Decolonizing Medicine: Toward Equity and Inclusivity in Integrative Healthcare

Virtual Annual Conference
September 23–25, 2021

Integrative Health, Regardless of Wealth!

im4us.org/conference
TABLE OF CONTENTS

Opening Letter ................................................................. 3
Conference Team ................................................................. 4
IM4US Board of Directors ......................................................... 5
Keynote Speakers ................................................................. 6

Program Schedule:

Day 1 | Thursday, September 23 ........................................... 7
Day 2 | Friday, September 24 .................................................. 11
Day 3 | Saturday, September 25 ............................................. 15

Session Descriptions & Presenter Bios by Track:

Community Health Center / FQHC ............................................ 20
Birth & Prenatal ........................................................................ 23
Research .................................................................................. 24
Community-Based Care ......................................................... 29
Acupuncture & East Asian Medicine ........................................ 37
Autoimmune Health .................................................................. 41
Justice System ........................................................................... 42
Experiential Workshops ......................................................... 43
Group Medical Visits ............................................................ 45
Transforming Food Systems .................................................. 47
Wellness .................................................................................... 51

Conference Posters ............................................................... 54
All 2021 Presenters ................................................................. 56
Sponsors & Exhibitors ............................................................. 57
Welcome to the Integrative Medicine for the Underserved 2021 Annual Conference!

Following a year of worldwide activism, we chose this year’s conference theme of Decolonizing Medicine: Toward Equity and Inclusivity in Integrative Healthcare. You responded. The result is an exciting program of nearly 60 sessions with over 100 presenters, representing perspectives and voices often unheard in the integrative healthcare world. Welcome!

Aligned with the IM4US mission, this year’s conference advances integrative healthcare that is inclusive, anti-racist, accessible, culturally-safe, and culturally-relevant to underserved communities.

Conference tracks highlight equity-driven approaches to Trauma-Informed and Community-Based Care; Transforming Food Systems and the Justice System; Acupuncture & East Asian Medicine; Group Medical Visits; and models of integrative care delivery at Community Health Centers. The program also features wellness activities, a live cooking demonstration, and plenty of opportunities to connect with others working in this field. Whether you are a healthcare practitioner, community advocate, educator, researcher, student, administrator, or activist, we are glad you are here!

We are asking hard questions this year. As an organization, we recognize that health is profoundly determined by social and structural factors. We know that many ‘integrative’ practices (e.g., yoga, mindfulness, acupuncture) have historical roots in communities of color, and—like air and water—belong in the commons, where value goes beyond price. We understand that such practices often originate in Indigenous therapeutic paradigms that pre-date European colonization—but continue to be devalued. What does this mean for healthcare? How do we meaningfully change healthcare to respect this history while increasing access to integrative care? How do we use integrative healthcare practices to confront racism and other oppressive systems as part of the healing work we do for our patients, ourselves, and for communities?

In a moderated, interactive online environment, this year’s IM4US conference creates a safe, loving space to look toward solutions. Together, let’s explore how to build more trustworthy healthcare organizations, re-Indigenize care, expand what ‘evidence’ and ‘expertise’ mean, and honor community-based health sovereignty. Let’s lift up marginalized voices and find ways to make healthcare equitable across all communities.

We are proud of this year’s incredible lineup of keynote speakers, session presenters, posters, and community-building activities. We are grateful for the outpouring of support from our members, volunteers, donors, proposal reviewers, sponsors, and exhibitors—but most of all to you, for joining what we expect to be a transformative conference experience. Enjoy!

With Respect,
The IM4US Team
I am inspired and my hope for humanity has been replenished by these amazing three days. Big changes start with small steps.

- 2020 Conference Attendee
Jude Bornstein-Chau, MD  
**Policy Committee Co-Chair**

Jude Bornstein-Chau is a wife, mother, advocate, and Board-Certified Internist. Jude currently works as a primary care physician at Oak Street Health, which leverages data science and population health to drive primary care once more toward common-sense prevention in underserved populations.

Zamir Brown  
**Policy Committee Member**

Zamir is a Health Policy Fellow for the National Health Law Program, a public interest nonprofit, where he is leading the organization’s work on the role Medicaid could play in resolving health-related social needs to promote health equity. Zamir M. Brown is an African American, Muslim, and advocate revered as a rising leader in the public health and health policy arenas for his commitment to health equity.

Steven Chen, MD  
**Membership Committee Board Liaison**

Steven Chen, MD, as the Chief Medical Officer of ALL IN Alameda County, brings an integrative health equity lens to ALL IN’s work on poverty. He is leading the scale and spread of a Food as Medicine model across Alameda County health clinics, health systems, and food systems.

Denise Cusack  
**Membership Committee Co-Chair**

Denise Cusack (she/her) is a clinical herbalist, certified aromatherapist, medicinal herb grower & conservationist, published writer, and artist. Denise serves as Executive Director of Herbalists Without Borders, where she has grown membership and fundraising by over 500% in 3 years.

Deborah Gracia, DO  
**Research and Education Committee Board Liaison**

Dr. Deborah Gracia is the Chief Medical Officer at Borinquen Health Care Center, Inc.; a federally qualified health center facility that has 9 sites and 31 schools and serves the underserved communities all throughout Miami Dade County. Dr. Deborah Gracia has been a provider and educator of Internal Medicine for over 20 years.

Nadine Ijaz, PhD  
**Equity Diversity Inclusion Committee Member**

Nadine Ijaz, PhD is an Assistant Professor in the Department of Law and Legal Studies at Carleton University. Her policy research in the field of traditional, complementary, and integrative medicine (TCIM) draws on postcolonial theories and Indigenous research methods and addresses the cultural dimensions of traditional healing systems in the context of professional governance.

Udaya Thomas, MSN, MPH, APRN  
**Board President**

Udaya Thomas is a Primary Care Nurse Practitioner working in a Safety-Net Hospital System for the Underserved in Southeast Florida at Memorial Primary Care and also a SAMHSA Fellow working on her PhD in Nursing, Interdisciplinary Health track at Walden University. Udaya integrates meditation, yoga, integrative nutrition and supplements into her practice with her patients.

Ariana Thompson-Lastad, PhD  
**Equity Diversity Inclusion Committee Board Liaison**

Ariana Thompson-Lastad is an integrative health care researcher based in the San Francisco Bay Area. As an Assistant Professor of Family and Community Medicine at the UCSF Osher Center for Integrative Medicine, her research focuses on group medical visits and integrative approaches to advancing health equity in safety-net settings.

Kimberly Whittle, CPA  
**Board Treasurer**

Kimberly is a certified public accountant, a compassionate leader with more than 20 years of experience in entrepreneurial business development and operations, consulting, Big Four external audit, accounting and advisory, and Fortune 100 senior management experience. Kimberly’s broad range of capabilities includes cross-cultural relationship management; strategic business and operations design, change management and organizational transformation; large-scale, multi-disciplinary project management development and execution; corporate governance, risk, and compliance; accounting, and financial reporting; vendor sourcing and outsourcing; and IT implementation management.
KEYNOTE SPEAKERS

Vivian Camacho, MD
Quechua Midwife and Director of Ancestral Medicine & Interculturality, Health Ministry of Bolivia

Thomas Anthony Chávez, PhD, Traditional Healer
Assistant Professor, University of New Mexico

Mark-Anthony Clayton-Johnson, LAc
Founder, Frontline Wellness Network

Aminah Ghaffar, MS
Lumbee and Black activist

Cinnamon Spear Kills First, MFA
Word warrior, artist, and advocate from the Northern Cheyenne Reservation

Landon Opunui, ND
Medical Director, Nā Puʻuwai

Caroline Ortiz, MPH, MSN, RN, NC-BC
Associate Professor, Pacific College of Health and Science Holistic Nursing Programs

Anjali Taneja, MD, MPH, FASAM
Family Physician and Executive Director, Casa de Salud

Tommy Woon, MS, CCT, SEP
Consultant, Meditation Teacher, and Somatic Neuroliberation Therapist
11:00 AM EDT  WELCOME & OPENING CEREMONY

11:30 AM EDT  KEYNOTE

Our Role in Building Power with Community and Creating Culturally Humble, Integrative, and Anti-Racist Healthcare Systems

Anjali Taneja, MD, MPH, FASAM

This session embodies the goals of the IM4US conference in regards to truly breaking down the concept of decolonizing healthcare in practice, creating solidarity with community and social justice in practice, and fostering self-care and purpose among healers. This session would aim to give historical context about medicine in the United States, share models of care and structures of financing, and analyze healthcare’s response or lack of response to community needs. From there, a 17 year old model of low-cost integrative care primarily built from the ground up based on community needs, will be shared. Casa de Salud is a healing space in the south valley of Albuquerque, New Mexico that serves its community with an understanding of the political and structural determinants of health; a culturally humble and anti-racist approach to healthcare and healing; an intentional integration of primary care, opioid addiction treatment, harm reduction/syringe exchange, acupuncture, massage, healing circles, limpias, ear acudetox, yoga, and nutrition (with a business model that supports clinicians of all these modalities); and a solidarity and liberation model that aims to share power and build power with the surrounding community. It is hoped that this session will help create dialogue with the IM4US community and audience about the role of community health centers in providing individualized integrative care in a sustainable, rewarding model, as well as the role of building power with communities.

Dr. Taneja (@losanjalis) is a family physician and DJ who is passionate about reimagining healthcare and healing in the US. She is the Executive Director of Casa de Salud (www.casadesaludnm.org, @casadesaludnm) in Albuquerque, New Mexico. Casa is a culturally humble, anti-racist nonprofit model of care that aims to transform the biomedical model into one of collective care and solidarity. Casa integrates primary care, queer/transgender care, harm reduction, addictions treatment, community organizing, acupuncture, reiki, massage, and indigenous-based healing circles for uninsured and other marginalized communities. Casa offers transparent low prices and receives no federal funding. Casa runs a nationally recognized immersive Health Apprentice Fellowship—training primarily young students of color interested in healing/healthcare fields, many of whom go on to become leaders in healthcare and other sectors. Anjali is board certified in family medicine and addiction medicine, and also works in the ER of a small rural hospital in Navajo Nation. Anjali was appointed to the Governor’s Council for Racial Justice, and was a Robert Wood Johnson Foundation Clinical Scholar. She founded CureThis—an online space for connecting health workers through storytelling and organizing.

12:30 PM EDT  BREAK & NOURISH

12:45 PM EDT  BREAKOUT SESSIONS

(see next page for session details)
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<tr>
<th>Time</th>
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<th>Speaker(s)</th>
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<tr>
<td>12:45 PM EDT</td>
<td>Integrative Healthcare for the Community—A Story of Collaboration, Discovery, and Innovation</td>
<td>Arvin Jenab, ND, Maggie Quinn, ND</td>
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<td>1:30 PM EDT</td>
<td>Marketing Integrative Medicine to Community Health Center Members</td>
<td>Ruthann Russo, PhD, DAc, MPH, LAc, Janil Polanco, MPA, Kayla Williams, MPA Student</td>
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<td>2:15 PM EDT</td>
<td>Self-Breema Exercises for Health, Energy and Vitality</td>
<td>Alexandra R. Johnson, MD, Karen Burt-Imira, MD, Laura Rawson, LAc, DACM, CMT</td>
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<td>2:30 PM EDT</td>
<td>Employee Health Center: Whole Person Care for Underserved Healthcare Workers</td>
<td>Arlene Betancourt, MD</td>
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<td>RESEARCH</td>
<td>Uplifting Silenced Voices: Whole-Systems Research to Empower Vulnerable Populations</td>
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<td>Scoping Review of Integrative Health in Under-resourced Populations: Quantitative Results</td>
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<td>Engaging Diverse Communities in Complementary and Integrative Health Research</td>
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<td>BIRTH &amp; PRENATAL</td>
<td>Supporting Traditional Birth Practices by Uplifting Community Doula Models</td>
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<td>Scoping Review of Integrative Health in Under-resourced Populations: Quantitative Results</td>
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<td>Supporting Traditional Birth Practices by Uplifting Community Doula Models</td>
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3:15 PM EDT
VISIT EXHIBIT HALL

VIRTUAL POSTER SESSION

BREAKOUT SESSIONS

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<tr>
<th>COMMUNITY HEALTH CENTER / FQHC</th>
<th>WELLNESS</th>
<th>COMMUNITY-BASED CARE</th>
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| Reframing the Social Determinants of Health  
Sreela Namboodiri, MD, ABOIM  
Anuj Shah, MD, MPH | Accessible Ayurveda: Dietary Principles for Balanced Health  
S. Prasad Vinjamury, MD (Ayurveda), DACM, MPH | Decolonizing Medicine is Possible – Community Well Represents  
Jen Reyes Moran, CMT  
Jennifer Navarro Marroquin | Mind-Body Medicine in Intersectional Gender-Inclusive Mental Health Care  
Chanel Heermann, MD  
Luann Fortune, PhD, LMT  
Sorin L. Thomas, MA, LPC, LAC, CGP, ACS |
| 4:00 PM EDT | 4:30 PM EDT | 5:00 PM EDT |

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<th>COMMUNITY-BASED CARE</th>
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| The Commodification of Traditional Medicine and the Movement Towards Decolonization  
Tamsin Lee, DAOM, AEMP | Wellness as a Liberatory Practice: Using Liberatory Consciousness to Reframe Trainee Wellness  
Folashade Wolfe-Modupe, MD  
Stephen Richmond II, MD, MPH |

6:00 PM EDT
BREAK & NOURISH (Keynotes to follow)
KEYNOTE

Using Curanderismo to Decolonize Personal and Community Wellness

THOMAS ANTHONY CHÁVEZ, PhD, TRADITIONAL HEALER
CAROLINE ORTIZ, MPH, MSN, RN, NC-BC

Curanderismo is a traditional healing paradigm that has a rich multicultural grounding that has existed within Mexican/Mexican American communities for centuries. It has survived and provided preventative and general healthcare for marginalized communities since before American colonialism. This workshop will present how Curanderismo developed and evolved to serve underserved communities. The presenter will highlight the community-developed organization called RAICES, which serves as a model for community education and holistic health care.

