Annual Student Conference for Integrative Medicine (ASCIM 2014)

“Science and Art of Whole-Person Healing for the 21st Century”

Saturday, March 1st, 2014
10AM - 4PM
UCLA Ronald Reagan Medical Center, Tamkin Auditorium B-130
Our Mission

We hope to introduce undergraduate students, medical students, health professionals, and anyone interested in well-being to an educational and hands-on exploration of Integrative Medicine by raising awareness for the health concerns of the 21st century, the interconnections within the human body, and the need for a whole-person framework in health cultivation that takes all aspects of one's health into account: biopsychosocial, nutritional, and environmental.

Definition

**Integrative Medicine (IM)** is “an approach to care that seeks to integrate the best of Western scientific medicine with a broader understanding of the nature of illness, healing, and wellness. A practical strategy, IM puts the patient at the center of care and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. Its use not only improves care for patients, it also enhances the cost-effectiveness of health care delivery for providers and payers.”

(The Bravewell Collaborative 2012)
Dear Friends,

It is a pleasure to welcome you to the Annual Student Conference for Integrative Medicine, hosted by Students for Integrative Medicine (SIM, formerly NCAM), a UCLA student group, and the Integrative Medicine Student Interest Group (IMSIG) at the David Geffen School of Medicine at UCLA. We would also like to extend our gratitude to our advisor Dr. Ka-Kit Hui and the staff at the UCLA Center for East-West Medicine for their tremendous support in bringing forward today's event.

In the 21st century, chronic disease and healthcare costs are at an all-time high and continue to steadily rise. As our healthcare system is undergoing redesign toward a more person-centered, coordinated approach, we believe it is an extraordinarily opportune time to find innovative ways to improve care for patients with complex health problems and a holistic approach toward prevention.

Research and clinical interventions show that an integrative approach that takes all aspects of one's health into account - biopsychosocial, nutritional, and environmental - can help patients with even the most difficult-to-treat illnesses. By treating the body as an integrated system, we can help it heal most effective, because the whole is more than the sum of its parts.

What we hope to do at this conference is to bring awareness for this integrative healthcare approach, both by looking at scientific evidence behind whole-person healing traditions and by understanding the art of healing through experiencing different health modalities. Moreover, we hope to give you a chance to network with speakers from unique backgrounds and to bond with like-minded individuals.

Most of all, we planned ASCIM 2014 to empower you - the young generation of future healthcare providers and consumers - and to demonstrate that the power to heal and be healed is right in front of us. Thank you, and we hope that you have a wonderful time!

Sincerely,

The ASCIM Planning Committee

Vivianne Chang
Director

Katherine Diep
Logistics Chair

Jessica Lee
Publicity Chair

Sharon Ho
Minna Ding
Ariana Ricarte
Fundraising Co-Chairs

Wandai Li
Programming Co-Chairs
Dear Students, Friends, and Colleagues,

I extend my warmest welcome to you all for joining us in the 2014 Annual Student Conference on Integrative Medicine. Today, we have the privilege of learning from a diverse group of speakers, who are experts and mentors in the exciting and cutting-edge field of integrative medicine. I would also like to extend special thanks to our keynote speakers, Professor Victoria Maizes from Arizona and Professor Michael Goldstein from UCLA, who are both major pioneers in the field and have done tremendous work in shaping the health initiatives of their respective communities.

Integrative medicine has significantly advanced in recent years with the formation of a board certification for physicians, as well as the growing inclusion of fields outside of medicine, such as technology, anthropology, health coaching, and public policy. As we all strive to provide the best quality health care, the key is not governed by one's profession but by the shared philosophy that is instilled today to help us better achieve that goal. I cannot emphasize enough how important a multidisciplinary team approach is in tackling the many challenges and opportunities that have arisen from the recent restructuring of healthcare systems around the globe.

