

Your imagination is your preview
of life's coming attractions.

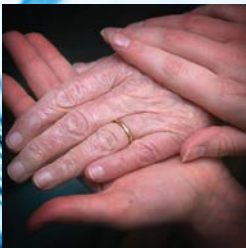
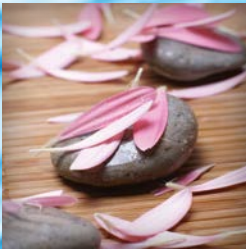
—Albert Einstein

4th Annual
Integrative and
Holistic Nursing
Conference

Bringing Healing to You and Your Patients

Hilton San Diego Resort, San Diego, California

Saturday, April 27 & Sunday, April 28, 2013



course introduction

Course Overview

This course is a unique experience that includes an evidenced-based overview of holistic and integrative nursing. The latest research on nutrition, nutraceuticals and mind-body-spirit medicine will be presented by experts in the field of integrative holistic health.

The course format includes lectures followed by afternoon interactive workshops. Whether your goal is wellness, enhanced medical knowledge or a renewed sense of spirituality, this course is for you.

Research shows that nearly one in three Americans is utilizing complementary and alternative medicine to supplement conventional care. According to a 2006 Health Forum study, slightly less than 8 percent of American hospitals offered any integrative services in 1999, but by 2004, 18.3 percent of hospitals offered some type of integrative care. By 2006 that number jumped to 25 percent. Patients are now asking their physicians and nurses about the medical value of these treatments and therapies. For these reasons, nurses and other health care providers can benefit from learning about integrative holistic approaches to health and healing.

What is Integrative Holistic Medicine?

Integrative holistic nursing embraces conventional medicine and incorporates evidence-based complementary therapies that are grounded in science. Integrative holistic nursing focuses on the whole person, body, mind, spirit and emotions with a strong emphasis on the provider and patient partnership. Integrative holistic medicine is based on the following principles:

- Health is more than the absence of disease
- A person is more than their symptoms and healing requires a whole-person approach
- Empowered patients make long-term and lasting changes that support healing and optimal health
- Love, compassion and forgiveness are basic human needs which enhance healing

Target Audience

Nursing contact hours are available; however we believe that this course will also be applicable to medical doctors, physician assistants, osteopaths, midwives, pharmacists, psychologists, social workers and others who are seeking to expand their knowledge to include a body-mind-spirit approach to healing.

Educational Objectives

After attending this activity, participants should be able to:

- Identify the role of body, mind, spirit and emotions in health and healing
- Describe the difference between healing and curing
- Demonstrate a capability to treat the whole person, mind, body and spirit in any setting
- Demonstrate the importance of a provider and patient partnership in providing quality health care
- Assess and implement the importance of regular renewal and self-care for the nurse or health care provider
- Assess the research on nutrition and nutraceuticals in health
- Discuss the utilization of lifestyle change and complementary modalities in the treatment and prevention of disease
- Describe new health care models
- Discuss the science and application of energy medicine



Saturday, April 27, 2013

- 7 a.m. Yoga & Meditation**
Karen Sothers, MEd, RYT
- Qigong**
Fay McGrew, MA, QTP
- 8 a.m.** Registration, Breakfast & View Exhibits
- 8:45 a.m. Welcome and Introduction**
Rauni Prittinen King, RN, BSN, MIH
- 9 a.m. Science of Natural Healing**
Mimi Guarneri MD, FAAC
- 10 a.m. Integrative Nursing:
Applying Concepts & Principles
in Clinical Settings**
Mary Jo Kreitzer, PhD, RN
- 10:45 a.m.** Break & View Exhibits
- 11:15 a.m. Herbal and Dietary Supplements:
What Every Clinician Should Know**
Robert Bonakdar, MD
- Noon** Lunch & Self-Care Experiential Activities
- 2 p.m. Workshops (choose one)**
- 1. The Science of Mindfulness**
Karen Sothers, MEd, RYT
 - 2. Macro and Micro Nutrients
in Health**
Cathy Garvey, RD
 - 3. Healing Touch:
The Science and Application**
Rauni Prittinen King, RN, BSN, MIH
- 3 p.m.** Break & View Exhibits
- 3:30 p.m. Workshops Repeat
(choose one from above)**
- 4:30 p.m.** Adjourm

