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June 2014



California Institute of Integral Studies



Integrative Health Studies Newsletter

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June 2014

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

Soothsaying is at full throttle in health care. The *New York Times* Conference "Health for Tomorrow" meets this week in San Francisco. Experts gather in Minneapolis to foresee the "Future of Wellness" at the National Wellness Institute Conference. Health 2.0 leaders meet again this summer to reveal futuristic apps for managing chronic disease. Everywhere you look, we are dreaming and planning a better tomorrow. And yet much of the latest research points to *staying in the present* to be truly happy. How well do we do that? Many of this year's graduates in the Integrative Health M.A. program positioned health coaching as an ultimate strategy. Check out their titles below.

Taking Health Coaching to New Frontiers

Here are some of the titles of the health research proposals from the spring 2014 graduating class. Congratulations to all!



Becca Barczykowski "Coaching Through the Lens of Neurodiversity: A Mixed Methods Approach to Enhancing Mindfulness and Self-Efficacy in Adult Women with ADHD"

Terrah Lozano "Blending Wellness Coaching, Guided Imagery, and Expressive Arts: A Case Study of a New Integrative Approach to Personal Growth"

DeAnna Pappin "Mindfulness, Meaning and Moving Forward: How the Integration of Mindfulness Practice, Spiritual Self-Inquiry, and Wellness Coaching Impacts the

Experience of Depressive Symptoms in Female Adolescents"

Safia Abdul-Safur "Coaching for Sickle Cell: An Inter-relational Approach to Addressing Depression and Sadness in the SCD Community"

Raquel von Koontz "The Phenomenology of Touch: Explorations of Touch (or Taboo) in the Maturing Adult Population in the Bay Area"

Jason Thomas "A High-Fat, Low-Carbohydrate/Paleo Diet vs. USDA Weight-Loss Recommendations: Comparing Outcomes in Change in Body Fat Percentage and Connected Biomarkers"

Joseph Ison "Understanding the Needs of Hypertensive Filipino Americans"

A Vital Alumni Network

Graduates team up with graduates

Toni Sicola, Sarah Morrow, Megan Lipsett (IHL 2011) and Allie Stark (IHL 2012) bring their combined talents to the Alameda Health System fair. Integrative Health Studies alumni share job postings, resources and networking opportunities. Find out more on our [Facebook page](#).

Congratulations to John Weeks!

Integrative Networker honored for lifetime contribution to the field at IRCIMH

If you want to know what's happening in Integrative medicine and health, start your search with John Weeks, our hero who has chronicled, advocated and championed the cause for decades, the creator of [The Integrator Blog](#) and Executive Director of [ACCAHC](#).



Social Genomics and Values

How are you treating your telomere caps?

Findings from Steve Cole, PhD (UCLA) and Elissa Epel, PhD (UCSF) at the International Research Congress in Integrative Medicine and Health in Miami confirmed that eudaimonic (service or purpose-oriented) values and consistent enjoyable de-stressing can keep these chromosomal end caps and genetic expression at its healthiest. Our mission at CIIS gets high marks among geneticists.



Changing Mindsets, Beliefs, Perspective and Behavior

National Consortium for Credentialing Health & Wellness Coaches

What are the tasks, knowledge and skills of a health/wellness coach? Now that the NCCHWC has completed an initial job task analysis, the next step is to validate the survey of identified tasks with working coaches. One of more intricate tasks is to facilitate an inner process of heightened self-awareness and "ahas!" that shift perspective for clients. We'll be sending out the survey in the next month, asking for your comments.

No Free Lunch with Sugar Substitutes

Sugar substitutes and artificial sweeteners such as sucralose were thought to simply provide a sweet taste without affecting metabolism. But research in *Diabetes Care* showed that sucralose will spike blood sugar and insulin levels similarly to glucose. Artificial sweeteners increase risk of being overweight by 200% and diabetes by 60%.

NCCAM Proposed Name Change to National Center for Research on Complementary and Integrative Health

Director Josephine Briggs announced a public comment period for the proposed name change, which is being proposed to reflect [NCCAM](#)'s changing mission as it focuses on integrative health and expanded research designs to better address the nature of collaborative care. Click on the link to voice your support for the name change.

ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES M.A. Program

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 Program Coordinator Bridget Doran @ 415-575-6199. bdoran@ciis.edu