

9TH ANNUAL

Destination Health:

Renewing Mind, Body and Soul

Sunday, Oct. 17 through Friday, Oct. 22, 2010

Kauai Marriott Resort & Beach Club
Garden Island of Kauai, Hawaii



Find yourself in this unforgettable and unique week-long experience and take home personal renewal, inspiration, evidence-based health information and a deep sense of relaxation.

“Love life, engage in it, give it all you’ve got. Love it with a passion, because life truly does give back, many times over, what you put into it.”

Maya Angelou



 Scripps Center for
Integrative Medicine

Over 40 national CME conferences, in more than 15 specialty areas.
Scripps Conference Services & CME - www.scripps.org/conferenceservices

Retreat Introduction

Join Scripps Center for Integrative Medicine for a one-of-a-kind retreat designed to give you an opportunity for personal renewal and practical information about proactive health. Get the latest information about mind-body-spirit medicine from renowned experts and experience the transformation that takes place when you make your health and happiness a priority.

Accreditation

Provider approved by the California Board of Registered Nursing. Provider Number CEP15030, for 24 contact hours. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

Credit Breakdown by day:

| | |
|-----------|-----------------|
| Monday | 6 contact hours |
| Tuesday | 6 contact hours |
| Wednesday | 6 contact hours |
| Thursday | 6 contact hours |

What is Mind-Body-Spirit Medicine?

Mind-body-spirit medicine, or integrative medicine, blends conventional medicine with evidence-based complementary therapies that are grounded in science. This medical approach focuses on the whole person - mind, body, spirit and emotions. Integrative medicine practitioners believe in the following healing principles:

- Health is more than the absence of disease.
- Healing requires a whole-person approach - body, mind, emotions and spirit.
- Empowered people make long-term and lasting changes that support healing and optimum health.
- Love, compassion and forgiveness are basic human needs which enhance healing.

Who Should Attend?

This retreat is for anyone who wants to achieve optimal health, prevent disease and develop a personal plan for wellness. Whether you want to make changes in your own life or support others in their healing journey, our renowned faculty members will provide you with scientifically validated information that can help you reach your mind-body-spirit health goals. Health care practitioners are encouraged to attend.

Why Attend this Retreat?

At this retreat you will receive the most up-to-date information about what works and what doesn't in order to prevent, treat and heal common health problems. You will have the opportunity to experience healing treatments and learn how to:

- Understand the difference between integrative medicine, traditional western medicine and alternative medicine.
- Identify the role and implications of mind-body-spirit medicine.
- Learn how emotions impact health and healing.
- Review and understand the research on nutrition and nutraceuticals.
- Utilize tools given for communicating effectively.
- Think differently as you create your healing journey.

“There are many paths to healing and health is more than the absence of disease. Join us on this healing journey of life.”

Mimi Guarneri, MD



Faculty

Retreat Directors



Mimi Guarneri, MD, FACC, ABIHM
Co-Founder and Medical Director
Scripps Center for Integrative Medicine
Cardiologist, Scripps Clinic
San Diego, California



Rauni Prittinen King, RN, MIH, HNC, CHTP/I
Co-Founder and Director of
Programs and Planning
Scripps Center for Integrative Medicine
San Diego, California

Featured Presenter



Diane Deacon
President, Intellectual Equities, Inc.
dba Creative Thinking Association
Cleveland, Ohio

Diane Deacon is coauthor of *Think Out of the Box*, *Break Out of the Box* and *Raise the Bar*, the president of the Creative Thinking Association of America and sought-after public speaker. She is the leading authority on idea development, project planning and implementation techniques. While others try to fix problems with the same thinking that got them there, Diane teaches individuals and corporations how to access high levels of out-of-the-box creativity in order to transform and succeed. Diane has long track record of success working with numerous multi-national corporations such as Proctor & Gamble, Johnson & Johnson and Sun Microsystems.