Sunday, April 28, 2013

- 7 a.m. Yoga & Meditation**
Karen Sothers, MEd, RYT
- Qigong**
Fay McGrew, MA, QTP
- 8 a.m.** Breakfast & View Exhibits
- 8:30 a.m. Adverse Childhood Events
in Health & Later Health Outcomes**
Vincent Felitti, MD
- 9:30 a.m. Integrative Cancer Care**
David Leopold, MD
- 10:30 a.m.** Break & View Exhibits
- 11 a.m. Healthy People, Healthy Planet:
Personal to Universal**
Mimi Guarneri MD, FAAC
- Noon** Lunch & Self-Care Experiential Activities
- 1:30 p.m. Workshops (choose one)**
- 1. Transpersonal Healing:
Treating Stress, Depression
and Anxiety**
Phyllis Mabbett, PhD, RN
 - 2. Qigong and Health**
Fay McGrew, MA, QTP
 - 3. Words that Heal, Words
that Hurt: Power of
Positive Communication**
Tarane Sondoozi, PsyD, CEAP
- 2:30 p.m.** Break & View Exhibits
- 3 p.m. Workshops Repeat
(choose one from above)**
- 4 p.m. Tribute to Nursing
and Florence Nightingale**
- 4:30 p.m.** Final adjournment

location & hotel information

Hilton San Diego Resort & Spa

1775 E. Mission Bay Drive
San Diego, California 92109
Reservations: 800-445-8667
Hotel Direct: 619-276-4010
www.sandiegohilton.com

The Resort

The Hilton San Diego Resort & Spa is just six miles from the San Diego International Airport, and right on San Diego's famous Mission Bay. This resort and spa is conveniently located one mile from San Diego SeaWorld and offers 5-star service. A romantic paradise of palms and perfect sandy bayfronts, this bayside retreat is complete with an all-new \$5 million dollar crown jewel, Spa Brezza, state-of-the-art fitness center and beautifully refreshed guestrooms. From championship tennis courts to waterfront fine dining, wherever your inspiration comes from, the Hilton San Diego Resort and Spa is your destination and your retreat.

Your Sleeping Room

Newly renovated guestrooms for your imagination captures sunshine and sea. Decorated to match the bright and festive hues of this waterfront oasis, each has been decked with luxury bedding and linens, designer furniture inside and out, and an open and airy feel that welcomes in the rays and the breezes. The Hilton San Diego Resort & Spa offers impeccably appointed rooms on an 18-acre park. Enjoy lush gardens, rolling lawns and sandy beaches just steps from your door.



Rates & Reservations

Please make your own reservations and be sure to request the **Scripps Integrative Holistic Nursing Conference** reduced rate of **\$195 per night** (excludes tax). This low rate includes:

- Complimentary day and overnight parking
- Complimentary use of fitness center
- Complimentary guestroom internet access
- 15% discount for spa services at Spa Brezza and Marketplace

A block of rooms will be held for us until **April 5, 2013**. After this date, reservations will be accepted on a space and rate available basis only.

Please note: Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.



accreditation, disclosure & about us

Accreditation

Board of Registered Nursing (BRN)

Provider approved by the California Board of Registered Nursing, Provider Number CEP15030, for **11.7 contact hours**. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

Credit Breakdown: Saturday – 5.7 contact hours
Sunday – 6 contact hours

Disclosure

It is the policy of Scripps to ensure balance, independence, objectivity and scientific rigor in all sponsored educational programs. Course Directors, planning committees, faculty and all others who are in a position to control the content of any educational activity sponsored by Scripps are required to disclose any real or apparent conflicts of interest related to the subject matter of the educational activity.

This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

About Us

Scripps Center for Integrative Medicine blends conventional care with evidence-based complementary treatments and therapies. Physicians, nurses and other providers at the center 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 outpatient 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.

