

# Annual Conference for Integrative Medicine

*Your Role in I.M.*



Saturday, February 2<sup>nd</sup>, 2013

9 AM – 3 PM

Neuroscience Research Building (NRB)  
Auditorium, UCLA

**Our Mission:** We hope to inspire undergraduate students, medical students, health professionals, and anyone interested in well-being to learn how integrative medicine (IM) can make us happier and healthier members of society and the potential role integrative medicine plays in reshaping our healthcare system.

***Integrative Medicine (IM)** is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.*

Developed and adopted by the **Consortium of Academic Health Centers for Integrative Medicine**, November 2009

# A Word of Welcome

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Dear Friends,

It is an honor to welcome you to our second Annual Conference on Integrative Medicine, organized by Nutrition, Complementary, and Alternative Medicine (NCAM), an undergraduate student group at UCLA, and supported by the Integrative Medicine Student Interest Group (IMSIG) at the David Geffen School of Medicine, UCLA Center for East-West Medicine (CEWM), and UCLA Collaborative Centers for Integrative Medicine (CCIM).

We have planned this conference to serve as your compass for navigating Integrative Medicine, whether you are already involved in it or are completely new to the concept. My own awareness of Integrative Medicine (IM) grew from a curiosity to an understanding and passion, a change which was largely influenced by my participation in the UCLA summer course, Integrative East-West Medicine for Health and Wellness (MED 180), taught by Dr. Ka-Kit Hui, founder and director of UCLA CEWM. After listening to professionals from various backgrounds speak about their work in Integrative Medicine, I realized that I wanted to see Integrative Medicine in our generation's future.

IM is important because I believe that there is an inherent interconnectedness within our world and within the human body that is absolutely essential to health and healing. In much the same way that the natural world maintains a delicate balance, the human body maintains a harmony between systems that allows us to experience good health. When we are healthy, everything seems more possible, as our bodies are the means through which we experience the world, travel to the places we wish to go, and do the things we care about. Additionally, our health, or lack of it, is deeply intertwined with the society that we live in and our current healthcare system. In its recognition of the need to look at the whole individual and the relationship between the individual and the environment, Integrative Medicine capitalizes on the interconnectedness that can shift our view of healthcare away from disease and towards well-being at both personal and societal levels.

Integrative Medicine is not a new concept, but as you will see today, is one that is not yet mainstream and is gradually gaining momentum. On this day, I encourage you to realize that by sharing what you have learned about IM with others and supporting IM in your endeavors, you, too, can contribute to the healing of healthcare. This conference is an opportunity to shape the society in which we live in a powerful and important way, and I am truly excited for what we will learn and experience together. Thank you and I hope you have a wonderful time!

Sincerely,

A handwritten signature in black ink, appearing to read 'Vivianne Chang', with a stylized, flowing script.

Vivianne Chang

Chair of Programming Committee, Annual Conference for Integrative Medicine  
Public Relations Director, NCAM at UCLA

# A Message from Our Advisor

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Dear Friends and Colleagues,

I extend warm welcome to you to the 2013 Annual Conference on Integrative Medicine. This year the Conference is primarily organized by a group of highly motivated students from the undergraduate group Nutrition, Complementary and Alternative Medicine (NCAM), at the University of California, Los Angeles (UCLA). They have enlisted leading practitioners and researchers from UCLA and the community as speakers and mentors. We are also honored by the special appearance of Mr. John Weeks, who has travelled from afar to be our keynote speaker.

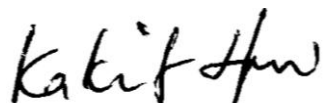
The Conference theme this year is twofold, to introduce the latest developments in Integrative Medicine and to reveal the many paths toward careers in integrated healthcare. Our ultimate objective is to inspire and motivate the younger generation to join forces in the endeavor to improve our healthcare system through combining the best in Eastern and Western medicine, be it through medicine, public health, nursing, health coaching, legislation, or public policy.

This year marks a significant milestone for the UCLA Center for East-West Medicine – the 20th year of its founding. For twenty years, the Center has flourished and become a comprehensive institution to encompass clinical, educational and research programs. One of my top priorities has been to transform the thinking of the new generation of leaders in medicine and healthcare. Therefore, this Conference cannot be more fitting as an inaugural event that launches a series of special activities to celebrate the Center's anniversary.

