



Spring 2016

# Integrative Health Studies Newsletter

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# California Institute of Integral Studies



## Integrative Health Studies Newsletter

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

A favorite motto in this field comes from Don Ardell, author of *High Level Wellness*: "Wellness should not be presented grimly." If you'd like to experience what Don means, attend the leading conference in health promotion and wellness June 27-29 in St. Paul, MN. At the [National Wellness Conference](#), we pay attention to both professional development and personal enrichment and rejuvenation. In our efforts to bring theory-based methodologies and scientific evidence to programs and models, we often forget that fun and happiness can be the strongest drivers for people who want to move toward self-care and improved social, political, and environmental health. I'll be there in my role as Co-President. I hope to see you there and share in all the dimensions of wellness, including a robust initiative on diversity, inclusion and sustainability.

### CIIS Health Coaches: Their work is cut out for them!

#### Why do we need health coaches?

Consider this grim statistic: Only 2.7% of the U.S. adult population achieves all four of the basic behaviors of a "healthy lifestyle" that help protect against cardiovascular disease, a recent study concluded. (Source: NIH Survey analysis by OSU researcher. Report [here](#).) Health coaches partner with clients who are seeking self-directed, lasting change that is aligned with their values to promote health and wellness and thereby enhance well-being (NCCHWC).

#### The **CIIS Certificate in Health Coaching**

is part of the master's program in [Integrative Health Studies](#) at California Institute of Integral Studies. Our

graduates pursue a full curriculum in health sciences, coaching psychology, and integrative approaches, while offering evidence-informed practices in exceptional **internships**. Student **Katie Skillin** developed a Qi-guided meditation that blends TCM principles with mindfulness and imagery at the MRCEF Foundation. Students **Lissa Menge** and **Julie Viellieu** bring health coaching to underserved individuals in a San Francisco Dept. Public Health multidisciplinary study addressing chronic pain management and freedom from opioid addiction.

**IRCIHM Pre-Conference Workshop May 16-20, Las Vegas**

**Pre-conference workshop on May 16 offers Mindfulness and Relational Neuroscience:**



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—2016—

**The Real Foundation for Health Coaching**, led by **Ruth Wolever**, with participants **Linda Manning, Karen Goble, Julie Kosey, Blaire Morriss and Meg Jordan**. Incorporate new approaches into the clinician's or coach's clinical practice that connect neurobiological insights and study findings.

**CIIS COACHING CLINICS offer advanced methods**

A series of **COACHING CLINICS**, facilitated by student **Sara Rhodes**, provides students enrolled in the Integrative Health Studies program at CIIS extracurricular, supplemental and collaborative learning. Topics have included: Motivational Interviewing in Wellness Coaching: Learning to Roll with Resistance, and OARS: Open Ended Questions, Affirmations, Summarizing, Reflections, both presented by **Dee Dee Stout**; Guiding Mindful Change, with **Billie Frances**; Appreciative Inquiry, with **Jeanette Peralta**; Transformative Power of Music, with program alum **Lindsay Hirata**; Coaching Clients Towards Growth Mindset, with alum and adjunct faculty **Megan Lipsett**.

**When wellness itself is the chief workplace metric**

The **Global Wellness Institute** amassed quality industry research in this new [report](#). There is also a recent report by CIIS graduate **Jade Wood** at the **Gallup Well-Being Index** on millennials, values and what matters at work. Both reports examine how a wellness perspective can be

the new lens to consider all key objectives and strategies for productivity, performance and overall well-being of workers and employers together.

### A well-deserved "shout out" to Rik Center

#### Adopting a practice holistic self-care

[MindfulnessCare Center](#) provides a caring environment for exploring "mindful somatic" mind/body programs, various mindful stress reduction workshops and meditation classes. CIIS students learn how to expand their network of resources in the community. One beloved resource is **somatic psychotherapist Rik Center**. Student **Kayleigh Martin** offers a mindfulness yoga class here.

### Stock portfolios improve with wellness programming

A study from [HERO \(the Health Enhancement Research Organization\)](#) demonstrates a distinct correlation between comprehensive, best practice wellness programs and corporate stock performance. The online self-assessment [report](#) found that companies that scored high on the HERO scorecard, which indicates investment in best practice programs, outperformed the Standard & Poor's (S&P) 500 Index over the course of six years. Findings show that effectively run companies share the common practice of investing in workplace health and well-being.

(Source: *Journal Occupational and Environmental Medicine*, Jan. 2016)

### ABOUT CIIS and the INTEGRATIVE HEALTH STUDIES MA Program

The Integrative Health Studies (IHL) program at California Institute of Integral Studies offers a nonclinical MA 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](mailto:rlefkowitz@ciis.edu) or Admissions Counselor Melanie Natividad, [mnatividad@ciis.edu](mailto:mnatividad@ciis.edu).