Thomas is a research faculty member at the University of New Mexico Department of Psychiatry Community Behavioral Health Division. His research and scholarly interests center on identity, immigration/undocumented status, substance use, cultural responsiveness and intervention adaptation, and the role of traditional healing among Latinx/Hispano identifying individuals, families, and communities. His work maintains humanistic and multicultural diversity and social justice frameworks. Furthermore, his research and other scholarly work is based in community-engaged processes and qualitative approaches.

Growing up bicultural and bilingual in deep South Texas along the US-Mexico border, Caroline encountered a myriad of non-conventional medical approaches and perspectives on health. As a Board Certified Nurse Coach with over 25 years of nursing experience, Caroline's work has been centered around promoting community health and holistic approaches to health and wellness. She is an associate professor at Pacific College of Health and Science's holistic nursing programs and presently studying and researching curanderismo, traditional Mesoamerican healing practices from Mexico.

BREAK & NOURISH

EVENING KEYNOTE

Grounding Health in Political Power

MARK-ANTHONY CLAYTON-JOHNSON, LAc

In this keynote we will explore the relationship between health and the political. We will define politics and explore how health is always in relationship to our current and historic political context. Lastly, we explore what this means for our work as health workers to both challenge and provide opportunity for thinking about health politically.

Mark-Anthony is a licensed acupuncturist, and seasoned organizer who was born and raised in Los Angeles. Mark-Anthony a member of the Movement for Black Lives Policy Table Leadership Team and the Founder of the Frontline Wellness Network (FWN); a network of health care providers working to end the public health crisis of incarceration and criminalization through action-oriented political education and through bridging relationships between providers and grassroots campaigns against state violence.

ADJOURN

9:00 PM EDT
Breaths Together for a Change: An Indigenous Centric Model for Creating Healthcare That Treats No Patient as a Stranger

Tommy Woon, MS, CCT, SEP
Cinnamon Spear Kills First, MFA
Aminah Ghaffar, MS

This keynote is a call for healthcare professionals to treat racism and white supremacy as a public health challenge—a social-emotional pandemic and spectrum disorder transmitted by faulty alarms in the body that mutate and metastasize and can only be eliminated through an integrative ecological approach to overcome the ways racial bias and bigotry exist and resist abolition. The presenters will review lessons and findings from research in a yearlong pilot meditation program based on Indigenous wisdom traditions and science that tested an integrative ecological approach for optimizing voluntary white efforts and effectiveness for overcoming different manifestations of racial bias. Analysis of data reveals that increasing BTC participants’ knowledge and awareness of the nature of faulty alarms in the body as the hypothesized root source of racial bias and teaching body awareness and somatic literacy through a sustained meditation practice improved racial bias detective skills and specifically enhanced awareness of implicit and explicit manifestations of racism, motivation to eliminate them, and enthusiasm for strategic planning to stop them. Somatic literacy was also valuable in enhancing participants’ capacity to identify, face, and release faulty alarms in the mind and body that inhibit voluntary reckonings and accountability for ending racism and white supremacy.

*The BTC science poster won second prize this year in a prestigious International Meditation Festival at Dongkuk University, Korea’s first Buddhist University, in Seoul Korea.

Tommy Lee Woon is certified by the Stanford University Medical School’s Center for Compassion, Altruism, Research, and Education (CCARE) and is also a trained somatic trauma therapist.

Cinnamon (Spear) Kills First is a word warrior, author, artist, writer, filmmaker, speaker, educator, bead maker, and advocate from the Northern Cheyenne Reservation in Montana. She received both her BA and MALS from Dartmouth College and her MFA from the Iowa Writers’ Workshop where she studied fiction.

Aminah Ghaffar is a Lumbee and Black activist from Pembroke, NC. She studied Physiology and Biophysics with a concentration in Integrative Medicine at Georgetown University. Aminah is an advocate, focuses most of work on Missing and Murdered Indigenous People, and culturally competent holistic methods to treat historical trauma in marginalized populations.

Following this keynote address the presenters will conduct a 3 hour workshop to provide a deeper embodied understanding of the Breaths Together for a Change program.
### EXPERIENTIAL WORKSHOP

**Workshop:**
**Breaths Together for a Change (BTC): An Indigenous Centric Model for Creating Healthcare That Treats No Patient as a Stranger**

Tommy Woon, MS, CCT, SEP
Cinnamon Spear Kills First, MFA
Aminah Ghaffar, MS

**From the BTC Team:** Please be aware that attending our workshop calls for participation for the full three hours to highlight a model of Indigenous-centric teaching and embodied learning. These lessons require learning, experiencing and applying an understanding of the felt sense. It is not as effectively learned and understood only abstractly. Ample time is needed also to offer you an opportunity to practice and experience decolonization in your body as you learn about it through tracking your felt sense. Please try to arrive committed to staying for the entirety of the session. Thank you for understanding.

### RESEARCH

**Removing Gatekeeping and Reconnecting with Marginalized Voices**

Erum Agha, PhD, LCSW
Stefani Baca-Atlas, MSW
Aisha Chilcoat, ND
Neil Bilotta, PhD
Susan A. Gaylord, PhD

**Youth Lens:**
**Dismantling Systemic Racism in Health through Participatory Research**

Elizabeth Benninger, PhD
Diane Mastnardo, BS, LMT
Symphony Cummings
Megan Schmidt-Sane, PhD, MPH

### COMMUNITY-BASED CARE

**Decolonizing Body Size: Exploring the Roots and Misconceptions of Weight as a Measure of Health**

Amanda Montgomery, RD, LDN
Sreela Namboodiri, MD, ABOIM

### ACUPUNCTURE & EAST ASIAN MEDICINE

**For our Medicine to Survive, the Profession Must Burn: Decolonizing Acupuncture in the US**

Tyler Phan, PhD, LAc

### WELLNESS

**Self-Breema Exercises for Health, Energy and Vitality**

Alexandra R. Johnson, MD
Karen Burt-Imira, MD
Laura Rawson, LAc, DACM, CMT

**BREAK & NOURISH**
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<tr>
<td>2:15 PM</td>
<td><strong>Workshop Continued: Breaths Together for a Change (BTC)</strong></td>
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<td>Tommy Woon, MS, CCT, SEP</td>
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<td>2:45 PM</td>
<td><strong>Wellness</strong></td>
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<td>Madelyn Pickle, DO</td>
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<td>Michelle Crane, DO</td>
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<td>3:15 PM</td>
<td><strong>Visit Exhibit Hall</strong></td>
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<td><strong>Autoimmune Health</strong></td>
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<td>Improve Autoimmune</td>
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<td>April Moreno, PhD</td>
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<td><strong>Building Pipelines to Support Diversity in Integrative Medicine</strong></td>
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<td>Using Implementation Science to Study</td>
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<td>Paula Gardiner, MD, MPH</td>
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<td>Maria Chao, DrPH, MPA</td>
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<td>5:30 PM</td>
<td><strong>Break &amp; Nourish</strong></td>
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<td><strong>Community-Based Care</strong></td>
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<td>Decolonizing Collaborative Practice: Towards Professional Inclusivity</td>
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<td>Michelle Steinberg, MS</td>
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<td>Nadine Ijaz, MSc, PhD</td>
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<td>Christa Fernando, MD'25</td>
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<td>Nicco Turner, MA, Health and Wellness Coach, Natural Chef</td>
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<td><strong>Advancing Integrative Pain Management through Collaboration and Advocacy</strong></td>
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<td>Amy Goldstein, MSW</td>
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<td>Megan Kingsley Gale, MSANOM</td>
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<td>Panelists:</td>
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<td>Rocio Lopez, LAc</td>
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<td>Risi Idiokitas, LAc</td>
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<td>Laura E. Ocker, LAc</td>
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<td>Katie Thornton, RN, MSN, CNL</td>
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<td>Richard Mandell, LAc</td>
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<td>Amy Mager, DACM, LAc</td>
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5:45 PM EDT  EVENING KEYNOTE

Culture as a Strength, Not a Risk Factor

LANDON OPUNUI, ND

Colonization in Hawai‘i has lead to significant historical and cultural trauma that continues to persist today which manifests as the lowest lifespan and highest rates of chronic health conditions, substance use and violence among all racial groups in Hawai‘i. The landmark E Ola Mau Native Hawaiian Health Needs Assessment of 1985 found that Hawaiians prefer to receive healthcare services from traditional healing practitioners. This presentation will draw on the strengths of Hawaiian culture and traditional healing practices while using integrative medicine as a bridge to transform the delivery of healthcare for Kānaka ʻŌiwi (the indigenous people of Hawai‘i).

As a Native Hawaiian, Dr. Landon Opunui is a naturopathic physician that weaves the traditional views of health and nature with the scientific understanding of plants and the human body by integrating natural and modern medicine to restore health. Dr. Opunui is the medical director of Nā Pu‘u‘wai serving the islands of Moloka‘i and Lāna‘i. He is the first naturopathic physician in history to become medical director of a Native Hawaiian Health Care System.

Dr. Opunui believes in empowering his patients to take control of their health by engaging them in the healing process. His patients are offered a choice in treatment options that goes far beyond pharmaceutical medication which often result in fewer side effects and improved health outcomes. Practicing what he preaches, Dr. Opunui leads by example, modeling healthy behavior to his ‘ohana, patients and community. Dr. Opunui is also a Board Member of the traditional healing non-profit, Hui Mauli Ola, and Kailua Canoe Club.

6:45 PM EDT  BREAK & NOURISH

7:15 PM EDT  DOCUMENTARY SCREENING

The Kitchenistas

How Food Traditions Lead to Better Community Health

The feature film is about women advocating for healthy food traditions to change communities and transform lives. What started as a 7-week nutrition program seven years ago in National City (CA) for women seeking healthier diets, has become a Latina-led movement to raise the health, wellbeing, and resilience of the community.

8:15 PM EDT  SPECIAL EVENT

Poster Awards & Virtual Reception

8:45 PM EDT  SPECIAL EVENT

IM4US Committee Virtual Networking Breakouts

9:15 PM EDT  ADJOURN
Decolonizing Life, Minds, and Hearts: Embracing Ancestral Wisdom for Transforming Health Systems

Vivian Camacho, MD, Quechua Midwife

Indigenous peoples in Abya Yala (the territories we call the Americas) have endured centuries of foreign and “internal” colonization within nation-states. Colonialism has sought to “civilize” indigenous cultures by assimilating them into that of the dominant elites, marginalizing, persecuting, and aiming to erase local systems of knowledge and their associated health practices. However, local networks of meaning, identity, exchange, and care, have kept traditional wisdom, cultural practices, and healing traditions alive. These local networks of meaning and care have maintained a dynamic interplay with biomedical-oriented health systems and services. This interplay has been asymmetric, shaped by the colonial and capitalist social order, and reinforced by neoliberal health reform policies. Indigenous people’s struggles for rights recognition and dignity at the national and international stages brought renewed attention to the importance of valuing and preserving their culture, traditions, and knowledge. In some countries, such as Bolivia, these struggles resulted in advancing the democratic process and the ascendant of indigenous leaders to political power. Although democratic advances continue to be challenged by regressive forces, traditional knowledge and wisdom have been permeating the way societies such as Bolivia think of themselves as plurinational societies. Indigenous wisdom and knowledge are also transforming how countries conceptualize the models of care and reframe health priorities to offer culturally relevant services that are people-centered and respond to the needs at the local level. This presentation will outline the conceptual transformations of the Bolivian model of care and its implications at the community level.

Dr. Vivian Tatiana Camacho is a Medical Doctor and a Quechua Midwife, Magister on Agroecology Culture and Endogenous Development in Latin América. She is the National Director of Ancestral Medicine and Interculturality at the Health Ministry of the Plurinational State of Bolivia. Ex Andean Region Coordinator of the Latin American Committee of the People’s Health Movement. Dr. Camacho is a commissioner of PAHO/WHO’s High-level Commission “Universal Health in the 21st century: 40 years of Alma-Ata,” and a member of the Executive Secretariat of the TCIM Americas Network.
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<th>Time</th>
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<tr>
<td>12:00 PM EDT</td>
<td>Food as Medicine: Re-imagining Food, Healthcare,</td>
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<td>Ariana Thompson-Lastad, PhD, Steven Chen, MD, Julie Alvarez, Sasha Shankar, Troy Horton</td>
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<td>Connecting Heart, History and Food to Heal a</td>
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<td>Broken Food System: Teaching Culinary Medicine</td>
<td>Geeta Maker-Clark, MD, Erika Allen, MA</td>
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<td>Its Meaning Today</td>
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<td>Charles Pyle, US Magistrate Judge (Ret.), Jennifer Olejownik, PhD, MS, BA, RYT</td>
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<td>for Reimagining Criminal Justice and Healthcare</td>
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**Our Mission**

To make Integrative Health broadly available to everyone by partnering with you to promote health and healing in body, mind, and spirit through compassionate care, education, and research.

