation, Zen, and Tibetan Buddhism---will be compared in their inner experience of the state as well as their degree of facility in producing 40 Hz, which is known as the "neural correlate of consciousness." Contact her at [brubik@earthlink.net](mailto:brubik@earthlink.net) to participate.



## Protect Your Health Freedom

Listen to this important post-election archived radio program that aired on KEST-AM 1450 11-5-08, hosted by Terry Moore and Dr. Meg Jordan.  
<http://www.wellcorps.com/news-to-use-media.html>



## Health Tips

### BOOST YOUR VITAMIN B6

A study of almost 5,000 persons has shown that consuming more vitamin B6 has a "moderately strong" influence on reducing colon cancer risk. Most are deficient in Vitamin B6. The safe upper limit for intake is now considered to be 100 mg. (Am J Clin Nutr. 2008

May;87(5):1446-54.)

### MORE SWEET LIES

Beware the ad campaign promoting high-fructose corn syrup as just "a simple sugar." Paid for by industry, the facts are distorted. It contains more fructose than glucose, and it's linked in numerous studies to obesity, diabetes, high cholesterol and heart enlargement.

### TXT TROUBLE

Give your thumbs a rest. American College of Emergency Physicians (ACEP) recently issued new warnings about the dangerous new trend of texting at "inappropriate times." Canada ran a commercial about the new "crackberry" helmet, since people are walking into telephone poles and into traffic while reading emails.

## Advisory Board Members

The IHL Advisory Board has expanded to include prominent leaders in integrative health, holistic medicine, and wellness.

### Hans Baer, PhD

Medical anthropologist, author of *Toward an Integrative Medicine*

### Elliott Dacher, MD

Author of *Integral Health*, consultant to Institute of Noetic Sciences

### Mike Denney, MD, PhD

Founding member, adjunct faculty, San Francisco Medical Society Journal editor

### Susan Fox, LAc, APC

all students opens	Director of Balanced Restored-Center for Integrative Medicine in Mill Valley, CA <b>Sally LaMont, ND, LAc</b>
Tue Jan 6 Late Registration begins	Former Executive Director of the California Association of Naturopathic Physicians <b>Ricki Pollycove, MD</b> Founding member, adjunct faculty Integrative physician/ OB-GYN
Wed Jan 14 New Student Orientation	<b>Tony B. Rich</b> CEO of Wellcorps International, a health and social advocacy corporation <b>Beverly Rubik, PhD</b> Biophysicist, Adjunct Faculty, Director of the Institute for Frontier Science
Tue Jan 20 Spring Semester classes begins	<b>Len Saputo, MD</b> Founder and Director of the Health Medicine Center and Forum <b>William Stewart, MD</b> Medical Director of the Institute for Health & Healing at CPMC <b>John W. Travis, MD, MPH</b> Adjunct Faculty, Pioneer of wellness movement. Author of several books

### Six Ways to Prevent Burnout

Some wisdom shared from adjunct faculty John W. Travis, MD, MPH, who will be teaching Health Assessment and Evaluation in Spring 2009.

1. Self-care-nutrition, exercise, creation of a supportive environment
2. Regular deep relaxation and frequent mini-relaxations
3. Awareness of rescuing tendencies (doing for people what they should be doing themselves) and victimized feelings
4. Directly asking for what you want and need (especially appreciation and attention)
5. Regular exercising of your creativity
6. Acceptance of your limitations with compassion

### About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methodologies and healing philosophies, along with real-world internship experience, and embodied practice of integrative or holistic disciplines. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practices with time-honored native healing and evidence-based holistic therapies, with respectful attention to the larger social, environmental and spiritual contexts of people and their communities.

Thank you for your interest and support of the Integrative Health Studies Program.

Sincerely,

Chanda Williams

Program Coordinator  
California Institute of Integral Studies  
415.575.6199

Meg Jordan, PhD, RN

Dept. Chair, Professor, IHL  
California Institute of Integral Studies  
415.575.6284

# What's New This Month 2008

## September

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[Become a coach!](#)

[Investigating Reiki  
Energy with Dr.  
Beverly Rubik](#)

[Fieldwork in Haiti](#)

### QUICK LINKS

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[Related Topics](#)

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### Quote of the Month

"There are two mistakes one can make along the road to truth...not going all the way, and not starting." (Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.)

### Important Dates!

Issue: # 1

FALL/2008



Greetings,

Welcome to the premier newsletter for the Master's program in Integrative Health (IHL) Studies program at CIIS, where you'll find news about classes, events, and trips, along with breakthroughs in the expanding fields of integrative health and medicine. Our intention is to strengthen the network of integrative health practitioners, students and scholars, and build community. So let us hear from you!

