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Integrative Health Studies Newsletter

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Message from Meg Jordan, PhD, RN
Dept. Chair and Professor, Integrative Health Studies (IHL)

As we send out this winter newsletter, Congress endlessly debates health care reform, but we know they’re only talking about incremental fixes to payor neglect. True health care reform would foster preventive health and wellness choices, fair access to quality urgent and crisis care, an expanded field of primary care options and reimbursed providers, all within a supportive culture and sustainable environment. IHL students, alumni and faculty advocate for a system that is truly healthy and caring. May this season find your personal choices for enhanced well-being supported in multiple, surprising ways.

Welcome New Core Faculty

The IHL Department is pleased to announce that Yosuke Chikamoto, PhD, joins in January as Associate Professor, bringing extensive research experience in health promotion, as well as significant teaching experience at American University and California State University, Fullerton. Dr. Chikamoto also served as Director of Technology and Research in the Health Improvement Program at Stanford Center for Research in Disease Prevention, where he oversaw projects in health risk appraisal, stress management and information technology. A native of Japan, he served as a clinical assistant professor and research associate at several hospitals and
universities in Tokyo, and has published extensively on worksite health costs and financial incentives. Dr. Chikamoto will teach Integrative Wellness Management and Health Assessment and Evaluation, and help CIIS develop an integrative wellness program.

**How Do You Manage an Integrative Health Center?**

Plenty of graduate programs exist that teach students administrative management for hospitals and clinics, but the IHL may be the first to address the challenge of designing and managing a holistic health center that combines complementary and alternative therapies with conventional medicine. Students created mock integrative centers, complete with mission, objectives, insurance/payment plans, operating budgets, revenue forecasts, architectural renderings, hiring practices, community service strategies, operating philosophy, workforce descriptions and managerial format.

**IHL Alumni Jake Pollack Returns**

After years in Auroville, India, where he worked with the Living Routes program, Jake returns to CIIS as the new Program Coordinator for Public Programs. He is completing his doctorate at Prescott College in sustainability education. Jake served as Program Coordinator at CIIS during his studies in IHL.

**Call to Community Service in South Africa**

Chanda Möllers, Program Coordinator and IHL advanced student, travels to South Africa for service work with the nonprofit Clouds of Hope, which cares for children orphaned by AIDS. Chanda will teach daily yoga to the children. She travels with her husband Jürgen, who intends to publish a book about the foundation’s work.

**Healthy People 2010**

Professor Jordan attended the Healthy People 2010 special session led by the U.S. Department of Health and Human Services. She reported on the ways in which lifestyle coaching initiatives could directly tackle health disparities among poor and low middle-income people. Every 10 years, HHS seeks input from health professionals on a proposed set of objectives aimed at extending quality and length of life. Dr. Jordan has participated in this national process since the mid-1990s.
Winter Nutritional Super-Star

Overheard by noted nutrient researchers at a medical conference: "I'm up to 2,000 IU of Vitamin D3, and I'm taking K2 as well..." A smart move--especially during the long, dark days of winter, for those prone to osteoporosis. Research on Vitamin D3 affirms that this hormone needs to be paired with K2 for optimal bone preservation and mineralization.

Bhutan Trip

Experience the mystery and tranquility of the Himalayas in India and Bhutan, March 4-23, 2010. Contact Richard Buggs at 415.575.6116 or rbuggs@ciis.edu.

About Integrative Health Studies

The IHL program offers a nonclinical M.A. degree, preparing students for careers in the integrative health field as educators, 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 Chanda Möllers, Program Coordinator at 415 575-6199 or cwilliams@ciis.edu.