

Integrative Health Care

The Dawn of A New Day for Integrative Holistic Medicine

by Kimberly Gray RN, HN-BC, LMT, CHTP/I



On November 2, 2013, a group of physicians and others interested in holistic and integrative care, descended upon the Vinoy Renaissance St. Petersburg Resort in St. Petersburg, Florida, eager to learn and network at the 14th Annual Integrative Medicine Conference. The conference was held collaboratively by the Scripps Center for Integrative Medicine and The American Board of Integrative Holistic Medicine (ABIHM).

of Scripps Center for Integrative Medicine, Mimi Guarneri, MD, FACC, ABIHM President and Rauni Prittinen King RN, MIH, HNB-BC, CHTP/I, which set the tone for the inspirational and empowering week of learning and sharing.



Healing Beyond Borders Board of Directors representatives Rauni Prittinen King, Denise DeForest Pastoor and Kimberly Gray

Sequestered away from the bustle of educational offerings, in a large ballroom centered at the entrance of the beautiful, historical hotel, was a large area of exhibitors, positioned to share how they could support MDs in providing holistic services. Upon entering the exhibitor area, in front and center, the newly unveiled display for Healing Beyond Borders invited participants in to continue their exploration of how the work of Healing Touch could support the people they serve.

The booth was attended by Healing Beyond Borders Board of Director members, Rauni Prittinen King, Kimberly Gray and Denise DeForest Pastoor, all nurses. Throughout the week, conversations with participants at the booth, inspired, educated and enlightened them to the

Of the 533 participants, 453 were MD's, all eager to learn how to embrace a more holistic approach to the care they provide, within a strongly influenced allopathic system. The comprehensive week-long educational course included evidence-based integrative holistic medicine concepts and modalities, provided by leading experts. Objectives included empowering an understanding of the importance of treating the whole person, mind-body-spirit, the value of a physician/patient partnership in improving health as well as establishing a network of like-minded practitioners from various disciplines and geographic areas. A pre-conference symposium called *Bringing Integrative Medicine to Your Practice and Health Care System* was led by founders

power and efficacy of the presence and intention that are the primary factors in the Healing Touch work. In conjunction with the Healing Beyond Borders booth we were overwhelmed with gratitude for a group of Healing Touch volunteers from the Tampa Bay area who came daily to provide Healing Touch sessions to over 100 participants during breaks and lunch. These wonderful volunteers gifted participants with an opportunity to experience a Healing Touch session.

On Wednesday November 6th, Dr. Guarneri held a focused track educational experience entitled "Mind-Body-Spirit Medicine". The event was initiated with

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an intriguing presentation prior to a break. Upon returning from the break, the workshop room had been transformed into a beautiful, sacred, healing room with dimmed lights, aromatherapy via incense, and a labyrinth in the center of a circle of approximately 20 chairs. Each participant entered the space, with a sense of awareness of the sacredness of this moment. Each person had the opportunity to receive a blessing prior to walking the labyrinth, sit in the resonance of a chant, receive a Healing Touch mind clearing, provided by a group of 20 Healing Touch volunteers, and to have a meditative experience prior to the completion. For many participants, this was the first time they had ever experienced the power of holistic practices as healing modalities.

Just when one thought the experience could not get any more auspicious, Mimi Guarneri MD announced changes in the integrative medicine physician's board certification, with American Board of Physician Specialties (ABPS) creating integrative medicine as a physician specialty in 2014. The current ABIHM is going to continue to focus on holistic integrative medicine education for all healthcare providers, nationally and internationally. In addition, they will form a political action committee to champion their focus in the government. The new organization will be called the Academy of Integrative Health and Medicine (AIHM).

Healing Beyond Borders Board of Director and Treasurer, Rauni Prittinen King will be providing leadership and a voice for holistic nursing in the meetings that are being held to develop this initiative. It is an honor that Healing Touch as a biofield modality will be represented during the developmental stages of this important organization.

As a new year is upon us, it is very apparent that the provision of healthcare/medicine is at the dawn of a new era, where it has become evident that healthcare providers must partner with their patients and work with them as a whole person. With the advent of the

AIHM, healthcare providers of many educational backgrounds and levels are being invited to share in the common vision and theme of holistic and integrative healthcare. This requires courageous change at every level, personally, professionally and organizationally, to release beliefs that hold one in the past. As an or-



ganization, Healing Beyond Borders is so honored to be part of this change and evolution in the way healthcare is delivered, of honoring the present and looking to a future of hope and expansion for sharing Healing Love and Light worldwide.



Mimi Guarneri MD (1st row, 3rd from left) with Healing Beyond Borders Board of Directors representatives and group of Tampa Bay Healing Touch volunteers