

Robert Alan Bonakdar, MD, DABFP, ABHM

Biography

Robert Alan Bonakdar MD, Director of Pain Management at the Scripps Center for Integrative Medicine. Dr. Bonakdar completed his undergraduate degree in psychobiology at Occidental College, his medical training at the University of Nevada School of Medicine with a residency in family practice at Grossmont Hospital. He has additional training in complementary medicine having completed the UCLA Acupuncture Course for Physicians and performed a Richter Fellowship in Southeast Asia where he studied acupuncture, Tai Chi/Qi Gong, and Eastern spirituality.

He is active in combining modalities such as acupuncture, herbal medicine and stress reduction with conventional allopathic care with a clinical focus on the treatment of pain and related disorders.

His research in complementary and alternative medicine including herbal medicine has been awarded two national research awards and was highlighted in *The British Medical Journal and Family Medicine*. Dr. Bonakdar is a board certified Diplomate of the American Academy of Family Physicians and a founding diplomate of the American Holistic Medical Association, a member of the American Medical Association, American Academy of Medical Acupuncture and has served on the Board of Directors of the California Academy of Family Physicians. He is currently a member of the Scripps Green Hospital Committee on Pain Management.

Presenter Bio:

ANNE L.DAY BSN, MA, CHTP/I, HNB-BC
HEALING JOURNEYS
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Anne has over 35 years experience as a holistically oriented nurse and health educator. She has been teaching Healing Touch & journaling since 1990, with a focus on teaching others to connect with their own inner healing potential. Anne holds a Master of Arts in Health and Wellness and is a nationally certified Healing Touch Practitioner, Instructor, certified Holistic Nurse and certified journal instructor. Anne is a recognized international speaker and leader in the areas of healing, holism, journaling and presence. She has a private practice offering Healing Touch, massage, guided imagery and wellness counseling in Poway, California.

RETURN TO THE SACRED: *Ancient Pathways to Spiritual Awakening*

Have you ever wished for inner peace? Have you sought a deeper understanding of yourself and the spiritual world? Have you followed the popular prescriptions for enlightenment and still found yourself unsatisfied? 'Return To The Sacred' is an extraordinary guide to understanding the importance of spiritual practice and the great diversity of paths that are available to you. This is a book that does more than provide philosophy and inspiration; it gives you the freedom to find a path that works for you and the knowledge to experience the answers for yourself. You will learn about the time-tested tools of spiritual growth that will help you to discover the depths of wisdom, power and peace.

Return to the Sacred will introduce you to the Twelve Master Paths and Practices that have transformed the lives of countless saints, mystics, masters, and sages since the beginning of history. In this book you will find what you need to discover your spiritual personality and choose the path that will lead you toward the realization of extraordinary joy and a life long journey of meaning.

Dr. Ellerby weaves threads of personal growth with comparative religion and fascinating true tales of spiritual adventures with teachers and healers around the world. Through colorful stories and clear reflections he presents a perspective that reveals the extraordinary rewards of spiritual practice, and a realistic understanding of the deep commitments and challenging steps along the way. Return to the Sacred is an inspiring journey around the globe and into the furthest reaches of the Spirit.

Jonathan H. Ellerby PhD

Jonathan has spent over twenty years dedicated to the personal, professional and academic exploration of spirituality, healing and consciousness. Throughout his journey he has traveled the world to meet and study with spiritual teachers from more than 40 cultural traditions. With a doctoral degree in Comparative Religion, and ordination as an Interfaith Minister, Jonathan has worked as a healer, teacher, and consultant with in settings as diverse as hospitals, major corporations, prisons, community groups, conferences, and some of the world's leading holistic health resorts. Jonathan's work and training has taken him deeply into the worlds of Indigenous Healing, corporate culture, and Integrative Medicine. Jonathan is the Spiritual Program Director for the acclaimed Canyon Ranch Health Resorts.

Cathy Garvey, RD

As part of the healthcare team at Scripps Center for Integrative Medicine, I work with our patients to help teach optimal nutrition, how to live healthier lives and how to improve the quality of their lives. I am a registered dietitian with over 20 years of experience in the application of lifestyle changes for health, well being and quality of life. My practice focuses on cardiovascular health, weight management, complementary therapies and wellness. My background includes over 15 years focusing on weight management with certification in Adult Weight Management by the American Dietetic Association. I am trained in motivational interviewing and certificated in Active Lifestyle Facilitation Skills Training by The Cooper Institute. My passion is to work together with my patients to teach optimal nutrition for wellness and prevention of disease.