Scripps Conference Services & CME, which offers nationally recognized annual conferences in various specialty areas, is committed to improving the quality of health care and advancing the practice of medicine by providing exceptional educational courses for physicians and other health care professionals. More information and conference brochure downloads are available at scripps.org/conferenceservices.

Exhibit & Support Opportunities

For information on exhibit and support opportunities during this and many other Scripps educational conferences, please contact:

Scripps Conference Services & CME
858-652-5400
med.edu@scrippshealth.org
www.scripps.org/conferenceservices

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save the dates

14th Annual Science and Clinical Application of Integrative Holistic Medicine

Jointly sponsored with the American Board of Integrative Holistic Medicine

November 3–7, 2013

Renaissance Vinoy Resort, St. Petersburg, Florida

11th Annual Natural Supplements: An Evidence-Based Update

January 30–February 2, 2014

Hilton San Diego Resort, San Diego, California

5th Annual Integrative and Holistic Nursing Conference: Bringing Healing to You and Your Patients

April 25–26, 2014

Paradise Point Resort, San Diego, California

registration form

Conference Fees

Included: Course tuition, breakfasts, breaks, lunches, course materials and self-care experiential activities.

Not included: Travel costs, lodging, parking, and dinners.

The first 75 people to register online will receive a complimentary gift.

	Thru March 29	March 30– April 23	On-site After April 23
Registration Fee	\$350	\$400	\$425

By completing this registration form and returning it to Scripps you are acknowledging compliance with all attendance policies.

Please print clearly. Should we have any conference communications or updates please provide your direct contact information.

FIRST NAME, MIDDLE INITIAL, LAST NAME DEGREE (MD, DO, PHD, RN, ETC.)

BADGE NAME (IF DIFFERENT FROM ABOVE)

AFFILIATION / HOSPITAL / COMPANY SPECIALTY

DIRECT MAILING ADDRESS

CITY STATE ZIP

DIRECT PHONE FAX

E-MAIL

ASSISTANT NAME ASSISTANT DIRECT TELEPHONE

ASSISTANT EMAIL

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 CHECK NO / APPROVAL CD AMOUNT CONFIRMATION SENT INITIALS

If paying by check, please make check payable to Scripps (in U.S. dollars only)

If paying by credit card, please fill out the information below:

CHECK M/C VISA AMEX DISCOVER

NAME ON CARD CARD NUMBER

EXPIRATION DATE SIGNATURE SECURITY CODE ON BACK

BILLING ADDRESS IF DIFFERENT FROM ABOVE

Three Easy Ways to Register

Online: www.scripps.org/conferenceservices

Fax: 858-652-5565

Mail: Scripps Conference Services & CME

Integrative Nursing Conference

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

For past attendees of this conference: register, refer a friend that has never attended and you will both receive 10% off of your registration fees. Register two friends that have never attended and you will all receive 15% off.

Past Conference Attendee

New Conference Attendee

New Conference Attendee

Attendance Policies

Registration Confirmation

A confirmation letter will be e-mailed or mailed to you upon receipt of the conference 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 course tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than April 19, 2013. Attendee substitutions are allowed, but notification must be made in writing by April 19, 2013. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

Guest Attendance Policy

All conference activities (including educational sessions, meal functions, exhibit hall, etc.) are exclusively reserved for conference attendees. Non-registered guests (including children, family members, colleagues, etc.) are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

Scripps Conference 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 conference, 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 Scripps cancellation.

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.



Course Directors

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Scripps Center for
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4th Annual

Integrative and Holistic Nursing Conference

Bringing Healing to You and Your Patients

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Saturday, April 27 & Sunday, April 28, 2013

Scripps Conference Services & CME
858-652-5400

www.scripps.org/conferenceservices



Scripps Center for
Integrative Medicine

4th Annual

Integrative and Holistic Nursing Conference

Bringing Healing to You and Your Patients

Hilton San Diego Resort, San Diego, California
Saturday, April 27 & Sunday, April 28, 2013

**Receive up to 15%
off your Registration
Fees!**

See Inside for Details.