

Do the work of your heart wherever you do the work of your hands.

*Quan Yin*

# Integrative and Holistic Nursing Conference:


*Bringing Healing to You and Your Patients*

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April 30 – May 1, 2010

Paradise Point Resort, San Diego, California



 Scripps Center for  
Integrative Medicine

Over 40 national CME conferences, in more than 15 specialty areas.  
Scripps Conference Services & CME - [www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)

# Course Introduction

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.

## What is Integrative 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 optimum health
- Love, compassion and forgiveness are basic human needs which enhance healing

## Needs Assessment

Research shows that nearly one in three Americans are seeking out complementary and alternative medicine to supplement traditional 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 those reasons, nurses and other health care providers can benefit from learning about integrative holistic approaches to health and healing.

# Educational Objectives

Upon completion of this course, 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
- Understand the research on nutrition and nutraceuticals in health
- Understand the utilization of lifestyle changes, acupuncture, healing touch, biofeedback and other complementary modalities in the treatment and prevention of disease
- Understand new health care models
- Discuss the science and application of energy medicine.

## Who Should Attend?

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 other health professionals who are seeking to expand their knowledge to include a body-mind-spirit approach to healing.



### Scripps Center for Integrative Medicine

blends conventional care with evidence-based complementary treatments and therapies. Physicians 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](http://scrippsintegrativemedicine.org).

## Save the Dates!

7th Annual  
Natural Supplements:  
An Evidence-Based Update  
January 21-24, 2010

Paradise Point Resort  
San Diego, California

9th Annual  
Destination Health:  
Renewing Mind, Body and Soul  
October 17-22, 2010

Kauai Marriott Resort & Beach Club  
Kauai, Hawaii

11th Annual  
The Science & Clinical  
Application of Integrative  
Holistic Medicine

*Jointly sponsored with the American Board of  
Integrative Holistic Medicine*

November 7-11, 2010

Paradise Point Resort  
San Diego, California

8th Annual  
Natural Supplements:  
An Evidence-Based Update  
January 13-16, 2011

Hilton San Diego Bayfront  
San Diego, California

### Board of Registered Nursing (BRN)

Provider approved by the California Board of Registered Nursing, Provider Number CEP15030, for 11.5 contact hours. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

### Credit Breakdown by day:

Friday - 5.75 contact hours  
Saturday - 5.75 contact hours

### Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Employees of a commercial interest with business lines or products relating to the content of the CME activity will not participate in the planning or any accredited portion of the conference. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement. Disclosure will be made to all participants at the conference location, prior to the educational activity commencement.

### Cultural and Linguistic Competency

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.

## Exhibit and 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](mailto:med.edu@scrippshealth.org)  
[scripps.org/conferenceservices](http://scripps.org/conferenceservices)



# Faculty

## Course Directors

**Rauni Prittinen King, R.N., B.S.N.,  
H.N.B.-B.C., CHTP/I**

Co-Founder and Director of  
Programs and Planning  
Scripps Center for  
Integrative Medicine  
La Jolla, California

**Mimi Guarneri, M.D., FACC, ABIHM**

Co-Founder and Medical Director  
Scripps Center for  
Integrative Medicine  
Cardiologist, Scripps Clinic  
La Jolla, California



## Faculty

**Jan Arnold**

Co-Founder and  
Style Director CND  
Vista, California

**Robert A. Bonakdar, M.D., FAAFP**

Director of Pain Management  
Scripps Center for  
Integrative Medicine  
La Jolla, California

**Anne Day, B.S.N., M.A., C.M.T.,  
H.N.B.-B.C.**

Owner of Healing Journeys  
Founder of Healing Touch Hawaii  
Poway, California

**Jonathan Ellerby, Ph.D.**

Spiritual Program Director  
Canyon Ranch Health Resorts  
Author, Return to the Sacred  
Tucson, Arizona

**Cathy Garvey, R.D.**

Registered Dietitian  
Scripps Center for  
Integrative Medicine  
La Jolla, California

**Robert B. Heiman**

Founder and Developmental  
Scientist of Epicuren® Discovery  
Creator of SAIOE: The Ultimate  
State of Being  
Kauai, Hawaii

**Barbara Reuer, Ph.D., N.M.T.-F.,  
M.T.-B.C.**

Founder and CEO  
MusicWorx, Inc.  
Music Therapy Instructor  
Scripps Center for  
Integrative Medicine  
San Diego, California

**Gary E. Schwartz, Ph.D.**

Professor of Psychology, Medicine,  
Neurology, Psychiatry, and Surgery  
Director, Laboratory for Advances  
in Consciousness and Health  
The University of Arizona  
Tucson, Arizona

**Tarane Sondoozi, Psy.D.**

Employee Assistant Specialist  
Adjunct Faculty, Center for Learning  
Scripps Health  
San Diego, California

**Karen Sothers, M.Ed., R.Y.T.**

Mindfulness Yoga and  
Meditation Teacher  
Health Consultant  
Scripps Center for  
Integrative Medicine  
La Jolla, California

# Program

## Friday, April 30

7:15 – 8 a.m.

Registration, Breakfast & View Exhibits

8 – 8:15 a.m.

### Welcome and Introduction

Rauni Prittinen King, R.N., B.S.N., H.N.B.-B.C., CHTP/I

8:15 – 9 a.m.

