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

Paradise Point Resort, San Diego, California
Friday, April 25 & Saturday, April 26, 2014

“If I can stop one heart from breaking, I shall not live in vain;
If I can ease one life the aching, or cool one pain, or help one fainting
robin unto his nest again, I shall not live in vain.”

—Emily Dickinson
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.

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.

New this Year! Conference materials available via mobile app and conference website, plus complimentary internet in the meeting space.

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
### Course Directors

- **Rauni Prittinen King, RN, BSN, MIH, HNB-BC, CHTP/I**  
  Co-Founder, Scripps Center for Integrative Medicine  
  President, Holistic & Integrative Medicine Resources, Inc.  
  San Diego, California

- **Mimi Guarneri, MD, FACC, ABIHM**  
  President-Elect, ABIHM  
  ABIHM Board of Directors  
  Co-Founder, Scripps Center for Integrative Medicine  
  Cardiologist, Scripps Clinic  
  La Jolla, California

### Faculty

- **Cheryl Anisman, PhD**  
  Professor  
  Department of Psychology  
  National University  
  La Jolla, California

- **David C. Leopold, MD**  
  Director of Integrative Medical Education  
  Scripps Center for Integrative Medicine  
  Associate Fellow of Integrative Medicine  
  University of Arizona College of Medicine  
  La Jolla, California

- **Kulreet Chaudhary, MD**  
  Integrative Neurologist  
  Director of Wellspring Health  
  Scripps Memorial Hospital  
  La Jolla, CA

- **Fay McGrew, MA**  
  Certified Qigong Teacher  
  QTP (Medical Qigong)  
  Scripps Center for Integrative Medicine  
  La Jolla, California

- **Anne Day, BSN, MA, CMT, HNB-BC, CHTP/I**  
  Director of Healing Journeys  
  Poway, California

- **Paul J. Mills, PhD**  
  Professor, Psychiatry  
  University of California, San Diego  
  Senior Fellow  
  Samueli Institute  
  La Jolla, California

- **Moira Fitzpatrick, PhD, ND, FICPP, CHT**  
  Pacific Pearl La Jolla, Center for Health and Healing  
  La Jolla, California

- **Karen Sothers, MEd, RYT**  
  Mindfulness Yoga and Meditation Teacher  
  Health Consultant  
  Scripps Center for Integrative Medicine  
  La Jolla, California

- **Christine Givant, Pharmacist**  
  Founder, La Vita Compounding Pharmacy  
  San Diego, California

- **Christine Stevens, MSW, MT-BC, MA**  
  Author, *Music Medicine, The Healing Drum Kit and The Art and Heart of Drum Circles*  
  Founder, UpBeat Drum Circles  
  Encinitas, California

- **Raneth Heng, MD**  
  Scripps Center for Integrative Medicine  
  La Jolla, California

- **Lucia Thornton, THD, MSN, RN, AHN-BC**  
  Creating Healing Environments  
  The Model of Whole-Person Caring  
  Fresno, California

- **Mari Kelley, RN, CHTP/I, RPCV, PCRV**  
  Maternal and Child Health Specialist  
  Zambia Center for Applied Health Research and Development/Boston University/US Peace Corps Zambia  
  Kalomo, Zambia
Friday, April 25, 2014

7 a.m. Yoga & Meditation
Karen Sothers, MEd

Qi gong
Fay McGrew, MA

8 a.m. Registration, Breakfast & View Exhibits

8:30 a.m. Welcome & Introduction
Rauni Prittinen King, RN

8:45 a.m. Shifting the Healthcare Paradigm: Integrative & Holistic Medicine
Mimi Guarneri, MD

9:45 a.m. Integrative Approaches to Alleviating Pain
David Leopold, MD

10:30 a.m. Introduction to Reviving Rhythms
Christine Stevens, MSW

10:45 a.m. Break & View Exhibits

11:15 a.m. Desperately Seeking Solutions: The Promises and Failures of Biomedical Research
Paul J. Mills, PhD

