



Summer 5-2010

# Integrative Health Studies Newsletter

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# California Institute of Integral Studies



## Integrative Health Studies Newsletter

### In This Issue

[New Science of Heart Health](#)

[2010 IHL Graduates](#)

[CIIS Faculty](#)

[Advisory Board](#)

[Wellness Fair](#)

[Wellness Coaching](#)

[International Students](#)

[New Internships](#)

[About IHL](#)

### Quick Links

[Apply Now!](#)  
[Learn More About Us](#)

[CIIS News and Events](#)

### Join our list

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May/June '10 / Issue #7

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

Happy Spring! May is both National Fitness Month and Mental Health Awareness Month. Here in Integrative Health Studies, we consider that synchronicity just one more confirmation of the many psycho-emotional benefits that flow from healthy lifestyles.

### The Surprising New Science of Heart Health

#### A Symposium presented by the Calistoga Institute

Our notions about what makes the heart healthy are due for a massive update. Findings from experts in a dozen different fields will converge at the new Calistoga Institute on May 15-16, 2010 at the Mayacamas Ranch. Meg Jordan will address social isolation as a growing risk factor for heart disease. For a discount code for \$50 off any ticket package for our Heart Health symposium May 14-1, just type "Meg" into the discount code box and the ticket price will be adjusted. Go to <http://calistogainstitute.eventbrite.com> for more information or contact organizer Eliot Hurwitz at [ehurwitz@calistogainstitute.org](mailto:ehurwitz@calistogainstitute.org).

**2010 IHL Graduates**

### **Final Presentations May 9, 2010**

Congratulations to this year's graduates. Their compassionate advocacy of integrative health models extended to sites as diverse as Glide Memorial Women's Center, San Bruno, CA County Jail, the EARN Program, and a proposed model for Kaiser's Behavioral Medicine unit. Each of their Final Projects are posted on individual websites. For a list of those, contact [cwilliams@ciis.edu](mailto:cwilliams@ciis.edu).

**Barb Harris-** Moving Beyond Survival: A Program to Heal the Cycle of Violence in Marginalized African American Women

**Chanda Möllers-** AHIMSA: Augmenting Health through Mindfulness Skills and Action

**Michael DeLaRosa-** Financial Wellness: A Cornerstone to Overall Health

**Jennifer Yee-** Returning to Wholeness: A Multi-Pronged Integrative Approach to Treating Depression

### **CIIS Faculty**

Core faculty Professor **Yosuke Chikamoto, PhD**, is researching empathy and wellness. **Michael Arloski, PhD**, founder of RealBalance and the Wellness Mapping 360© "Wellness Coach" Certificate Training will bring his vast experience in wellness coaching to students in a fall course.

**Beverly Rubik, PhD**, presents at the LENS (Low Energy Neurofeedback System) Conference in May.

### **Advisory Board Members**

**Elliot Dascher, MD**, has developed a hospital-based workshop on Human Flourishing: Health, Happiness and Serenity in Modern Times, and has an accompanying manual that should be a published book for the public soon.

**Dr. William Stewart**, Director of The Institute for Health & Healing at California Pacific Medical Center, shares the latest research and his insights on integrative medicine and tips on how you can achieve "personal and planetary" health from his book

Deep Medicine on a radio show called "Reality Sandwich" and airs on KPOO 89.5 FM Thursdays @ noon. The show will air Thursday, May 13th, 12-1pm LIVE or on the Web at <http://www.kpoo.com/hearus.html>.

### **CIIS Health and Wellness Fair**

#### **Balanced and Boundless**

That's the new slogan for the CIIS Wellness Program, voted in by participants at the first co-sponsored CIIS Health Fair between Human Resources and Integrative Health last month. True to CIIS, it was both integral and integrative. According to our insurance providers, they never attended an organizational health fair that featured such a wide array of healing modalities (traditional Tibetan medicine, Reiki, acupuncture, Reiki wellness coaching, and heart rate variability biofeedback). Many thanks to our students, volunteers and practitioners for a successful event, complete with raffle prizes.

### **Wellness Coaching**

CIIS's **Meg Jordan, PhD, RN** and **Yosuke Chikamoto, PhD** are working to define national parameters for both health coaches and wellness coaches with **Karen Lawson, MD**, University of Minnesota; **Linda Bark, PhD, RN**, AsOne Coaching; **Michael Arloski, PhD**, RealBalance Wellness, and; **Margaret Moore**, WellCoaches.

### **International Students**

We welcome **Rinchen Dhondrup**, a professor and medical doctor from Tibet, and **Pradeep Immanuel**, a medical doctor in India and Singapore. It's great to have your willingness and interest here at CIIS. Both are being asked to contribute to our understanding of medical pluralism and integrative models throughout the world.

### **New Internships**

The internship offers students an opportunity to gain practical experience, contribute to the community, explore potential careers and enrich their lives. Here's a list of new sites;

Safronya in San Raphael, the Human Resources Institute in Vermont, FoundHealth.com, Vibrant Reiki and Mercy Housing both in San Francisco.

### 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](mailto:cwilliams@ciis.edu)