Annual Student Conference for Integrative Medicine

“Exploring Integrative Medicine from a Clinical to Global Scale”

Saturday, February 28, 2015
9AM - 5PM
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 how Integrative Medicine has expanded to address health concerns throughout the world. By exploring clinical and research interventions that have successfully implemented integrative medicine, we hope to show that the future of health-care lies in a whole-person framework in health cultivation that takes all aspects of one’s health into account.

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 our pleasure to welcome you to the Annual Student Conference for Integrative Medicine, hosted by Students for Integrative Medicine (SIM), a UCLA undergraduate 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.

An integrative approach to medicine has proven successful in many countries around the world, including ours. The U.S. healthcare system continues to evolve towards a more patient-centered approach in order to mediate high healthcare costs and modern illnesses such as chronic diseases. This year’s theme, “Exploring Integrative Medicine from a Clinical to Global Setting” aims to showcase how the concept of prevention and wellness in healthcare systems around the world is growing and expanding to meet these changing needs.

This year, we have had the honor of inviting Dr. David Feinberg, CEO of UCLA Health and President of UCLA’s hospitals to speak about how integrative medicine is being incorporated into the U.S. healthcare system and its potential for even greater benefit. Our closing keynote speaker, Dr. Ka-Kit Hui, Founder and Director of the UCLA Center for East-West Medicine, will conclude with an overview of what integrative medicine is achieving at the global level.

What we hope to do at this conference is to raise awareness for an integrative healthcare approach by looking at medical whole systems throughout the world to see what we can learn from them, exploring the mind-body connection at the heart of an integrative approach, and investigating different clinical models that incorporate integrative medicine into their practice today. Furthermore, we hope to give you a chance to network with speakers from unique backgrounds and bond with like-minded individuals.

Most of all, we planned ASCIM 2015 to empower the young generation of future healthcare providers and consumers to appreciate and learn from other cultures and medical systems as we embark on a global endeavor to improve health for all. Thank you, and we hope you enjoy the event!

Sincerely,

The ASCIM Planning Committee

Minna Ding  Sharon Ho  Melody Ma  Michelle Nguyen  Jessica Lee
Minna Ding  Director  Logistics Co-Chair  Logistics Co-Chair  Michelle Nguyen  Publicity Chair  Designer

Lilian Chou  Erica Larusson  Michelle Mo  Michelle Mo  Michelle Mo
Lilian Chou  Programming Co-Chair  Erica Larusson  Programming Co-Chair  Programming Co-Chair

Erica Larusson  Changchang Zhang  Jennie Li
Erica Larusson  Programming Co-Chair  Changchang Zhang  Fundraising Co-Chair  Fundraising Co-Chair

Jennie Li  Fundraising Co-Chair
A Message from Our Advisor

Dear Friends and Colleagues,

I extend a warm welcome to you to the 2015 Annual Student Conference for Integrative Medicine. This year, the Conference is primarily organized by a group of highly motivated students who are members of the Students for Integrative Medicine (SIM) undergraduate group at the University of California, Los Angeles (UCLA). Today you will be able to meet practitioners and researchers of integrative medicine at UCLA and beyond who are leaders in their field. We are also honored by the special appearance of Dr. David Feinberg, CEO of UCLA Health and President of UCLA’s hospitals, who will serve as our opening keynote speaker.

This year's conference theme, “Exploring Integrative Medicine from a Clinical to Global Scale,” aims to expose students and the community to the recent strides of integrative medicine in scientific research, clinical care, and public health. Furthermore, the conference will reflect the role of Integrative Medicine in the changing healthcare landscape, both in the United States and the world at large. Our ultimate objective is to inspire and motivate the young generation to join forces in the endeavor to improve our healthcare system through creative ideas and innovative approaches from multiple fields and perspectives, given that healthcare consumes close to 20% of our country’s GDP.

