



Fall 2014

Integrative Health Studies Newsletter

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Recommended Citation

CIIS, "Integrative Health Studies Newsletter" (2014). *Integrative Health Studies Newsletter*. Book 34.
<http://digitalcommons.ciis.edu/integrative-healthnewsletter/34>

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California Institute of Integral Studies



Integrative Health Studies Newsletter

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October 2014

Message from Prof. Meg Jordan, PhD, RN, CWP

Here's a Wellness Rx from our advisor [Dr. Rick McKinney](#), Director of Integrative Medicine at San Francisco General Hospital and President of [Integrative Medicine for the Underserved](#): Turn off the dreary world news and enlighten your mind/body/spirit with uplifting messages about colleagues working for the good of all. We have entered an era of profound collaboration. Check out the major alliances coming together in this newsletter. It's a good time to mark this Renaissance with our annual research on Multidisciplinary Healing Circles at CIIS. Hope you can join us for this model that represents an innovative means for communicating across disciplines.

Multidisciplinary Healing Circle - Oct 16 at CIIS

Once-a-year event highlights collaborative care

Integrative Health Studies presents its 4th annual Multidisciplinary Healing Circle, an experimental model that brings together practitioners from multiple disciplines together with a volunteer client with complex chronic disease. To attend, contact Rachel, rlefkowitz@ciis.edu, 415 575-6199.

Time: Oct 16, 4-6 pm, CIIS, room 207.

- * [Ricky Fishman, DC](#) - Faculty for CAIM course, Chiropractic medicine, occupational health specialist
- * [Meg Jordan, PhD, RN](#) - Behavioral health, Integrative wellness coaching, Clinical Medical Anthropology
- * [Carla Wilson, LAc, MA, DAOM](#) - Traditional Chinese Medicine
- * [Shoshana Simons, PhD, RDT](#) - Expressive Arts and Narrative Therapy
- * [Katharine Weiser, MD](#) - Shamanic healing arts and subtle energy medicine



- * [Len Saputo, MD](#) - Health Medicine Center, founder
- * [Michael Mayer, PhD](#) - Psychotherapy, Qigong therapy
- * [Sally LaMont, ND, LAc](#) - Naturopathic & Functional Medicine

Academy of Integrative Health & Medicine

[Academy of Integrative Health & Medicine](#) Director, [Nancy Sudak, MD](#), announced that the American Board of Integrative Holistic Medicine (ABIHM) will expand to become an international academy, the Academy of Integrative Health & Medicine (AIHM). The mission of the expanded global academy will be to implement the science of health and healing into practice by bringing leaders of medicine and the healing arts together into an academic and clinically focused community. CIIS was invited to participate in a Leadership Advisory meeting in San Diego this October. Inclusion of other disciplines (naturopathic, chiropractic, nursing, etc.) is a major promise of this new merger.

Alumni: Making A Difference in Society

At a time when media reports question the value of higher education, IHL affirms that graduates are not only learned individuals and competent professionals, but also serve society's need for a well cared for populace. Here are a few of their latest endeavors:

Colleen Webb "My internship with Dr. Judd Allen, a wellness consultant who works with groups in the US and abroad, developed into a long-term working relationship. Dr. Allen's work focuses on how to create supportive sub-cultures for wellness, rather than expecting individuals to make healthy choices in spite of their physical and social environments at home and work. This approach, combined with the coaching skills and broad integrative perspectives that I gained through Integrative Health Studies, is the foundation of all of my work. The program was a perfect match for my interests and goals as a student, and now as a professional."

Sarah O'Sullivan "I'm thrilled to be the new Patient Coordinator at California Pacific Medical Center's Institute of Health and Healing, and the new position was supported by IHL alumna [Carmen Sosa](#)."

Ciel Patenaude "I am finding my true path and work in my work with education and children. I was given a large grant to develop and implement alternative education practices for a school district in Canada, and am working

on programs specifically aimed at invigorating the 'internal intelligence' and personal power often latent within individuals, and especially children who have suffered trauma."

Sarah Morrow "I'm about to be the new Senior Account Manager at Brain Resources," a top company in interpersonal neurobiology applications.

Toni Sicola "I'm a Wellness Program Manager at Alameda Health System, a large chain of safety net hospitals and ambulatory care facilities in Alameda County. I was hired to create the program and manage all aspects of programming for 4700 employees at 9 sites. It's been an exciting adventure to bring a holistic wellness model to an allopathic setting, and test my skills and ingenuity. I'm also working on a venture where I focus on how wellness relates to personal fulfillment, food, and activity."

Validated Job Task Survey

National Consortium for Credentialing Health & Wellness Coaches

After 15 health and wellness coaches gathered last spring to identify the tasks they do regularly in coaching sessions, NCCHWC sent the list of tasks to thousands of working coaches asking, "Are these the tasks you do? If so, how important is each, and how frequently do you do them?" This step is known as a Validation Survey, and the good news is that the survey results indicate high validation. The next few months are dedicated to mapping out the knowledge and skills required to perform those tasks, and then the Training & Education Standards recommended to gain the knowledge and skills. This is one more important milestone along the path to a national certification for health & wellness coaches. More info at www.ncchwc.org

ISHAR Dedicated to Consciousness & Healing

Three cheers for the mind/body community for insisting that Wikipedia is not the last word on subtle energy and consciousness research. **Deepak Chopra** and dozens of neuroscience, medical, and complementary medicine researchers, practitioners, and authors have called for the first comprehensive digital resource, a nonprofit undertaking available to all, that promises to feature thousands of research studies and peer-reviewed published articles demonstrating the efficacy and safety of mind/body medicine. CIIS faculty **Leslie Coombs, PhD**, and Meg Jordan are supporting as advisors. Find out more and lend your support here: ISHAR

Ebola: Fighting a Contagion

Global Poverty and Infrastructure Needs

Now that the first case of Ebola has hit the US, panic can easily eclipse public health messages that this is not an airborne transmission, but spread through contact with contaminated body fluids. Duke University's [Priscilla Wald](#), author of "Contagious: Cultures, Carriers, and the Outbreak Narrative," affirms how global poverty and weakened infrastructures are at the heart of the epidemic. She outlines the type of global health strategy that integrative practitioners can endorse.

ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES M.A. Program

The Integrative Health Studies program at the California Institute of Integral Studies 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 Program Manager Rachel Lefkowitz at 415-575-6199 or rlefkowitz@ciis.edu.