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Spring 2012

Integrative Health Studies Newsletter

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Spring 2012



California Institute of Integral Studies

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In This Issue

A Note From Meg
Will Health Coaches Need
Certification
IHL Oral Presentations
Global Wellness Spa & Summit
Life Affirming Touch
Good Summer Reads
Successful Community Health
Fair
Conferences We Can't Miss
Making Veggies Cool
Alumni on the Move
Sound Healing at Chinese
Hospital
Integrative Coaching Alliance
New Faculty Join IHL
IHL and Somatic Psychology
Merger
Celebrate Earth Month

Quicklinks

[More About Us](#)



Meg Jordan, PhD, RN,
CWP, Dept. Chair,
Professor, Integrative
Health Studies

felt sensations that may be subtle in the beginning, but serve as core motivations in your life.

Dear Friends,

Have you noticed what affects your energy, mind, and mood more than anything?

Do you have a morning routine that, if you skip, spells trouble later that day? Maybe you've tried a new Tai Chi practice or attempted to get down a kale smoothie each day. Or perhaps you notice that if you don't take 300 mgs of Omega-3, your neck aches again. These are the next generation of "activities of daily living" for a new health age that require knowledge, discipline, operate independently of the health care system, and are fueled by intrinsically-sensed well-being.

CIIS educates masters-level health professionals who facilitate your awareness of

felt sensations that may be subtle in the beginning, but serve as core motivations in your life.

WILL HEALTH COACHES NEED CERTIFICATION?

Most likely, but the planning stages inch along slowly at the National Consortium for Credentialing Health & Wellness Coaches. Keep informed by checking in at the new website <http://www.ncchwc.org/> serves on this Consortium with several university programs and private organizations. CIIS serves on this Consortium with several university programs and private organizations.

IHL ORAL PRESENTATIONS May 2012

Students preparing to graduate this spring present their integrative health research projects. Topics include: Self-Care Among Providers; Human Flourishing: Mindfulness at the Workplace; Women of Concrete Jungles: Ecologically-based Support Circles for Well-Being; Impact of Expressive Dance on Women with Eating Disorders; Children in the Garden: Nourishing Life Skills; Compassion Meditation for Stress and Anxiety Reduction in Early Alzheimer's Management; Effects of Wellness Coaching in Thriving Among Adolescents School-Based Health Centers; Nihilism Cures: Agency and Meaning-Making in Health and Illness; Vipassana and Sustained Wellness; The Cleansing Breath; Promoting Resiliency Re-Integration: Wellness Support Group for Adolescent Children of Alcoholics; Shamanic Journeyming for Women with Cancer; Portrayal of Integrative Health in the U.S. News; Full Stomachs, Hungry Souls: Impact of National School Lunch Programs in Oakland; How Doctors Could Do Less to Help More: Including CAM in Conventional Health

Care.

GLOBAL SPA & WELLNESS SUMMIT

Meg Jordan will bring "Coaching: the 21st Century Solution for Lifestyle Change" to this invitation-only gathering of wellness and spa industry leaders in Aspen, June 3-6. The theme of Innovation attracts Aspen Institute and author John Kao, Dr. Richard Carmona, and Jose Maria Figueres.



LIFE AFFIRMING TOUCH

New guidelines from the American Pain Society now include massage as a preferred treatment for low back pain due to research on reduction of cytokine inflammatory levels through enhanced lymphatic circulation. But what is really going on? Do cytokines

decrease because lymph is flowing or because the fundamental need for caring touch has benefits beyond what we've mapped out in a biochemical realm? And does it really matter? Get massage regularly.

GOOD SUMMER READS

For conscious, compassionate, healthy living, students read ***The Immortal Life of Henrietta Lacks*** by Rebecca Skloot, ***The Spirit Level: Why Greater Equality Makes Societies Stronger*** by Richard Wilkinson and Kate Pickett, ***The Sugar Solution*** by Mark Hyman, and ***Organize Your Brain, Organize Your Life*** by Margaret Moore and Paul Hammerness.



SUCCESSFUL FAMILY HEALTH FAIR for OUR NEIGHBORHOOD!

With over 75 families in attendance, and three translators available, (Cantonese, Hindi and Spanish) IHL students provided over a dozen exciting booths. Residents saw healthy food cooking demos, visited a kids' learning corner with health-oriented coloring books, talked with wellness coaches, and had blood pressure and BMI measured at a tracking station. IHL student **Preeti Rao** was the superstar event coordinator. The health fair was part of an Aetna Grant for IHL's wellness initiative for low-income housing residents at the 10th and Mission apartment complex. In addition to games, music, talks, free DVDs, pedometers, health screening, and more, the fair featured a delicious free vegetarian lucy from Ghana culinary chef **Kuukua K.**

Many thanks to **Raymon Cancino**, Support Services Program Coordinator for Catholic Charities CYO-10th and Mission Support Services, and gratitude is extended to the four Co-Project Managers: **Molly Hartle**, **Dolores Avila** (Coaching), **Emily Lewis** (Communications),

Diana Prince (Assessments) and **Preeti Rao** (Events). **Stephanie Arnold** was Assistant Events Manager and Emcee, and presented a sugar-bustin' nutrition booth with **Karen Patterson**. Other presenters included children's specialists **Megan Murk** (and friends), **Sherri Sawyer** (healthy soups and foods), and massage therapist **Ross Buttner**.