I felt drawn to the Integrative Medicine Center based on their philosophy of treating the whole person, versus traditional western care that oftentimes does not view nutrition as integral to improving health outcomes and well being. I believe that through optimal nutrition, activity tailored to the individual and stress management, we can heal ourselves and improve our quality of life. I am grateful that I have the opportunity to be part of this caring, progressive team at SCIM.

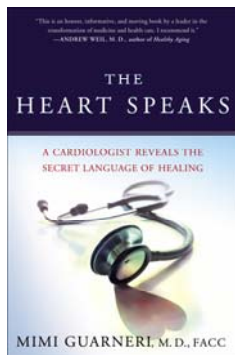


Erminia "Mimi" Guarneri, M.D., FACC

Medical director and founder

Board-certified in cardiology, internal medicine, nuclear medicine and holistic medicine, Dr. Guarneri is the founder and medical director of the Scripps Center for Integrative Medicine. Dr. Guarneri was an English Literature major as an undergraduate at New York University. Her medical degree is from SUNY Medical Center in New York where she graduated number one in her class. Dr. Guarneri served her internship and residency at Cornell Medical Center, where she later became chief medical resident. She served cardiology fellowships at both New York University Medical Center and Scripps Clinic.

Dr. Guarneri served as an attending in interventional cardiology at Scripps Clinic where she placed thousands of coronary stents. Recognizing the need for a more comprehensive and more holistic approach to cardiovascular disease she pioneered the Scripps Center for Integrative Medicine where she uses state-of-the-art cardiac imaging technology and lifestyle change programs to aggressively diagnose, prevent and treat cardiovascular disease. She is a member of the American College of Cardiology, Alpha Omega Alpha, the American Medical Women's Association, and a diplomat of the American Board of Holistic Medicine. Dr. Guarneri has authored several articles that have appeared in professional journals such as the *Journal of Echocardiography* and the *Annals of Internal Medicine*. Dr. Guarneri participated as a member of the writing committee for the American College of Cardiology Foundation Complementary Medicine Expert Consensus Document. This expert consensus statement on integrating complementary medicine into cardiovascular medicine was published in 2005. She is the author of *The Heart Speaks*, a poignant collection of stories from heart patients who have benefited from integrative medicine approaches. *The Heart Speaks* and her clinical work have been featured on the *Today Show*. She has been recognized for her national leadership in integrative medicine by the Bravewell Collaborative.



In her new book, *The Heart Speaks*, Dr. Guarneri takes you on a journey of the heart – exploring the emotional heart, able to be crushed by loss; the intelligent heart, with a nervous system all its own; and the spiritual heart, which yearns for a higher purpose. With groundbreaking new research and unparalleled experience, Dr. Guarneri skillfully weaves the science and drama of the heart's unfolding.

Robert B. Heiman, Founder and Developmental Scientist of Epicuren®
Discovery, is the Creator of SAIIOE: The Ultimate State of Being

Robert's fields of study include bio-chemistry, mechanical physics, organic farming and engineering. He holds a degree in Agricultural Engineering from Cornell's Agricultural Extension at Farmingdale, New York. Robert has been a developmental scientist for over 40 years and holds U.S. patents in the field of chemical procedural formulation of specific high molecular weight compound (polymer) systems.

As the inventor and formulator of Epicuren's internationally acclaimed Metadermabolic Enzyme Protein skin treatments and developer and senior formulator of Epicuren's medical, spa, and salon treatment products he understands the pathway to health is a combination of what goes on your skin and the energy you create from within.

Through his life experiences, Robert has created a unique thought process, "SAIOE, The Ultimate State of Being," which is a system of thought that allows you to become more in touch with your *Inner Knowledge*. SAIIOE is about the manifestation of living energy that connects the outer universe with your personal and private inner world. He has shared his belief in creative thought and total health through SAIIOE seminars, symposiums and workshops over the past twelve years and he has recently published the book, *SAIOE: The Gift of Knowing*, which has been enthusiastically received in the scientific community as a way to stimulate an inner knowing and appreciation of one's unique purpose in the universe.

