Message from Meg Jordan, PhD, RN
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HEALTH COACH SUMMIT

How do you know your health coach is qualified? Without a national certification or educational standards, you rely on recommendations and reputations, and both can lead you astray. To remedy that, an historic Summit took place Sep. 26-27, with over 60 invited leaders in health care, collaboratively developing strategies for national benchmarks for education, training, and credentialing professional coaches in healthcare and wellness.

Co-conveners Karen Lawson (U MN) and Margaret Moore (Wellcoaches), supported by a grant from Institute for Integrative Health, led a Steering Committee of Michael Arloski (RealBalance), Linda Bark (AsOne Coaching), Michelle Bouchard (HealthCorps), Michael Burke (Mayo Clinic), Richard Cotton (ACSM), Georgiana Donadio (National Inst. of Whole Health), Roy Elam (Vanderbilt), Jay Groves (Vanderbilt), Meg Jordan (CIIS), Pamela Peeke,(Advisor to Surgeon General/Discovery) Linda Smith (Duke), and Ruth Wolever (Duke).

Next steps include outlining definitions, core competencies, and scope of practice for health and wellness coaches, and designing a multi-site research project with CAM researcher David Eisenberg (Harvard). Summit participants shared a sense of urgency to move ahead, since lifestyle turnaround remains a primary objective for the
nation’s health objectives for the nation’s health, according to the Institute of Medicine.

**CAIM COURSE WEBINARS**

CAIM (Complementary, Alternative, and Integrative Medicine) proved to be a most popular course with record attendance. Video recordings of the guest lecture series includes talks on clinical nutrition, homeopathy, naturopathy, Tibetan medicine, Traditional Chinese Medicine, bodywork/somatic education, chiropractic, ayurveda, mind/body therapies, integrative medicine and more. Several advisory board members guest lectured for this course including Sally LaMont, ND, LAc; Liz Lipski, PhD, CCN; Russell Jaffe, MD, PhD; and Len Saputo, MD, and Susan Fox, LAc. IHL will be posting a short version introductory webinar of the course soon.

**MERCY HOUSING and CIIS WELLNESS**

IHL graduate students who've completed wellness coaching and management courses will deliver this fall educational, client-centered, on-site wellness services for residents of Mercy Housing units. Prof. Yosuke Chikamoto will supervise this first time opportunity. We want to acknowledge Catholic Charities CYO, Catholic HealthCare West and CIIS Development for their assistance in securing this opportunity. Reducing health disparities through integrative wellness outreach is one of the central objectives of IHL.

**ALUMNI making tracks**

Barb Harris, MA (IHL 2009), former Editorial Director of SHAPE Magazine, will teach Movement & Stress Management in Spring 2011. Barb also serves as a chaplain and integrative health practitioner for Kaiser Permanente Medical Center in Oakland, CA. She continues to work with the Glide Memorial Women's Center, creating a photostory, created and directed by women participants in a support program.
Russell Jaffe offers medical "pearls" in his new newsletter. Sally LaMont testified for natural medicine on the Hill; Len Saputo conducts healing circles again out of Health Medicine Center; Dana Ullman's column on Huffington Post makes frequent headlines. Elliott Dacher redrafted human flourishing in a ready-for-publishing manuscript; Ricky Pollycove's evolutionary hormone theory made its way into the Pocket Guide to Bioidentical Hormones.

Welcome to Rinchen Dhondrup whose expertise in Tibetan Medicine will be presented with Tibetan Medicine doctor, Yangdron Kalzan in CAIM in November. Rinchen, also a Tibetan Medicine doctor, entered the IHL program this fall.

So what did you do on your summer vacation? IHL students packed 200-hours of intensive community service into their busy schedules. Thanks to Internship Supervisor Niyati Desai for expanding sites to include:
- Designed healthy weight program at naturopathic clinic.
- Administration of a sliding scale Reiki clinic.
- Conducted healthy food demos for low-income areas.
- Served as research assistant for a PTSD study at MAPS.
- Assisted in nutritional detoxification at a retreat center.
- Acted as a trainee for an Ayurvedic health center.
- Created wellness coaching for Human Resources Insti..
- Evaluated gender-appropriate services for SF Mental Health Board.

Congratulations to our Program Coordinator and graduate of the IHL program, Chanda Mollers, who accepted a coveted Wellness Manager position at Pacific Gas & Electric. We will miss her but are happy to celebrate this wonderful success! After completing an internship at PG&E, Chanda continued to assist...
their executive team with health fairs and stress reduction strategies.

**ALLIANCE with www.FoundHealth.com**

So many health web sites (over 30,000!), so little integrative health. But that might all change soon. IHL now has an alliance with www.FoundHealth.com, developed by CEO Rita Sharma and Mike Rosenthal. They will learn how to create leading-edge web strategies for disseminating integrative health messages. Jennifer Yee (IHL ‘10) wrote about Integrative Medicine for the website.

**Energy Psychology Journal**


**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 the Program Coordinator at 415 575-6199.