As the UCLA Center for East-West Medicine moves toward a quarter century since its inception, the Center has flourished and become a comprehensive institution that encompasses clinical, educational and research programs. One of my top priorities has been to transform the thinking of the new generation of leaders in society. It is my hope that you will use this event as an inspiration to embark on your own journey to improve your health and those of others in your future career.

On a personal note, this event is also a special tribute to my wife, Shirley, who dedicated her life to our shared vision. She had made tremendous sacrifices in support of the launch and throughout the development of the Center. She was also a beneficiary of integrative medicine which helped extend her life for eight more years despite her extensive metastatic breast cancer. The Shirley Hui Memorial Fund created in her memory has been a major sponsor of this conference. Several types of scholarships have been created to encourage aspiring students and health professionals to learn and grow in this field.

It has been 5 years since the launch of this conference. Many groups of students and our Center staff have worked hard in a collaborative manner to make this conference a success year after year. The past conferences have attracted many students to pursue careers in this field, attesting to its transformative nature. This year will be no exception! Have a body-mind feast on a sunny warm Saturday in Los Angeles. Be ready to be transformed.

Sincerely,

Ka-Kit Hui, MD, FACP
Wallis Annenberg Chair of Integrative East-West Medicine
Professor and Founding Director
Center for East-West Medicine
Department of Medicine
UCLA David Geffen School of Medicine
8:00 AM – 9:00 AM  **Breakfast & Check-In**  
*B-Level Lobby*

9:00 AM – 9:15 AM  **Opening Remarks**  
*Tamkin Auditorium B-130*

9:15 AM – 10:05 AM  **“Healing Humankind One Patient at a Time”**  
*Tamkin Auditorium B-130*

- **David T. Feinberg, MD, MBA**, President of UCLA Health System, CEO of UCLA Hospital System, and Associate Vice Chancellor of UCLA Health Sciences

10:05 AM – 10:20 AM  **Rotate to next workshop**

10:20 AM – 11:10 AM  **Session 1: The Philosophy of Healing: Whole Medical Systems in Integrative Medicine**

- **“Osteopathy: Restoring Natural Balance within the Body, Tamkin Auditorium B-130**
  Payam Hakimi, DO, ABFP, Body of Harmony: Institute of Health & Healing
- **“Ayurveda in Disease Management,” Room B-124A&B**,  
  Rammohan Rao, PhD, CAS, RYT, The Buck Institute
- **“An Overview of Chinese Medicine and Its Application in Integrative Health and Healing,” Room B-120**  
  Lan Kao, LAc, Dipl. Ac. & C.H., UCLA Center for East West Medicine

11:10 AM – 11:20 AM  **Rotate to next workshop**

11:20 AM – 12:10 PM  **Session 2: Is Your Mind and Body In Harmony? : Mind-Body Therapies in Integrative Medicine**

- **“The Use of Tai Chi and Yoga for Treatment and Prevention of Mood and Cognitive Disorders of Aging,” Tamkin Auditorium B-130**  
  Helen Lavretsky, MD, UCLA Semel Institute for Neuroscience and Human Behavior
- **“The Basics of Mindfulness for Self-Care and Stress Management,” Room B-124A&B**  
  Marvin G. Belzer, PhD, UCLA Mindful Awareness Research Center

12:10 PM – 1:10 PM  **Lunch**

- Informal networking with Dr. Ka-Kit Hui and speakers
- Tabling: Laura Sharpe, Founder of Artists for Trauma

1:10 PM – 1:15 PM  **Rotate to next workshop**
Session #3: But is it All a Pipe Dream? Finding Integrative Medicine in Clinical Care and Research

- “Say Hello to Your Little Friends: How Gut Bacteria Impact Human Health,” Tamkin Auditorium B-130
  Sarkis Mazmanian, PhD, California Institute of Technology
- “Clinical Integrative Medicine -- Experiences from Outpatient and Inpatient Settings at the UCLA Center for East-West Medicine,” Room B-124A&B
  Andrew Shubov, MD, UCLA Center for East West Medicine
- “Research In Chinese Medicine: Quantitative & Qualitative Approaches,” Room B-120
  Sonya Pritzker, LAc, PhD, UCLA Center for East-West Medicine