On a personal note, the major outcome of this event is to see that you all learn ways to keep yourself balanced and healthy right now. In order to effectively care for others, you must first prioritize your own health and wellbeing. The program today will provide you with the tools to cultivate your body’s reserve, enrich your spirit, and manage stress. Your health is in your hands. In addition, we hope the resources that we introduce to you, including our ExploreIM webportal and Total Wellness magazine, will allow you to continue learning and share these ideas with your friends and family.

In conclusion, I wish to acknowledge the students and Center staff who have worked arduously to make this event possible. We hope this conference will inspire you to look at the science and art of health from a new perspective and guide you in your journey towards becoming a future leader in integrative medicine and healthcare.

Best regards,

Ka-Kit Hui, MD, FACP
Wallis Annenberg Chair of Integrative East-West Medicine
Professor, Founder and Director of the UCLA Center for East-West Medicine
Department of Medicine, UCLA David Geffen School of Medicine
9:00 AM - 10:00 AM  Breakfast & Check-In

10:00 AM - 10:15 AM  Welcome/Opening

10:15 AM - 11:00 AM  “Health Promotion for the 21st Century: The Role of Preconception Counseling”
Tamkin Auditorium B-130

- Victoria Maizes, MD, Executive Director, University of Arizona Center for Integrative Medicine

11:00 AM - 11:15 AM  Rotate to next workshop

11:15 AM - 11:55 AM  Session 1: The Mind-Body Connection

- “The Science and Practice of Tai Chi,” Tamkin Auditorium B-130
  Shin Lin, PhD, University of California, Irvine
- “Therapeutic Value of Yoga for Back Pain,” B-Level Lobby
  Michael Sinel, MD, UCLA Medical Center, Samata International Yoga & Health Institute
- “Mindfulness Awareness for Stress Reduction,” Room B-120
  Diana Winston, PhD, UCLA Mindful Awareness Research Center

11:55 AM - 12:05 PM  Rotate to next workshop

12:05 PM - 12:45 PM  Session 2: Integrative Self-Care

- “Acupressure for Neck Pain and Stress,” Room B-120
  Sandi Chiu, MSOM, LAc, UCLA Center for East-West Medicine
- “Integrative Nutrition Made Simple,” Tamkin Auditorium B-130
  Suzie Kline, PhD, FNP, LAc, Huntington Memorial Hospital
- “Sustainable Movement for Balance and Injury Reduction,” B-Level Lobby
  Eva Nemeth, C Ht, PT, EVA Movement

12:45 PM - 1:25 PM  Lunch & Raffle #1
B-Level Lobby

- Informal mingling with Dr. Ka-Kit Hui and speakers
- Book signing with Dr. Victoria Maizes, Room B-120
  - Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child
- Tabling: Laura Sharpe, Founder of Artists for Trauma (AFT)
- Poster Presentations: SIM at the University of California, Irvine
  - “Attitudes and Receptiveness to Using Integrative Medicine for Common Medical Conditions Among UCI Students,” Anika Akhter and Jenna Hung
  - “A Survey on Patients at the UCI Santa Ana Family Health Center: Attitudes and Knowledge of Complementary and Alternative Medicine,” Daniel Ho and Jannett Nguyen
  - “A Survey on Faculty and Residents at the UC Irvine Family Health Center: Attitudes and Knowledge of Integrative Medicine,” Michael Liu
1:25 PM - 2:10 PM  
**Session 3: Exploring the Art of Healing**

- “Creative Arts Therapies: An Experiential Panel Presentation,” Tamkin Auditorium B-130
  Ping Ho, MA, MPH, with Erica Curtis, LMFT, ATR-B; John Mews, RCC, MA, MTA; Mimi Savage, PhD Student, RDT; Leslie Tuchman, MS, MFT; Lora Wilson Mau, MA, BC-DMT, UCLA Arts and Healing
- “Demystifying Chinese Herbal Medicine – An Introductory Overview and Clinical Applications,” Room B-124A&B
  Lawrence Lau, MD, MSOM, LAc, Yo San University of Traditional Chinese Medicine

2:10 PM - 2:20 PM  
*Rotate to next workshop*

2:20 PM - 3:10 PM  
**“The Many Paths to Becoming a Healthcare Professional: Student Panel”**

