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CIIS, "Integrative Health Studies Newsletter" (2011). *Integrative Health Studies Newsletter*. Book 13.
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California Institute of Integral Studies



Integrative Health Studies Newsletter

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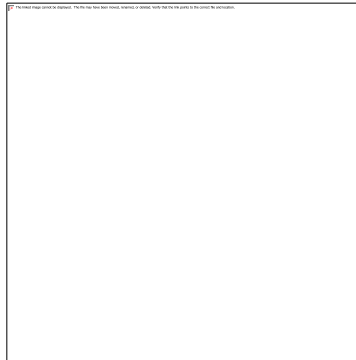
March 2011 Issue #9

Message from Meg Jordan, PhD, RN, Dept. Chair and Professor, Integrative Health Studies (IHL)

We all know that music soothes the soul, and now research shows that sound can serve as a healing force for both mind and body. We're happy to announce a new FOCUS within IHL. For more information on the program, contact [Silvia Nakkach](#). Application period is open now.

Information Sessions for the public: March 1st, 1pm, room 425, and March 16th, 6:30pm, room 420
CIIS 1453 Mission St, San Francisco, CA, 94103

New Sound and Healing Focus



The new Sound and Healing Focus within the masters in Integrative Health Studies (IHL) begins fall 2011. Comprised of 12 units (five courses) within the required 40 units, the new Focus will be taught by Silvia Nakkach, MA, MMT; John Beaulieu, PhD, ND; Pat Moffitt Cook, PhD, and other leaders in the field. The first of its kind in a graduate program, the Focus will prepare students with a rigorous foundation for using sound and voice in the

healing arts. Other coursework includes wellness coaching, mind/body approaches, healthy aging, stress management, nutrition, movement, and complementary medicine practices.

Human Flourishing: A Meditative Science

IHL Advisory Board member Elliott Dacher, MD, will work with IHL graduate students next fall as a first beta site test for a graduate school to learn and further expand his hospital-tested 10-week workshop on meditation philosophy and practice. Dr. Dacher's book (available Sept. 2011) *The Truth, The Good, and The Beautiful* blends Plato's inquiry with Aesclepien healing center traditions and Buddhist principles of meditative study, reflection and practice. The workshop will be presented online. For more information, contact [Temple Byars](#).



Gaia Medicine Conference in Kyoto

Meg Jordan delivered a talk on eco-therapy practice and research to the Gaia Medicine Conference in Kyoto on Feb 11-14. Erik Pepper (SFSU) and Robert Gorter (Cologne Medical Center) were among the presenters and organizers. Held at the impressive hall where the Kyoto Protocol proceedings took place, the conference explored the vital connection between nature and human beings. Prof. Yoshihide Nakai of Kansai Medical University invited researchers from India, Papua New Guinea, Kazakhstan, Germany and the U.S. The conference was sponsored by the Kadota Fund International and organized by Japan Council for Scientific Development.

Gabor Mate, M.D., Author of *Hungry Ghosts*



What is the source of self-destructive behavior? Gabor Mate, MD, author of *Hungry Ghosts*, will share his insights for the CIIS community on March 10th, 3pm, room 311, 1453 Mission St, San Francisco, CA, 94103.

He will also talk at a Calistoga Institute event in San Anselmo, CA on March 12th.

IHL is a sponsor of the presentation. Tickets available [here](#).

Health and Wellness Coach Credentialing

How do new professions get "professionalized"? Teamwork, discussions, disagreements, and more teamwork. The National Team on Credentialing Coaches for Health Care which started its work in September 2009, continues to make progress, mapping out a definition of health/wellness coaching, knowledge base, tasks, skills, competencies, and educational requirements for an emerging profession. Presently there are 27 institutions and over 58 participants in the unfolding, dynamic and collaborative process. Work is expected to continue beyond 2011, although a white paper may emerge by this summer. IHL continues to be involved.

New Alliance with an Old Friend

IHL is currently developing workshop opportunities with The Institute of Noetic Sciences for our graduate students. [IONS](#) has been the

pioneer and leading authority in the field of consciousness and healing for over 37 years. Consciousness research and innovative holistic practices are transforming healthcare and dramatically increasing healing outcomes. Resources are available at IONS: live and recorded interviews with healthcare providers; articles; online meditation and remissions bibliography; and periodic print publication.

New Class: Ecology of Food

Tracking how food travels from source to table is the focus of a new IHL course in fall, Ecology of Food, to be taught by adjunct faculty Fernando Agudelo-Silva, PhD. Students will explore how we create sustainable networks of regionally supported, locally grown food markets. Field work and community-based visits will be conducted with small Marin County sustainable growers and urban gardens.

Researching Nutraceuticals

Every day new nutritional and botanical compounds are presented to the public with promises to help increase energy, stamina, improve mood, support appetite control and enhance sleep. IHL faculty are involved in evaluating effectiveness and "patient activation," a measurement of how confident an individual feels about maintaining authority over health care decisions and self-care. Two compounds currently being explored are geranium oil extract for emotional overeating and Indian gooseberry for immune system support.

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, 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 IHL's new and wonderful Program Coordinator (says her Chair) Temple Byars MSW, Program Coordinator at 415 575-6199, tbyars@ciis.edu