- **Imparting Knowledge:** We advance collective understanding of healing through research, education, and interpersonal dialogue.
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### TRANSFORMING FOOD SYSTEMS

**1:30 PM EDT**

**Live Cooking Demo with Rosa Maria Barrientos and The Kitchenistas**

**Documentary Q&A with Patty Corona**

*Kitchenistas*

### GROUP MEDICAL VISITS

**1:30 PM EDT**

**Integrative Virtual Group Prenatal Visits: Delivering Better Care Together**

Mary Warren, MD
Krishna Desai, MD, FAAFP
Natalie Pilipenko, PhD, ABPP

### ACUPUNCTURE & EAST ASIAN MEDICINE

**1:30 PM EDT**

**Black Acupuncture Association: Moving Toward Health Justice, Equity, and Inclusivity**

Tenisha Dandridge, LAc
Safiya McCarter, ND, LAc
Afua Bromley, LAc, MSOM, Dipl.Ac NCCAOM
Rhonda Coleman, DAOM, LAc, LMT, ADS

### JUSTICE SYSTEM

**1:30 PM EDT**

**My Day Teaching Reiki in Juvie: How To/Not To**

Heather McCutcheon, BA, Reiki Master Teacher

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### WELLNESS

**2:00 PM EDT**

**Qigong for Grief and Loss: Cultivating a Community of Care**

Sarah Elizabeth Garza-Levitt, MSW, CSW, E-RYT, C-IAYT, C-MQI

**2:30 PM EDT**

**BREAK & NOURISH**

**WELLNESS**

**Self-Breema Exercises**

Alexandra R. Johnson, MD
Karen Burt-Imira, MD
Laura Rawson, LAc, DACM, CMT

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### BREAKOUT SESSIONS

**3:00 PM EDT**

**Providing Trauma-Informed, Culturally Competent Care to Restore Resilience After Climate Disasters**

Kathleen Scheible, CCH
La Deana Jeane, ND, FABNO

**3:30 PM EDT**

**Addressing Historical Trauma in the African Diaspora: Developing Integrative Pilot Intervention**

Allie Dyer, MPH
Nadia Milad Issa, Scholar-Practitioner

**3:00 PM EDT**

**Mindfulness Oriented Recovery Enhancement (MORE): A Group Visit Model for Chronic Pain**

Nancy Sudak, MD, IFMCP
Eric Garland, PhD, LCSW

**3:00 PM EDT**

**Promoting Emotional Resilience in BIPOC and Underserved Communities**

Eliza Ramos, MPH, MSW
Amy Paulson, MS

**3:30 PM EDT**

**The Ties That Bind Us: Reclaiming Our Living Earth Heritage**

Elizabeth Rocco, MD
Cheryl Martin, MD, MA
Shalini Singh-Karnik, MD
On September 28, 2020, Joyce Echaquan, an Attikamekw woman from the community of Manawan, live streamed a video recording that exposed the brutal, racist and sexist violence she was subjected to as an Indigenous woman at a hospital in Joliette (Québec, Canada). She died moments later, but her plea for help went viral, making headlines across the world. Echaquan’s death has forced healthcare providers, health policy makers, and politicians in Canada to reckon with a history of medical colonialism, rooted in anti-Indigenous systemic racism, that continues to this day. Through pediatric case-based examples (including Jordan’s Principle, the #aHand2Hold campaign, etc.), personal narratives, and critical theory, this session will fundamentally challenge Canada’s reputation of being a welcoming country with a universal public healthcare system by tracing the country’s colonial history to its current existence as a settler-state. Participants will not only recognize how the healthcare system in Canada is a key site of anti-Indigenous racism, but they will develop tools to confront medical colonialism and decolonize healthcare.

Samir Shaheen-Hussain, MD CM, FRCPC (Pediatrics) has been involved in anti-authoritarian social justice movements—including Indigenous solidarity, anti-police brutality and migrant-justice organizing—for nearly two decades. He is a member of the Caring for Social Justice Collective, has written or co-written about state violence and health care for several publications, and is the author of “Fighting for A Hand to Hold: Confronting Medical Colonialism against Indigenous Children in Canada” (foreword by Cindy Blackstock and afterword by Kats’iikwas Ellen Gabriel), published by McGill-Queen’s University Press in September 2020 (fightingforahandtohold.ca/praise) and translated to French by Lux Éditeur in February 2021. He is an assistant professor in the Faculty of Medicine and Health Sciences at McGill University and works as a pediatric emergency physician in Tio’tia:ke (Montréal).

Raven Dumont-Maurice, MD is a member of the Algonquin Nation of Kitigan Zibi in Quebec. She is a general pediatrician practising in the area of Montreal.

Kent Saylor, MD, FRCPC is a member of the Mohawk Nation. He previously worked as a consultant pediatrician in the Northern and Native Child Health Program of the Montreal Children’s Hospital. He is the former Chair of the First Nations, Inuit and Métis Health Committee of the Canadian Paediatric Society and former Director of the Indigenous Health Professions Program at the Faculty of Medicine and Health Sciences of McGill University. Dr. Saylor is currently the Director of the Indigenous Health Curriculum at the McGill School of Medicine and still works as a Pediatrician for the Mohawk communities of Kahnawake and Akwesasne.

Saleem Razack, MD, FRCPC is a professor of pediatrics and health sciences education at McGill University, as well as a practicing pediatric critical care medicine physician at the Montreal Children’s Hospital. He is the inaugural director of the Office of Social Accountability and Community Engagement at McGill University. His research interests in health professions education are in the domains of equity, diversity, inclusion and anti-racism.
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Integrative Healthcare for the Community –
A Story of Collaboration, Discovery, and Innovation

This presentation tells the story of how vision, intention, collaborative action, and determination can lead to positive change in the community. We will highlight UCI’s partnership with Serve the People, an FQHC in Santa Ana, California, and share our history, including challenges and opportunities that led us to enhance our model of care and develop best practices in delivering integrative care to members of the community.

Arvin Jenab, ND
completed his naturopathic medicine training at the Canadian College of Naturopathic Medicine. He has held several faculty positions at naturopathic institutions across North America and has been recognized for his contributions in enhancing naturopathic medical education and expanding clinical services. His career has largely centered around interprofessional and collaborative educational initiatives, post-graduate naturopathic medical education, and integrative community medicine. Over the years, he has been instrumental in establishing integrative health clinics and supervising the delivery of integrative and naturopathic care to several communities in Toronto, Vancouver, and California. Arvin serves on the board of the Council for Naturopathic Medical Education, the accrediting body for naturopathic medical colleges and serves as the Chair of the Naturopathic Residency Competencies Taskforce. Arvin is the Director of Naturopathic Medicine and the ND Residency Director at the Susan Samueli Integrative Health Institute at the University of California in Irvine. He is the founding director of the Integrative Community Health program launched in 2018 as an outreach program to provide integrative health services, in a collaborative environment, to serve the underserved population in Santa Ana.

Maggie Quinn, ND
is a licensed Naturopathic Doctor at University of California, Irvine - Susan Samueli Integrative Health Institute. Her clinical passion is cardiometabolic health, weight management, and working with underserved communities. Dr. Quinn has played a key role in the partnership between the Samueli Institute and Serve The People Community Health Clinic, helping to implement and manage the community integrative clinic. Dr. Quinn received a degree in naturopathic medicine from Bastyr University California in San Diego, followed by residency training at the Susan Samueli Integrative Health Institute, part of UCI Health. She completed a Bachelor’s Degree from University of Wisconsin, Madison in Spanish and Latin American Studies.

Marketing Integrative Medicine to Community Health Center Members

A successful IM program begins with effective marketing and communication. In 2021, a group of community health centers participated in a student-led project to identify the best marketing strategies for integrative medicine. Session attendees will identify opportunities to improve patient and community outreach including how to effectively and equitably communicate what IM is, and how it can help patients and their families. We will also discuss the importance of including traditional and indigenous medicine practices, collaborating with government, religious, and other non-profit organizations, and identifying funding opportunities to ensure the longevity and success of the program.

Ruthann Russo, PhD, DAC, MPH, LAc
is a life-long learner and educator with a passion for making health accessible to everyone. She is currently an Assistant Professor, coordinator of the healthcare specialization and director of the MPA program at Kean University. She is also an Integrative Medicine team member at Hackensack Meridian Health where she practices acupuncture and mind-body medicine. She teaches self-care practices and created a TEDx entitled “Your Vital Role in Re-Imagining Healthcare”.

Janil Polanco, MPA
is a recent graduate from Kean University in the Public Administration field with a concentration in health services. Janil’s time at Kean has grown her interest in integrative medicine and its many benefits.

Kayla Williams
is a dynamic leader who is dedicated to promoting community health equity and inclusion, as well as closing healthcare gaps and reducing disparities in medical services. She is a Kean University Master of Public Administration Health Specialization student with experience navigating the vast array of social services that are available in the non-profit sector.
Reframing the Social Determinants of Health

The medical and public health community widely recognizes that health disparities exist because of inequalities in the social determinants of health. We often do not recognize the systems of oppression, like white supremacy, that shape these disparities not only through structural environmental inequities, but also through internal, biochemical effects. Understanding the through line of history and seeing its long-lasting impacts on people today is vital to understanding the impact of generational trauma and current-day stressors on pathophysiology and chronic illness. Integrative modalities of healing have a unique role in addressing the physiology of the stress response in a society plagued by systems of oppression. In this presentation, we will share how we acknowledge and address the effects of systemic oppression through different models of integrative medicine care at our Federally Qualified Health Center.

Sreela Namboodiri, MD, ABOIM is an Integrative Family Medicine physician at Heartland Health Centers. In addition to her primary care practice, Dr. Namboodiri conducts integrative medicine consultations, leads group medical visits, and spearheads an initiative to expand access to diverse healing modalities. She is dedicated to co-creating a vision of compassion-centered, trauma-informed care and social justice.

Anuj Shah, MD, MPH is a Family and Integrative Medicine Physician at Heartland Health Centers, a Federally Qualified Health Center system in Chicago. He works and lives in Chicago’s Lakeview community, and has been at Heartland since 2020. He has worked in FQHCs for most of his career, and since 2020 has expanded his Integrative Medicine focus for his patients.

Introducing a Multidisciplinary Integrative Medicine Program to a Federally Qualified Health Center

Low-income patients served by Federally Qualified Health Centers (FQHCs) desire integrative medical services but often lack the financial means to seek care outside of the safety-net medical setting. At Family Health Centers of San Diego (FHCSD), a large FQHC system, a team of 10 integrative medicine practitioners (3 physicians in family medicine, 1 in obstetrics and gynecology, a psychiatrist, a nurse practitioner, 2 psychologists, a physical therapist, a chiropractor) and 2 administrators formed a multidisciplinary group to provide team-based integrative care. Cross referrals are conducted via a hub-and-spoke model, with the integrative physician as the hub, and the multidisciplinary team as spokes. Primary care providers within FHCSD or any multidisciplinary team member can refer patients who desire an integrative approach for a consultation with the integrative physician. The integrative physician provides patients with recommendations on mind-body approaches, supplements, complementary and alternative practices, and physical activity tailored to the patient's medical and mental health diagnoses as well as belief system. Referrals are generated to the specific team member who has expertise in the patient's area of need. Case-based discussions through web-based conferences are scheduled monthly, and integrative retreats are scheduled quarterly for team check-ins and wellness-building activities. Seven members of the team have formal 2-year fellowship training in integrative medicine (AIHM and AWCIM), others are in various phases of training in integrative medicine. Team member report: “My patients open up more, and my job has been more rewarding because I take care of patients more holistically.” Patients report higher satisfaction and feeling “heard and helped.”
Attendees of this workshop will be exposed to a current model of integrative medicine implemented at an FQHC. This will better prepare them to develop their own integrative programs. They will benefit from lessons learned and current best practices. They will gain further exposure to the structure of the model, visit length, billing practices, communication among practitioners, and interaction with the organization at large. A list of complementary interventions in each of the domains of the interdisciplinary team, with a sample treatment plan, will be provided for attendees to utilize as an example for their own practices. The presentation will also include how existing staff were trained and developed to become integrative medicine practitioners.

Dane Crockford, PsyD is a mental health manager and clinical psychologist at Family Health Centers of San Diego (FQHC). He works within an interdisciplinary team to provide the highest quality integrative health care to underserved populations. He is thrilled to have recently completed his 2 year fellowship at the Academy of Integrative Health and Medicine. Dane is currently participating in an Integrative Health Pilot program for patients with chronic pain and supports the eventual opening of an integrative wellness clinic within Family Health Centers. Dane’s greatest passion is working within small teams to create systemic impact in the area of whole health.

Jie Liu, MD, MPH is fellowship trained in integrative medicine, and lead the development of an interdisciplinary integrative wellness team at Family Health Centers of San Diego. She is also a physician researcher focused on health disparities research, funded in areas of cancer prevention, tobacco cessation and diabetes.
Supporting Traditional Birth Practices by Uplifting Community Doula Models

Traditional birth practices have supported safe birth for pregnant people across generations and continents. Modern birthing care in the United States produces inequities for families coming from marginalized communities and does not routinely incorporate culturally relevant practices for birthing people. This intentional exclusion and discrediting of traditional birthing practices are linked to these inequities. Training, mentoring and resourcing community doulas drawn from these marginalized communities provide a powerful pathway for re-introducing these practices to the labor and delivery experiences of these birthing families. This workshop will share the experiences of two midwives in the San Francisco Bay area who are active in supporting community doulas and traditional birth practices, with a focus on strategies for model replication and authentic community engagement.