2:05 PM – 2:15 PM
Rotate to next workshop

2:15 PM – 3:05 PM
“All Roads Lead to Integrative Medicine: Professional Panel”
Tamkin Auditorium B-130

- Bobby Nourani, DO, Osteopathic Physician, Vital Osteopathy
- Zhaoping Li, MD, PhD, Professor of Medicine and Chief of the Division of Clinical Nutrition, UCLA David Geffen School of Medicine
- Justin Laube, MD, Primary Care East-West Fellow, UCLA Center for East West Medicine
- Dawn M. Upchurch, PhD, LAc, Professor, Department of Community Health Sciences, UCLA Fielding School of Public Health

3:05 PM – 3:40 PM
Break & Light Refreshments

3:40 PM – 3:55 PM
Return to auditorium

3:55 PM – 4:45 PM
“How the World Can Benefit from an Innovative Integrative Health Model”
Tamkin Auditorium B-130

- Ka-Kit Hui, MD, FACP, Professor and Director of the UCLA Center for East-West Medicine, Chair of the Collaborative Centers of Integrative Medicine

4:45 PM – 5:00 PM
Closing Remarks & Raffle
Tamkin Auditorium B-130
D **David Feinberg, MD, MBA**  
**University of California Los Angeles**

Dr. David T. Feinberg has been CEO of UCLA's hospitals and Associate Vice Chancellor of UCLA Health Sciences since 2007. In July 2011, he assumed the position of President of UCLA Health System, overseeing all aspects of UCLA Health, its four hospitals — Ronald Reagan UCLA Medical Center, Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA and Mattel Children's Hospital UCLA and UCLA Medical Center, Santa Monica — and the UCLA Faculty Practice Group. Each year, UCLA's hospitals treat more than 45,000 patients, and 2 million patients are seen in UCLA's 150 community offices. Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica, are ranked No. 5 in the nation by U.S. News & World Report, and Ronald Reagan UCLA Medical Center has been ranked “Best in the West” for 27 consecutive years.

*Modern Healthcare* named him among the “50 Most Influential Physician Executives and Leaders” in the United States for 2014. Dr. Feinberg is a clinical professor of psychiatry in the David Geffen School of Medicine at UCLA.

Along with his dedication to upholding the highest clinical standards for patient care and safety, Dr. Feinberg is committed to enhancing the patient experience. Under his leadership, patient satisfaction scores have reached the 99th percentile in many areas.

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**Ka-Kit Hui, MD, FACP**  
**University of California Los Angeles Center for East-West Medicine**

Ka-Kit Hui, MD, FACP is the Wallis Annenberg Professor in Integrative East-West Medicine and Professor and Director of the UCLA Center for East-West Medicine at the Department of Medicine of the David Geffen School of Medicine. He is also the Chair of the Collaborative Centers of Integrative Medicine at UCLA. Dr. Hui, a Fellow of the American College of Physicians, is an internationally acclaimed scholar and board-certified in Internal Medicine and Clinical Pharmacology, with an expertise in Geriatrics. He is a recognized authority on Chinese Medicine and integrative medicine, and is bilingual in Chinese and English. Dr. Hui founded the UCLA Center for East-West Medicine in 1993, which is one of the first integrative medicine centers in the United States. He has developed a
model system of comprehensive care that is a patient-centered, problem-solving approach emphasizing health promotion, disease prevention, treatment, and is safe, effective, affordable and accessible to all.

