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Summer 2009

# Integrative Health Studies Newsletter

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# California Institute of Integral Studies

## Integrative Health Studies Newsletter

Summer 2009



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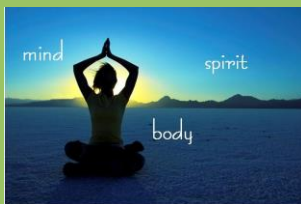
### *Message from Meg Jordan, PhD, RN*

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.