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 extended her life for eight more years despite her extensive metastatic breast cancer. The Shirley Hui Memorial Fund, created in her memory, provided the major financial backing for this Conference, as well as several types of scholarships to encourage more aspiring students to learn and grow in this field.

In conclusion I wish to acknowledge the group of students and Center staff who have worked tirelessly to organize this conference. I am deeply moved by their enthusiasm, passion, as well as their demonstration of leadership. We hope you take to heart what you learn from this experience and pass on the knowledge to your colleagues, friends, and family to inspire others to join this important movement for the future of healthcare.

Sincerely,



Wallis Annenberg Chair of Integrative East-West Medicine  
Professor and Founding Director of the Center for East-West Medicine,  
Department of Medicine, UCLA David Geffen School of Medicine

# Program

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**8:00 – 9:00AM Registration & Breakfast**

**9:00 – 9:10AM Welcome/Opening**

**9:10 – 9:50AM The Movement for Integrative Medicine and Health: Origins, the Present, and Trends that May Shape Choices for Your Future**

John Weeks, *The Integrator Blog*

**9:50 – 10:50 AM Clinical Paths in IM: Challenges and Opportunities**

Mary Hardy, MD, *UCLA Simms/Mann Center for Integrative Oncology*

Edward Hui, MD, *UCLA Center for East-West Medicine, General Internal Medicine*

Myles Spar, MD, MPH, *Venice Family Clinic*

Lawrence Taw, MD, *UCLA Center for East-West Medicine*

**10:50AM – 12:00PM IM in the Community through the Creative Arts Therapies**

Ping Ho, MA, MPH, *UCLArts and Healing*

Robert Carroll, MD, *National Association for Poetry Therapy*

Erica Curtis, MFT, ATR-BC, *Loyola Marymount University*

Pamela Dunne, PhD, RDT/BCT, *Drama Therapy Institute of Los Angeles*

Judith Pinkerton, MT-BC, *American Music Therapy Association, Western Region*

Lora Wilson Mau, MA, BC-DMT, *American Dance Therapy Association, Southern California Chapter*

**12:00 – 1:00PM Meet the Faculty Luncheon**

**1:00 – 2:00PM Research & Healthcare Policy: Driving IM Forward**

Ryan Abbott, MD, JD, MSTOM, *Southwestern Law School*

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

Sonya Pritzker, PhD, LAc, *UCLA Center for East-West Medicine*

Bruce Naliboff, PhD, *UCLA Gail and Gerald Oppenheimer Family Center for Neurobiology of Stress*

**2:00 – 2:30PM Self-Care through Acupressure**

Suzie Kline, PhD, CNP, LAc, *Huntington Memorial Hospital*

**2:30 – 2:50PM IM: It Begins with You**

Ka-Kit Hui, MD, FACP, *UCLA Center for East-West Medicine*

**2:50 – 3:00PM Closing Remarks**

# Keynote Speakers

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## **John Weeks**

### **The Integrator Blog**

John Weeks has been involved in the integrative health movement for nearly 30 years as writer, organizer, and executive. He has consulted on integrative health projects with such organizations as the AHA, NIH, Institute for Health and Productivity Management, World Health Organization, American Association of Naturopathic Physicians, Washington State Office of the Insurance Commissioner, academic programs at the universities of Maryland, Stanford, Arizona and Washington, health systems such as Deaconess (Indiana), Baptist (Jacksonville) and Franciscan (Tacoma).

Weeks organized annual multi-stakeholder Integrative Medicine Industry Leadership Summits (2000-2002), raised start-up funds for the Integrated Healthcare Policy Consortium (2001-), directed the 12-profession National Education Dialogue to Advance Integrated Care: Creating Common Ground (2004-2006), and co-founded and presently directs the Academic Consortium for Complementary and Alternative Health Care (2004-). On behalf of ACCAHC, Weeks serves as an active, alternate member of the Institute of Medicine Global Forum on Innovation in Health Professional Education and on the steering committee of the HRSA-funded National Coordinating Center for Integrative Medicine.

Since the mid-1990s, Weeks has produced the principal newsletter on the policy and business of integration, now via the Integrator Blog News & Reports (<http://www.theintegratorblog.com/>). He produces related columns for Integrative Practitioner, Integrative Medicine: A Clinician's Journal, The Pain Practitioner (AAPM) and The Huffington Post. Weeks attended Stanford University for three years, studying history. Three institutions have granted Weeks honorary doctorates for his work.