Session 1: The Philosophy of Healing: Whole Medical Systems in Integrative Medicine

**Lan Kao, LAc, Dipl.Ac. & C.H.** is a Chinese medicine practitioner and license acupuncturist. She is currently a Clinical Specialist at the UCLA Center for East-West Medicine and is also in private practice. Born in Vietnam and raised in the United States, Lan Kao earned her B.A. at UCLA and her master’s degree in traditional Chinese medicine at Yo San University of TCM. She went on to do post-graduate Chinese medicine studies abroad in major hospitals within China and privately with traditional Japanese acupuncture masters in Japan. She originally started her career in Hawaii where she served as an appointed member on the Hawaii State Board of Acupuncture, appointed member on the Acupuncture Advisory Committee for the Regulated Industries Complaints Office (RICO) under the Hawaii Department of Commerce & Consumer Affairs, and elected member on the Board of Director for the Hawaii Acupuncture Association. Lan Kao was also an Instructor and Lecturer at the Institute for Clinical Acupuncture and Oriental Medicine in Honolulu. She was a member and facilitator for the International Yan Xin Life Science and Technology Association, which is an internationally recognized Qi Gong association. Lan Kao has been in practice for over fifteen years and has treated a variety of conditions and diseases. She is the first acupuncturist in the United States to be hired by the Department of Defense (DoD) to work on an Integrative Pain and Rehabilitation Program for the military. She is also a Bioreprogramming practitioner and incorporates the mind-brain-body model, along with Chinese medicine, in her approach to patient care.

**Rammohan Rao, PhD, CAS, RYT,** holds a doctorate degree in Biochemistry and Neurosciences and works as a Research Associate Professor at the Buck Institute for Age Research in Novato, CA. His research focus is in the areas of Endoplasmic Reticulum stress, neuronal cell death and mechanisms of age-associated neurodegenerative diseases. He has more than 15 years of research and teaching experience and has published nearly 50 peer reviewed papers in scientific journals and chapters in a couple of textbooks. Dr. Rao has supervised, trained, or mentored several high school students, college interns, research technicians and post-doctoral fellows. He is a scientific reviewer for several leading biological journals and has also presented his work at several institutions. Dr. Rao is also a certified Clinical Ayurvedic Specialist and a faculty teacher at the California College of Ayurveda. He is a dedicated Hatha yoga practitioner and is a registered yoga teacher from Yoga Alliance USA. In his spare time he offers consultations in YAMP techniques (Yoga, Ayurveda, Meditation & Pranayama).
Payam Hakimi, DO, ABFP, is a Board Certified Family Physician who has had diverse medical training and has combined his knowledge of western medicine with specialized alternative medical modalities to create an integrative and comprehensive medical practice. He completed his undergraduate work at UCLA, followed by medical school at Touro University. He obtained his Doctor of Osteopathy degree at Western Health and Sciences University and performed his residency at LAC+USC, a program of which he later became the Chief Resident. He is an Osteopath by training & has helped his clients through establishing the normal circulatory, lymphatic, and nervous flow of the body. Dr. Hakimi has tailored his treatment plans according to his holistic approach and understanding of the human physique, physiology, and psyche. All treatment plans are constructed with primary focus on the individual. He strongly emphasizes educating and informing his clients regarding their conditions. At Body of Harmony, Dr. Hakimi offers an East-West medical practice which encompasses Osteopathic structural fitness, hormonal and chemical balance through natural medications and detoxification, adjunctive clinical Homeopathy, coaching and counseling, and healing.

Session 2: Is Your Mind and Body In Harmony? : Mind-Body Therapies in Integrative Medicine

Helen Lavretsky, MD, is a Professor In-Residence in the Department of Psychiatry at UCLA and a geriatric psychiatrist with research interests in geriatric and caregiver mood disorders, along with integrative medicine. After receiving her Medical Degree from the Moscow Medical Institute, Dr. Lavretsky performed her residency in Psychiatry at the UCLA-San Fernando Valley Residency Program, followed by the UCLA Fellowship in Geriatric Psychiatry, and the national VA Research Fellowship in Neurosciences. She received her Degree of Master of Science in Clinical Research from UCLA in 2004. Dr. Lavretsky also is a recipient of the Career Development awards from NIMH and other prestigious research awards. Her current research studies include investigations of psychopharmacological treatment of geriatric depression, neuroimaging, and genetic biomarkers of treatment response, and integrative and mind-body medicine for mood and memory in older adults.