Retreat Faculty



Robert Alan Bonakdar, MD, FAAFP, ABIHM
Director of Pain Management
Scripps Center for Integrative Medicine
San Diego, California



Lee Lipsenthal, MD, ABIHM
Founder, Finding Balance in a Medical Life
San Anselmo, California



Anne Day, BSN, MA, CMT, HNB-BC, CHTP/I
Founder, Healing Touch Hawaii
Owner of Healing Journeys
San Diego, California



Lorie Pulliam, BPE, MA Sports Science, Kinesiologist
President, Optimal Health Consulting
Calgary, Alberta Canada



Liz Fraser, BSN, CHTP
Healing Modalities Coordinator
Scripps Center for Integrative Medicine
San Diego, California



Tarane Sondoozi, PsyD
Employee Assistance Specialist
Adjunct Faculty, Center for
Learning and Innovation
Scripps Health
San Diego, California



Cathy Garvey, RD
Registered Dietitian
Scripps Center for Integrative Medicine
San Diego, California



Karen Sothers, MEd, RYT
Mindfulness Yoga and Meditation Teacher
Scripps Center for Integrative Medicine
San Diego, California



Chef Guy Higa
Executive Chef
Kauai Marriott Resort and Beach Club
Lihue-Kauai, Hawaii

Program

Sunday, October 17

4 - 5 p.m. Retreat Registration

5 - 6:30 p.m. **Welcome Blessings and Opening Reception**
*Music by Norman Ka'awa Solomon
Artist of Music and Songwriter, Ka'awa Music,
Anahola, Hawaii*

Monday, October 18

7 - 10 a.m. **Morning Renewal**

10 a.m. **Welcome and Retreat Introduction**
Mimi Guarneri, MD and Rauni Prittinen King, RN

10:30 a.m. **Your Personal, Proactive Health Prescription**
Mimi Guarneri, MD

Noon Lunch

12:45 p.m. **WORKSHOPS**

- **Nutrition for Your Health**
Cathy Garvey, RD
- **Your Healing Journey**
Rauni Prittinen King, RN

2 p.m. Break

2:15 p.m. **Workshop Repeat**

3:30 p.m. **Group Discussion and Q & A with Monday Speakers**

4 - 6 p.m. **Design Your Own Wellness Program**
Choose individual consultations to fit your needs (*additional cost*).

Daily Morning Renewal (Mon-Fri)

7 - 10 a.m. **Light Continental Breakfast**

7:30 - 8:15 a.m.
and
8:45 - 9:30 a.m.

- Yoga & Meditation** - *Karen Sothers, MEd, RYT*
- Water Experience** - *Lorie Pulliam, BPE, MA*
- Tai Chi / Qigong** - *Robert Bonakdar, MD*
- Journaling** - *Anne Day, BSN, MA*

Tuesday, October 19

7 - 10 a.m. **Morning Renewal**

10 a.m. **Break Out of the Box**
Diane Deacon

11 a.m. **Herbal and Nutritional Supplements**
Robert Bonakdar, MD

Noon Lunch

12:45 p.m. **WORKSHOPS**

- **Think Out of the Box: Techniques for Innovative Thinking**
Diane Deacon
- **Preparing Anti-Inflammatory Food: Cooking Demonstration**
Chef Guy Higa and Cathy Garvey, RD

2 p.m. Break

2:15 p.m. **Workshop Repeat**

3:30 p.m. **Group Discussion and Q & A with Tuesday Speakers**

4 - 6 p.m. **Design Your Own Wellness Program**
Choose individual consultations to fit your needs (*additional cost*).

Wednesday, October 20

7 - 10 a.m. **Morning Renewal**

10 a.m. **Communication: Words that Harm, Words that Heal**
Tarane Sondoozi, PsyD

11 a.m. **Your Personal Exercise Prescription**
Lorie Pulliam, BPE, MA

Noon Lunch

12:45 p.m. **WORKSHOPS**

- **Know Thyself: Your Communication Style**
Tarane Sondoozi, PsyD
- **Mindfulness-Based Stress Reduction: A Path to Peace**
Karen Sothers, MEd, RYT

2 p.m. Break

2:15 p.m. **Workshop Repeat**

3:30 p.m. **Group Discussion and Q & A with Wednesday Speakers**

4 - 6 p.m. **Design Your Own Wellness Program**
Choose individual consultations to fit your needs (*additional cost*).



Thursday, October 21

- 7 - 10 a.m. **Morning Renewal**
- 10 a.m. **Living a Life in Balance**
Lee Lipsenthal, MD
- 11 a.m. **Brining it All Together**
Group Discussion with All Faculty
- Noon Lunch
- 12:45 p.m. **WORKSHOPS**
- **Living a Life in Balance**
Lee Lipsenthal, MD
 - **Journaling to Health**
Anne Day, BSN, MA
- 2 p.m. Break
- 2:15 p.m. **Workshop Repeat**
- 3:30 p.m. **Design Your Own Wellness Program**
Choose individual consultations to fit your needs (*additional cost*).
- 7 p.m. **Closing Dinner**

Friday, October 22

- 7 - 10 a.m. **Morning Renewal**
- 10 a.m. **Closing Circle and Parting Thoughts**

About Us

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Our health care providers take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The Center, located in San Diego, California, is the largest and most comprehensive hospital-based integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit scrippsintegrativemedicine.org.



