



Fall 2016

# Integrative Health Studies Newsletter

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# California Institute of Integral Studies

## Integrative Health Studies Newsletter

### In This Issue

[Going Hybrid Online](#)

[CIIS Coaching in India](#)

[Apply for National  
Certification](#)

[Internships that Matter](#)

[CIIS Open House](#)

### Join Our List

[Join Our Mailing List!](#)

### Quick Links

[Integrative Health Studies  
MA at CIIS](#)

Winter 2016-2017

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

While we celebrate major advances in the field of health coaching with the long-promised launch of the NCCHWC Certification for Health and Wellness Coaches, in partnership with the National Board of Medical Examiners, it's a shaky time for health care in general. Congress is threatening to repeal Affordable Care Act, which has 22 clauses pertaining to wellness and prevention; turn Medicare into a voucher system; and slash Medicaid. CIIS graduates are fighting for health equity more than ever. This newsletter is one big call to action. Join us in this important work of advocating for well-being for all.

### New Hybrid Online Model for Integrative Health

#### Introducing a holistic model of graduate study for fall 2017. Now this makes sense!

So you want to be a master's level health coach and integrative practitioner? Imagine six days at a Northern California retreat center (EarthRise). You'll start your day with yoga, tai chi, and meditation. Then, you will share breakfast prepared in an organic kitchen with locally sourced foods. Next, you will have three hours of rigorous academic study with your faculty and mentors, followed by a two-hour lunch and hike in the hills. The afternoon brings three more hours of rigorous study. Dinner with faculty and peer learners will be followed by an evening program of non-academic interests, such as HeartMath, sound healing, subtle energy medicine modalities, community activism and health advocacy, special demos, and sharing multiple life skills and talents. One day, as part of your coursework, you take a trip to the sustainable local farm. After the retreat, you will continue to study and collaborate with faculty and

student colleagues in robust online learning.



Welcome to the proposed, **newly revamped Master of Arts in Integrative Health (IHL)**. We responded to numerous requests from students around the world who cannot afford to move to the San Francisco Bay Area, and yet are seeking the integral approach unique to CIIS and IHL. At this writing, we are waiting for final approval from our regional accrediting body, WSCUC, but all signs look positive that this may happen soon, and we will send out word as soon as we know.

Our mission is to to make the IHL graduate program a global model of sustainability in higher education--with a supportive community of learners and faculty "breaking bread" together, a green retreat center for academic intensives, and a healthier way to approach graduate school in general.

Stay in touch with our Senior Program Manager Rachel Lefkowitz or with Dr. Meg Jordan, Department Chair: (415) 575-6199 or [rlefkowitz@ciis.edu](mailto:rlefkowitz@ciis.edu).

**CIIS Health Coaching Goes to India!**



Together with the **WellnessJiva Institute**, founded by IHL graduate Preeti Rao, MA, MS, IHL is launching the premier CIIS Health Coach training and certification program in Delhi on Jan 2, 2017. Wellnessjiva is India's first ever Health and Wellness Coaching Center and Institute to address solutions towards both prevention and care of acute and chronic lifestyle diseases, as well a place for aspiring professionals to receive intensive training.

### Timeline for Applying / Registering for National Health and Wellness Certification Exam

**Multi-staged process -- take note!**

## NCCHWC

National Consortium for Credentialing Health & Wellness Coaches

The application phase will launch February 1, 2017, and will remain open until April 15, 2017. During this time, IHL graduates may apply to sit for the National Certification Examination scheduled for September 2 - 16, 2017.

Please note: All eligibility requirements must be met prior to applying to sit for the National Certification Examination (application deadline is April 15, 2017).

You need to have graduated from CIIS before February

2017 to sit for this first exam. If graduating in May 2017, you are eligible to sit for the exam in Spring 2018.

### Internships and Alumni Making A Difference

At various centers in our Bay Area community, IHL students are working hard for community wellness. Open Source Wellness helps people realize their health goals by strengthening their sense of community with others. Liz Markle, PhD, is the ED and also the Program Director, Community Mental Health at CIIS; she gives interns a chance to lead classes and projects. At [Tom Waddell Urban Health Clinic](#), interns provide health coaching for a study of the success of CAIM interventions in opioid addiction. Interns at [Communitas](#) work with a doctor of integrative medicine to provide support to teens with chronic illnesses.

### OPEN HOUSE Saturday, Feb 4, 2017 10:30 - 3 pm

Come to CIIS campus at 1453 Mission, San Francisco, and meet faculty, students, alumni, and administrative leaders. Hear how integral education can pave a meaningful, rewarding path for you. Not able to attend in person? Check our [website](#) for the dates of online webinars where you can learn more about IHL.

### ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES MA Program

The Integrative Health Studies (IHL) program at California Institute of Integral Studies offers a nonclinical MA 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 IHL. For more information, contact Senior Program Manager Rachel Lefkowitz at 415-575-6199 or [rlfkowitz@ciis.edu](mailto:rlfkowitz@ciis.edu) or Admissions Counselor Pauline Reif [preif@ciis.edu](mailto:preif@ciis.edu).