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Rauni Prittinen King, RN, BSN, HNC, CHTP/I

Rauni Prittinen King is the Founder and Planning Manager at the Scripps Center for Integrative Medicine in La Jolla, California. She is the former Nurse Case Manager for the Scripps Dr. Dean Ornish's Program for Reversing Heart Disease. Rauni has over 20 years of experience in critical care nursing. In addition, she is a Certified Healing Touch practitioner and instructor, who has been coordinating Healing Touch workshops at Scripps Hospitals since 1993. Rauni teaches Healing Touch, provides holistic consultations, designs programs and gives presentations on Life Style Changes and Healing Environments in the USA and Europe.

Rauni received a BSN cum laude from Arizona State University in 1978. She is Holistic Nurse Certified and certified in hypnotherapy. She also has a degree in Interior Design. She is a member of the American Holistic Nurses Association and Healing Touch International. Rauni integrates complementary healing with traditional medicine and sees herself as a bridge in the process.

Barbara Reuer, PhD, NMT–F, MT–BC

Position Since 1987 Founder, CEO, Internship Director

Credentials PhD, NMT–F, 1985 MT–BC

Degrees Doctor of Philosophy, University of Iowa
Master of Music Education, University of Kansas
Bachelor of Music Education, Northern State University

Professional Experience 34 years

Therapy Focus oncology, wellness

Major Instrument Indian flute, voice

Career Motivation Chose music therapy as a college junior, after completing a Music Therapy for Special Children workshop as a way to honor my younger brother Ronnie, a music lover. Ronnie succumbed to muscular dystrophy when he was just eight years old. Established a clinical training site at the encouragement of mentor Dr. Alicia Clair, who believed that I had everything that was needed to develop one of few private-practice internship training sites in the country at that time.

Career Gratification working with a courageous teenager during his final two-year battle against Lou Gehrig's disease, and, at the family's request, remaining with them as the patient's life support was terminated

Best Advice find your passion, persist, and never give up on your dream to develop music therapy and wellness programs nationwide, create opportunities for other music therapists, build a music therapy and consulting agency that sets a precedent for superior quality, ethics, morals, and program delivery

Life Aspiration

Relaxation Preference classical music, jazz

Re-Energizing Preference Celtic music, world drumming

Below are some highlights from the past 36 years:

- Author of more than 20 music therapy publications
- American Music Therapy Association Lifetime Achievement Award 2008
- The Southern California Cancer Pain Initiative Pain Management Award 2008
- NMT–Fellow, Robert F. Unkefer Academy of Neurologic Music Therapy 2006
- Founder / Executive Director Resounding Joy, Inc. 2005–present
- American Music Therapy Association National Professional Practice Award 2000
- President of National Association for Music Therapy 1996–97
- \$100,000 Administration on Aging Best Practice Grant in Music Therapy
- Founder / CEO MusicWorx Inc. 1987–present
- PhD, University of Iowa, music therapy emphasis 1987
- MT–BC (Music Therapist-Board Certified) 1985–present
- Master of Music Education, University of Kansas 1976
- Bachelor of Science in Education, Major in Music Education, Minor in German, Northern State University, Aberdeen, SD 1974

Gary E. Schwartz, Ph.D., is Professor of Psychology, Medicine, Neurology, Psychiatry, and Surgery at the University of Arizona, at the main campus in Tucson. In addition to teaching courses on health psychology and mind-body medicine, he is the director of the Laboratory for Advances in Consciousness and Health (formerly the Human Energy Systems Laboratory).

In September 2002 he received a \$1.8 million dollars award from the National Center on Complementary and Alternative Medicine of the National Institutes of Health to create a Center for Frontier Medicine in Biofield Science at the University of Arizona, which he directed for four years.

Gary collaborates with Canyon Ranch on biofield science and energy healing research and serves as the Director of Development of Energy Healing at Canyon Ranch.

Gary received his Ph.D. in psychology from Harvard University in 1971 and was an assistant professor at Harvard for five years. He later served as a professor of psychology and psychiatry at Yale University, director of the Yale Psychophysiology Center, and co-director of the Yale Behavioral Medicine Clinic, before moving to Arizona in 1988.