## **Ka-Kit Hui, MD, FACP**

### **UCLA Center for East-West Medicine**

Ka-Kit Hui, MD, FACP is the Wallis Annenberg Professor in Integrative East-West Medicine and Founder 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, 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. Dr. Hui has worked with the National Institute of Health, U.S. Food and Drug Administration, World Health Organization, Blue Cross, Blue Shield, Health Net, the pharmaceutical industry, medico-legal firms, and the media. He has published over 100 articles, papers, abstracts and book chapters, in English and Chinese. Dr. Hui serves on the editorial boards of the Chinese Journal of Integrative Medicine, Journal of Chinese Medicine, China Anesthesia and Analgesia, eCAM Journal, and Cancer Survivorship. He has been featured in print, radio, television, cable news, and on CCTV, ABC, CBS, NBC, PBS and the Discovery Channel. Dr. Hui has been awarded numerous grants in areas including integrative medicine, acupuncture, herbal medicine, asthma, aging, autonomic system regulation, pharmacology and medical education. He also holds honorary and visiting professorship in universities in China, Hong Kong, Korea, and Australia.

# Clinical Paths in IM: Challenges & Opportunities

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**Mary Hardy, MD**, board certified in internal medicine and a specialist in botanical and integrative medicine, has actively combined complementary and alternative therapies with traditional Western medicine for over twenty years in both her clinical practice and research projects. In 1998, she founded the Integrative Medicine Clinic at Cedars-Sinai and more recently, participated in a NCCAM funded research project that evaluated the barriers and facilitators of Integrative Medicine practice based on her clinic. She was also the co-principle investigator in a number of systematic reviews of CAM topics conducted in the Evidence Based Practice Center at RAND. Subsequently, she served for two and half years as the Associate Director of the UCLA Botanical Research Center, funded by the Office of Dietary Supplements. Currently, Dr. Hardy is the Medical Director of the Simms/Mann-UCLA Center for Integrative Oncology. This program serves the psychosocial and integrative medicine needs of patients and their families throughout the spectrum of cancer care. She has recently served as the Co-director of the Integrative Medicine Health and Wellness Program at the Venice Family Clinic, the largest free clinic in the United States. A successful multi-disciplinary clinical program for the management of chronic pain has been established as a result of this project.

**Edward Kwok-Ho Hui, MD** obtained his medical degree from the David Geffen School of Medicine at UCLA in 2001 and completed his internal medicine residency at the Center for Health Sciences-UCLA in 2004. Subsequently, his two years in the VA-UCLA Geriatric Medicine Fellowship included training with the UCLA Center for East-West Medicine. He currently is Assistant Clinical Professor in the Division of General Internal Medicine and Health Services Research, Department of Medicine at UCLA where he is active in clinical care and teaching as a general internist with background in integrative East-West medicine and geriatric medicine. He feels that primary/continuity care would benefit greatly from increased appreciation of values and utilization of approaches championed by geriatrics and integrative East-West medicine and that they must play a role in redesign of primary care going forward.

**Myles Spar, MD, MPH**, is Director of Integrative Medicine at Venice Family Clinic's Simms/Mann Health and Wellness Center, as well as Director of the Clinic's HIV Services. A clinical instructor in Internal Medicine and Family Medicine at the David Geffen School of Medicine at UCLA, Dr. Spar is actively engaged in research and writing about quality of care and integrative medicine. Board certified in Internal Medicine, Dr. Spar obtained his medical degree from the University of Michigan, completed his residency in Internal Medicine at Tulane University, and earned a Masters in Public Health from UCLA. He has served as a volunteer and Board Member of Doctors Without Borders from 2001 to 2007.

**Lawrence Taw, MD**, is an Assistant Clinical Professor at the UCLA Center for East-West Medicine, Department of Medicine, David Geffen School of Medicine at UCLA. He graduated with his B.S. in Biomedical Sciences from the University of California, Riverside and M.D. from the UCLA School of Medicine. He completed his residency in Internal Medicine at Santa Clara Valley Medical Center, an affiliate of Stanford University along with a fellowship in Integrative Medicine at the UCLA Center for East-West Medicine, and has obtained his Master of Science in Oriental Medicine. He is board-certified by both the American Board of Internal Medicine and the American Board of Integrative and Holistic Medicine as well as in Oriental Medicine, Acupuncture, and Herbology by the National Certification Commission for Acupuncture and Oriental Medicine. As director of the Integrative East-West Inflammation program, he is currently collaborating with the division of Rheumatology at UCLA to utilize an integrative medicine approach on patients referred with various inflammatory joint and connective tissue diseases. He is also partnering with the UCLA Center for Esophageal Disorders and the division of Digestive Diseases to establish a unique program and optimize care for patients with functional gastrointestinal disorders.



