



6th Annual

Integrative and Holistic Nursing Conference

Bringing Healing to You and Your Patients

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

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



Course Introduction

Course Overview

This course is a unique experience that includes an evidenced-based overview of holistic and integrative nursing. The latest research on nutrition, nutraceuticals and mind-body-spirit medicine will be presented by experts in the field of integrative holistic health.

The course format includes lectures followed by afternoon interactive workshops. Whether your goal is wellness, enhanced medical knowledge or a renewed sense of spirituality, this course is for you.

What is Integrative and Holistic Nursing Medicine?

Integrative holistic nursing embraces conventional medicine and incorporates evidence-based complementary therapies that are grounded in science. Integrative holistic nursing focuses on the whole person, body, mind, spirit and emotions with a strong emphasis on the provider and patient partnership. Integrative holistic medicine is based on the following principles:

- Health is more than the absence of disease
- A person is more than their symptoms and healing requires a whole-person approach
- Empowered patients make long-term and lasting changes that support healing and optimal health
- Love, compassion and forgiveness are basic human needs which enhance healing

Target Audience

Nursing contact hours are available; however we believe that this course will also be applicable to medical doctors, physician assistants, osteopaths, midwives, pharmacists, psychologists, social workers and others who are seeking to expand their knowledge to include a body-mind-spirit approach to healing.

Educational Objectives

After attending this activity, participants should be able to:

- Identify the role of body, mind, spirit and emotions in health and healing
- Describe the difference between healing and curing
- Demonstrate a capability to treat the whole person, mind, body and spirit in any setting
- Demonstrate the importance of a provider and patient partnership in providing quality health care
- Assess and implement the importance of regular renewal and self-care for the nurse or health care provider
- Assess the research on nutrition and nutraceuticals in health
- Discuss the utilization of lifestyle change and complementary modalities in the treatment and prevention of disease

Accreditation

Board of Registered Nursing (BRN)

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

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

About Us

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



Faculty

Planning Committee



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



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



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



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

Faculty



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



Wendie Colter
CEO, The Practical Path



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



Moira Fitzpatrick, PhD, ND, FICPP, CHT
Guarneri Integrative Health Inc. at Pacific Pearl La Jolla



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



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



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



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



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



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



Leslie Teyssier, BS, CHTP
Founder, Art of Wellness San Diego



Mmi Trotter
Kundalini Yoga Instructor
Pacific Pearl La Jolla
Scripps Center for Integrative Medicine

Program

Saturday, April 30, 2016

7 a.m. Morning Renewal

Kundalini Yoga and Meditation
Mimi Trotter

Ebb & Flow®... a fitness BLISS
Denise DeForest Pastoor, MEd

8 a.m. Registration, Breakfast & View Exhibits

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

Conference Blessing
Claire D'Andrea RN

Remembering Dee Dorsey
Chris Suhar, MD

DEE DORSEY MEMORIAL LECTURESHIP

9 a.m. **Changing the Paradigm of Health and Medicine**
Mimi Guarneri, MD

10 a.m. **Getting Involved in Holistic and Integrative Nursing**
Lourdes Lorenz, RN

10:45 a.m. Break & View Exhibits

11:15 a.m. **Lead With Laughter**
Karyn Buxman, RN

Noon Lunch & Self-Care
Experiential Activities

2 p.m. Workshops

1. **Journey to Self-Healing with Healing Touch**
Rauni Prittinen King, MIH
2. **Words that Heal, Words that Harm: Connecting with Compassionate Communication**
Tarane Sondoozi, PsyD
3. **Expressive Art and Journaling**
Leslie Teyssier

3 p.m. Break & View Exhibits

3:30 p.m. Workshops Repeat

4:30 p.m. Adjourn

7 p.m. **An Evening With A Medical Intuitive**
Wendie Colter

Sunday, May 1, 2016

7 a.m. Morning Renewal

Kundalini Yoga and Meditation
Mimi Trotter

Ebb & Flow®... a fitness BLISS
Denise DeForest Pastoor, MEd

8 a.m. Breakfast & View Exhibits

8:30 a.m. **Walking the Footsteps of Florence Nightingale**
Barbara Dossey, PhD

9:30 a.m. **Biofield Medicine- The New Frontier**
Shamini Jain, PhD

10:30 a.m. Break & View Exhibits

11 a.m. **Integrative and Holistic Pain Management**
David Leopold, MD

Noon Lunch & Self-Care Experiential Activities

1:30 p.m. Workshops

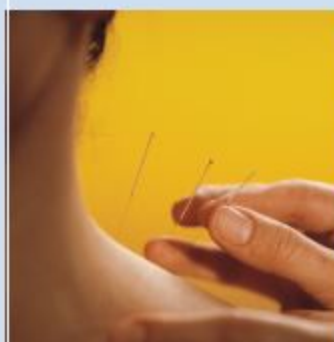
1. **Igniting Passion, Presence & Purpose: Shift from DOING to BEING**
Denise DeForest Pastoor, MEd
2. **Integrating Functional Nutrition into Self-Care and Effective Patient Management**
Kristi Hughes, ND
3. **Natural Approaches to Women's Health**
Moira Fitzpatrick, ND

2:30 p.m. Break & View Exhibits

3 p.m. Workshops Repeat

4 p.m. **Tribute to Nursing and Florence Nightingale**

4:30 p.m. Final Adjournment



Registration and Hotel Information

Conference Fees

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

Not Included: Travel costs, lodging and dinners.

Register

Online: scripps.org/integrativenursingce

Contact Scripps Conference Services & CME for questions: **858-652-5400**

	Thru March 25	March 26 - April 25	On-site after April 25
Main Conference	___ \$350	___ \$400	___ \$425
Day Rate (Saturday or Sunday)	___ \$200	___ \$250	___ \$275

Location & Hotel Information

Paradise Point Resort & Spa

1404 Vacation Road, San Diego, CA 92109

Phone: 858.274.4630

Reservations: 800.344.2626

We have a discounted room rate of \$209/night. This rate is available until April 11, 2016 and includes: Complimentary Passport to Paradise (includes complimentary guest room internet, domestic phone calls, access to fitness center and guest recreational activities) and complimentary day and overnight parking.

Please note: Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.



Attendance Policies

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee, if your cancellation is received in writing no later than April 25. Attendee substitutions are allowed, but notification must be made in writing by same date one week prior. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.