**Ana Delgado, RN, MS, CNM** is a Clinical Professor in the UCSF Department of Obstetrics, Gynecology and Reproductive Sciences, San Francisco General Hospital (SFGH) Division. Ana splits her time between clinical practice and administration, teaching, and community-based advocacy. Ana is active both regionally and nationally in efforts to diversify the midwifery workforce, support physiologic birth, and participates in community-based efforts to transform how low-income women are supported and cared for throughout the reproductive life cycle.

**Karen Lopez-Acero, CNM** is a midwife at San Francisco General serving mainly low income immigrant and BIPOC communities. Prior to midwifery school she worked as a traditional community birth worker and social justice organizer in NYC providing birth support, holistic reproductive care and healing community spaces for BIPOC families to reclaim traditional ancestral wisdom. Karen currently works as a Doula Mentor for Sister Web, providing community birth support for Black and Latinx families in SF. As a midwife, she dreams of investing in the creation of an autonomous sustainable birth center to support working class BIPOC communities. Privately she loves to provide traditional reproductive, birth and postpartum care through Cerrada de Caderas, sobadas, and limpias.
Uplifting Silenced Voices: Whole-Systems Research to Empower Vulnerable Populations

Traditional, Complementary, and Integrative Medicines (TCIM) are considered whole-systems of medicine (WSM) in that they emphasize whole-health, patient-centered care, and a focus on the individual/ environment dynamic. Whole-systems Research (WSR) prioritizes the causal models and epistemologies of TCIM paradigms and empowers TCIM disciplines to assert themselves in research design via the inclusion of dual diagnosis, paradigm-specific data collection strategies, paradigm-specific outcomes, and attention to empowerment, agency, and sustainability. WSR recognizes the inextricability of the internal physiological and external environmental aspects of health; an understanding that healing is cyclical and iterative; an acknowledgment that mind-body effects are synergistic; and a focus on balance and renewal as powerful forces in the well-being of individuals, communities, and the planet. Preserving the dignity and integrity of the lived experience of health in marginalized communities necessitates preserving complexity, context, process, and an orientation towards activism and liberation. Whole-systems research challenges conventional reductionist science by uplifting therapies that prioritize the fluid, iterative, holistic, and multi-layered nature of health and well-being and by attending to aspects of individualization and tailoring that are hallmarks of TCIM. WSR approaches center the web-like relationships between internal and external conditions of the patient, bringing attention to the impact of structural inequalities. The effects of systemic economic, political, and historical oppressions are preserved in the research design and analyses as “emergent outcomes.” WSR is suited to reflect the blended/bricolage nature of treatment in marginalized populations, where a spectrum of diverse care modalities situated in the language of agency and “self-care” may optimize the use of resources and positively affect access and equity.

This presentation features a case study of the integrated Culturally Based Care (CBC) program being delivered in 3 high-risk neighborhoods and Limon Prison (currently as telehealth) through Life Line Colorado. We will apply a whole-systems research approach to look at features of CBC, a program offering culturally appropriate modalities to a growing Hispanic population in a biomedical setting serving the uninsured and underinsured. CBC explicitly configures the goals of healing to address social determinants of health and improve quality of life. Healing approaches identified as important for this population include ancestral medicine; storytelling; Wellbriety; Spiritual care; Auricular acupuncture; and ceremonies. A WSR analysis of CBC might rethink diagnostic categories to be consistent with local world views and experiential understandings of economic and racial injustice. Outcome categories may be reconceived to be specifically in line with treatment modalities, relevant to the population, and with attention to power and agency.

Jennifer Rioux, PhD, Ayurvedic Doctor, Certified Yoga Therapist, Registered Herbalist is a medical anthropologist, an activist-scholar, researcher, educator, ayurvedic doctor, certified yoga therapist, registered herbalist and clinician working in patient-centered, whole-health systems of medicine. Dr. Rioux has been conducting applied health research since 1990 and has been on the faculty of the University of North Carolina, and University of Arizona and University of New Mexico Schools of Medicine.

Jennifer Olejownik, PhD, MS, BA, RYT conducts research on integrative medicine exploring the paradigmatic tensions of opposing health systems through the lens of the integrative provider and the organizational structures, processes, and barriers that promote or inhibit integration. She resides in Columbus, Ohio and teaches courses towards the integrative Approaches to Health and Wellness minor in the Health Science department at OSU.

Sofia Chavez, DNM, Minister, LMT, CCA, COTA, NADA is an educator/cultural Based Care Provider, Board-Certified Doctor of Natural Medicine, through the American Naturopathic Medical Association ANMA, CO Registered Psychotherapist, LMT, NADA Detox Specialist, Clinical Aroma Therapist, Master Herbalist, Doctorate in Ministry, University of Morelos-Meso American Healing, Member of International Collaboration of Indigenous Healers organized by the University of Morelos, working toward global health, social justice, and planet sustainability. Her model for community program was fully funded by HB 18-1409 through the CO Dept. of Public Health & Environment reaching over 200% enrollment goal and over 96% of the historically underserved and people of color.
Scoping Review of Integrative Health in Under-resourced Populations: Quantitative Results

A scoping review focused on the available evidence of Integrative Health (IH) practices in under-resourced U.S. populations was recently conducted by a collaborative group of researchers and clinicians with the primary objective to summarize and critically appraise existing evidence. The systematic search sought to identify all peer-reviewed publications through 2019 in under-resourced U.S. populations reporting health outcomes from specific IH intervention approaches including acupuncture, Traditional Chinese Medicine, Chiropractic, Massage Therapy, Naturopathy, Integrative Medicine, Yoga Therapy, Ayurvedic medicine, or Certified Professional Midwives. Interventions delivered completely outside the scope of included IH approaches or focused exclusively on mindfulness were excluded. Search terms to identify literature from under-resourced populations focused on low-income as the determinant for population inclusion. Forty-six articles met the eligibility criteria and reported health-related outcomes from 38 unique research projects. Unique projects examined intervention impact on those described as homeless (11%), uninsured (11%), Native American (5%), refugees (5%), low-income/poor (76%), and/or underserved (50%). Unique research projects featured in the articles spanned several clinical paradigms, including Yoga Therapy (50%), Integrative Medicine (16%), Traditional Chinese Medicine (18%), and Massage Therapy (8%). Naturopathy and Midwifery were featured clinical paradigms in single articles. Interventions examined in the included unique projects were made up of multiple treatment components (range: 1-7), including mindfulness (68%), yoga (65%), self-care (63%), acupuncture (26%), and massage (13%). Intervention delivery strategies across the unique projects included a practitioner-delivered approach (97%), group education (76%), and self-practice (55%). Most populations under study were associated with a particular health condition (71%) with pain as the primary outcome in most unique projects (56%). Most articles reported data from patient self-report measures (89%), including standardized surveys and questionnaires (74%). While 76% of articles reported statistically significant and positive results, only 24% identify or describe clinically meaningful change. Due to the heterogeneity of the study populations and other limitations, generalizability issues exist in most of the articles. This review provides a valuable resource for all under-resourced stakeholders as a synthesis of evidence highlighting design, assessment, and delivery features of current evidence. Attendees will gain an understanding of the available evidence of IH practices in under-resourced U.S. populations.

Lisa Taylor-Swanson, PhD, MAcOM, LAc

is an Assistant Professor in the College of Nursing at University of Utah. Her research focuses on the improvement of midlife women’s health, gender disparities of the opioid epidemic, and the evaluation of traditional East Asian medicine interventions (including acupuncture, Chinese herbal medicine, and moxibustion). She previously completed a Master’s degree in Acupuncture & Oriental Medicine (Seattle Institute of East Asian Medicine) and a PhD in Nursing Science (University of Washington).

Kieran Cooley, ND

is Director of Research at the Canadian College of Naturopathic Medicine, Past-Chair of the Canadian Interdisciplinary Network of Complementary and Alternative Medicine Researchers (INCAM) and Visiting Research Fellow at the Australian Research Centre for Complementary and Integrative Medicine, University of Technology, Sydney, Adjunct Research Fellow at Southern Cross University and Editor in Chief of the Journal of Natural Health Product Research. He has a broad research background and interests including pragmatic, whole-practice clinical trials on naturopathic care, evaluating the quality and impact of both naturopathic and integrative medicine, as well as collaborating with various institutions to evaluate natural health products and complex models of care.

Jennifer Rioux, PhD, Ayurvedic Doctor, Certified Yoga Therapist, Registered Herbalist

is a medical anthropologist, an activist-scholar, researcher, educator, ayurvedic doctor, certified yoga therapist, registered herbalist and clinician working in patient-centered, whole-health systems of medicine. Dr. Rioux has been conducting applied health research since 1990 and has been on the faculty of the University of North Carolina, and University of Arizona and University of New Mexico Schools of Medicine.
Niki Munk, PhD, LMT is Interim Chair and Associate Professor of Health Sciences in Indiana University’s School of Health and Human Sciences at IUPUI, a non-practicing Kentucky licensed massage therapist, and member of the Academic Collaborative for Integrative Health (ACIH) research work group. Dr. Munk is one of 13 international Fellows in ARCCIM’s International Complementary Medicine Research Leadership Program and co-investigator on the VA TOMCATT study which examines therapist applied and care-ally assisted massage therapy for chronic neck pain in Veterans. Dr. Munk earned her doctorate in Gerontology from the University of Kentucky and her research explores real-world massage therapy for chronic pain and associated factors including emotional well-being, trigger point selfcare, and accessibility challenges to massage.

Engaging Diverse Communities in Complementary and Integrative Health Research

Events in 2020—the COVID-19 pandemic, the George Floyd murder, the continuing opioid, pain and obesity crises—have shone a bright light on the immense problem of health equity and health disparities in the United States. This presentation will highlight specific strategies to build awareness about the disproportionate burden of premature death and illness in minority populations and to encourage action through research, outreach, collaboration, and dissemination, such as cultivating and expanding the community of researchers and advocates in the area of minority health and health disparities.

Emmeline Edwards, PhD is the director of the Division of Extramural Research of the National Center for Complementary and Integrative Health (NCCIH), one of 27 components of the National Institutes of Health (NIH). She is responsible for development and implementation of all scientific programs or areas of science that fulfill NCCIH’s mission. Dr. Edwards holds a Ph.D. in Neurochemistry and prior to coming to the NIH, led a research program focused on the neural mechanisms of complex behaviors.

Removing Gatekeeping and Reconnecting with Marginalized Voices

Gatekeeping serves to perpetuate the notion that Eurocentric ontology (ways of being) and epistemology (ways of knowing) are those that hold value. Contributions of BIPOC scholars are erased, overshadowed, “borrowed,” or otherwise hindered based on perceptions that scholars of color are not qualified to contribute to knowledge generation. Ultimately, a lack of representation in scholarship hinders the likelihood of health equity by perpetuating white supremacy and devaluing “non-traditional” methods of healing. Attendees will critique systemic and individual-level factors contributing to gatekeeping within integrative health; the consequences of gatekeeping on the wellbeing of colleagues of color; and harm to communities that the discipline is meant to serve. Finally, attendees will have an opportunity to engage personally with the concept of gatekeeping during a share/question/answer session at the end of the lecture. Attendees will receive any necessary support from speakers who are trained in mental health.

Erum Agha, PhD, LCSW is a Postdoctoral Research Fellow at the School of Medicine at the University of North Carolina at Chapel Hill. Her research and service interests are focused on social justice and interventions for resettled refugees and migrants, particularly women and children who bear the heaviest burden of armed conflict and who may be living with undiagnosed and untreated trauma impacting individual and family functioning.

Stefani Baca-Atlas, MSW is a doctoral student at University of North Carolina - Chapel Hill's School of Social Work. She uses a transdisciplinary lens to study structural racism, violence, and health inequities among marginalized, migrant, and displaced people. Her research is informed by social work practice in labor and sex trafficking, interpersonal violence, international child welfare, and mental health with minimized youth, adults, and families in Arizona, Maryland, and North Carolina. Baca-Atlas is a dedicated advocate for equitable access to critical education as a means of social and economic justice.
Aisha Chilcoat, ND, FABNO, IFMCP is a Naturopathic Doctor who earned her doctorate degree from Southwest College of Naturopathic Medicine in Tempe, AZ. Dr. Chilcoat holds advanced distinction as a certified practitioner from the Institute of Functional Medicine (IFMCP), and as a Fellow of the American Board of Naturopathic Oncology (FABNO). Dr. Chilcoat is currently a Post-Doctoral Research Fellow in the Program on Integrative Medicine at the University of North Carolina-Chapel Hill and is currently working on several CAM related research clinical trials.

Neil Bilotta, PhD is a clinical assistant professor at the University of North Carolina at Chapel Hill School of Social Work. Bilotta’s work explores social inclusion and culturally responsive ethics of social work. He is interested in the ways racism, colonialism, and Eurocentric power inform research methodologies and social work interventions with communities who face substantiated subjugation, most specifically forcibly displaced young people (refugees, asylum-seekers, etc.)

Susan A. Gaylord, PhD is a research psychologist who is Director of the Program on Integrative Medicine at the University of North Carolina School of Medicine. Her research emphasis is on developing and adapting mindfulness interventions for chronic pain and other conditions that impact at-risk populations. She is also director of the T32 Research Fellowship on Complementary and Integrative Health Care, which includes an emphasis on increasing access to these therapies for underserved populations.