*Tamkin Auditorium B-130*

- DGSOM Integrative Medicine Student Interest Group (IMSIG)
- Ariana Cox Accardi, Acupuncture Student, Emperor’s College
- Serina Aubrecht, Naturopathic Medical Student, Bastyr University
- Alexa Benson, Nursing Doctoral Student, UCLA
- Amy Chen, Registered Dietitian, Columbia University
- Ronica Patel, Osteopathic Medical Student, Western University

3:10 PM - 3:50 PM  
**“Integrative Medicine and the Wellness Culture: The UCLA Healthy Campus Initiative”**

*Tamkin Auditorium B-130*

- Michael Goldstein, PhD, Assistant Vice-Provost, UCLA Fielding School of Public Health & Healthy Campus Initiative

3:50 PM - 4:00 PM  
**Closing Remarks & Raffle #2**

*Tamkin Auditorium B-130*
**Keynote Speakers**

**Victoria Maizes, MD**  
*University of Arizona Center for Integrative Medicine*

Victoria Maizes, MD, is Executive Director of the University of Arizona Center for Integrative Medicine and Professor of Medicine, Family and Community Medicine and Public Health, at the University of Arizona College of Medicine. A graduate of Barnard College, she received her medical degree from the University of California, San Francisco, College of Medicine, completed her residency in Family Medicine at the University of Missouri, Columbia and her Fellowship in Integrative Medicine at the University of Arizona.

As founding co-chair of the education committee of the Consortium of Academic Health Centers for Integrative Medicine, the mission of which is to promote integrative medicine, Dr. Maizes led a team of educators developing objectives for medical students in integrative medicine. Dr. Maizes has stewarded the growth of the Arizona Center for Integrative Medicine from a small program educating four residential fellows per year to a designated Center of Excellence training more than 500 residents and fellows annually. She helped create the comprehensive curriculum in integrative medicine used for fellows and pioneered multiple innovative educational programs including the Integrative Family Medicine Program, and Integrative Medicine in Residency, two national models for educating primary care physicians.

Dr. Maizes lectures worldwide to academic and community audiences on integrative medical education, women's health, healthy aging, nutrition, and cancer. Dr. Maizes is the co-editor of the Oxford University Press textbook *Women's Integrative Health* and the author of *Be Fruitful: The Essential Guide to Maximizing Fertility and Giving Birth to a Healthy Child* (Scribner 2013). In 2009, Dr. Maizes was named one of the world’s 25 intelligent optimists by ODE magazine.

**Michael S. Goldstein, PhD**  
*UCLA Fielding School of Public Health*

Michael S. Goldstein, PhD, is Professor of Public Health (Community Health Sciences) in the UCLA Fielding School of Public Health, and Associate Vice-Provost in charge for the Healthy Campus Initiative. His interests have focused on self-help, self-care, and the use of alternative and integrative medicine. He is the author of over 75 publications in these areas including two books: *The Health Movement: Promoting Fitness in America* (Twayne/Simon and Shuster 1992), and *Alternative Health Care: Medicine, Miracle, or Mirage?* (Temple University Press, 1999.) Dr. Goldstein is among the founders of UCLA’s Collaborative Centers for Integrative Medicine, and has served as a consultant on building healthy communities for many colleges and universities as well as organizations such as the YMCAs of the USA. His current research involves the integration of providers of complementary medicine into conventional health care systems.
Speakers and Panelists