Marvin G. Belzer, PhD, is an Adjunct Associate Professor in the Department of Psychiatry and Biobehavioral Sciences at UCLA, and also the Associate Director of the UCLA Mindful Awareness Research Center. He obtained his PhD in philosophy and was a Professor of Philosophy at Bowling Green St. University in Ohio for many years, where he began teaching a mindfulness course for credit in 1998. Dr. Belzer teaches a wide variety of courses on mindfulness at UCLA, and works closely with Dr. Diana Winston.

Session 3: But is it All a Pipe Dream? Finding Integrative Medicine in Clinical Care and Research

Sarkis K. Mazmanian, PhD, is the Louis & Nelly Soux Professor of Microbiology in the Division of Biology & Biological Engineering at the California Institute of Technology (Caltech). Dr. Mazmanian is a Phi Beta Kappa graduate from the University of California, Los Angeles, where he also received his PhD training in microbiology and immunology studying the mechanism by which Gram-positive pathogens anchor surface protein adhesins during bacterial infection. He was also a Helen Hay Whitney Post-doctoral Fellow at Harvard
Medical School where he studied how symbiotic bacteria promote healthy maturation of the immune system. He was promoted to assistant professor at Harvard Medical School in 2006, and later that year moved to Caltech. Dr. Mazmanian has won numerous awards including a Searle Scholar, Young Investigator of the Year at Harvard Medical School, Damon Runyon Innovation Award, was named by Discover Magazine as one of the “Best Brains in Science under 40” and recently received the MacArthur Foundation “Genius” award. His laboratory focuses on the study of beneficial bacterial molecules from the human gut microbiome as novel therapies for immunologic and neurologic disorders. He is a founder of 2 biotech companies and serves on the Scientific Advisory Board for over a dozen companies, academic centers and non-profit foundations.

Andrew Shubov, MD, obtained his medical degree from the University of Southern California Keck School of Medicine and subsequently completed his residency in Internal Medicine at Cedars-Sinai Medical Center in Los Angeles, CA. He is currently a clinical fellow at the UCLA Center for East-West Medicine as well as a hospitalist at UCLA Santa Monica Hospital. He particularly enjoys working to bring integrative therapeutic approaches to the care of chronic conditions including inflammatory bowel diseases, autoimmune disorders, heart failure and cancer. He feels that the integrative East-West approach is an excellent companion to the modern medical approach as it incorporates the treatment of the whole individual as well as minimizes side effects of common modern therapies. His long term professional interests include the establishment of an inpatient Integrative Medicine service at UCLA.

Sonya Pritzker, LAc, PhD, is a medical anthropologist and a licensed practitioner of Chinese medicine. She is an Assistant Professor in the UCLA David Geffen School of Medicine Department of Medicine, where she is affiliated with the Division of General Internal Medicine as well as the UCLA Center for East-West Medicine. She is also part-time research faculty in the Pacific College of Oriental Medicine doctoral program. Her research focuses on clinical research methodologies and clinical translation in integrative medicine, the treatment of obesity with Chinese medicine, and the development of Chinese medical psychology in the U.S. and China. For her doctoral work in anthropology (UCLA), she researched the global clinical translation of Chinese medical knowledge, including the linguistic choices of specific translators as well as the transfer of research findings into clinical practice. Prior to this, she studied the treatment of anxiety and depression with Chinese medicine in China. She is fluent in Chinese and has spent many years living and conducting research in Beijing, China.

All Roads Lead to Integrative Medicine: Professional Panel

Bobby Nourani, DO, began his college education at the University of California San Diego, where he received a bachelor's degree in Biochemistry & Cell Biology with a minor in Health Care & Social Issues. After spending the next year assisting the physicians at the Osteopathic Center for Children, seeing countless beautiful improvements in newborns and young adults, he was convinced of the power of Osteopathy.