Youth Lens: Dismantling Systemic Racism in Health through Participatory Research

A child’s neighborhood environment consists of physical, built, social, and historical features, all of which have an impact on child health outcomes. We draw upon the Social Determinants of Health framework, including a focus on structural racism and intersectionality, to holistically explore the ways in which children experience multiple forms of marginalization within the neighborhood, and how these experiences influence their health and well-being outcomes. Through the Youth Participatory Action Research (YPAR) framework, the researchers employed the data collection techniques of focus group discussion, community mapping, photovoice, and follow-up small group discussions. The discussions around how these categories influenced their health provided a deeper understanding of various social determinants of health, including the interconnected impact which housing, neighborhood infrastructure, education, economic opportunities, social relationships, and social policies all have in shaping child health outcomes (Aliprantis, 2019; Haas et al., 2018; Held et al., 2020). By involving youth as co-constructors of the research, we have elicited perspectives on the pathways between a healthy neighborhood to healthy residents with implications for future research and policy aimed at improving the health and wellbeing of children and youth.

Diane Mastnardo, BS, LMT is a licensed massage therapist in Ohio since 1999 focusing on a holistic approach to wellness utilizing education and self-awareness through the specificity of touch to maintain a healthier pain-free life. She is the founding director of Massage Northern Ohio (MNO-PBRN), a massage therapy practice-based research network and co-developed the BAAM (breathing, aromatherapy, acupressure, movement) technique in 2018 to engage youth in body literacy.

Symphony Cummings is a 19 year old African American Female born and raised in Cleveland Ohio. She is currently attending Cuyahoga Community college for music performance. Symphony loves many art forms (dancing, singing, painting, writing) and looks forward to creating her own works.

Megan Schmidt-Sane, PhD is a postdoctoral researcher at the Institute of Development Studies with an affiliation at Case Western Reserve University. Trained in medical anthropology and public health, she is passionate about community-based research.
Building Pipelines to Support Diversity in Integrative Medicine Research

This session will provide an overview of a summer training program on Integrative Health Equity and Applied Research (IHEAR). The overarching goal of the IHEAR training program is to build the capacity and diversity of the integrative medicine research workforce to advance health equity. We will: (1) describe program objectives, processes, and evaluation metrics to support diverse, interprofessional learners; and (2) provide an overview of curriculum that combines principles of equity pedagogy, integrative medicine, and frameworks from health disparities research. Recent IHEAR fellows will present on program experiences and applied research projects.

**Maria Chao, DrPH, MPA** is an Associate Professor of Medicine at the University of California San Francisco and the Associate Director for Health Equity and Diversity at the UCSF Osher Center for Integrative Medicine. She is a public health researcher focused on applying integrative medicine to address health disparities.

**Shelley Adler, PhD** is Director of the UCSF Osher Center for Integrative Medicine and Professor of Family and Community Medicine. She is trained in medical anthropology, sociocultural gerontology, and medical education research. Dr. Adler is an integrative medicine researcher and educator, examining inequalities and exploring avenues for equity in health and education. She co-directs (with Maria Chao, DrPH) the Integrative Health Equity and Applied Research summer training program for predoctoral health professions students.

Using Implementation Science to Study Health Equity

Implementation Science has a unique tool kit of research tools that can allow us to study the questions of health equity in the delivery of integrative medicine for low income and underserved populations. This workshop is an introduction to the basics of implementation science. The learner will take away three practical research skills that can be applied to their clinical sites. This workshop will focus on process evaluations, patient engagement, establishing an advisory counsel, and choosing an implementation framework.

**Paula Gardiner, MD, MPH** is an Associate Professor in the Department of Family Medicine at the University of Massachusetts Medical School. She is also the Associate Director of Research and the director of the Group Visits Program in the Center for Integrated Primary Care. Recently, Dr Gardiner has joined the Center for Mindfulness and Compassion at Cambridge Health Alliance as their Director of Primary Care Implementation Research.

**Maria Chao, DrPH, MPA** is an Associate Professor of Medicine at the University of California San Francisco and the Associate Director for Health Equity and Diversity at the UCSF Osher Center for Integrative Medicine. She is a public health researcher focused on applying integrative medicine to address health disparities.

**Ariana Thompson-Lastad, PhD** is an integrative healthcare researcher based in the San Francisco Bay Area. She is on the core faculty of the UC San Francisco Osher Center for Integrative Medicine and an Assistant Professor of Family and Community Medicine. Her research focuses on group medical visits and integrative approaches to advancing health equity in safety-net settings. Ariana spent five years as a health educator and group medical visit facilitator at a community health center and received her PhD in medical sociology from UC San Francisco. In addition, Ariana is on the board of IM4US and the leadership team of the Bay Area Structural Competency Working Group, where she co-facilitates training for healthcare faculty, practitioners and trainees.

**Inger Burnett-Zeigler, PhD** is a licensed clinical psychologist and an Associate Professor in the Department of Psychiatry and Behavioral Sciences, in the Feinberg School of Medicine at Northwestern University. She is also a mindfulness trainer and certified yoga instructor. Inger has over 15 years of experience providing psychological interventions to help clients with mood and anxiety disorders, trauma, and stress. Her research focuses on examining the factors associated with access and engagement in mental health service utilization and using this data to develop, test and implement acceptable and accessible evidence based interventions in community based settings. Inger is an advocate for eliminating mental illness stigma and assuring that all individuals have access to high-quality, evidence based mental health care.
Household-Centered Care and Asthma Disparities in Underserved Communities of Miami-Dade

Participants will be guided through the steps of implementing a household-centered care approach to address the intersection of social and family phenomena that negatively impact health outcomes. The workshop will stress a life course approach to the social determinants of health that consider age-specific risks and resiliency building. A Household-centered care approach relies on outreach workers to teach patients how to mitigate social determinants of health risks that undermine clinical care models designed to improve pediatric asthma outcomes among vulnerable populations. Community partners were utilized to provide social services to the households. By using the household-centered care approach, we can decolonize medicine by changing the environment from the brick-and-mortar Borrinqueñ Health Care Center to inside the patient’s actual home. Advanced care practitioners are used to extending care plans from health centers to households. This vantage point provides invaluable information that would not normally be obtained in a typical clinical setting. A proprietary software system enables household care teams to simultaneously track clinical and SDOH needs and services. Overall, the approach to care ensures that continuity of clinical care is matched by an equal level of continuity of social risk management. The sustainability of the approach is achieved by implementing a community policy agenda aimed at increasing the likelihood social service organizations, clinicians, and health systems will be capable of supporting a household-centered care approach in their community. Policy trainings are conducted at the local academic health center as well as at several community organizations throughout targeted catchment areas. Community Fellowships, consisting of consumer-provider pairs, are created to train key social service organizations on how to better engage with patients and healthcare systems as “SDOH specialists.” Lastly, robust investigations of the impact of household-centered care on targeted health system objectives are undertaken. Participants in this workshop will draw vision boards of their own household-centered care approach to meet a clinical objective.

Catherine Busatto, MSPA, PA-C focuses on improving health outcomes in underserved communities by addressing the social determinants of health through a household-centered approach to care. Ms. Busatto participates in the department’s quality improvement initiatives, including contacting patients overdue for preventive cancer screenings. Ms. Busatto has been a faculty member at Florida International University Herbert Wertheim College of Medicine in the Department of Humanities, Health, and Society since 2017.

Deborah Gracia, DO, FACOI is the Chief Medical Officer at Borrinqueñ Medical Centers of Miami-Dade, oversees clinical operations including Behavioral Health, Quality, Dental, Adult Medicine, OBGYN, Pediatrics, and Specialties.

Sophia Lacroix, BS is a Program Manager at the FIU Herbert Wertheim College of Medicine (HWCOM) Green Family Foundation Neighborhood Health Education Learning Program (NeighborhoodHELP). She has a BS in Nutrition from University of Florida and is currently pursuing a BS in Fine Art at FIU. Sophita has over 29 years of experience working with underserved families, first as a Public Assistance Specialist/Medicaid expert with the DCF, next as a Case Manager & TV show co-producer/cohost with Community Based Organization, Sant La, and since 2009 as Lead Program Manager for the NeighborhoodHELP Outreach Team. In her spare time, Sophia is an accomplished, published award winning self-taught artist/painter who has exhibited throughout the U.S. and was commissioned by HWCOM former Vice-Chair, Dr. Pedro J. Greer, Jr. to create a unique painting about NeighborhoodHELP, currently on display at HWCOM.

Onelia Lage is a professor of Pediatrics Florida International University Herbert Wertheim College of Medicine Chief of Education and Faculty Development Department of Humanities Health and Society.
Employee Health Center: Whole Person Care for Underserved Healthcare Workers

Parkland Health—a large hospital system and employer in the city of Dallas—offers a self-funded healthcare plan to its employees. A third of the employees choose to receive primary care at a dedicated patient-centered medical home within the system. The Employee Health Center serves primarily minority healthcare workers with a very high prevalence of diabetes and co-occurrent depression. Our healthcare workers live in the same disadvantaged zip codes and face similar challenges as the rest of our patient population: food and financial instability, inability to work remotely, caregiver burden, limited access to specialty care. In this session, we will discuss our experience in implementing integrated behavioral health and clinical pharmacy services at the Employee Health Center.

**Arlene Betancourt, MD** is board certified in Internal Medicine and fellowship-trained in Integrative Medicine. She is the medical director at the Integrated Pain Healing Center and the Employee Health Integration at Parkland Health and Hospital System, a safety net academic hospital in Dallas, Texas. Both centers share the mission of transforming health outcomes by delivering compassionate, whole person care to our communities. Dr. Betancourt strives to educate and empower patients and clinicians to make the best possible decisions to support their thriving and well-being. She is passionate about relationship-based care, caring for the underserved and teaching Integrative Medicine modalities for the treatment and prevention of disease.

Decolonizing Medicine is Possible – Community Well Represents

Community Well envisions a world where everyone grows and thrives physically, emotionally, spiritually, and financially. Community Well was born out of a beautiful vision of communities coming together to heal, grow, celebrate, and learn from one another. Join Co-Founders Jen Reyes Moran and Jennifer Navarro-Marroquin as they share their holistic model of care for the communities that have historically been undervalued. You will come away being able to apply what you’ve learned from them in your own community and make recommendations and connections with service providers to create a supportive network working toward health equity and decolonizing medicine.

**Jen Reyes Moran, CMT** is a healer and committed to health equity and social justice. She also studied a variety of things that, in totality, have led to co-founding Community Well: psychology and anthropology at UC Santa Barbara, special education at San Francisco State, bodywork and energywork at The World School, integrative medicine at the Institute for Health and Healing and doula training through Doulas Of North America. Jen also has strong spiritual practices that guide her and her path. She is incredibly grateful and inspired to be working with and for people dedicated to healing and well-being.

**Jennifer Navarro-Marroquin** is a Co-Founder and Program Director of a Holistic Wellness Center in San Francisco called Community Well. Her life’s purpose is to support others to create a path towards wholeness and wellness. As a representative of Community Well she is the Vice-Chair of Shape up San Francisco. Outside of Community Well she is a Prosperity Coach and Financial Professional is a Board Member of Pinayista and a Loan Committee Member of Nor-Cal Loans.
Mind-Body Medicine in Intersectional Gender-Inclusive Mental Health Care

This session will review the use of mind-body treatments in women and non-men across the gender spectrum, with special emphasis on racial/ethnic disparities in mental health care for this population. Attendees will gain a better understanding of the state of the research in this area and how best to apply it to clinical practice. Attendees will also learn more about the intersection of racial and gender identity and how this impacts mental health care. Attendees will learn best practices for offering mind-body medicine in a variety of underserved communities, and how best to support these persons in the clinical setting.

Chanel Heermann, MD is an integrative psychiatrist who helps people create a holistic recovery plan for their unique emotional challenges using the best of conventional and alternative medicine. She proudly serves the veterans of Eastern Colorado at the Rocky Mountain VA Medical Center, as well as offering private integrative psychiatry services via telemedicine across Arizona, Colorado, New Mexico, Wyoming, South Dakota, North Dakota, and Nebraska. Dr. Heermann is board certified in Psychiatry and Integrative Medicine. She is a graduate of the University of Arizona Center for Integrative Medicine’s fellowship program, and serves as faculty for the Center for Mind-Body Medicine, Saybrook University’s College of Integrative Medicine and Health Sciences, and the University of Colorado’s Department of Psychiatry. She offers private telepsychiatry consultations, and supports telemental health practices through the MHDirect online directory.

Luann Fortune, PhD, LMT is a health and wellness educator, researcher, and advocate. She is on faculty and specialization coordinator at Saybrook’s College of Integrative Medicine and Health Sciences. She is also an NCBTMB certified licensed massage therapist.

Sorin L. Thomas, MA, LPC, LAC, CGP, ACS is the Founding and Executive Director of Queer Asterisk Therapeutic Services, is a queer and transgender Licensed Professional Counselor, Licensed Addictions Counselor, Certified Group Psychotherapist, and Approved Clinical Supervisor with over a decade of professional experience in the field of psychology serving queer and transgender individuals and their families. Sorin has a Masters in Somatic Counseling Psychology from Naropa University and post-graduate experience in wilderness therapy, addiction recovery, adolescent and adult residential treatment, community based services, emergency psychiatric services, and hospital settings. In addition to offering queer-affirming counseling and clinical supervision, Sorin offers consultation and diversity, equity, and inclusivity trainings through a queer lens to mental health organizations, addiction recovery centers, social service agencies, hospitals, and schools.

The Commodification of Traditional Medicine and the Movement Towards Decolonization

Traditional medicine such as acupuncture, yoga, meditation, and plant medicine derive from non-white indigenous cultures, yet these practices are used and marketed to a predominately white demographic. This workshop offers an overview of the harmful impacts of the white commodification of traditional indigenous medicine. By utilizing Critical Race Theory as a foundational tool for decolonization, participants will identify actions to support their work towards health equity and inclusivity. Examples from an online social venture health justice organization Influential Point, will serve as a case study example of utilizing digital media to amplify BIPOC and Queer voices in the Integrative health field.