The Healing Zone Wellness Program

At an additional cost you will be able to design your own wellness program according to your wants and needs. You can select from the following consultations to be done during the day or during the allotted time available at the end of each day. Appointments will be scheduled on-site at the retreat.

▶ Healing Touch Session

Healing Touch is a form of energy-based medicine that uses a light touch to clear, energize and balance the energy field that surrounds the body. The goal with this non-invasive healing therapy is to restore harmony and for self-healing to take place. This therapy can facilitate healing for your body, mind, spirit and emotions.

▶ Nutrition Consultation

Our dietitian will teach you how to experience the joy of eating foods that heal. Rather than focus on counting calories and foods that you shouldn't eat, our dietitians will help you learn how to use food as medicine and how to make healthy eating a part of every delicious meal. Whether your goal is to lose weight and feel better or to prevent disease, this consultation is designed to give you a personalized assessment and recommendations based on your goals.

▶ Interpersonal Consultation

Dr. Tarane Sondoozi specializes in working with individuals and couples to create more ease, less stress and a more satisfying life. During this individual consultation, you will be able to discuss your personal concerns and gain a deeper understanding of how to enhance your relationships with others and yourself. Couples are welcome.

Conference Location & Hotel Information

Conference Location

From the soaring cliffs of the Napali Coast to the vast chasms of Waimea Canyon, Kauai enchants the senses like no other island. Kauai, nicknamed the Garden Isle, is the Hawaiian vacation destination treasured for its lush tropical greenery and sparkling sand. Kauai appeals to a wide audience because of its dramatic beauty, abundance of activities and laid back atmosphere.

Whether hiking the Napali Coast, sunbathing in Poipu, or exploring the expansive Waimea Canyon, the views are phenomenal. Activities such as horseback riding, surfing and adventure trails give the whole family a place to play while learning about the rich and historical culture of Hawaii.

Kauai Marriott Resort & Beach Club

3610 Rice Street, Lihue – Kauai, HI 96766 • Reservations: 800-228-9290 • Hotel Direct: 808-245-5050 • www.marriott.com

The luxurious Kauai Marriott Resort & Beach Club combines the warmest island hospitality with the most idyllic destination. This Kauai beach resort fronting Kalapaki Bay offers a wide variety of recreational activities, a superior beach experience, many dining options and spectacular views.



Resort Features

- The resort pool is one of the largest family-friendly pools in Hawaii.
- Kalapaki beach is one of the best swimming beaches on the island with its sandy bottom and gentle wave action.
- Alexander Day Spa and Salon is located on property.
- Five oceanfront dining options are available, including the all-new beachfront Toro-Tei Sushi Bar, redesigned Kukui's Restaurant, Aupaka Terrace, Kalapaki Grill, Dukes Canoe Club and Café Portofino.
- Complimentary shuttle service to/from Lihue Airport (arrangements can be made by contacting the hotel directly).
- Concierge desk to help you plan site-seeing and recreation activities to complete your vacation experience.

Resort Amenities for Scripps Retreat Attendees

- No resort fee.
- Complimentary access to fitness center.
- Reduced sleeping room rates.

Sleeping Rooms – Newly Renovated!

All of the guestrooms and suites have been completely renovated with a sleek, contemporary Hawaiian decor. All rooms include wonderful features, such as: private lanais, spectacular views, new luxury bedding, refrigerators, high-speed internet, plus much more!

Rates & Reservations

Please make your own hotel reservations and request one of the following reduced rates (excludes tax):

| | | | |
|-------------|-------|------------|-------|
| Garden View | \$195 | Pool View | \$220 |
| Ocean View | \$245 | King Suite | \$405 |



Be sure to mention that you are attending the Scripps Retreat when making your reservations to receive these reduced rates.

Make your reservations early! A block of rooms is being held for us until September 16, 2010. After this date, reservations will be accepted on a space and rate available basis only.



