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California Institute of Integral Studies

Integrative Health Studies Newsletter

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October 2011

Issue #10



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

CIIS is a leader in integral education. How does that translate for graduate students in Integrative Health? As they explore transformative practices such as indigenous healing methods, health coaching and NonViolent Communication, they open to new vistas that can sometimes baffle friends and families. According to one student, "I feel like I'm undergoing tremendous change all the time, and I wonder how I'll ever communicate everything to everybody." The transformations that students undergo not only broaden their intellectual grasp but awaken them to a profound inner journey. Sometimes a gap between their pre-CIIS lives and the current ones can develop. In those cases, faculty reinforce compassionate communication strategies to cross divides, and insist on holistic self-care practices to soothe the turbulence of new learning.

New Courses for IHL in Spring 2011

Advanced Wellness Coaching with **Michael Arloski**, PhD

Integrative Nutrition (online) with **Jim Cross**, ND, LAc

Somatic Approaches for Establishing Rapport with **Christine Donohue**, MA, MFT

Indigenous Medicine with **Leslie Gray**, PhD

Ancient and Contemporary Sound Healing, Music at the End of Life, and Healing and Creativity, with **Silvia Nakkach**, MA, MMT

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Silvia Nakkach, MA, MMT Joins IHL Faculty

Formally trained as a psychoanalyst in Argentina and Europe, **Silvia Nakkach** is among the first music psychotherapists in the Western Hemisphere. She is an award-winning composer and an internationally accredited specialist in cross-cultural music therapies, and her explorations in music, consciousness and recovery from mental illness found her collaborating for many years with many international scholars, musicians and pioneers: **Claudio Naranjo, Ralph Metzner, Pauline Oliveros, David Darling** and **John Beaulieu**. Having established the Sound Healing Certification in CIIS Public Programs, Silvia continues her work there and with the Vox Mundi School Project, bringing world class healers, physicians and research scientists to CIIS to usher in a new era of sound medicine.

Silvia's therapeutic vocal techniques have become landmarks in the field of integrative sound healing, and widely used in hospices, wellness and integrative medicine centers. She has released eight CD albums, and is a contributing author to several scholarly books on music and consciousness, including her latest *Free Your Voice* on the applications of the voice in healing, to be published by Sounds True.

Alumni on the Move

Jennifer Yee (2010) is the new Senior Health Educator at Kaiser Sunnyvale.

Carmen Sosa (2009) is Business and Operations Analyst for the Institute of Health and Healing (IHH), California Pacific Medical Center (CPMC).

Brittany Cushman (2011) is Patient Coordinator at the IHH, CPMC.

Christian Nix (2009) teaches MDs acupuncture for pain reduction.

Toni Sicola (2011) was offered the Wellness Program Management position at Alameda County Medical Center.

First Inter-Departmental Healing Circle Demo

Faculty from Expressive Arts Therapy, **Shoshana Simons**, PhD, and from Clinical Psychology, **Leland Van den Daele**, PhD, joined Meg Jordan with six other practitioners in an educational demonstration of multidisciplinary healing circle work. Also in attendance: **Greg Harper**, PhD (Shamanism); **Sally LaMont**, ND, LAc (Naturopathic Medicine); **Ofer Erez** (Somatics); **Andy Groaael** (Reiki); **Rinchen Dronrup**. (Tibetan

Medicine); **Losong** (Ayurveda).

Label GMO Food

Food Day, October 16, 2011, is going to be the largest day of action for labels on genetically engineered food in U.S. history. All around the country, local Millions Against Monsanto chapters are planning Right2Know rallies, marches, recruiting drives, film screenings, potlucks and house parties.

<http://www.organicconsumers.org/monsanto/index.cfm>

What is Disobsession and Why Does Brazil Study It?

Emma Bragdon, PhD, Director of Spiritual Alliances and author of the newly released *Resources for Extraordinary Healing: Schizophrenia, Bipolar and Other Serious Mental Illnesses*, begins a joint research project with IHL on mediumship and cultural contexts for mental illness treatments and cures. Dr. Bragdon brings professionals to experience the work of John of God and some of Brazil's Spiritist psychiatric hospitals. <http://www.emmabragdon.com/>

Sonic Anatomy and the Study of Wave Phenomena

IHL students hear it all the time: "You get to study the coolest stuff..." **John Beaulieu**, ND, PhD, teaches the impact of sound on nervous system anatomy for repatterning mind, body and spirit. Learn BioSonic Repatterning™ ("I feel like I'm going to Hogwarts for Adults," proclaimed Yvette Robles, "but with a whole lot of academic rigor.")

Distinguished Academic Excellence Award from National Wellness Institute

IHL M.A. Program in Integrative Health Studies received the "Distinguished Academic Excellence Award" from the National Wellness Institute in July. Presented by **John Munson**, PhD, NWI Senior Consultant for Academic Accreditation, the award also went to American University in Washington, D.C. The National Wellness Institute (NWI) presented its annual Distinguished Academic Program Awards during the 36th Annual National Wellness Conference. www.nationalwellness.org

National Healthcare Reform Conference Examines Prevention/Cost-Cutting

Prof. Med. Jordan will deliver a keynote address in Chicago on Oct 28.

2011: "Let Sanity Reign, The Undeniable Health-Wealth Connection for a Happier, Healthier Society," at the Natural Health Research Institute Scientific Symposium. **Len Saputo**, MD and **Russel Jaffe**, MD, PhD, IHL Advisory Board members, will also speak at the conference.

Therapy Dog Shamzi Offers Health Blog

Therapy Dog Shamzi accompanies Dr. Shieva Khayam-Bashi on her rounds at San Francisco General Hospital. Shamzi shares his wisdom at <http://shamzithetherapydog.blogspot.com>

New Collaboration For Enhanced Health Coaching

IHL program consultants **Alba Rodriguez**, PhD, and **Ramon Nunez**, D.Ac, demonstrated how somatic functional therapy with deep breathing and guided relaxation reduced or eliminated chronic pain and stress and cut health care costs at Henry Ford Center for Integrative Wellness for Dow Chemical Company employees. Next, IHL integrative wellness coaches may deliver their innovative CAM program through a web portal project with **Hemanshu Doshi** and **Michael Skolnick**.

Ever-Expanding Internships for IHL Graduate Students

The Alameda County Food Bank with **Sarah O'Sullivan** delivered over 700 outstanding meals to East Bay kids last summer.

One Medical developed a patient navigator role with interns **Shawn Casey** and **Kate Sulzer**.

IHL grad **Jake Pollack**, opened up internships in the Bahamas as the new Director of Education for the **Cape Eleuthera Institute**.

Students may explore opportunities with **Nirinjan Yee**, founder of BreathResearch, Inc.

Laguna Honda Hospital managers are considering IHL sound healer interns for their programs in in eldercare, hospice, substance abuse, and long term rehabilitation.

YMCA Shiu Lang Center creates innovative wellness programming beyond the customary gym workouts.

The Healing Project of Potrero Hill, a pilot program for SF's Department of Public Health, offers free holistic care for low-income clinic patients.

Energy Psychology Journal from Editor Dawson Church, PhD

New peer-review journal covers topics such as economic cost savings of energy psychology treatment, studies of EFT and EMDR, anxiety reduction with Thought Field Therapy, and effects of Quantum Touch on chronic pain reduction. Prof. Jordan serves on the editorial board with **Hyla Cass, MD**, **Larry Dossey, MD**, **David Feinstein, PhD**, and **Fred Luskin, PhD**, among others.

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 Kate Leahy, Program Coordinator 415-575-6199. k Leahy@ciis.edu

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