Tamsin Lee, DA[o]M, AEMP is a researcher, East Asian medicine doctor, and health justice activist. She recently completed her NIH funded postdoctoral fellowship at the University of Washington where her research focused on utilizing digital media to support virtual communities. She is the founder of Influential Point, a social venture organization amplifying BIPOC voices in the health and wellness space. Dr. Lee is committed to speaking out about xenophobia in the East Asian medicine field, and actively works towards health justice and liberation for all.
Bridging Integrative and Indigenous Medicines: Lessons from the Field

This session presents lessons, methods, and examples derived from field experiences using the arts and sciences by conducting collaborative clinical care and research on integrative medicine for the prevention and treatment of trauma and its sequelae while working with diverse indigenous communities in Mexico and the Pacific Northwest.

Leslie Korn, PhD, MPH, LMHC, founded the Center for Traditional Medicine, a public health clinic in rural indigenous Mexico in 1977 where she still works. She is the director of research at CWIS.org, a native-directed NGO. Leslie trained with curanderas in the jungle and in public health and psychiatry at Harvard Medical School. She is the author of 9 books and has a private practice in integrative medicine and nutrition for mental health.

Collaboration to Restore and Acknowledge the Value of Daily, Traditional Holistic Healing Practices

In this session, the presenters will introduce Cultural Continua, to compare some differences between conventional allopathic medicine and traditional healing philosophy and practice. The historical, intergenerational trauma presentation on resilience and healing will be both informative and motivating and include group dialogue. Identifying how Historical/Intergeneration trauma is stored and located in our bodies’ memory causing an imbalance of our spiritual, emotional, mental, and physical well-being. By accessing and integrating the collective of our indigenous ancestral wisdom and cultural lifeways, we heal the epigenetic imprint of trauma, transcending and transforming our DNA, returning back to the true purpose of our origination of self through the Luminous String of Lives. Participants will walk away with increased knowledge on resilience and traditional healing practices.

Nancy Bordeaux, Indigenous Healer is Lakota from Rosebud South Dakota she currently lives in the Minneapolis Minnesota area. Nancy’s approach to her work is through her Lakota traditions and knowledge. Nancy’s traditional practices inform her current work today through transference of information, knowledge and healing concepts to provide successful outcomes for others through her work.

Maria Morin McCoy, Indigenous Cultural Wellness Practitioner is a Certified Therapeutic Life Coach, Reiki Practitioner and train in Indigenous Focused Orientation Therapy. My family comes from the Turtle Mountain Band of Chippewa, I work in the American Indian community supporting families in healing from historical/intergenerational trauma by accessing and integrating our collective ancestral wisdom, cultural life ways to heal, transforming the epigenetic imprint of trauma. I also use creative expression, cultural crafting and mind body medicine as tools to enhance healing within ones self.

Selma Sroka, MD, Fellow AZCIM, Traditional Healer completed medical training at the U of MN 1991 and Family Medicine Training in 1994, when she joined the Faculty for the Hennepin County Medical Center’s Residency Training Program. She completed the U of AZ: Center for Integrative Medicine’s Fellowship Training, started an Integrative Health Clinic at HCMC’s Whittier Clinic and brought the IMR (Integrative Medicine in Residency) curriculum into the program. In parallel to her medical practice, Dr. Sroka studied and practiced traditional healing with her adopted Lakota family, with Curanderos from Mexico and the Southwest, with local/MN Indigenous elders and healers, and since her retirement from medical practice has been primarily working in her community to help build respect for Indigenous an Traditional wisdom and ways.
Wellness as a Liberatory Practice: Using Liberatory Consciousness to Reframe Trainee Wellness

Contemporary wellness paradigms often fail to acknowledge the individual lived experience, including manifestations of trauma that derive from oppression of socio-political identity. Because these models are frequently rooted in dominant ideological frameworks such as white supremacy, patriarchy, and heteronormativity, they themselves can be oppressive. The presenters contend that modern professional environments, particularly those steeped in hierarchy (e.g., academic medicine), provide for conditions that threaten individual identity; and that these conditions may be worsened by the improper application of “oppressive wellness” models. Citing this rationale, we designed a wellness curriculum for medical students which draws from Barbara Love’s liberatory consciousness framework, as well as frameworks of critical race theory and equity pedagogy. Our novel Wellness as a Liberatory Practice curriculum embodies themes of anti-oppression, antiracism, and individual liberation. In our first session, we operationalize these concepts through a four-pronged activity set involving: awareness, analysis, action, and accountability/ally-ship. We look to replicate this session for IM4US attendees who will gain a deeper understanding of (1) how modern conceptions of wellness fail to meet medical trainee needs, (2) how oppressive medical education settings lead to unwellness in trainees, and (3) how to take initial steps toward establishing wellness as a liberatory practice.

**Folashade Wolfe-Modupe, MD** serves as core faculty at the UCSF/SFGH Family and Community Medicine Residency Program. She is devoted to a practice that sprouts balanced healers and incorporates integrative medicine for our most vulnerable communities.

**Stephen Richmond, MD** is a family physician, educator, and health justice advocate with specific interest in racial equity in medicine. He currently serves as a Clinical Assistant Professor of Medicine in the Stanford Division of Primary Care and Population Health. As a researcher and educator, his interests broadly involve the intersection of race, racism, and medicine, with current projects focused on applications of Critical Race Theory to medical education and clinical care. He most recently served as the co-director of the Health Equity & Racial Justice Graduate Medical Education Pathway at UCSF and is presently involved in many ongoing advocacy efforts aimed at achieving structural change.

Decolonizing Body Size: Exploring the Roots and Misconceptions of Weight as a Measure of Health

Within the last century, body size has become a focus in medical care. The narrative that rising body weights and the “obesity epidemic” are the cause for worsening health outcomes has sent the medical profession into attack mode: in order to protect population health, medical professionals must help their patients stop gaining weight. As a result, however, we have created a society that equates thinness to health and morality while simultaneously demonizing fatness. It has 60% or more of Americans on diets, children as young as 5 worried they are “too fat” and an increasingly negative collective body image. This presentation will explore the association between racism, weight, and health, the flaws in the belief that higher weight is causing worse health outcomes, and how our fixation on weight may actually be causing more harm than good. Using real examples, we will explore how to take a health at every size approach to patient care and create affirming environments for patients of all body shapes and sizes.
COMMUNITY-BASED CARE TRACK

AMANDA MONTGOMERY, RD, LDN is a Registered Dietitian and currently serves as the Manager of Community Health Education at Heartland Health Centers, an FQHC on Chicago’s north side. She received her B.S. in Nutrition and Dietetics from Saint Louis University and completed her Dietetic Internship at Loyola University Chicago. She is currently completing her master’s in public health at the University of Illinois Chicago. She has worked as a Community Dietitian for five years, and is passionate about food justice, compassion-based nutrition and reducing anti-fat bias within public health and health care systems. She grew up in Chicago, IL and loves being able to work in her home community.

SREELA NAMBOODIRI, MD, ABOIM is an Integrative Family Medicine physician at Heartland Health Centers. In addition to her primary care practice, Dr. Namboodiri conducts integrative medicine consultations, leads group medical visits, and spearheads an initiative to expand access to diverse healing modalities. She is dedicated to co-creating a vision of compassion-centered, trauma-informed care and social justice.


This session highlights Safe Black Space, an organization which provides healing circles specifically with people of African ancestry and addresses Black racial stress and trauma. Attendees will learn about Safe Black Space and its African-centered and Black cultural framework. You will understand how critical this sacred, and culturally and community-based service is for people of African ancestry and recognize its applicability for other marginalized communities. See the impact and outcomes of Safe Black Space and learn how it’s contributed to bringing about healing. This will be an interactive and informative session, including music, video clips, self-reflection and discussion. Everyone will leave with something to think about and something to do...that is meaningful to themselves as it relates to the health and wellness of Black people.

KRISTEE HAGGINS, PhD is a Community Healer, African-Centered Psychologist & Professor. She is a cofounder and president of Safe Black Space, a developing non-profit focused on healing people of African ancestry. Dr. Haggins is a consultant, trainer and speaker on mental health and wellness with expertise in Black Racial Stress, Trauma and Healing.

RYAN McCLINTON as a community organizer at Sacramento Area Congregations Together, helped develop policy, cultivate nonprofits and develop resources to create a more just and fair community. With a focus on communities of color, McClinton tackled issues like gun violence, homelessness and food insecurity. He pushed local government to address systemic racism through governance and budgetary practices. He also successfully pushed for legislative policy to create more police accountability and helped develop a funding mechanism to support Black communities. After some four years with the organization, McClinton started a new job in October with Public Health Advocates, a nonprofit that helps communities pass laws, reform systems and establish norms that foster justice, equity and health. As a program manager, McClinton is working on a campaign focused on building advisory teams to help inform and innovate new approaches to emergency response systems.

TEAH HAIRSTON, PhD is a community caregiver, academically rooted in African American Studies, Psychology, and Sociology. She is the vice president of Safe Black Space, and vice president of Sacramento Area Congregations Together (Sac ACT), where she advocates for racial and social justice and healing. Dr. Hairston is also a Holistic Health and Wellness Coach and Nutritionist, facilitating healing circles, workshops and webinars that emphasize health and wellness for people of African ancestry under her LLC, Be Love Holistic. She is the mother of two sons, and preparing for the birth of her daughter in October 2021.

JACQUELYN OLLISON, EdD is a committed educator who loves everything about the profession. Her experience includes teaching in the PreK-College system and serving as a school site, school district, and state-level administrator. Currently, she serves as the Program Director for the California Teacher Residency Lab. She also teaches at the University of the Pacific, Benerd College, and at the University of California, Merced, Teacher Credential program. She volunteers for and serves as board secretary for Safe Black Space (SBS) an organization that provides culturally specific strategies and local mental health resource referral information to help Black people heal from the trauma of racism.
Decolonizing Collaborative Practice: Towards Professional Inclusivity in Integrative Medicine

In this discussion forum, we will explore ideas to expand the inclusivity of our healthcare workplaces such that the knowledge and skills of indigenous healers, Community Health Workers, and other non-licensed practitioners can receive the visibility and respect that they deserve. As integrative care providers, we owe much to the wisdom that comes from these practitioners who are often excluded from institutional hiring and decision-making policies, as well as medical treatment plans. In this facilitated conversation, we welcome all practitioners who do not have conventional medical licensure, with a special invitation to Indigenous healers and Community Health Workers, to share their perspectives; we also invite those with allopathic training to primarily listen to the experiences of their colleagues. We hope to foster an inclusive dialogue that can act as a learning forum to better understand the harm caused by this systemic exclusion and collectively brainstorm how we can all contribute to creating change in the future such that integrative medicine provision can become truly integrative, culturally responsive, and culturally rooted.

Michelle Steinberg, MS is a Nutritionist and Western Herbalist, as well as a Documentary Filmmaker, based in Oakland, CA. In 2009, Michelle started a Spanish bilingual Nutrition/Herbal Medicine program at Street Level Health Project, a free multilingual community clinic. Michelle received the American Herbalist Guild 2015 award for Diversity & Inclusion and was on the Board of Directors of Integrative Medicine for the Underserved from 2016-2020, as well as Co-Chair of the IM4US Equity, Diversity, and Inclusion Committee. She has a Master's of Science in Human Nutrition from the University of Bridgeport and a Bachelor's in Cultural Anthropology from Wesleyan University.

Nadine Ijaz, MSc, PhD is an Assistant Professor in the Department of Law and Legal Studies at Carleton University in Ottawa, Canada. Her research focuses on the governance of traditional, complementary and integrative medicine practitioners. She is also a Board Director with Integrative Medicine for the Underserved.

Christa Fernando, MD’25 (she/her) seeks to facilitate healing in her communities through various modalities. She is currently pursuing her medical degree at Brown University with a focus on medical anthropology. She hopes her research will increase understanding of indigenous healing philosophies by Western medical systems.

Nicco Turner, MA, Health and Wellness Coach, Natural Chef is a holistic health and wellness coach, educator, and facilitator. She holds a MA in Holistic Health Education from John F. Kennedy University, a certificate as a Natural Chef and received her Health Coach Certificate from Emory University in 2018. She has a passion for health and wellness with the belief that each person should be able to live their best life. She has over 20 years of experience working with diverse populations, underserved communities, and the systems that serve them.

Providing Trauma-Informed, Culturally Competent Care to Restore Resilience After Climate Disasters

Overview of the history of IHAN and how the organization is evolving to provide trauma-informed and culturally-responsive integrative health care to communities impacted by the California wildfires since 2017. Learn how a collaborative team of volunteer Acupuncturists, Chiropractors, Homeopaths, Massage Therapists, Mind-Body Medicine practitioners, Naturopathic Doctors, Osteopaths and Functional Medicine practitioners are providing a safe, welcoming, and culturally responsive therapeutic space to people in various communities affected by wildfires, including first responders, Latinx Farmworkers and other volunteer workers on the frontlines during and after a climate disaster, with a focus on empowerment, embodiment, and resilience within the community.
Kathleen Scheible, CCH is a board-certified classical homeopath, and has a private homeopathy practice in San Francisco’s Bernal Heights neighborhood. Kathleen founded the Bay Area Homeopathy Association in 2007 and is the current President of the California Homeopathic Medical Society, which was founded in 1877. Kathleen has been honored to volunteer for the Integrative Healers Action Network as a homeopath practitioner and as Homeopath Ambassador since 2018.

