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CIIS, "Integrative Health Studies Newsletter" (2011). *Integrative Health Studies Newsletter*. Book 25.
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Summer 2011



California Institute of Integral Studies



Integrative Health Studies Newsletter

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

"Self-possessed, resolute, act without any thought of results, open to success or failure. This equanimity is yoga."

Bhagavad Gita, 2.48

Summer is a time of stepping into new internships, where IHL students do their best to act resolute and self-possessed, all the while being perpetually challenged and surprised. This summer IHL graduate students find themselves in medical clinics, schools, holistic spas, insurance companies, senior programs, food advocacies and more. Their yoga practice keeps them open, receptive, and centered.

16 New Integrative Health Masters Take On the World of Health Care

A record number of graduates, with their M.A. in Integrative Health Studies and a Certificate in Integrative Wellness Coaching, enjoyed the commencement ceremony at CIIS with their families this May 22. Their Final Projects included a wide range of explorations from wellness coaching for eating disorders to horticulture therapy and web-use for alternative medicine seekers.

The Future "Leeds Certification" of Integrative Medicine Clinics?

Join Our Mailing List!

Megan Lipsett, M.A. (IHL 2011) addressed the CIIS trustees on her Final Project, "IMIGIS: AN Integral View of Integrative Medicine Assessment." According to Trustee Ricki Pollycove, MD, the IMIGIS system could be groundbreaking in helping centers assess their offerings and improve patient care. Congratulations, Megan!

What's a CWP?

Certified Wellness Professional is a new designation from the National Wellness Institute. Find out how to achieve it at the [National Wellness Conference](#), July 18-21, where Prof. Jordan facilitates a panel on Wellness Coaching. If you are attending the conference, say hello to [Karim Scarlata](#), CIIS IHL admissions counselor at the exhibit area.

Beverly Rubik Stalks the Compassionate Brain

IHL Faculty member [Dr. Rubik](#) reported findings of her latest study that involved measuring 40 Hz (gamma) brainwaves from the prefrontal cortex. She found positive emotion correlated with this band in both meditators and nonmeditators. Beverly said, "This was the same brainwave band that Richie Davidson measured in Tibetan Buddhist monks several years ago, which correlated with the depth of their meditation experience and their feeling of oneness and compassion with all beings."

[Jrnl Alt Comp Med. 2011. 17\(2\).109-115](#)

Yosuke Chikamoto Ramps Up Wellness for Kaiser Docs

Besides teaching, advising, providing charitable work for Japan, and bringing wellness services to the 10th and Mission residences, **Prof. Chikamoto** also serves as a wellness educator and manager for the medical staff at Kaiser Permanente. His experience at Kaiser is invaluable to IHL students.

Where in the World are IHL Faculty and Students?

Meg spent spring break teaching and doing a site accreditation at the [University of Applied Sciences](#) near Graz, Austria, now accredited by NWI. Her host, Prof.

James Miller, has been instrumental in shaping the curriculum for the leading Health Tourism Management program anywhere.

Sarah Morrow, M.A. (IHL 2011) assisted conference chair [Suzanne Arms](#) in the Canary Islands at the groundbreaking Birthing the Future conference, advocating for worldwide mother-infant support .

Rinchen Dhondrup, IHL student and Traditional Tibetan Medicine doctor, spends his internship at U WIS (Madison) with [Richard Davidson](#), learning fMRI research design for meditation, and grant writing for administrative management of lab research.

New Courses for Fall: Sound Science 1 and 2

Welcome to [John Beaulieu, ND, PhD](#), new adjunct faculty to teach within the Sound Healing Focus. [Silvia Nakkach, MA, MMT](#), core faculty for the Focus, hosted Dr. Beaulieu playing his Reichian Orgone Suite. Together they usher back the elegant music salon, with a nod toward evoking higher consciousness and healing.

Meditation Workshop Fall 2011

IHL Advisory Board member [Elliott Dacher, MD](#), assisted by **Megan Lipsett, M.A.**, will expand his hospital-based 10-week workshop on Human Flourishing: A Meditative Science and Art. For more information, contact meganlipsett@gmail.com.

Info Session June 23rd 5:30in

CIIS Summer Information Fair on Thursday, June 23rd from 5:30-7:00pm. learn more about our programs and meet key faculty/staff on campus. 1453 Mission, #307, San Francisco, CA 94103.

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

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