Session 1: The Mind-Body Connection

Shin Lin, PhD, is Professor of Cell Biology and Biomedical Engineering, and a member of the faculty of the Susan Samuei Center for Integrative Medicine at UC Irvine (www.mindbodylab.bio.uci.edu). Dr. Lin is an international authority on the application of modern biomedical technologies to study the physiological and bioenergetic changes accompanying mind/body practices and Traditional Chinese Medicine therapies (e.g. acupuncture, manipulative treatments, topical herbal remedies). Dr. Lin’s extensive background and training in Chinese martial arts and mind/body practices include advanced training from a dozen international leaders in different styles of Qigong, Tai Chi, and Chinese Martial Arts. Dr. Lin has a long history of interest and training in CAM and Traditional Chinese Medicine in particular, ranging from collaborative research with the Institute of Materia Medica in Shanghai on herbal compounds to hands-on training in the “Palace Tui Na” style of massage and fundamental acupuncture physiotherapy. Dr. Lin is also Permanent Co-Chair of the World Congress of Qigong and Traditional Chinese Medicine, and Co-Creator of World Tai Chi and Qigong Day.

Michael Sinel, MD, is board certified in physical medicine and rehabilitation and pain management. Dr. Sinel has been teaching at UCLA as an assistant clinical professor for over 20 years and served as an attending physician with the UCLA Spine Center. As a nationally renowned expert in back pain, Dr. Sinel has authored two books including Back Pain Remedies for Dummies. Dr. Sinel is also a certified yoga therapist and teaches in the areas of meditation in medicine, yoga therapy and mind-body medicine. Dr. Sinel also maintains a private practice in Santa Monica and regularly practices yoga and meditation.

Diana Winston, MD, is the Director of Mindfulness Education at UCLA Mindful Awareness Research Center (MARC). She has over 20 years experience of practicing mindfulness meditation and spent a year as a Buddhist nun in Burma. Dr. Winston is the author of Wide Awake: A Buddhist Guide for Teens and Fully Present: The Science, Art, and Practice of Mindfulness (co-authored with Susan Smalley, PhD). She is also a member of the teacher’s council at Spirit Rock Meditation Center in California.

Session 2: Integrative Self-Care

Sandi Chiu, MSOM, LAc, is a clinical specialist and Education Coordinator at the UCLA Center for East-West Medicine. As an acupuncturist, she integrates the wisdom of traditional Chinese Medicine to optimize the patient’s health and healing, emphasizing self-care and prevention. She also works closely with the UCLA Collaborative Centers for Integrative Medicine where she is exposed to integrative models and CAM research. Sandi received her Bachelor of Science in Psychobiology from UCLA and her Master of Science in Oriental Medicine from Dongguk University Los Angeles, where she also completed an externship at the University of Southern California’s student health center. Her professional interest includes East-West nutrition, acupuncture research, and integrative healthcare models.
Suzie Kline, PhD, FNP, LAc is an integrative nurse practitioner trained in both Western and Eastern medicine, and has been practicing nursing for over 15 years. She is also a certified holistic health counselor, who graduated from the Institute for Integrative Nutrition. Dr. Kline has extensive knowledge in various diet theories and supplements. As a nurse practitioner, she emphasizes holistic approaches to cancer by incorporating the best elements of both Western and Eastern medicine. A key element of her practice is to promote lifestyle changes, which are personalized based on one’s unique body, culture, belief, preferences and personal goals.

Eva Nemeth, C Ht, PT is a physiotherapist and movement educator who has devoted her life to discovering and refining creative methods to support health, to create strength and fluidity and to treat specific physical problems. Her program, EVA Movement, is an original approach to wellness and rehabilitation that draws on disciplines as diverse as modern dance, yoga, ballet and tai chi and filters them through her own unique experience and perspective. Her skills as an educator are further enhanced by years of study in the practices of mindfulness and psychology. Always eager to bring new things to her clients and to work in new modalities, Eva is currently studying hypnosis. After obtaining her graduate and postgraduate degrees at the Medical University in Physiotherapy in Budapest, Eva taught modern dance techniques and rhythmical gymnastics to hundreds of students each year. In 1990, she founded and led the Marina Physical Therapy Center where she practiced for twenty years. Today, she presents her Eva Movement workshops locally and internationally. She also works individually with clients and offers lectures and keynote speeches in corporate settings.

