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Fall 9-2008

Integrative Health Studies Newsletter

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Recommended Citation

CIIS, "Integrative Health Studies Newsletter" (2008). *Integrative Health Studies Newsletter*. Book 12.
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What's New This Month

September 2008

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Quote of the Month

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

"There are two mistakes one can make along the road to truth...not going all the way, and not

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?

starting." (Hindu Prince Gautama Siddharta, the founder of Buddhism, 563-483 B.C.)

Important Dates!

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

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 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

installment payment
due for students using
Deferred Payment
Plan

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

**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

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?

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

public initiatives
or trips abroad?

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