# IM in the Community through the Creative Arts

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**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 through sustainable programs and strategic partnerships ([uclartsandhealing.net](http://uclartsandhealing.net)). 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 the founding administrator. She was also the founding administrator for the UCLA Cousins Center for Psychoneuroimmunology (PNI), which led to the privilege of writing for Norman Cousins and co-writing the professional autobiography of George F. Solomon, MD, founder of the field of PNI. 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, 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 on the Council of Advisers for the Academic Consortium for Complementary and Alternative Health Care.

**Poetry Therapy:** Robert Carroll, MD is a family psychiatrist and poet, and is on the Clinical Faculty at UCLA. He serves as Vice President of The National Association for Poetry Therapy and Program Chair of the Southern California region. In a current project he pairs poets with brain cancer patients in UCLA's Department of Neuro-Oncology to have the poets help the patients find the words to express their experience. As a poet he has been on the Los Angeles Performance Poetry Slam Team, and has toured and read his work nationally. Dr. Carroll has published an article entitled, "Finding the Words to Say It: The Healing Power of Poetry," in the new scientific journal, *Evidence-Based Complementary and Alternative Medicine*, and has co-authored an article entitled, "Wisdom Poetry Triologue," in the current *Journal of Poetry Therapy*.

**Art Therapy:** Erica Curtis, MFT, ATR-BC is a board certified art therapist and marriage and family therapist. She is a faculty member at the Loyola Marymount University Department of Marriage and Family Therapy with a specialization in art therapy and recently completed 6 years serving on the board of directors of the American Art Therapy Association. In addition to having a private practice and supervising interns, she was formerly clinical director at a widely respected Los Angeles non-profit agency, The Help Group. She 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). She has written several articles for Special Education Advisor and has been published in the *Journal of Clinical Art Therapy*.

**Drama Therapy:** Pamela Dunne, PhD, RDT-BCT, is a registered drama therapist, board certified. She serves as Director of the Drama Therapy Institute of Los Angeles and Professor Emeritus at California State University, Los Angeles. Her newest book, released in 2010 is *Double Stick Tape: Poetry, Photography, Drama and Narrative with Adolescents in Therapy and Education*. Other recent books include; *The Narrative Therapist and the Arts: Second Edition* and *Narradrama: Integrating Drama, Narrative and the Creative Arts: Second Edition*. Dr. Dunne has served as President of the National Association for Drama Therapy and founding member of its Board of Examiners, and operates a private practice in Westwood, CA. Dr. Dunne leads a number of training programs internationally and has given workshops most recently in Croatia, Prague, Italy, Spain, Greece and Norway.

**Music Therapy:** Judith Pinkerton, MT-BC is a board certified music therapist. She is President of the Western Region American Music Therapy Association, and Founder and President of Music 4 Life™. From 1990-2010, Judith founded and managed the Center for Creative Therapeutic Arts (CCTA), the only nonprofit music therapy agency in Nevada. CCTA was home to Judith's private practice where music therapists helped children, at-risk youth, elderly, hospice, cancer and cardiac patients enhance their well-being. A classically trained violinist, Judith has performed for more than three decades in symphonies from Alaska to Switzerland and has graced star-studded orchestra pits for such celebrities as Elton John, Natalie Cole and Tony Bennett.

**Dance/Movement Therapy: Lora Wilson-Mau, MA, BC-DMT** is a board certified dance/movement therapist. She served as President of the California Chapter of the American Dance Therapy Association (ADTA) for two terms and is a long-standing member of the ADTA's Public Relations Committee. Lora graduated cum laude with honors from Wright State University with a BFA in Acting and earned an M.A. 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. She currently works in psychiatric hospitals throughout Orange County and with the elderly with Alzheimer's disease and dementia. She teaches "Nonverbal Communication and MindBody Interaction" for the California State University, Long Beach, Department of Dance.