Chanda Williams, Program Coordinator  
Meg Jordan, PhD, RN, Dept. Chair, Professor

## Be a Wellness Coach!

### Integrative Wellness Coaching -- NEW PROGRAM at CIIS Addresses Critical Health Care Need

Your doctor tells you to quit smoking or lose weight, and you know you should. But that's as far as it goes. How do you get the support you need to really make the change?

Consider a wellness coach. It's a low-cost solution that employers and other organizations have successfully used to drive healthy behavior change and reduce skyrocketing health care premiums.

An innovative new program at California Institute of Integral Studies (CIIS) takes the coaching model and applies it to wellness, but with a new twist. Instead of simply providing people with support for dietary, exercise and stress management change, the Integrative Wellness Coach employs new research on how people really transform their

**Thu Sep 11** Financial aid checks (excess funds) available for pick-up in the Business Office

**Fri Sep 12** Deadline to withdraw and receive 75% refund

**Wed Sep 24** \$50 Late Payment Fee applied to students with outstanding balances; Second installment payment due for students using Deferred Payment

**Sat Sep 27** CIIS OPEN HOUSE

**Mon Oct 6**  
Graduation  
Application due in Registrar's Office

**Wed Oct 8 at 6:30 pm** Information Session in the President's Office

**Fri Oct 10** Deadline to withdraw and receive 50% refund

**Wed Oct 29** Last installment payment due for students using Deferred Payment Plan

**Wed Nov 5 at NOON** Information Session in the President's Office

lives.

## Dr. Beverly Rubik and Subtle Energy Medicine

### "Frontier Science"

The Integrative Health Studies Department is very proud to bring noted biophysicist Dr. Beverly Rubik onboard as our newest faculty member. Dr. Rubik's work in the field of subtle energy medicine is legion. Her new Mind/Body Approaches course (IHL 6034) will be offered this Fall over two weekends: (September 12-14 and October 17-19). Beverly Rubik is a leading spokesperson for research in consciousness studies, subtle energies, and alternative and complementary medicine--frontier areas that challenge the dominant biomedical paradigm.

[Click here to read more...](#)

## Go abroad with Dr. Fernando Agudelo-Silva

### Possible Fieldwork Opportunity in Haiti

Dr. Fernando Agudelo Silva, PhD, a well respected epidemiologist and environmental health specialist, is looking at the possibility of bringing IHL students to work in community health in Haiti. This is just at a discussion stage but we wanted you to "think outside the US box" as we look at broader programs for global health development.

Dr. Agudelo-Silva is an adjunct faculty member at CIIS and a faculty member in the Biology and Environmental Landscaping Departments at the College of Marin, Kentfield, California. Dr. Agudelo-Silva works in a wide range of applications of biological and ecological principles. More details soon.

## Go to Bhutan with Dr. Meg Jordan

### The Land of Gross National Happiness

Travel to Bhutan - After checking out the climate, festivals, and availability of health ministers, our desired trip to Bhutan looks like it's better suited for winter 2009-2010. We'll keep you posted on this exciting possibility.

## Integrative Health Studies Reaches Out

### Interested in Limited Residential Program?



**Thu Nov 27 - Fri Nov 28** Thanksgiving Day Holiday (buildings closed)

**Wed Dec 3 at 6:30pm** Information Session in the President's Office

**Mon Dec 8** Fall Semester classes end

**Tue Dec 9** Make-up day for Monday classes

**Wed Dec 10** Make-up day for all classes

**Fri Jan 2** Winter Holidays (buildings closed)

[Visit Our NEW website!](#)

**Ask the Integrative Health...**

Questions about our classes, new public initiatives or trips abroad?

Call Chanda (415.575.6199) or email her at [cwilliams@ciis.edu](mailto:cwilliams@ciis.edu)

As more students from every part of the US and offshore hear about the exciting new directions for the Integrative Health Studies Program, we are getting inquiries for online learning opportunities. Currently in the early planning stage, we expect the program to provide more flexibility for students all over the globe soon. Look for more information in the coming months.

### About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in integrative health field as educators, coaches, practitioners, researchers and administrators through a curriculum that emphasizes an interdisciplinary study of diverse methodologies and healing philosophies, along with real-world internship experience, and embodied practice of integrative or holistic disciplines. Integrative health is the art and science of achieving optimal wellness by integrating the best of modern medical practices with time-honored native healing and evidence-based holistic therapies, with respectful attention to the larger social, environmental and spiritual contexts of people and their communities.

Thank you for your interest and support of the Integrative Health Studies Department.

**Sincerely,**

Chanda Williams

Program Coordinator  
California Institute of Integral Studies

415.575.6199