The following four years included standard medical education with additional training in Osteopathic Manual Medicine (OHM), after which he received his medical degree from Midwestern University-Arizona College of Osteopathic Medicine. Then next three years were
spent completing an internship and residency training in Family Medicine & Osteopathic Manipulative Medicine (OMM) at Pacific Hospital of Long Beach. He spent the next three years completing internship and residency training in Family Medicine and OMM at the Pacific Hospital of Long Beach, which included advanced training and osteopathic treatments of newborns, pregnant, post-operative, cardiothoracic, orthopedic, and general medical inpatients. In his last year of residency, he accepted the position as Co-Chief Resident.

Additionally, he has spent over 5000 hours honing his Osteopathic skills, training with Osteopathic physicians throughout the U.S., and attending numerous advanced courses. He also continues to assist the medical team of the AVP Professional Beach Volleyball Association, performing Osteopathic manipulation on countless professional athletes, including U.S. Olympic Gold Medalists.

ZhaoPing Li, MD, PhD, is Professor of Medicine and Director of the Center for Human Nutrition, and Chief of the Division of Clinical Nutrition at the Center for Health Sciences/Ronald Reagan Medical Center and at the University of California, Los Angeles. She received her medical training and doctorate in Physiology from Beijing University, China. She is Board Certified in Internal Medicine and a Physician Nutrition Specialist. Dr. Li’s primary areas of research and clinical practice are in treatment and prevention of obesity and obesity-associated disease including prominently the role of nutrition, phytochemicals, and botanical dietary supplements in the prevention and treatment of cardiovascular disease. She has been Principal Investigator for over 50 investigator-initiated, NIH and industry- sponsored clinical trials and published over 50 peer-reviewed papers in journals such as JAMA, Annals of Internal Medicine, American Journal of Clinical Nutrition, Journal of American Dietetic Association, and the Journal of Biological Chemistry.

Justin Laube, MD, is a Minnesota native who graduated with a B.S. in Biology from the University of Wisconsin-Madison and a M.D. from the University of Minnesota Medical School. During medical school he was inducted into the Alpha Omega Alpha Honor Medical Society, and completed a Graduate Certificate in Integrative Therapies & Healing Practices from the University of Minnesota’s Center for Spirituality and Healing. He completed his residency in Internal Medicine at UCLA in their Primary Care Track. He is currently pursuing his life-long passion for learning complementary and integrative approaches to care with a fellowship in East-West Primary Care and is helping to build a patient-centered medical home at the UCLA Center for East-West Medicine. As a primary care physician, he has a desire to work with patients interested in working as a team to achieve their personal health and wellness goals through the best of both western and integrative & holistic approaches. His clinical and academic interests are in patient-generated health data, motivational interviewing, psychosomatic medicine, mindfulness meditation, traditional healing practices and holistic nutrition. He enjoys international travel, surfing, listening to world music, cooking, and hiking.

Dawn M. Upchurch, PhD, LAc, is professor at the UCLA Fielding School of Public Health, in the Department of Community Health Sciences. Dr. Upchurch is a health demographer and epidemiologist by training and has conducted over two decades of research on numerous aspects of women’s health, most recently investigating how environmental and social factors “get under the skin” to impact physiological regulation. In 2005 she was awarded a
prestigious mid-career K award from the National Centers of Complementary and Alternative Medicine (NCCAM) of the NIH to train and conduct research in Traditional Chinese Medicine (TCM) and women’s health. As part of that training, she completed the 4-year program in Chinese Medicine and is now also a licensed acupuncturist and herbalist. She has conducted several CAM studies, including determinants and reasons for women’s use of acupuncture, emphasizing the importance of wellness and well-being for seeking TCM care.
Students for Integrative Medicine 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, acupuncture shadowing at the Yo San University of Traditional Chinese Medicine, and networking with the UCLA Collaborative Centers for Integrative Medicine (CCIM). Through all of our projects, SIM aims to promote "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, wellbeing, 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
Planning Committee and Advisors

