6th Annual
Integrative and Holistic Nursing Conference
Bringing Healing to You and Your Patients

Saturday, April 30 – Sunday, May 1, 2016
Paradise Point Resort, San Diego, California

"Every human being is the author of his own health or disease"  Buddha
Course Overview

This course is a unique experience that includes an evidenced-based overview of holistic and integrative nursing. The latest research on nutrition, nutriceuticals 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 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

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 nutriceuticals in health
- Discuss the utilization of lifestyle change and complementary modalities in the treatment and prevention of disease

Accreditation

Board of Registered Nursing (BRN)
Provider approved by the California Board of Registered Nursing, Provider Number 15199 for 12 Contact Hours No partial hours will be given.

Credit Breakdown: Saturday – 5.7 contact hours
Sunday – 6.3 contact hours

About Us

Scripps Health, a nonprofit health care system based in San Diego, California, includes more than 2,600 affiliated physicians and over 13,000 employees at five acute-care hospital campuses, home health care services and a network of clinics, physician offices and outpatient centers. Scripps is committed to contributing to the future of medicine through its clinical research trials, graduate medical education and continuing medical education programs. More information can be found at www.scripps.org.

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Faculty

Planning Committee

Rauni Prittinen King, MIH, RN, HNB-BC, CHTP/I
Board of Directors
The Academy of Integrative Health & Medicine (AIHM)
Executive Director, Miraglo Foundation & Guarnieri Integrative Health, Inc.

Mimi Guarneri, MD, FACC, ABIHM
President
The Academy of Integrative Health & Medicine (AIHM)
Medical Director
Guarnieri Integrative Health, Inc.

Christopher Suhar, MD
Medical Director
Scripps Center for Integrative Medicine
Cardiovascular Medicine
Scripps Clinic/Green Hospital

Claire D’Andrea, RN, CHTP, CCRC
Supervisor of Patient Care
Scripps Center for Integrative Medicine

Faculty

Karyn Buxman, RN, MS, DAIS, CSP, CPAE
Author

Wendie Colter
CEO, The Practical Path

Barbara Dossey, PhD, RN, AHN-BC, FAAN, HWNC-BC
Co-Director
International Nurse Coach Association
International Co-Director
Nightingale Initiative for Global Health

Moira Fitzpatrick, PhD, ND, FICPP, CHT
Pacific Pearl La Jolla

Kristi Hughes, ND
Founder, Dynamic Healing Center
Director of Medical Education
Institute for Functional Medicine

Shamini Jain, PhD
Founding Director, Consciousness and Healing Initiative
Assistant Professor, Psychiatry
UC San Diego

David Leopold, MD
Director of Health and Wellness
Scripps Center for Integrative Medicine

Lourdes Lorenz, DHA-abd, MSN-IH, RN, AHN-BC, NEA-BC
CEO, International Integrative Health Institute (IIHI)
President-Elect
American Holistic Nurses Association

Denise DeForest Pastoor, Med
APRN-BC, CHTP/I, CWP, RYT
SunStone Wellness LLC

Tarane Sondoozi, PsyD, CEAP
Employee Assistant Specialist
Adjunct Faculty, Center for Learning Scripps Health

Leslie Teyssier, BS
Founder, Art of Wellness San Diego

Mimi Trotter
Kundalini Yoga Instructor

Faculty 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.
### Saturday, April 30, 2016

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<tr>
<td>7 a.m.</td>
<td>Morning Renewal</td>
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|       | **Kundalini Yoga and Meditation**  
|       | Mimi Trotter                                                            |
|       | **Ebb & Flow®… a fitness BLISS**  
|       | Denise DeForest Pastoor, MEd                                             |
| 8 a.m.| Registration, Breakfast & View Exhibits                                                                                   |
| 8:30 a.m.| Welcome & Introduction  
|       | Rauni Prittinen King, MIH                                                |
|       | **Conference Blessing**  
|       | Claire D’Andrea, RN                                                       |
|       | **Remembering Dee Dorsey**  
|       | Chris Suhar, MD                                                           |
| 9 a.m.| **DEE DORSEY MEMORIAL LECTURESHIP**                                    |
|       | **Integrative Medicine in North America**  
|       | Mimi Guarneri, MD                                                        |
| 10 a.m.| Getting Involved in Holistic and Integrative Nursing  
|       | Lourdes Lorenz, RN                                                       |
| 10:45 a.m.| Break & View Exhibits                                                |
| 11:15 a.m.| Lead With Laughter  
|       | Karyn Buxman, RN                                                         |
| Noon  | Lunch & Self-Care Experiential Activities                               |
| 2 p.m.| Workshops  
|       | 1. **Journey to Self-Healing with Healing Touch**  
|       | Rauni Prittinen King, MIH                                                |
|       | 2. **Words that Heal, Words that Harm: Connecting with Compassionate Communication**  
|       | Tarane Sondoozi, PsyD                                                    |
|       | 3. **Expressive Art and Journaling**                                    
|       | Leslie Teyssier                                                         |
| 3 p.m.| Break & View Exhibits                                                   |
| 3:30 p.m.| Workshops Repeat                                                        |
| 4:30 p.m.| Adjourn                                                                |
| 7 p.m.| **An Evening With A Medical Intuitive**  
|       | Wendie Colter                                                             |

### Sunday, May 1, 2016

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|       | **Ebb & Flow®… a fitness BLISS**  
|       | Denise DeForest Pastoor, MEd                                             |
| 8 a.m.| Breakfast & View Exhibits                                                                                               |
| 8:30 a.m.| **Walking the Footsteps of Florence Nightingale**  
|       | Barbara Dossey, PhD                                                     |
| 9:30 a.m.| **Biofield Medicine- The New Frontier**  
|       | Shamini Jain, PhD                                                       |
| 10:30 a.m.| Break & View Exhibits                                                |
| 11 a.m.| **Integrative and Holistic Pain Management**  
|       | David Leopold, MD                                                       |
| Noon  | Lunch & Self-Care Experiential Activities                               |
| 1:30 p.m.| Workshops                                                1. **Igniting Passion, Presence & Purpose: Shift from DOING to BEING**  
|       | Denise DeForest Pastoor, MEd                                             |
|       | 2. **Integrating Functional Nutrition into Self-Care and Effective Patient Management**  
|       | Kristi Hughes, ND                                                       |
|       | 3. **Natural Approaches to Women’s Health**  
|       | Moira Fitzpatrick, ND                                                    |
| 2:30 p.m.| Break & View Exhibits                                                |
| 3 p.m.| Workshops Repeat                                                        |
| 4 p.m.| **Tribute to Nursing and Florence Nightingale**                       |
| 4:30 p.m.| Final Adjournment                                                      |
### Attendance Policies

**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 25. Attendee substitutions are allowed, but notification must be made in writing by same date one week prior. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.”

**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.
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Web: www.scripps.org/conferenceservices

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