Session 3: Exploring the Art of Healing

“Creative Arts Therapies: An Experiential Panel Presentation”

Ping Ho, MA, MPH (Moderator) is Founding Director of UCLArts and Healing, which facilitates the use of the arts for mind/body wellness and healing, as a vehicle for empowerment and transformation. UCLArts and Healing is an organizational member of the UCLA Collaborative Centers for Integrative Medicine, of which Ping is a Steering Committee Member and was Founding Administrator. In addition, Ping has an extensive background as a health educator and performing artist. She has a BA in psychology with honors from Stanford University, where she was appointed to spearhead the still-thriving Health Improvement Program for faculty and staff, an MA in counseling psychology with specialization in exercise physiology from the University of California, Santa Barbara, and an MPH in Community Health Sciences from UCLA School of Public Health.

Ping is a member of the Council of Advisers for the Academic Consortium for Complementary and Alternative Health Care, a national network of educational organizations and agencies in complementary and alternative medicine. She is also a member of a subcommittee for professional learning for CREATE CA, a California Arts Council-initiated collaborative to educate administrators in education regarding the value of the arts for learning and behavior, what constitutes quality arts education, and models for successful implementation and outcomes. She is a co-developer of the program, Beat the Odds: Social and Emotional Skill Building Delivered in a Framework of Drumming, and was principal investigator of its effectiveness study that was published in the journal, Evidence-Based Complementary and Alternative Medicine.
Art Therapy: Erica Curtis, LMFT, ATR-BC, is a practitioner, writer, consultant, and educator in the fields of art therapy and marriage and family therapy. She has 15 years of experience as a Board Certified Art Therapy and Licensed Marriage and Family Therapist and has her own practice in Santa Monica. Erica is professor at the Loyola Marymount University Department of Marriage and Family Therapy and has served multiple terms on the board of directors of the American Art Therapy Association and is past president of the Southern California Art Therapy Association. She has lectured for UCLA, UCSD, USC, and Kaiser Permanente and has been published in the Journal of Clinical Art Therapy. Erica also holds special certifications in Behavioral Intervention (as a certified Behavioral Intervention Case Manager), Disaster Mental Health (by the American Red Cross), and Collaborative Family Law (by the Los Angeles Collaborative Family Law Association).

Dance/Movement Therapy: Lora Wilson Mau, MA, BC-DMT is a board certified dance/movement therapist and served as President of the California Chapter of the American Dance Therapy Association (ADTA) for two terms. A longstanding member of the ADTA Public Relations Committee, Lora currently serves on the ADTA Board of Directors as Public Relations Chairperson. Lora graduated cum laude with honors from Wright State University with a BFA in Acting and earned an MA in Dance as Healing and Therapy from the University of California, Los Angeles. She furthered her dance/movement therapy (DMT) training at Kinections in Rochester, New York, under the tutelage of respected dance/movement therapy pioneer, Danielle Fraenkel, PhD, BC-DMT. Under the supervision of Dr. Fraenkel she pioneered the development of the first DMT program at Strong Memorial Hospital's eating disorder clinic in Rochester, New York. A recipient of the ADTA's “Leader of Tomorrow” award, she currently works in psychiatric hospitals throughout Orange County and with elderly with dementia. She teaches “Nonverbal Communication and Mind-Body Interaction” for the California State University, Long Beach, Department of Dance and presents on dance/movement therapy locally and nationally.

Music Therapy: John Mews, RCC, MA, MTA is the Founder and Director at Mewsic Moves, a private practice that offers support to families of individuals with special needs. John received his bachelor’s degree in music therapy from Capilano University in Vancouver, BC. After six years in private practice, John got his master’s degree in marriage and family therapy from San Francisco University. Since then he has expanded his practice to provide counseling, support, and education to the whole family. John has been a music therapy advocate for individuals with special needs for more than ten years. He has written articles for the Autism Parenting Magazine and been guest presenter at numerous workshops, conferences and panel group discussions. John served on the board of the Music Therapy Association of British Columbia, and has taught music therapy courses at Capilano University. John moved his practice to Los Angeles last year, and is also offering videos, blogs and songs through mewsicmoves.com for parents and professionals supporting individuals with special needs.