Noon Lunch & Self-Care Experiential Activities

2 p.m. Workshops (choose one)

1. Biofield Therapies: Journey to Self-Healing
Rauni Prittinen King, RN

2. Meditation: Science & Practice
Karen Sothers, MEd

3. Journaling: Supporting Patients through Healing
Anne Day, BSN

3 p.m. Break & View Exhibits

3:30 p.m. Workshops Repeat (choose one from above)

4:30 p.m. Adjourn

7–8:30 p.m. Reviving Rhythms; Music Medicine for Mind, Body, and Spirit
Christine Stevens, MSW

Saturday, April 26, 2014

7 a.m. Yoga & Meditation
Karen Sothers, MEd

Qi gong
Fay McGrew, MA

8 a.m. Breakfast & View Exhibits

8:30 a.m. An Interprofessional Model for Healing and Wellness
Lucia Thornton, ThD

9:15 a.m. Naturopathic Approaches to Patient Care
Moira Fitzpatrick, ND

10 a.m. Break & View Exhibits

10:30 a.m. Introduction to Ayurvedic Medicine
Kulreet Chaudhary, MD

11:15 a.m. Panel: Healing and Service Locally and Globally
Mari Kelley, RN
Christine Stevens, MSW
Rauni Prittinen King, RN
Moderator: Mimi Guarneri, MD

12:15 p.m. Lunch & Self-Care Experiential Activities

1:30 p.m. Workshops (choose one)

1. Medical Hypnosis: Self-attunement
Raneth Heng, MD

2. Evaluating Treatment Options for Hormone Replacement Therapy
Christine Givant, PharmD

3. Empowering Health Care Providers
Cheryl Anisman, PhD

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
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.

Scripps Conference Services & CME, which offers nationally recognized live conferences in a variety of 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 www.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

Accreditation

Board of Registered Nursing (BRN)
Provider approved by the California Board of Registered Nursing, Provider Number CEP15030, for 12 contact hours. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

Credit Breakdown: Friday—5.7 contact hours Saturday—6.3 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.

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Save the Dates

The 15th Annual Science and Clinical Application of Integrative Holistic Medicine
Jointly sponsored with the American Board of Integrative Holistic Medicine and Academy for Integrative Health and Medicine
October 26–30, 2014
Main Conference
Paradise Point Resort, San Diego, California

October 25, 2014
Pre-Conference: Bringing Integrative Medicine to Your Practice and Health Care System
This innovative course is designed for health care providers and administrators looking to improve or introduce integrative holistic medicine to their practices and systems. Scripps Center for Integrative Medicine co-founders Mimi Guarneri, MD, Rauni Prittinen King, RN and recognized experts will share the knowledge behind their success in an intimate and hands-on learning environment. Health care professionals in both traditional and complementary therapies will find this important seminar a valuable resource.

Follow Us!

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Subscribe to our Scripps Conference Services & CME newsletter at www.scripps.org/CMEemails
A block of rooms is being held until April 3, 2014. After this date, reservations will be accepted on a space and rate available basis only. Be sure to mention that you are attending the Scripps Conference when making your reservations to receive the reduced rate of $192/night.

Scripps rate includes:

- Complimentary Passport to Paradise (valued at $17 per day, which includes complimentary guest room internet, domestic phone calls, access to fitness center and guest recreational activities)
- Complimentary day and overnight parking

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.
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.

Conference Fees
Included: Course tuition, breakfasts, breaks, lunches, access to conference materials (via mobile app and conference website) and internet in the meeting space.

Not included: Travel costs, lodging and dinners.

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<tr>
<th>Thru March 28</th>
<th>March 29 – April 21</th>
<th>On-site after April 21</th>
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<tr>
<td>Registration Fee</td>
<td>$350</td>
<td>$400</td>
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Would you like to receive the Scripps Conference Services & CME Email Newsletter?

___Yes ___No

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 15, 2014. Attendee substitutions are allowed, but notification must be made in writing by April 15, 2014. 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.

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).
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