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Spring 2015

# Integrative Health Studies Newsletter

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# California Institute of Integral Studies



## Integrative Health Studies Newsletter

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April-May 2015

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

This spring issue is bursting with celebratory news. Read about the first national certification for health and wellness coaches, expected to bring a level of professional recognition and competency to the field never seen before. Preparing for that evolution, the Integrative Health Studies M.A. Program at CIIS just launched Coaching Clinics (open, free trainings and updates) for IHL students and alumni, plus we're celebrating a new core faculty position for a naturopathic physician, Natalie Metz, ND. Our spring 2015 graduating students continue to extend the reach of integrative health with an creative array of research proposals. Finally, I was happy to participate in the first live training of integrative health coaches at the place that put "integrative" in our vernacular - the Arizona Center for Integrative Medicine (CIM). They launched their live training of integrative health coaches last week, thanks to the leadership of Rocky Crocker, MD, David Rychener, PhD, and Molly Burke, Director of Online Education, along with CIM's longstanding Exec. Director Victoria Maizes, MD. Life blooms beautifully in the desert this spring--and elsewhere-- and we are grateful!

### National Certification for Health/Wellness Coaches

#### National Consortium for Credentialing Health and Wellness Coaches (NCCHWC) Achieves its Mission

You've read that it's in the works for over five years, and it's finally here. The long-promised first national certification for health and wellness coaches from the nonprofit 501(c)(3) NCCHWC. This historic milestone was achieved through a collaborative effort of over 70 stakeholder organizations, experts and leaders in health promotion, coaching, medicine, behavioral health, nursing, psychology, wellness and fitness. The national standards for education and training, the step-by-step path, prerequisites, guidelines, and timetable to sit for the

national certification examination in early 2016 is published in the May 2015 [Global Advances in Health and Medicine Journal](#). The public is invited to read the article and offer input by clicking on the designated survey link.

### Graduating Class Spring 2015 - Oral Presentations

**IHL invites you to hear these oral presentations on April 30 and May 7, 3-6 pm PDT, CIIS, 1453 Mission, SF:**

**Lunden Desmond** *Benching the Conventional Approach: Integrative Medicine for the Female Athlete Triad*

**Cheryl Kaplan** *Embracing Impermanence: Mixed-Methods Study of the Impact of Mysore Yoga and Ashtanga Philosophy on Perimenopause*

**Catherine Kaufmann** *Sing Out Loud: Group Singing and Songwriting to Increase General Self Efficacy in Children*

**Francesca Marini** *When Flowers Bloom in the Desert: Exploring Infertility and Spirituality*

**Emily McKee** *Beyond Licensure: A Mixed Methods Analysis of Non-Licensed Alternative Health Practitioners' Perspectives of Efficacy, Safety, and Accountability*

**Carmen Mendoza King** *Identity at the Center: The Role of Cultural Humility in Doula Facilitated Partnerships within Marginalized Communities*

**Teresa Papadopoulos** *Transforming the Bully: A Comparative Study of Coaching versus Bullying Prevention Programs in U.S. Middle School*

**Michelle Verderame** *Shamans and Coaches: A Symbiotic Pairing for Stress Reduction*

**Laura Vincent-Rossi** *Hitting the Mat Instead of the Bottle: Self-discovery with Hatha Yoga and Harm Reduction Therapy for Women with Alcoholism*

### Naturopathic Doctor Joins IHL Faculty - Natalie Metz, ND

As **John Weeks** has often said, the field of integrative health owes much of its genesis to pioneers and researchers in naturopathic medicine. That is why we are

so pleased to have a pioneering clinician in naturopathic gynecological health, **Natalie Metz**, ND, join IHL faculty. Dr Metz teaches Integrative Anatomy & Physiology, Integrative Health Research, Communication Practicum and



Nutrition. She presents nationally on her groundbreaking work in holistic, alternative treatments to early stage positive PAP-smear diagnosis. Her doctorate was earned at Southwest College of Naturopathic Medicine. She is also a graduate of the Philosophy, Cosmology & Consciousness M.A. Program at CIIS and also teaches women's health for ACTCM at CIIS.

### **NEW, Free COACHING CLINICS for Students and Alumni now available twice a month in IHL**

**Ongoing practice and skill development launched this spring, in response to widespread student requests.**

Dee Dee Stout, Motivational Interviewing expert, and Billie Francis of [Mindful Coaching](#) are featured presenters. Thanks to Sara Rhodes, IHL intern, and Rachel Lefkowitz, IHL Program Manager, for launching the Coaching Clinics. Support also comes from Judith Sweet, MS, RN, FNP-C. She joined IHL adjunct faculty, teaches Advanced Wellness Coaching and brings over 24 years of clinical experience from her practice at UCSF. All IHL students and alumni are invited to the Coaching Clinics.



### **IHL Alumna - Assistant Editor of Leading Publication**

Congratulations to Kristen Schepker, MA, (IHL 2011), now the Assistant Editor of one of the leading trade publications in the holistic and integrative health field, [Holistic Primary Care](#). Gratitude extended to Editor in Chief Erik Goldman and Publisher Meg Sinclair for recognizing talent within IHL graduates and featuring many of their groundbreaking stories. Holistic Primary Care is a must-read in our field.

### **When Alumni Help Alumni Expand Their Reach**

Alameda Health System Wellness Manager Toni Sicola, MA, (IHL 2011) recently hired artist and holistic creativity coach Alice Pennes, MA, (IHL 2013) to deliver "Power of the Pen," a three-part series that brings creativity to the health and healing journey, to Toni's work wellness programs. CIIS Expressive Arts Therapy Program Chair Shoshana Simons served as consultant to Pennes' final IHL project. You can read about

some of Toni's work on her [blog](#).

### National Wellness Conference June 15-18 Minneapolis

It's a 40th anniversary celebration for this summer's [NWI conference](#), the premier gathering for wellness professionals, health/wellness coaches and health promotion specialists. "This year is not to be missed!" encourages [Meg Jordan](#), Co-President. Keynotes from [Todd Kashdan](#) on the value of negative thoughts, [Michelle Segar](#) on sustaining change, and [Thomas LaVeist](#) on new perspectives about place and race in health disparities. [Vision and Legacy talks feature co-founder Bill Hettler, Anne Abbott, Don Ardell, John Travis, Jennie Trotter, Elaine Sullivan, and Craig Washington.](#)

### 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](mailto:rlefkowitz@ciis.edu).

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