## Research & Healthcare Policy: Driving IM Forward

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**Ryan Abbott, MD, JD, MSTOM**, is Associate Professor of Law at Southwestern Law School. He has served as a consultant on health care financing and regulation, intellectual property, and public health for international organizations, academic institutions and private enterprises including the World Health Organization, World Intellectual Property Organization and University of California, Los Angeles. Professor Abbott has published widely on issues associated with health care law and intellectual property protection in legal, medical, and scientific peer-reviewed journals. Professor Abbott is a licensed physician, attorney, and acupuncturist. He is a graduate of the University of California, San Diego School of Medicine and the Yale Law School, as well as a Summa Cum Laude graduate from Emperor's College (MTOM) and a Summa Cum Laude graduate from University of California, Los Angeles (BS). Professor Abbott has been the recipient of numerous research fellowships, scholarships and awards, and has served as Principal Investigator of biomedical research studies at University of California. He is a registered patent attorney with the U.S. Patent and Trademark Office and a member of the California and New York State Bars.

**Michael Goldstein, PhD**, received his doctoral degree in medical sociology from Brown University in 1971 and has been on the UCLA faculty since that time. He is currently Professor of Public Health and Sociology. He is also currently serving as Associate Vice-Provost for the campus in charge of the Healthy Campus Initiative. Dr. Goldstein is the author of two books (THE HEALTH MOVEMENT: PROMOTING FITNESS IN AMERICA, 1992, and ALTERNATIVE HEALTH CARE: MEDICINE, MIRACLE OR MIRAGE?, 1999.) He has studied various aspects of complementary and alternative medicine for over 30 years and has conducted research on the utilization of CAM as well as studies on support groups for cancer patients, randomized trials of chiropractic, the use of homeopathy for chronic illness, and the motivations of MDs who utilize CAM in their practices. He was the Principal Investigator on the NCI funded study of CAM use among Californians with cancer and other chronic conditions that was carried out by the California Health Interview Study. Dr. Goldstein's current work deals with the possibility of using licensed CAM practitioners to provide primary health care in the US.

**Bruce Naliboff, PhD**, is Co-Director of the UCLA Center for Neurobiology of Stress and is a Research Professor in the Departments of Medicine and Psychiatry and Biobehavioral Sciences. His research has focused on psychophysiological mechanisms of stress and pain. During his tenure at UCLA and the VA he has served as senior psychologist in the UCLA and VA Pain Management programs and Health Psychology Consultation services. Dr. Naliboff's studies include investigations of stress effects on the immune system, glucose regulation in diabetes, and cardiovascular variables. His work in functional gastrointestinal disorders and irritable bowel syndrome (IBS) includes perceptual, autonomic, and brain

imaging studies of visceral sensation, and the role of psychosocial variables in the presentation, course and treatment of IBS. A major emphasis of his current work is the relationship between central stress mechanisms and both somatic and visceral pain disorders. Dr. Naliboff has also led multiple treatment trials investigating mind body interventions for chronic pain disorders including cognitive and exposure based behavioral treatments, mindfulness meditation and Iyengar yoga. His work has been funded by the NIH, the VA and private foundations.

**Sonya Pritzker, PhD, LAc**, is a medical anthropologist and a licensed practitioner of Chinese medicine. Her research focuses on the global translation and dissemination of Chinese medical knowledge, including the linguistic choices of specific translators as well as the transfer of research findings into clinical practice, the interpretation of textbooks by teachers, and the explanation of Chinese medical concepts to patients. She is also currently involved in several research studies pertaining to the development and practice of integrative medicine and person-centered medicine in the U.S., and has previously researched the treatment of anxiety and depression with Chinese medicine in China. She is fluent in Chinese and has extensive experience studying Chinese medicine and researching both Chinese medicine and psychology in Beijing, China.

## Self-Care Through Acupressure

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**Suzie Kline, PhD, CNP, LAc**, received her doctoral degree on establishing evidence-based TCM for effective management of Metabolic Syndrome at American Liberty University. She is a certified Family Nurse Practitioner and Licensed Acupuncturist who is working as a manager and clinical specialist at Huntington Hospital within the Department of Integrative Oncology. She has completed both undergraduate and graduate work in Nursing at UCLA, and in Traditional Chinese Medicine and Acupuncture at Emperor's College in Los Angeles. She also has completed a two-year fellowship training through the Center for East-West Medicine at UCLA. Dr. Kline's clinical interests are in breast cancer, metabolic syndrome, digestive disorders, women's health, obesity, chronic fatigue syndrome, insomnia, and pain management.