He has published more than four hundred and fifty scientific papers, including six papers in the journal *Science*. Gary has also co-edited eleven academic books, is the author of *The Energy Healing Experiments* (2007), *The G.O.D. Experiments* (2006), *The Afterlife Experiments* (2002), *The Truth about Medium* (2005), and *The Living Energy Universe* (1999).

Gary is a Fellow of the American Psychological Association, the American Psychological Society, the Society for Behavioral Medicine, and the Academy for Behavioral Medicine Research. He received a Young Psychologist Award and an Early Career Award for Distinguished Research from the American Psychological Association. He has served as President of the Biofeedback Society of America and the Health Psychology Division of the American Psychological Association. In 2004 he received a Distinguished Scientist Award for Energy Psychology from the Association for Comprehensive Energy Psychology, and in 2006 a Distinguished Scientist Award from the United States Psychotronic Association.

Gary served as the founding President from 2004-2006 of the Forever Family Foundation, a non-profit organization that fosters research and education on afterlife science and healing (www.foreverfamilyfoundation.org).

He is highly experienced in speaking publicly about health psychology, energy healing, and spiritual research, and is in high demand. He has been interviewed on major network television shows including *Dateline* and *Good Morning America*, as well as on *MSNBC*, *Nightline*, *Anderson Cooper 360*, and *The O'Reilly Factor*. His work has been the

subject of documentaries and profiles on *Discovery*, *HBO*, *Arts & Entertainment*, *Fox* and the *SciFi Channel*, among others.

Gary has been interviewed on hundreds of radio shows, including three evenings on Art Bell's *Coast to Coast*, and on PBS, CBC and BBC. His work has been described in various magazines and newspapers including *USA Today*, the *London Times*, *The New York Times*, and *The LA Times*, as well as a feature profile in *Biography* magazine.

Dr. Tarane Sondoozi is a graduate of the doctoral program in clinical psychology from United States International University. She has over 23 years of extensive experience in clinical and organizational settings.

As an interpersonal change consultant she has worked with individuals and groups in all levels of

health care, legal, manufacturing, Government and private organizations.

Dr. Sondoozi fosters the development of skills that enhance "Interpersonal Competence" through identifying issues and collaborating with clients to overcome the obstacles and challenges they meet in their interpersonal relationships at work and at home.

She has developed and provided training in the following areas:

- Interpersonal Competence
- Effective Communication
- Life Sentences
- Conflict Resolution
- Giving and Receiving Feedback
- De-escalating the Angry Person
- Cultural /Generational Sensitivity

She currently serves as an Employee Assistance Specialist and an Adjunct Faculty member for Scripps Health Center for Learning.

Tarane Sondoozi, Psy.D.

E-mail: tsondoozi@cox.net

Karen Sothers, MEd, RYT

Karen earned a Bachelor of Science in Life Sciences from Kansas State University and a Masters of Education in Health and Exercise Science from Vanderbilt University. She is a certified Iyengar Yoga Teacher and a Registered Yoga Teacher (R.Y.T.) with over 20 years of experience teaching stress mastery, mindfulness, yoga, and meditation to more than 5000 people. Karen uses a uniquely compassionate teaching style that gently weaves mindfulness and imagery with body postures to create healing experiences for all participants. She specializes in designing individualized therapeutic yoga and meditation programs for people with chronic pain, stress and illness.

Karen is the program instructor for the Mindfulness-Based Stress Reduction (MBSR) course at the Scripps Center for Integrative Medicine. Karen has completed the MBSR teacher development intensive taught by the senior staff from UMASS Center for Mindfulness.

As a Health Consultant, Karen develops and implements wellness education, weight management and mindfulness programs for groups and individuals throughout the San Diego community.

Some of Karen's numerous accomplishments include creating and producing a series of guided yoga and meditation audio products including the popular *Sacred Pause* compact disc; designing and implementing the mind-body health education program at LaCosta Resort & Spa; creating and teaching *Style Your Life for Wellness*, a health promotion course for Vanderbilt University; developing an interactive stress management computer program with Bill Hettler, MD. Karen has also designed and implemented wellness programs in the following areas: spinal health, optimal weight management, conscious eating, healthy body image, test anxiety and insomnia.