### Personalized, Predictive, and Proactive Health

Mimi Guarneri, M.D.

9 – 9:45 a.m.

### Tips and Tricks for Optimal Nutrition and Weight Loss

Cathy Garvey, R.D.

9:45 – 10:15 a.m.

Break & View Exhibits

10:15 – 10:45 a.m.

### Manicure, Pedicure Stress Cure

Jan Arnold

10:45 – 11:15 a.m.

### SAIOE: The Gift of Knowing

Robert Heiman

11:15 – 12:15 p.m.

### Self-Care Experiential Activities\*

*relax and rejuvenate into a healing environment*

12:15 – 1 p.m.

Lunch

1 – 2:30 p.m.

### WORKSHOPS (choose one)

#### Journey to Self Healing and Healing Touch

Rauni Prittinen King, R.N., B.S.N., H.N.B.-B.C., CHTP/I

#### Journaling for Health

Anne Day, B.S.N., M.A., C.M.T., H.N.B.-B.C.

#### Mindfulness Based Stress Reduction

Karen Sothers, M.Ed.

2:30 – 3 p.m.

Break & View Exhibits

3 – 4:30 p.m.

### Workshops Repeat (choose one from above)

*\*not accredited*

## Saturday, May 1

7 – 8 a.m.

### Yoga & Meditation

Karen Sothers, M.Ed.

### Tai-chi

Robert Bonakdar, M.D.

8 – 8:30 a.m.

Breakfast & View Exhibits

8:30 – 9:15 a.m.

### Herbs and Supplements in Western Medical Practice

Robert Bonakdar, M.D.

9:15 – 10 a.m.

### Living Universe and the Science of Energy Medicine

Gary Schwartz, Ph.D.

10 – 10:30 a.m.

Break & View Exhibits

10:30 – 11:15 a.m.

### Return to the Sacred: Reconnection and Resilience in Daily Life

Jonathan Ellerby, Ph.D.

11:15 – 12:15 p.m.

### Self-Care Experiential Activities\*

*relax and rejuvenate into a healing environment*

12:15 – 1 p.m.

Lunch

1 – 2:30 p.m.

### WORKSHOPS (choose one)

#### Inspired Living: Spiritual Tools for Self-care and Transformation

Jonathan Ellerby, Ph.D.

#### The Healing Energy of Music

Barbara Reuer, Ph.D.

#### Purse-onality & Wallet-ology: What Your Purse or Wallet Says About You

Tarane Sondoozi, Psy.D.

2:30 – 3 p.m.

Break & View Exhibits

3 – 4:30 p.m.

### Workshops Repeat (choose one from above)

4:30 – 5 p.m.

Tribute to Nursing and Florence Nightingale



# Conference Location

## San Diego, California

Join us in California's second largest city where the average May temperatures are in the low to mid 70s. For more information on San Diego's beaches, activities culture and more, visit [seeyouinsandiego.com](http://seeyouinsandiego.com).

## The Resort

**Paradise Point Resort** is a lush island retreat tucked away on San Diego's Mission Bay. The private, 44-acre island offers luxury in the most peaceful of settings where you'll be surrounded by gentle waters, green foliage and tropical gardens. Amidst the natural beauty, you'll find many pathways and hideaways to stimulate your senses, clear your mind and refresh your spirit. The newly remodeled meeting space overlooking the bay provides the perfect complement to the conference: productive and peaceful at the same time. Paradise Point also offers a large selection of indoor and outdoor activities:

- World-class spa
- 5 pools, including lagoon and waterfall pools
- 1.3 miles of sandy beach
- Gourmet waterfront dining
- Jogging/walking paths
- Water sports including kayaking, water skiing and sailing



# Paradise Point Resort & Spa

## Newly Renovated Hotel Rooms!

All the California bungalow-style accommodations are artfully decorated, spacious rooms filled with plenty of light and amenities to satisfy your every need and enhance your stay. All rooms include private patios, refrigerators, marble bathrooms and:

- Complimentary high speed internet in each guest room
- Complimentary daily and overnight parking
- Special Discount – 10% off all treatments at Spa Terre for the duration of your stay

## Rates & Reservations

Please make your own hotel reservations and request the reduced rate of **\$189 per night** (*excluding tax*).

Be sure to mention the Scripps Integrative Holistic Nursing Conference when making your reservation. Make your reservations early! A block of rooms is being held for us until April 9, 2010. After this date, reservations will be accepted on a space and rate available basis only.

## Paradise Point Resort & Spa

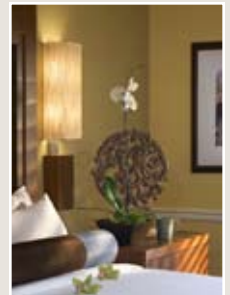
1404 Vacation Road

San Diego, California 92109

Reservations: 800-344-2626

Hotel Direct: 858-274-4630

[paradisepoint.com](http://paradisepoint.com)





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# Join Us!

Please pass this on to any colleagues  
you think might be interested!

Join us for a one-of-a kind continuing medical education program for nurses and other health care providers, who are interested in expanding their knowledge about mind-body-spirit healing. From prevention and early detection to energy medicine and nutrition, attendees will learn about the scientifically validated integrative medicine approaches that promote health and healing.

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