Brief wellness coaching was provided by **Danya Dunn-Shegoleff** and **Marina Ramos**, while **Teresa Visini** led a movement class. Additional exhibitors included IHL program consultants **Nirinjan Yee** and **Gary Yee** (IHL **MyBreath** consultant, Wellness Fair exhibitor), **Dr Yandron Kalzan** (Achieving Balance with Traditional Tibetan Medicine) and **Marcel Allbritton** (yoga therapy and Gertonson Institute).

[CONFERENCES WE CAN'T MISS](#)

Institute of Functional Medicine May 2012
<http://www.functionalmedicine.org/>

National Wellness Conference [www.nationalwellness](http://www.nationalwellness.org/) July 13-19, 2012
<http://www.nationalwellness.org/>

American Anthropological Association. Nov 14-18, 2012
Society of Medical Anthropology
<http://aaanet.org/meetings/>

Integrative HealthCare Symposium. Feb 28-Mar 3, 2013
<http://www.ihSYMPOSIUM.com/>

The Art & Science of Health Promotion. March 20-22, 2013
<http://healthpromotionconference.com/>

[MAKING VEGGIES COOL](#)

When teaching healthful habits to children, avoid a preachy style and dull lectures, says **Megan Murk**, who produced a coloring book with "cool characters" enjoying fruits and veggies. Kids had their faces painted to match the characters.



[ALUMNI on the MOVE](#)

Kristen Schepker,

MA, works with the Hamilton's Children's Program.

Jerrol Kimmel, RN, MA, produces workshop on Mind-Body Skills Group; The art of self-care for health professionals. Ask her about her recent trips to Haiti.

Toni Sicola, MA, (IHL 2011), Wellness Manager at Alameda County Medical Center is looking to bring on IHL interns to help her with a busy schedule.

Sarah Showalter, MA, (IHL 2011) will bring her advanced wellness coaching skills to families at Mercy Housing this summer. Sarah works as

Senior Health Coach at WellCall.

Christian Nix, MA (IHL 2009), offers hospital-based acupuncture training. For more, http://christiannix.com/HBA_Training.pdf

[SOUND HEALING at CHINESE HOSPITAL EVENT](#)

IHL Sound healing students **Michael Nisley, Regina Gelfo and Valentina Moyano** will bring tuning forks, bowls and vocal arts to the Chinese Hospital Health Fair. Chinese Hospital is a unique provider of culturally competent services in San Francisco.

[INTEGRATIVE COACHING ALLIANCE](#)

Students and alumni are forming a Coaching Alliance to continue their skills and look for proctoring opportunities in health/wellness coaching. Advisors like **Belma Gonzalez** (BandBcoaching) and **Nirinjan Bikko-Yee** and **Gary Yee** (MyBreath™ App)

[NEW FACULTY JOIN IHL in FALL 2012](#)

Marcel Allbritton, PhD, will teach Communication Practicum, and serve as a program advisor and internship site supervisor at the Gertonson Institute and Mind-Body Foundation. **Ricky Fishman**, DC, will teach CAIM (Complementary, Alternative, and Integrative Medicine.) Dr. Fishman has worked in the integrative medicine field, and has a drricky.com. **Megan Lipsett**, MA, will teach Human Flourishing, a course bridging beyond last year's workshop from Elliott Dacher, MD. **Fouzieyha Towghi**, PhD, brings her medical anthropology lens to Multicultural Perspectives on Health Care Delivery.

[IHL and SOMATIC PSYCHOLOGY FORM NEW DEPARTMENT](#)

As of July 1, 2012, the Integrative Health Studies program (IHL) will move into a new department with Somatic Psychology (which offers the M.A. in Counseling Psychology, concentration in Somatic Psychology) that is yet to be name, although opportunities for collaborative research, networking, and transdisciplinary learning are on the horizon. As leading universities examine the benefits of inter-professional education, CIIS takes a lead in developing ways that clinical and nonclinical health care professionals can share best practices.

[MAY IS ANIMAL-ASSISTED THERAPY MONTH](#)

May 6-12 is National Pets Week as well as Be Kind To Animals Week. Research on animal-assisted therapy for people with disabilities, autism, anxiety, and depression is encouraging, and advocates urge trained animal companions for people in nursing homes and returning veterans with PTSD. Learn how you can happy tails to those in need. <http://animaltherapy.net/>

[ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES M.A.](#)

The Integrative Health Studies program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, wellness 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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