SIM at UCLA Undergraduate Group

Minna Ding
Director
Microbiology, Immunology, and Molecular Genetics
B.S. Candidate 2016

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

Melody Ma
Logistics Co-Chair
Biology
B.S. Candidate 2015

Jennie Li
Fundraising Co-Chair
Linguistics
B.A. Candidate 2015

Changchang Zhang
Fundraising Co-Chair
Biochemistry
B.S. Candidate 2016

Jessica Lee
Designer
Microbiology, Immunology, and Molecular Genetics
B.S. Candidate 2015

Michelle Nguyen
Publicity Chair
Psychobiology
B.S. Candidate 2015

Lilian Chou
Programming Co-Chair
Environmental Science
B.S. Candidate 2016

Erica Larusson
Programming Co-Chair
Biology
B.S. Candidate 2015

Michelle Mo
Programming Co-Chair
Biology
B.S. Candidate 2015
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
- UCLArts 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
The Academy of Integrative Health & Medicine (AIHM)
is an organization of health professionals, students and citizens working together to put health and care back into health care. By combining science and compassion, we are establishing a new paradigm of health care for humanity and the planet.

“The sense of connection, love and support that permeated the conference is hard to describe but it was truly vivifying. I am excited about being a part of the revolution coming in medicine, spearheaded by the leaders and members of the AIHM.”  
- Scott Gremillion, MS4

Connect & Collaborate
Join Your Community Today
The Academy unites the many voices in integrative health to build bridges between disciplines and transform health and medical care. We invite you to join us as a student member and enjoy the following benefits.

Community
Participate in online forums, regional chapters and our developing mentorship program, or get involved by joining one of our committees.

Discounts & Student Rates
Academy members receive a 15 percent discount on all Academy E-learning materials. Our student membership rate is also heavily discounted at $50 per year.

Learn
Begin Your Journey Here
Education is an essential area of focus for the Academy. We offer programs for a broad range of disciplines and levels of expertise to translate the science of health, healing and self-care into practice.

Online Education
Our online modules focus on topics such as wellness, prevention, health promotion and evidence-based integrative therapies.

Annual Conference
Join us for our annual conference People, Planet, Purpose: Global Practitioners United in Health & Healing, Oct. 24-29, 2015 in San Diego. This unique educational experience provides an opportunity for personal renewal and meaningful connection with other participants and our faculty. Special student rates are available.

Find out more at www.aihm.org
ARTISTS for TRAUMA
WHERE RECOVERY IS AN ART

AFT supports the 2015 UCLA ASCIM Conference in educating the world on the effective and empowering value of Integrative Medicine.

Exploring Integrative Medicine from a Clinical to Global Scale

Artists for Trauma (AFT) is a 501c3 non-profit organization dedicated to enriching the lives of adult, civilian and military trauma survivors by pairing recovering patients with established artists from various disciplines and promoting evidence based integrative, whole-person healing resources.

Healing through art is a proven pathway for trauma survivors to positively re-connect with themselves, their families and community. Trauma survivors can create a new version of their life—physically, mentally and emotionally.

By pairing recovering survivors with professional volunteer artists from various art disciplines, AFT’s art healing programs aim to expedite quality recovery from life altering trauma. Through artistic expression and human connection, Artists for Trauma provides a free of charge, creative portal, for survivors to process complex emotions, regain confidence and build self-acceptance.

Creativity, Connectivity, Community—It Takes a Village!

Artists for Trauma (AF) is a 501c3 non profit in collaboration and partnership with UCLA Center for East West Medicine, UCLA Arts and Healing, and Ventura County Medical Center’s Trauma Department, a Level 1 Trauma Hospital. Ventura County Medical Center is the only Ventura County academic teaching hospital with a residency affiliated with the UCLA School of Medicine. ©2015 Artists for Trauma.

WWW.ARTISTSFORTRAUMA.ORG