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

April 30 – May 1, 2010
Paradise Point Resort, San Diego, California
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 nutriceuticals 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 scrippsinintegrativemedicine.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

Accreditation & Disclosure

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
scripps.org/conferenceservices
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 – 8 a.m.</td>
<td>Registration, Breakfast &amp; View Exhibits</td>
</tr>
</tbody>
</table>
| 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  
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

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 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  
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-onaity & 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                         |
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.

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

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 and 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
Conference Fees and Registration

Registration fee includes: tuition, breakfasts, breaks, lunches and course syllabus.

<table>
<thead>
<tr>
<th>THRU MAR 31</th>
<th>APR 1 - APR 27</th>
<th>AFTER APR 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>$350</td>
<td>$400</td>
<td>$425</td>
</tr>
<tr>
<td>$300</td>
<td>$350</td>
<td>$375</td>
</tr>
<tr>
<td>$200</td>
<td>$250</td>
<td>$275</td>
</tr>
</tbody>
</table>

Health Care Professionals
Non-Medical Community/Full-Time Students
Day Rate: Fri or Sat (circle one)

FIRST NAME, MIDDLE INITIAL, LAST NAME

AFFILIATION / HOSPITAL / COMPANY

MAILING ADDRESS

CITY STATE ZIP

PHONE FAX

E-MAIL

PLEASE INDICATE SPECIAL NEEDS

Please indicate your profession:

- ACUPUNCTURIST
- CHIROPRACTOR
- DIETICIAN
- HERBALIST
- HOMEOPATH
- NATUROPATH PHYSICIAN
- NURSE
- PHARMACIST
- PHYSICIAN
- OTHER:

Do you already provide integrative medicine?

- YES
- NO

Please indicate your primary work setting:

- PRIVATE
- ACADEMIC
- HOSPITAL/CLINICAL
- CORPORATE/INDUSTRY
- OTHER:

Office use only:

DATE RECEIVED CHECK NO / APPROVAL CD AMOUNT

Payment method

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

- M/C
- VISA
- AMEX
- DISCOVER

NAME ON CARD

CARD NUMBER EXPIRATION DATE

If paying by check, please make check payable to Scripps

SIGNATURE

BILLING ADDRESS IF DIFFERENT FROM ABOVE

To Register

Online: scripps.org/conferenceservices
Fax: 858-652-5565
Phone: 858-652-5400
Mail: Scripps Conference Services & CME
      Integrative Nursing Conference
      11025 North Torrey Pines Road
      Suite 200, Maildrop: SCPC200
      La Jolla, California 92037

Questions?

Contact: Scripps Conference Services & CME
Phone: 858-652-5400
Email: med.edu@scrippshealth.org

Confirmation Packet

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.

Refund, Substitution and Cancellation Policy

The course tuition is refundable, minus a $50 processing fee, if your cancellation is received in writing no later than March 19, 2010. Attendee substitutions are allowed, but notification must be made in writing by March 19, 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 reserves the right to cancel this conference, in which case a full refund of your registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Policy on Guest Attendance

Important notice: educational sessions, exhibit halls, and meal functions are exclusively reserved for conference attendees. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

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.
Join Us!

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.

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