La Deana Jeane, ND, NMD, FABNO is a licensed Naturopathic Doctor who received her degree from Southwest College of Naturopathic Medicine. She practices at Premier Integrative Medicine in Santa Rosa, California where she offers a full range of primary naturopathic care modalities with a highly specialized focus in integrative oncology. Dr. Jeane is grateful for the opportunity to volunteer as an Ambassador with IHAN (Integrative Healers Action Network) providing trauma informed care to those impacted by natural disasters.

Addressing Historical Trauma in the African Diaspora: Developing Integrative Pilot Intervention

Historical trauma, the cumulative and collective impact of mass, intentional trauma on a people, is often understudied within dominant healthcare spaces yet can deeply impact the health of underserved populations. In this workshop, co-facilitated by an allopathic medical student and a traditional scholar-practitioner, attendees will learn about an emerging experiential and educational pilot intervention addressing historical trauma in Black communities that integrates biomedical understandings of trauma with more traditional African and Diasporic culturo-spiritual knowledges. Attendees will leave with a deepening knowledge of historical trauma, particularly as it relates to Black communities as well as be introduced to possibilities for collaborating with healers and knowledge systems firmly rooted in Africa and its Diaspora.

Allie Dyer, MPH is a Portland-born, Antigua-rooted medical student, educator, writer, growing healer, and community organizer with a passion for reproductive justice, decolonial movements, and the healing of historical and intergenerational trauma. As a recent graduate of Harvard University’s T.H. Chan School of Public Health, she earned an MPH in Health and Social Behavior where she focused on collaborating with traditional scholar-practitioners to co-create transdisciplinary educational and therapeutic spaces for the healing of historical collective trauma for people of the African Diaspora. Whether through her public health work, her medical work, or through community organizing, Allie has a call toward bridging allopathic medicine and traditional wisdoms in service to the healing of and justice for all oppressed under the current systems of power.

Nadia Milad Issa, Scholar-Practitioner is a second-year Master of Theological Studies student at Harvard Divinity School, focusing on the African and African American Religious Studies Area of Focus, graduating in 2022. At HDS, they continue their work on Spiritual Reparations in Regla de Ocha-Ifá and other Black Caribbean Diasporic traditions, and continuing research on Black Cuban Womxn Akpwón/Apwanlás. Nadia spent over three years in Cuba and México pursuing fieldwork and dance study for both research projects that take form as Auto-Ethnographies and dance choreographies expanding Reparation politics and politics of being an Akpwón in Cuba and its diaspora. Nadia is a Company Dancer with Jean Appolon Expressions, a Haitian Contemporary dance company.
For our Medicine to Survive, the Profession Must Burn: Decolonizing Acupuncture in the US

This session investigates the sociocultural history of the acupuncture profession in the United States. It argues that though the medicine was brought by Asians dating from the late-19th century, by the early-1970s, it was professionalized by white Americans. With a particular orientalism developed during the counter-cultural movement in the 1960s, Counter Culture Orientalism, the medicine would be shaped by a perceived notion of middle-class white Americans on how the medicine ought to be practiced. Combined with auspices of the state and the formation of policy, white practitioners would have dominance over the professionalized medicine and create the disproportion of white practitioners over Asian American practitioners. More importantly, this dominance has created a mechanism where Asian Americans cannot even practice their medicine. The session ends with a call to action informed by policy and ethnographic analysis, giving communities and people access to an efficacious medicine. This access will combat the profession’s racist legacy and highlight its more liberatory past.

**Tyler Phan, PhD, LAc** is an anthropologist and licensed acupuncturist. His 2017 Ph.D. dissertation “American Chinese Medicine” analyzed the racial history of Chinese medicine in the United States. He’s a lecturer at University of Pittsburgh’s Department of Anthropology and Asian Studies Center.

Re-Imagining Acupuncture Safety

Decolonizing the practice of acupuncture in the US includes de-orientalizing it. This presentation argues that one possible way to de-orientalize both acupuncture practice and acupuncture education is through an emphasis on safety, particularly social safety. What might a culture of safety look like for acupuncture practice and acupuncture education? Attendees will benefit from this session by hearing the terms “adverse events reporting database” and “prefigurative intervention” used in the very same sentence, which has almost certainly never happened before.

**Lisa Rohleder, LAc** co-founded Working Class Acupuncture in 2002, which provided the template for other self-funded community acupuncture clinics and spawned both the People’s Organization of Community Acupuncture Cooperative and the POCA Technical Institute, the first accredited school dedicated to training community acupuncturists. She has written several books about community acupuncture including Acupuncture Is Like Noodles and Acupuncture Points Are Holes: a Case Study in Social Entrepreneurship. She currently works as the Director of POCA Tech and blogs about acupuncture safety and related topics at acusafetynerd.com.

Advancing Integrative Pain Management through Collaboration and Advocacy

Chronic pain is a complex problem that requires whole-person centered, integrative, multimodal pain care. This begins with a comprehensive assessment, an individualized evidence-based care plan, and strategies that support patient-centered outcomes with appropriate payment incentives. BioPsychoSocialSpiritual care + Self Care is the foundation and focusing on “What Matters to You” (the patient) is the key motivator. There are many known obstacles in the way that keep this standard of care out of reach for many people who are underserved. This interactive session will explore acupuncturists in a variety of settings who are inspiring others and making a positive difference in underserved communities. Each panelist will share their unique story and insights on culturally sensitive, person-centered, individualized care. We will also discuss the impact of policies, education and collaboration, with a particular focus on integration with conventional medical services when providing integrative pain management.
MODERATORS:

**Amy Goldstein, MSW** has been in the healthcare field for more than 25 years, working with and advocating for people with chronic conditions, such as kidney failure, cancer, chronic pain and multiple sclerosis. She has developed and is currently directing the grant-funded initiative and multi-stakeholder collaborative, Alliance to Advance Comprehensive Integrative Pain Management. Ms. Goldstein most previously spent almost two decades working for the Academy of Integrative Pain Management, American Cancer Society, and National Multiple Sclerosis Society. She keeps herself centered by focusing on mission-driven work that advances whole person-centered care.

**Megan Kingsley Gale, MSAOM** is the director of The Hospital Handbook Project (HHP) for Acupuncturists and Their Hospital Sponsors (Admin), a not-for-profit community resource project and professional network community of hospital practice acupuncturist clinicians, program managers and researchers. The HHP is the go-to resource for hospital-based acupuncture employment practices and program standards.

PANELISTS:

**Rocio Lopez, LAc** is a licensed acupuncturist in the State of Texas. Shortly after graduating from the AOMA Graduate School of Integrative Medicine in 2019, she opened a private practice in my hometown of Brownsville, Texas. Here, she provides acupuncture and herbal services to patients in the Rio grande Valley and the surrounding border towns in Mexico. Relocating to the Rio Grande Valley was especially important to her because she wanted to introduce Chinese Medicine to an area that lacked access to it.

**Risi Idiokitas, LAc** has been a practicing Acupuncturist for 14 years. For the last 10 years she has been solely working in pediatric care. She currently works on the Palliative Care team at Children’s National Hospital in Washington, DC.

**Laura E. Ocker, LAc, MACOM** has been in practice as a Licensed Acupuncturist since 2003 during which time she has had the pleasure of serving a highly diverse patient population at three of Oregon’s Federally Qualified Health Centers. During her tenure as president of the Oregon Association of Acupuncturists (OAA) and in the years following, Laura led a collaborative effort between the association and the Oregon College of Oriental Medicine that resulted in significant gains in acupuncture coverage for Medicaid recipients through the collation, submission, and presentation of high quality scientific evidence demonstrating effectiveness of acupuncture to the State of Oregon. Laura has been a full-time acupuncturist with the Multnomah County Health Department since 2005.

**Katie Thornton, RN, MSN, CNL** has been a nurse for over 10 years. She began as an addiction specialty nurse running clinical operations at Oregon’s largest methadone clinic. She transitioned after 6 years to Multnomah County where she ran the refugee health screening program as nursing supervisor for the state of Oregon. She now happily resides as the regional manager for Multnomah County’s North and Northeast Health Centers, the county’s historically black American health clinic. As a biracial woman with a 5-year-old son, Katie strives every day to make sure the world she leaves to her son is made a little better than the one she inherited; this is the long standing tradition of her family.

**Richard Mandell, LAc** is licensed by the Committee on Acupuncture/Board of Medicine in Massachusetts. He is also certified by the National Acupuncture Detoxification Association (NADA) and is a Certified Registered NADA Trainer. He has been in private practice since 1990. For 14 years, Richard worked at Dimock Community Health Center as Director and Lead Practitioner of the Acupuncture Substance-Abuse-Treatment Program, and served on the faculty of The New England School of Acupuncture for 17 years. Richard is a Co-Founder of the AIDS Care Project (ACP) and Founder & Executive Director of The Global Acupuncture Project, a program that trains health providers in Mexico and Africa how to use simple acupuncture protocols to address the needs of those with HIV/AIDS, malaria, dengue, TB, and other acute and chronic conditions.

**Amy Mager, DACM, LAc, Dipl. OM (NCCAOM), FABORM** has been nationally Certified to practice acupuncture by the NCCAOM since 1988. Amy advocates for all insurances including Medicaid to cover acupuncture and has testified in MA in front of multiple committees and for other states as Leg.Co-Chair of the Acupuncture Society of MA and as vice chair of public policy for the American Society of Acupuncturists. Amy is committed to health care being a right, not a privilege, offering free and low-cost care to underserved patients who cannot afford care.
History of Revolutionary Acupuncture in the U.S.: Its Meaning Today

We have separately been researching the history of how revolutionaries—primarily Blacks and Puerto Ricans but also including other Latinx, Asian Americans and whites—created a radical program of acupuncture to treat heroin/methadone addiction and other socially engendered ills in New York City from the early 1970s through early 1980s. Our research began in different ways and is conveyed in different outlets, but we have been discovering similar stories. At the same time, each of us has focused on unique aspects of the history and we have necessarily engaged our individual perspectives to develop interpretations of it. Together, we bring a richer sense of where this story stands in the larger history of radical health care activism. We bring a multitude of ideas on how it does, can, and should affect our present moment as health care providers. Knowledge/skills/abilities: Attendees will gain knowledge of a more inclusive and sociopolitically conscious alternative to the common narratives of the history of acupuncture in the U.S., and they will be given the tools to view it within the context of radical health care activism. They will compare and contrast a health care approach that is fundamentally centered on community to the individualized approach that prevails even in many CAM or integrative settings. They will reflect on their own social and political position in health care—whether as practitioner, patient, or advocate—and their ability to influence models of care.

Rachel Pagones, DAOM, LAc is a licensed acupuncturist, educator, and author. Her clinical passion is helping older adults, particularly those from disadvantaged communities. She was program director of the transitional Doctorate of Acupuncture and Chinese Medicine at Pacific College of Health and Science until 2021, when she moved to the UK. Her book, “Acupuncture as Revolution: Suffering, Liberation, and Love,” will be published in late 2021.

Tenisha Dandridge, DACM, LAc is the owner and operator of Everyone’s Place a mobile acupuncture clinic, author of “Unusual Tale of Acupuncture, Racism, and African American History in the USA”, and co-founder of blackacupuncturist.com. Dr. Dandridge is an avid researcher into the effects of systemic racism, racial battle fatigue, transgenerational trauma, Post Traumatic Slave Syndrome and how acupuncture can address the racial health disparities gap created by these issues. Dr. Dandridge is a racial literacy and decolonization lecturer with focus on improving safe access to East Asian Medicine in the BIPOC community.

Eana Meng, MPhil is a historian of medicine and a physician in training. She is a MD-PhD candidate at Harvard Medical School and the Department of History of Science. Her research has traced the lesser-known histories of the use of acupuncture by American activists (including those in the Black revolutionary movement) since the 1970s and the legacies that emerge from them, which include a five-point ear acupuncture protocol currently used around the world for substance use and behavior health conditions. She is interested in the histories that sit at the intersection of radical politics of health, integrative healing modalities, community healthcare, opioid crisis and pain, and crucial dimensions of race, gender, and class. She runs a blog at ofpartandparcel.com.
Black Acupuncture Association: Moving Toward Health Justice, Equity, and Inclusivity

Presenter(s) will discuss the common experiences of Black Acupuncturists across the country, both in school and in practice. The discussion will also include challenges facing Diasporan practitioners and the groundwork and impetus for creating BAA. Presenters will include video testimonials from current members of our association and offer potential solutions for improving numbers of BIPOC clinicians and faculty, as well as improving outcomes for BIPOC patients.

Tenisha Dandridge, DACM, LAc is the owner and operator of Everyone’s Place a mobile acupuncture clinic, author of “Unusual Tale of Acupuncture, Racism, and African American History in the USA”, and co-founder of blackacupuncturist.com. Dr. Dandridge is an avid researcher into the effects of systemic racism, racial battle fatigue, transgenerational trauma, Post Traumatic Slave Syndrome and how acupuncture can address the racial health disparities gap created by these issues. Dr. Dandridge is a racial literacy and decolonization lecturer with focus on improving safe access to East Asian Medicine in the BIPOC community.

