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Spring 2013

Integrative Health Studies Newsletter

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Spring 2013



California Institute of Integral Studies



Integrative Health Studies Department Spring Newsletter 2013

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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.

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 NCCHWC 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 Page - Join our Online Community](#)

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. k Leahy@ciis.edu

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