Drama Therapy: Mimi Savage MA, RDT, PhD student is a registered drama therapist, instructor, and presenter in the field of drama therapy. She is completing her dissertation in Expressive Therapies on adopted foster youth, Narradrama, and digital media this year at Lesley University. She is an instructor for the UCLA Arts and Healing Social Emotional Arts (SEA) certificate program and is the SoCal Chapter President of the North American Drama Therapy Association (NADTA). A previous teaching artist of creative drama for various populations in elementary public school settings including acute special needs, she has worked in rehabilitation settings with adolescents and young adults dealing with poly substance abuse and self-harm. Mimi created full time drama therapy programs for children and adults for four years in acute in-patient psychiatric units. She implements drama therapy in group homes for adolescent girls and is currently helping to facilitate narrative via expressive arts for a documentary film project with women who live on skid row. She is a 2014 Drama Therapy Fund Professional Research Grant recipient.
“Demystifying Chinese Herbal Medicine - An Introductory Overview and Clinical Applications”

Lawrence Lau, MD (Singapore), MSOM, Dipl Ac, LAc is the Dean of Academic & Clinical Affairs at Yo San University, a fully accredited institution offering Master's and Doctoral degree courses in acupuncture and traditional Chinese medicine (TCM). Dr. Lau also teaches courses in Integrative Clinical Studies and TCM Health Cultivation in the doctoral program at the University. Dual trained in allopathic western medicine as well as traditional Chinese medicine, Dr. Lau maintains a private acupuncture practice at the University, specializing in TCM Internal Medicine, and Wellness & Health Cultivation.

The Many Paths to Becoming a Health Care Professional: Student Panel

Ariana Cox Accardi, Acupuncture Student
Ariana Cox Accardi is a graduate student at Emperor's College of Traditional Oriental Medicine and president of the student council. She is from Manhattan, New York where she worked in public relations. She is an avid yoga practitioner and teacher. Ariana received her BA in English from Fairfield University in Connecticut.

Serina Aubrecht, NMS-II
After growing up in Minnesota with the dream of becoming a doctor and a history of working in the healthcare field, Serina is now a medical student at Bastyr University California in San Diego studying naturopathic medicine. She discovered naturopathic medicine when looking for a medical school where she could study and specialize in nutritional medicine, and feels blessed to have found a branch of medicine that could teach her so much more. Serina currently serves as the NMSA Integrative Medicine Chair and AMSA Liaison, the NMSA Liaison to AMSA's ND Advisory Board, and BUC's Integrative Medicine Club Coordinator. Serina's dream is to provide Minnesotans with affordable, natural healthcare that is easily accessible. Her passions are nutrition, integrative medicine, and people.

Alexa Benson, Nursing doctoral student
Alexa Benson works in the Department of Emergency Medicine as a Nurse Practitioner and is currently finishing up her PhD in Nursing this year at UCLA. She specializes in Emergency Medicine, Women's Health Care and is a Sexual Assault Forensic Nurse, collecting evidence and providing expert witness testimony for sexual assault victims in Los Angeles County. Given the proportion of immigrants utilizing healthcare in Los Angeles, Ms. Benson understands the need for more education in alternatives to Western medicine and continues to be an advocate of Integrative Medicine.