Included: Course tuition, breakfasts, lunches, welcome reception, closing dinner and course workbook.

Not included: Travel costs, lodging, parking and dinners (except Thursday night)

| Thru Sept 13 | Sept 14 to Oct 6 | On-site after Oct 6 | |
|-----------------|---------------------|------------------------|---------------------------|
| ___ \$835 | ___ \$995 | ___ \$1150 | Full Retreat Registration |

The Healing Zone Wellness Program

| | | | |
|-----------|-----------|-----------|---|
| ___ \$95 | ___ \$105 | ___ \$125 | Healing Touch Session |
| ___ \$95 | ___ \$105 | ___ \$125 | Nutrition Consultation |
| ___ \$95 | ___ \$105 | ___ \$125 | Individual Interpersonal Consultation |
| ___ \$175 | ___ \$185 | ___ \$205 | Couples Interpersonal Consultation |
| ___ \$250 | ___ \$280 | ___ \$340 | Complete Wellness Package Includes: one of each consultation |

Guest Meals

| | | | |
|-----------|-----------|-----------|----------------------------|
| ___ \$525 | ___ \$575 | ___ \$625 | Guest: All Retreat Meals |
| ___ \$100 | ___ \$150 | ___ \$200 | Guest: Closing Dinner Only |

Please print clearly. Your badge will read as follows:

| | |
|---|--|
| _____ FIRST NAME, MI, LAST NAME | _____ DEGREE (MD, DO, PHD, RN, ETC) |
| _____ AFFILIATION / HOSPITAL / COMPANY | _____ SPECIALTY |
| _____ MAILING ADDRESS | |
| _____ CITY/STATE / PROVINCE / ZIP CODE | |
| _____ PHONE | _____ FAX |
| _____ E-MAIL | |



Please indicate any special needs (including dietary restrictions): Special requests will be considered and accommodated in full compliance with the Americans with Disabilities Act (ADA).

| Office Use Only: | Date Received | Amount | Check No. / Approval CD | Confirmation Sent | Initials |
|------------------|---------------|--------|-------------------------|-------------------|----------|
| | | | | | |

Payment method

Check please make checks payable to Scripps (in U.S. dollars only).

Credit card, please fill out the information below. Visa MasterCard Amex Discover

| | |
|--|-------------------------------|
| _____ CREDIT CARD NUMBER | _____ EXPIRATION DATE |
| _____ NAME ON CARD | _____ AUTHORIZED SIGNATURE |
| _____ BILLING ADDRESS IF DIFFERENT FROM ABOVE | |

Four Easy Ways to Register

Online www.scripps.org/conferenceservices

Fax 858-652-5565

Phone 858-652-5400

Mail Scripps Conference Services & CME
Destination Health
11025 North Torrey Pines Road
Suite 200, Maildrop: SCRC 200
La Jolla, California 92037

Questions?

Contact Scripps Conference Services & CME

Phone 858-652-5400

Email med.edu@scrippshealth.org

Receive up to 15% off Your Registration!

When you and a friend register, you will both receive 10% off of registration fees. If you register in a group of three or more, everyone gets 15% off registration fees.

NAME OF FRIEND

NAME OF FRIEND

Please note: your friend(s) must not have attended the conference in 2008. There is no limit to the amount of friends you refer, however the most you can receive off of your registration is 15%. This offer only applies to those who pay the full registration. This offer does not apply to any healing zone sessions or guest meal badges. This offer can not be combined with any other offer.

Registration Confirmation

A confirmation letter will be e-mailed or mailed to you upon receipt of the retreat registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

Attendee Cancellation, Substitution, Refund

The retreat tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than October 6, 2010. Attendee substitutions are allowed, but notifications must be made in writing by October 6, 2010. After this date, under no circumstances will refunds, credits or substitutions be granted. No refunds or credits will be given to 'no shows'.

Scripps Retreat Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this retreat, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of a Scripps cancellation.

Policy on Guest Attendance

All retreat activities (including educational sessions, meal functions, etc.) are exclusively reserved for retreat attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced. A guest meal badge may be purchase allowing the guest to attend meal functions only.

Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

 Scripps Center for
Integrative Medicine

Scripps Conference Services & CME
11025 N. Torrey Pines Rd., Suite 200, Maildrop: SCRC 200
La Jolla, California 92037

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Early bird registration fee only, \$835 through September 13!

Receive 15% off your registration fee! See details inside for more information.