



Fall 2015

Integrative Health Studies Newsletter

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California Institute of Integral Studies



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Nov-Dec 2015

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

Great news! We experienced an evolutionary leap for Integrative Health in 2015. Over a dozen different health care disciplines and healing arts traditions were brought together for the first time at the [Academy of Integrative Health and Medicine](#) conference in San Diego, Oct 15-19. These 900 attendees represented a constituency force of millions. Together we may finally have the lobbying power and resources needed to transform health care. Inclusive and progressive--it's a new era.

CIIS Earns NCCHWC Approved Transition Program

The [Integrative Health and Wellness Coaching Certificate at CIIS](#) has been recognized by the National Consortium for Health & Wellness Coaches as an Approved Transition Program per the NCCHWC's standards. As a result, health and wellness coaches who have met NCCHWC's requirements and completed the M.A. in Integrative Health Studies will qualify to sit for the national exam to be launched in 2016. For more information on the national standards, read the article posted at [NCCHWC](#).

CDC Presentation on Workplace Wellness



The 4th Annual **HealthLead Forum** in Atlanta, Georgia, hosted by US Healthiest in partnership with the CDC, will be Jan 14-15, 2016. Dr. Meg Jordan will present on the workplace wellness

certifications offered by the National Wellness Institute, and insights from "Wellness: From Movement to Profession, A 40-year Passage." Downloadable pdf available upon request: mjordan@ciis.edu

CIIS COACHING CLINICS Offer Advanced Methods

IHL is pleased to announce the 5th in our new **IHL COACHING CLINIC** series.

Appreciative Inquiry & Coaching

Led by Jeanette Peralta, PhD, a trained AI facilitator, Reiki master and Transpersonal Counselor. Dec 1, 3:30-5:30 pm, Room 306, CIIS campus, 1463 Mission, San Francisco.



Previous clinics included advanced work in Motivational Interviewing with Dee Dee Stout. The clinics are open to students, alumni, and interested health coaches.

IHL Student-Led S.W.A.P. Exchanges Talents

A group of IHL students have recently collaborated to create an independent student-led, student-supported forum to help strengthen their community and prepare each other for challenging and exciting work. **S.W.A.P. (Student Wellness Advocates & Partners)** encourages a community of collaboration, mutual support and partnership among IHL students, graduates and professionals. Whether you are an expert in making bone broth or using flower essences, delivering wellness services for underserved communities or just in need of a wellness buddy, contact S.W.A.P. representatives [Sara Rhodes](#) and [Drew Wolfson](#) to get involved.

ACTCM and CIIS - More Courses Open to All Students

Interprofessional education is gaining ground at CIIS. CIIS's new school, **ACTCM at CIIS**, has released a list of courses open to CIIS students. Offerings include Qigong and Shiatsu. Similarly, the new IHL Interpersonal Neurobiology course included students from many CIIS programs, including Philosophy and Religion, East-West Psychology and the Bachelor's Completion Program. Cross-disciplinary dialogue enlivens learning and broadens perspectives on

multiculturalism, inclusion and social justice.

VA Offers Health Coaching Community Calls

The VA Office of Patient Centered Care and Cultural Transformation offers a series of webinar-calls that advance the work of health coaching. Dr Meg Jordan will share a presentation on Dec 10 (11am ET) with David Rychener, PhD, director of the Integrative Health Coaching initiative at the VA. Meg will present insights on working with emotional content in coaching. To find out how you can join the call, contact Kelly Howard by [email](#) or at 804.839.9353.

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 Senior Program Manager Rachel Lefkowitz at 415-575-6199 or rlefkowitz@ciis.edu.