# About the Organizers

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**Nutrition, Complementary and Alternative Medicine (NCAM)** is an undergraduate student group at UCLA that strives to raise student awareness for evidence-based, integrative, and whole-person approaches to medicine and health. The healthcare paradigm we support is one that is characterized not only by the elimination of disease, but by interprofessionalism, health promotion, prevention, and person-oriented care. NutritionCAM@gmail.com | [www.studentgroups.ucla.edu/ncam](http://www.studentgroups.ucla.edu/ncam)

**UCLA Center for East-West Medicine** 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, and resource development, among others.

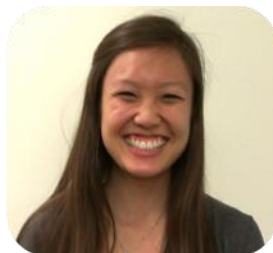
[www.cewm.med.ucla.edu](http://www.cewm.med.ucla.edu) | [exploreIM.ucla.edu](http://exploreIM.ucla.edu)

## Committee Chairs & Advisors

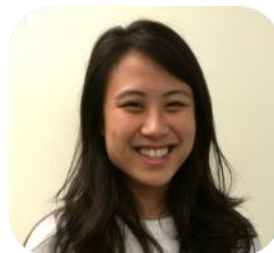
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**Vivianne Chang**  
Chair of Programming  
UCLA Undergraduate  
Class of 2014  
Human Biology &  
Society



**Katherine Diep**  
Chair of Media &  
Publicity  
UCLA Undergraduate  
Class of 2014  
Physiological Science



**Vivian Lam**  
Public Liaison  
UCLA Undergraduate  
Class of 2013  
Physiological Science



**Josephine Nguyen**  
Chair of Logistical  
Coordination  
UCLA Undergraduate  
Class of 2013  
Microbiology, Immunology, &  
Molecular Genetics (MIMG)



**Ka-Kit Hui, MD, FACP**  
Faculty Advisor  
UCLA CEWM



**Sandi Chiu, MSTOM**  
Staff Advisor  
UCLA CEWM



**Linxin Zhang, MPH**  
Staff Advisor  
UCLA CEWM

# About the Collaborators

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**David Geffen School of Medicine Student Interest Group (MSIG)** 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. MSIG 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."

[www.medstudent.ucla.edu/offices/sao/act-org/career\\_specialty.cfm#Integrative](http://www.medstudent.ucla.edu/offices/sao/act-org/career_specialty.cfm#Integrative)

**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](http://www.uclartsandhealing.net)

**Creative Minds Project** is a student group at UCLA provides and fosters a community of UCLA students who are interested in creativity research and the use of the creative arts for healing and transformation. The Creative Minds Community Service Project (CMP) aims to improve the health outcomes and quality of life of those who have a mental illness and may be homeless in Santa Monica and the greater Los Angeles area by connecting UCLA undergraduates and creative art therapy interns within a community service and mentorship network to facilitate therapy groups in drama therapy, art therapy, drumming, expressive poetry/writing, dance/movement therapy, and phototherapy.

[creativemindsatucla.wordpress.com](http://creativemindsatucla.wordpress.com)

**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 21<sup>st</sup> 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](http://www.ccim.med.ucla.edu)

## **Members of UCLA CCIM:**

Center for East-West Medicine  
Center for Excellence in Pancreatic Diseases  
Center for Human Nutrition  
Gail and Gerald Oppenheimer Family Center for  
Neurobiology of Stress  
Cousins Center for Psychoneuroimmunology  
Doctoring Program, David Geffen School of  
Medicine  
eCAM Journal

Mindful Awareness Research Center (MARC)  
Pediatric Pain Program  
Fielding School of Public Health  
RAND/Samueli Chair in Integrative Medicine  
Simms/Mann-UCLA Center for Integrative Oncology  
UCLArts and Healing  
Venice Family Clinic – Integrative Medicine Program

# Notes

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## A Special Thanks to our Sponsors:

Shirley Hui Memorial Fund, UCLA Foundation

Wallis Annenberg Foundation

Gerald Oppenheimer Family Foundation

## Organized by:



## Supported by:



CREATIVE MINDS