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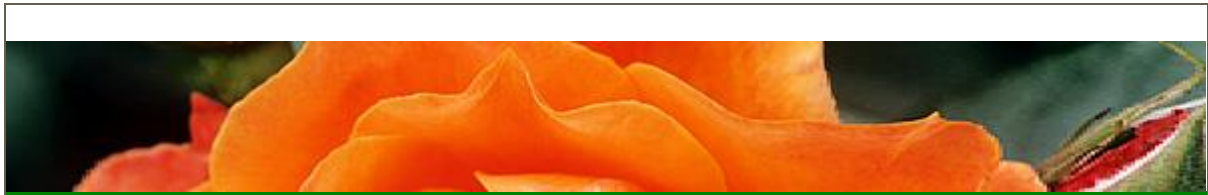


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California Institute of Integral Studies Integrative Health Studies Newsletter

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Spring 2014

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

How long does it take for a health campaign to make a difference? About 50 years were required for a public health shift toward smoking, and about half that for drivers to make seat belts a habit. But what's really surprising is the widespread acceptance of the concept of *wellness*. CIIS master's students and alumni work in wellness initiatives with allies across the nation, such as, telling the truth about sugar and refined grains intake. Read on, and join our commitment to advancing public health literacy.

Getting Real About Sugar: Sorry, Valentine.

We agree with Gary Taubes.

Call them "Paleo diets," or low carb -- it's a good idea to curtail your intake of refined grains and sugar. This week a major study in *JAMA Internal Medicine* showed a significant link between sugar consumption and increased risk of cardiovascular disease mortality. Our new Sustainable Health course from Megan Lipsett, MA, examines root causes of disease and ecological intelligence. Read Gary Taubes' *Why We Get Fat* and Sayer Ji's *The Dark Side of Wheat*.



Wellness Careers for Graduates

Wellness Managers and the ACA

A master's degree can make all the difference in a tight job market. As the ACA slowly leverages more preventive health initiatives, graduates find managerial



positions as leaders in the wellness field. Congratulations to **Yvette Robles**, MA, (IHL '13), now at Pathfinder Integrative Well Care. Sometimes the offer is made to students: Kudos to **Laura Matteliano**, Wellness Manager at Plus One Health Management.

NEW! Certificate in Guided Imagery



45-hour graduate course in IHL

Taught by renowned leader in guided imagery, **Leslie Davenport**, MA, MFT, (author, *Healing and Transformation Through Guided Imagery*), the fall course teaches an interactive-style of imagery facilitation, underpinned by extensive PNI research. Open to both graduate students and the public. Call IHL at 415 575-6199 for more information. Offered in fall 2014.

Job Task Analysis for Health Coaching Scheduled



National Consortium for Credentialing Health & Wellness Coaches

Your contributions succeeded in allowing NCCHWC to form the critical first step in advancing the standards in the health coaching field. A Job Task Analysis will take place in Indianapolis at ACSM headquarters on March 15-16. A 12-member panel consisting of educators and coaches will "hole up" for two days to figure it all out. CIIS IHL graduate **Olivia Cerf**, MA (IHL '12) joins them.

National Wellness Conference

June 23-26, 2015 Minneapolis

Bigger, better, and with more opportunities for advancing health promotion and wellness than ever before...don't miss this year's NWI conference. Prof. **Meg Jordan** is President-Elect of the National Wellness Institute, a shared position with Prof. **John Munson** of U WI, Stevens Point. This year's gathering of the top wellness leaders worldwide is on the U MN campus for the first time. Pre-conference workshops start June 21. For more information and registration, www.nationalwellness.org.



Coaching the "Parts" that Resist Healthy Change

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Coaches apply IFS adaptations

Inspired by the life work of Richard Schwartz, (founder of Internal Family Systems), IHL's health coaching courses offer adaptations to dealing with the chorus of inner parts/voices that defend, protect and resist change. **Margaret Moore** and **John Livingstone (with JoAnne Gaffney)**, colleagues at NCCHWC, bring coach-friendly approaches to the intra-psychic process. March 18th workshop at CIIS from Moore.

Big Data or Big Daddy?

Is there an upside to having your data mined? (Not talking about the NSA...)

Merck thinks so. The Merck Social Health Hack hopes to improve health literacy for vulnerable populations and promote wellness by tracking meds, appointments, health information and "enable self-driven community health improvement based on internally identified needs." Health 2.0 Conference addresses the marriage of tech and health data. <http://www.health2con.com>



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

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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 Bridget Doran or Kate Leahy, 415-575-6199. bdoran@ciis.edu, k Leahy@ciis.edu