



Winter 2015

Integrative Health Studies Newsletter

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California Institute of Integral Studies



Integrative Health Studies Newsletter

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January 2015

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

Greetings! The number one question from prospective students is, "What do alumni do when they graduate?" which makes sense since a non-clinical degree in Integrative Health, even with a certificate in health coaching, can be a curious thing. So in this issue, we asked alumni to report more than their current job titles; tell us what specifically in the masters program helped them make the leap to a career in integrative health.

Other news: I'll be at the [Integrative Healthcare Symposium](#) Feb 19-21 in NYC, discussing the results of our Aetna-supported research on integrative wellness coaching for the underserved, and I'll be serving on a nursing leadership panel put together by [Susan Luck](#), MS, RN.

A new half-time core faculty position in IHL just opened. Those with experience teaching and a background in integrative health and medicine should apply to jobs@ciis.edu.

One of esteemed adjunct faculty members, biophysicist [Beverly Rubik](#), PhD, explores water science and maps new frontiers. She wrote about her new discoveries with a novel method to measure the kinetics of Exclusion Zone Formation in [Entropy](#).

COMING THIS SPRING....National Standards for Health & Wellness Coaching

Update on National Consortium for Credentialing Health and Wellness Coaches

The January 2015 [Global Advances in Health and Medicine Journal](#) provides updates on the current process. The article is free to registered users. The job task analysis and associated validation survey results, along with our recommendations for the national certification process, will be submitted to a peer-reviewed journal in late February, in hope of a late spring publication, if accepted. There will be a finite period



of time after publication during which we will be soliciting your opinions and suggestions for the credentialing guidelines, and your input is very important to us. We hope you will be able to respond to that survey in a timely fashion, so that we can make your expertise count. Stay tuned for our exciting updates. We are grateful for your invested interest and support.

Why Assess Practical Knowledge for Coaches?

What do Wellness Coaches Need to Demonstrate?



Health Coaching: An interview with
Meg Jordan, PhD, RN, CWP

Alumni: From University to Career

Here are a few of IHL alumni's latest endeavors:

Joseph Ison Connecting with tech start-ups like PeerWell, offering first hand knowledge about integrative health coaching has kept Joseph busy. He's a trusted beta tester, assuring that check-ins are meaningful and personalized.

Sarah O'Sullivan Re-approached her job search, realizing she just needed a foot in the door. "I'm finally using my IHL degree in a healthcare environment at the Patient Services Rep at California Pacific Medical Center's Institute for Health and Healing (IHH), which now has three graduates."

Emily Lewis "I was thrilled to become the retail associate at the IHH store, which sells supplements and locally made gift and health products. I help schedule wellness appointments and make sure patients have an overall pleasant experience. IHH is a great place to be and allows me to carve out my niche in the future."

Carmen Sosa Boeka has progressed into a vital role as Business Operations Supervisor at the Institute for Health & Healing at CPMC. The entire program thanks her for her advocacy of CIIS graduates. She is a stellar role model.

Christine Imfeld Has taken her experience building a web portfolio (a requirement in the final course) to establish her current practice, www.chsitineimfeld.com. She is a member of ICF, NWI, and a coach and speaker for Zippii. Her IHL internship

at LiveWell allowed her to write a blog and develop clients for her 3-day juice cleanse and consulting/coaching business.

Marisa Weiler Spreads her talents, as a teacher at the Berkeley YMCA and as General Manager of Innerstellar, a Pilates, Yoga and Wellness studio. "I can't thank you enough for how much joy the Integrative Health program brought to my life!"

Hayley Ebersole Has developed a special brand of integrative health coaching which she calls Radical Embodiment, "an experience of fully connecting with spirit through bodywork as a tool for moving into presence despite the circumstances swirling around you." Branded coaching combines this alumna's prior experience with new learning.

Toni Sicola Now offers integrative wellness coaching services through her web-based www.cultivatedwellbeing.com and remains 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."

How Angry Are Your Tweets?

Epidemiologists combine surveys and clinical data to explore lifestyle risks such as stress, diet, and smoking with uneven success. Now data from our CIIS neighbor, Twitter, sheds some light. A study in *Psychological Science* analyzed tweets and health data from 1,300 U.S. counties. Negative, hostile, stress-filled tweets were associated with elevated risk of coronary heart disease in the counties where the writers of those tweets lived. High volumes of tweets expressing optimism, excitement, ambition, and activity, meanwhile, correlated with lower than average rates of heart disease.

Top 100 Health Promotion Pros from WELCOA

[WELCOA](#) has assembled the stories of 100 health promotion individuals who serve as an inspiration to the many people they reach. Get inspired by the way they effectively improve health.

Get Certified in Workplace Wellness

National Wellness Institute

The National Wellness Institute (NWI) Certified Worksite Wellness Specialist and Certified Worksite Wellness Program Manager certification programs will give you the knowledge and tools needed to carry out successful worksite wellness programs. The most current information and research in the field of health promotion and wellness

is used to teach participants how to change an organization's culture to ensure long-term results.

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.