Amy Chen, RD
Amy works as a clinical dietitian at Huntington Hospital in Pasadena. She received her Bachelor of Science in Nutritional Sciences from UC Berkeley, and her Master of Science in Nutrition and Public Health from Columbia University, where she also completed her Dietetic Internship in 2012. During her internship, Amy was able to explore different practice areas, including a rotation through the Center for Health and Healing, associated with Beth Israel Medical Center in New York City, where she was able to learn about nutrition practice in the complementary and alternative medicine setting.
Ronica Patel, OMS-II
Ronica is a second year DO student at Western University of Health Sciences in Pomona, CA. She graduated from University of Southern California in 2011 and completed her Masters in Medical Sciences at Western University in 2012. She is interested in Family Medicine with a fellowship in Women's Health. At WesternU, she is the Co-Recreational Leader for her class and enjoys planning social/networking events, such as the End of the Year Banquet. When Ronica is not busy with school, she enjoys kickboxing and dance.
Students for Integrative Medicine (SIM, formerly NCAM) is a student organization at UCLA that strives to raise student awareness for evidence-based, integrative, and whole-person approaches to medicine and health, exploring topics such as nutrition, mind-body medicine, research, and healthcare. SIM’s activities include guest lectures, self-care workshops, high school outreach promoting IM, acupuncture shadowing at Emperor's College of Traditional Oriental Medicine, and networking with the UCLA Collaborative Centers for Integrative Medicine (CCIM). "Merging the best of modern biomedicine with the heart of whole-person healing."

SIMatUCLA@gmail.com | www.studentgroups.ucla.edu/SIM | www.facebook.com/SIMatUCLA

David Geffen IMSIG (Integrative Medicine Student Interest Group) is a medical student interest group that provides a forum for medical students to learn, challenge, explore, share, and experience Integrative Medicine through sponsorship of speakers, practical workshops, and discussions. IMSIG hopes to provide medical students with a unique capacity to effect positive, healing transformations in all aspects of patients’ lives while also realizing the motto, “Physician, heal thyself.”

integrativemedicinesig.ucla@gmail.com | www.medstudent.ucla.edu/offices/sao/act-org/career_specialty.cfm#Integrative

UCLA Center for East-West Medicine (CEWM) strives to improve health, well being, and the quality of life of people by blending the best of Modern Western medicine with Traditional Chinese Medicine to provide healthcare that is safe, effective, affordable, and accessible. Its programs include education, research, patient care, resource development, and et cetera.

cewm@mednet.ucla.edu | www.cewm.med.ucla.edu | www.exploreIM.ucla.edu

Interested in contributing to next year’s conference? Email us at <ASCIM.SIMatUCLA@gmail.com>. 
Planning Committee and Advisors

SIM at UCLA Undergraduate Group

Vivianne Chang
Director
Human Biology & Society
B.S. Candidate 2014

Katherine Diep
Logistics Chair
Physiological Science
B.S. Candidate 2014

Minna Ding
Fundraising Co-Chair
Microbiology, Immunology, and Molecular Genetics
B.S. Candidate 2016

Sharon Ho
Fundraising Co-Chair
Psychobiology
B.S. Candidate 2016

Jessica Lee
Publicity Chair
Microbiology, Immunology, and Molecular Genetics
B.S. Candidate 2016

David Geffen IMSIG

Wandal Li
Programming Co-Chair
Psychobiology
B.S. Candidate 2016

Ariana Ricarte
Programming Co-Chair
Psychobiology
B.S. Candidate 2016

Lily Kornbluth, MS-II
Student Panel Coordinator
DGSOM Class of 2016

Raymond Lam, MS-II
Student Panel Coordinator
DGSOM Class of 2016

Cory Pham MS-II
Student Panel Coordinator
DGSOM Class of 2016

UCLA Center for East-West Medicine

Ka-Kit Hui, MD, FACP
Faculty Advisor
Founder and Director

Rosana Chan
Staff Advisor
Center Administrator

Linxin Zhang, MPH
Staff Advisor
Research Coordinator
About the Collaborators

UCLA Collaborative Centers for Integrative Medicine (CCIM) is directed by a multidisciplinary group of UCLA Center and Program leaders that reaches across the disciplines of medicine, public health, psychology, psychiatry, the arts, and business. This group of forward thinking clinicians and scholars are dedicated to a vision of building a 21st century model of medicine and health promotion that integrates state-of-the-art science with traditional healing principles of compassion, community interaction, and self-regulation. This exceptional and diverse group of CCIM member programs, each individually world renowned, are working together to promote UCLA as a pre-eminent leader in integrative medicine.

www.ccim.med.ucla.edu

Members of UCLA CCIM:

- Center for East-West Medicine
- Center for Excellence in Pancreatic Diseases
- Center for Human Nutrition
- Cousins Center for Psychoneuroimmunology
- eCAM Journal
- Gail and Gerald Oppenheimer Family Center for Neurobiology of Stress
- Mindful Awareness Research Center (MARC)
- Pediatric Pain Program at the UCLA Mattel Children’s Hospital
- Simms/Mann-UCLA Center for Integrative Oncology
- Stiles Program in Integrative Oncology
- UCLA Arts and Healing
- Venice Family Clinic - Integrative Medicine Program

UCLA’s Healthy Campus Initiative (HCI) is working to make the healthy choice the easy choice for the UCLA community: students, faculty and staff. The HCI integrates a vast array of existing groups and programs on campus that are concerned with health, and supports innovative research on wellness to create new approaches and programs. The HCI funds sustainable and replicable projects that address issues which are important to the students, faculty, and staff in improving their health and wellbeing, and in making UCLA a healthier place to study, live, teach, conduct research, and work. On a macro level, the HCI introduces and promotes new ideas and issues that affect health-related policy, infrastructure and decision-making on a campus-wide basis. Chancellor Block’s goal to make UCLA the healthiest campus in America is made possible by the vision and generosity of Jane & Terry Semel.

www.healthy.ucla.edu
**UCLArts and Healing** facilitates the use of the arts for mind/body wellness through sustainable programs in the community. The aim is to offer accessible, nonverbal and universal tools for improving individual and community health through stress reduction and social support - without the stigma of therapy.

www.uclartsandhealing.net

**UC Irvine Students for Integrative Medicine (SIM)** is an undergraduate student group that takes initiative to learn and apply integrative medicine to enhance the health of their community in a wide range of activities. Their community service committee hosts regular stress reduction and health promotion workshops at local underserved communities, such as through homeless shelters and non-profit health organizations. Their research committee collaborates with faculty members of UCI Main Campus, UCI Medical School, and UCI Medical Center to conduct community based research to better understand the medical need of the community in terms of integrative medicine, health promotion, and holistic health. Their education committee hosts annual integrative medicine lecture series.

www.simuci.weebly.com

**Yo San University**, a nonprofit organization, educates students to become exceptional practitioners of Traditional Chinese Medicine and the Taoist healing arts. The school facilitates the development of students’ spiritual and professional growth and provides the community with an integrative medical care model and services.

www.yosan.edu
Feels good right down to your SOL

Sticky-Grip Yoga Mat
Uniquely dense, cushioned and grippy
available at gaiam.com
AFT supports UCLA SIM

Integrative Medicine IS an effective and evidence-based healing tool.

ARTISTS FOR TRAUMA

Artists for Trauma is a 501(c)3 non-profit organization based in Los Angeles, serving military and civilian trauma survivors with cost-free creative engagement to assist them in processing their trauma through self-expression. Artists for Trauma aims to expedite recovery through artistic engagement and human connection with established artists, providing a creative portal to help patients process complex emotions, regain confidence and build self-acceptance after suffering a traumatic experience.

www.artistsfortrauma.org
Want to learn more about Integrative Medicine & Health?

MEDICINE 180: Introduction to Integrative East-West Medicine for Health and Wellness
4 units
UCLA SUMMER SESSION A:
JUNE 23 – AUGUST 1, 2014
Tuesdays and Thursdays 9:00-11:30AM
Space is limited.
Early Enrollment starts March 2014

HIGHLIGHTS:
- Learn about Integrative Medicine and its role in health cultivation from 10+ UCLA faculty and guest speakers
- Experience hands-on workshops of different healing modalities
- Visit the UCLA Center for East-West Medicine Clinic
- Learn self-care tips on how to live well and healthier

More information: http://cewm.med.ucla.edu/education/summer-course/

David Geffen School of Medicine | UCLA Health

UCLA CENTER FOR EAST-WEST MEDICINE
www.exploreim.ucla.edu || www.cewm.med.ucla.edu