Safiya McCarter, ND, LAc is a dual-licensed Naturopathic Doctor and Acupuncturist and owner of Flourish and Balance Integrative Medicine, based in Rockville, Maryland. She is also a consultant that facilitates organizations in their work of establishing a standard of equity, inclusion, and diversity and applying that standard to the work they do and the services they provide. Dr. McCarter currently serves on the Board of Directors for the American Association of Naturopathic Physicians (AANP) and acts as Chair of the Diversity & Inclusion Committee and the Board of the Midwifery Education Accreditation Council (MEAC) and acts as Vice-President of Accreditation and Chair of the Education Standards and Equity & Access committees, the Black Acupuncturist Association (BAA) serving as treasurer and the National Association of Black Naturopathic Physicians (NABNP), serving as the inaugural president and lastly as a commissioner for the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM). Dr. McCarter completed her Doctorate in Naturopathic Medicine and Master of Science in Acupuncture and East Asian Medicine at Bastyr University-Washington and Bachelor of Science degrees in Biology and Mathematics at Clark Atlanta University, Atlanta, GA.

Afua Bromley, LAc, MSOM, Dipl.Ac (NCCAOM)® is the owner of Acupuncture Saint Louis & Wellness Center in Saint Louis, MO, and a practitioner of Traditional Chinese Medicine since 1998. She is also the founder of Universal Holistic Healthcare Services(UHHS), a 501(c)(3) nonprofit, dedicated to expanding access to culturally competent integrative medicine domestically and globally, through activities such as STD/HIV prevention education, nutrition workshops, women’s support group for those living with HIV/AIDS, and supporting those organizations which seek to raise health equity and eliminate health disparities worldwide. UHHS is also building an integrative medicine clinic and public healthcare worker training center in Ghana, West Africa, that will serve as model for community centered care.

Rhonda Coleman, DAOM, LAc, LMT, ADS is a Doctor of Acupuncture and Oriental Medicine licensed in the states of Arizona and Colorado, a Licensed Massage Therapist, and a certified Acudetox Specialist. Her clinical practice is focused in Pain as well as Emotional and Digestive Health. She supports her local community through advocacy, public service, and speaking engagements.
Community Based Approaches to Improve Autoimmune Health Equity

We discuss community based approaches in research, advocacy, and community services design and implementation. We discuss why traditional top down structures do not address health equity needs. We suggest processes and solutions to include diversity and inclusion.

APRIL MORENO, PhD, MPA is founder and CEO of the Autoimmune Community Institute, a nonprofit organization dedicated to autoimmune health equity in health and community based research. Dr. Moreno completed her PhD in Health Promotion Sciences and Information Systems Technology from the Claremont Colleges. She also is the founder of the Public Health Podcast Network.

Autoimmune Nutrition for All: Accessible and Effective Nutrition Therapy

Current autoimmune diets are expensive, difficult, lack a strong evidence base, and take an all or nothing approach. This unnecessarily puts healing out of reach for many patients. Because most nutrition therapy for autoimmune disease has been protocol driven, providers may lack knowledge of which specific dietary interventions matter most, making it difficult to break down current protocols into something attainable for their patients. This presentation explores the systems biology of autoimmune disease and provides evidence for individual interventions, as well as relative cost, allowing practitioners to increase accessibility and help all patients attain remission.

LORI TAYLOR, MA, MS, RD is the Chair of the Department of Integrative and Functional Nutrition at Saybrook University, where she developed seminal courses in Systems Biology that take a “nourish first” approach to patient care. Lori is a graduate of UC Berkeley, Stanford University and Bastyr University with 25 years of expertise as one of the first dietitians trained in a natural medicine paradigm. She is a subject matter expert in autoimmune gastritis, folate/ B12 metabolism and permaculture.
Integrative, Culturally Supportive Therapies for Reimagining Criminal Justice and Healthcare

Attendees will learn why the criminal justice system ill-serves the prevailing behavioral health needs of justice-involved people. The intellectual understanding that people are not inherently bad and that relapse is not a moral failing is consistently overridden by a culture that focuses on shaming, punishment and deprivation. Using a trauma-informed, positive psychology and empowering approach will get better health and justice outcomes. Commonly used behavioral health treatment modalities should be supplemented with voluntary options for medication-assisted treatment, ear acupuncture, and indigenous ceremonies and therapies. The evidence-based practice contingency management has been rejected by criminal justice systems because it is inconsistent with a punitive paradigm. EBP must be applied neutrally, recognizing the advantages of healing practices from other cultures, traditions, and paradigms, thus decolonizing the hegemony of medicine.


Jennifer Olejownik, PhD, MS, BA, RYT conducts research on integrative medicine exploring the paradigmatic tensions of opposing health systems through the lens of the integrative provider and the organizational structures, processes, and barriers that promote or inhibit integration. Specifically, she is interested clinical models, especially patient-centered medical homes and other innovative settings that prominently feature integrative providers supporting underserved populations. Dr. Olejownik is currently interested in community models of integrative care, integrative education, the intersection of integrative medicine and restorative justice, and traditional and indigenous medicine. She resides in Columbus, Ohio and teaches courses towards the Integrative Approaches to Health and Wellness minor in the Health Science department at OSU.

My Day Teaching Reiki in Juvie: How To/Not To

Chicago is home to many powerful energy practitioners. At least one of them discovered this gift while living at the Cook County Juvenile Temporary Detention Center. This dynamic presentation offers strategies and inspiration for those wishing to introduce integrative wellness programs to underserved communities in hard-to-reach spaces. It also provides plain talk about some of the obstacles one encounters when approaching the corrections environment. Attendees will come away with actionable first steps, realistic expectations, and motivation to begin.

Heather McCutcheon, BA, Reiki Master Teacher, president and founder of the Reiki Brigade, is a Reiki practitioner and instructor, licensed massage therapist, and author. She and more than 20 volunteers conduct outreach events to introduce the benefits of Reiki via presentations and one-on-one demonstrations. Since 2011 they have offered more than 5,000, ten-minute Reiki demos to Chicago police officers, homeless veterans, medical students and faculty, incarcerated individuals, and attendees of trade shows and corporate wellness events. Heather has written a book about her work, and had articles featured in numerous trade publications. She has also received Distinguished Service and Humanitarian awards from the Illinois Chapter of the American Massage Therapy Association for her volunteerism with veterans and raising awareness of sex trafficking under the guise of massage therapy within the massage industry.
Promoting Emotional Resilience in BIPOC and Underserved Communities

Health inequities that play a larger toll on underserved and indigenous communities also have a greater effect on emotional health and wellbeing. Integrative Health practitioners must be able to incorporate tools of resilience and wellbeing into their practice, to best serve these communities. At this year’s IM4US Annual Conference, we would like to share some best practices that IH professionals can use within the scope of their practice to provide care that promotes and integrates emotional health and resilience. Our expertise lies in evidence-based approaches to increasing the wellbeing and resilience of health equity providers, and we propose presenting how to apply these approaches to the work of caring for underserved, marginalized, and indigenous communities. Through reflection-based tools, somatic approaches, and adult-learning pedagogy, we aim to provide concrete tools that providers can use when caring for the underserved, as well as for themselves as practitioners.

Eliza Ramos, MPH, MSW Founder and CEO of Circles International, is an award winning social entrepreneur, activist, healer, and advocate for social justice with global experience in Africa and South America. During her previous career as a social worker and global health practitioner, she realized a direct link between the wellbeing of a leader and organization, and the impact they were either able or not able to make in their communities. Circles International is building a movement for emotional health and wellbeing amongst leaders and organizations working toward peace and social justice.

Amy Paulson, MS is the founder of Healing Together, a global nonprofit that equips everyday survivors with tools to become peer mental health and healing advocates in their communities, so they can disrupt generational cycles of trauma and harm. Healing Together is led by and for communities that are disproportionately impacted by systemic injustice, and is rooted in transformative justice, ancestral wisdom, and BIPOC brilliance.

The Ties That Bind Us: Reclaiming Our Living Earth Heritage

Interconnected and rooted together like forest trees, we can reach for each other and grow the relationships we need to heal ourselves, each other, and the world around us. If we have each other and the collective wisdom of our ancestors, we can embody our natural powers of leadership, healing, and collaboration to transform our health care system. Although we may be only truly experts in the colonization of medicine in our melting pot of immigrants and Indigenous people, it is not too late to re-indigenize and reclaim our intergenerational resilience or Living Earth Heritage. We can restore our faith in our inherent ability to heal naturally in alliance with our ecosystem rather than in direct competition with it. We can re-establish our connection to the land, cultural wisdom, language, faith, wild plants, and medical herbs of our ancestors that sustained and healed generations for thousands of years. We can rediscover the forgotten integral relationship with the land, plants, and animals that nourishes our physical, mental, emotional, and spiritual well-being. We can uplift the keepers of precious healing knowledge. Through learning about Complex Societal Trauma, Polyvagal Theory, and deep listening practices, we can reconnect with ourselves, body, mind and emotions, with each other, the natural world, and our Living Earth Heritage and decolonize medicine.
Elizabeth Rocco, MD has worked for 20 years with underserved populations in immigrant communities. In 2005 she combined her passions for care of underserved immigrants, mind body connection, and group visits as the first Integrative Family Medicine Fellow for the Underserved. Using insights from the Polyvagal Theory she combines peer counseling, implicit bias training, mindfulness, creative arts practices, mind body therapies, groups, kitchen medicine, exercise, and community action to promote community health. She encourages physicians to advocate for public policy to address intergenerational trauma, societal oppression, environmental degradation, and climate change. Inspired by the intergenerational resilience of her immigrant patients and elders, Dr. Rocco champions reclaiming our Living Earth Heritage: our connection to our ecosystems and the cultural wisdom, language, land, wild foods, faith, traditional healing practices, and medicinal herbs of our ancestors as we create a just, healthy, and sustainable society.

Cheryl Martin, MD, MA is a Family Physician and Integrative Health Practitioner. Being ethnically Chinese and African American inspired her pursuit of a terminal master’s in Regional Studies: East Asia from Harvard University and training in the Whole Health Model through the Holistic Integrative Pluralistic (HIP) Fellowship at Greater Lawrence Family Health Center. She currently teaches resident physicians in the Department of Family Medicine at BronxCare Health System while fostering a transition to a whole health model of care in a Federally Qualified Health Center. Motivated by a desire to see health accessible to everyone, she volunteers time with the IM4US research and education committee. Outside of work, she enjoys time with her family and friends exploring nature and sampling cuisine from around the world.

Shalini Singh-Karnik, MD graduated from Greater Lawrence Family Health Center integrative medicine fellowship in 2019. She is trained in medical acupuncture and clinical hypnosis. In addition, she has an interest in nutrition, supplements, functional medicine and mind body practices.
Integrated Group Medical Visits for a Virtual World

Group medical visits (GMV) are considered a possible solution to many of the health care delivery problems in the US with better outcomes, better patient satisfaction, improved clinician satisfaction, all at a lower cost. In this session you will learn how to make GMV virtual in any environment. GMV can offer more educational time with patients and more integrative services which overcome health barriers. In this session we will use our years of experience to share ideas and best practices for a GMV transition to the virtual world. Whether in a CHC or private practice we can serve a mixed population base and provide an innovative and integrated model of care using GMV.

Jeffrey Geller, MD is a past president of IM4US and has been working with group medical visits since 1997 initially as a treatment for loneliness. He has been a major force in the development GMV as a vehicle for bringing integrated care to low resource communities. He is currently president of the non-profit Integrated Center for Group Medical Visits (ICGMV) in Lawrence MA. ICGMV has a mission of service, training, research, and innovation in the field of Group Visits with the goal of making group visits available to everyone.

Paula Gardiner, MD, MPH is an Associate Professor in the Department of Family Medicine at the University of Massachusetts Medical School. She is also the Associate Director of Research and the director of the Group Visits Program in the Center for Integrated Primary Care. Recently, Dr Gardiner has joined the Center for Mindfulness and Compassion at Cambridge Health Alliance as their Director of Primary Care Implementation Research.

Integrative Virtual Group Prenatal Visits: Delivering Better Care Together

This interactive session will focus on the implementation of virtual Integrative Medicine (IM) prenatal care group visits. The presenters will describe the patient care component of a larger grant funded research project which delivers integrative medicine care virtually in a group setting to patients from an urban, underserved, and primarily Spanish-speaking community in Washington Heights (in NYC). The patient education curriculum was designed using a backward design model and rigorous review of the evidence-based IM literature. Five topics were chosen to develop the patient education curriculum: Nutrition and Supplements, Exercise and Weight Gain, Emotional Regulation, Pain Management, and Breastfeeding and Lactation. In this session, the presenters will discuss development and implementation of the virtual group visits covering the following topics: conceptualization, structure, recruitment, routine prenatal care delivery, and billing. The audience will be able to participate in the discussion and ask questions regarding the group visit development and implementation. The team will then present one of the five sessions (topic: Nutrition and Supplements) to the audience.

Mary Warren, MD is a family medicine physician in New York City. She completed her residency at New York-Presbyterian / Columbia University Medical Center in 2020 and completed a fellowship in Faculty Development with a focus on Integrative Medicine in July 2021. She has a special interest in Integrative Medicine in women’s health, particularly prenatal care.

Krishna Desai, MD, FAAFP Krishna Desai, MD, FAAFP is an Assistant Professor of Medicine with dual board certification in Family and Integrative Medicine. She is the Associate Residency Program Director at New York Presbyterian Hospital/Columbia University Medical Center and directs the integrative medicine consultation clinic at Farrell Family Health Center. She is also the director of integrative medicine and family medicine at the Cohen Center for Health and Healing at Columbia University Medical Center. Dr. Desai has published articles relevant to Family Medicine and Integrative Medicine in peer-reviewed journals and trains medical students and residents at Columbia University in Integrative Medicine including herbals-botanicals, nutritional supplements, and mind-body therapies.
Natalie Pilipenko, PhD, ABPP is the Director of Behavioral Medicine at the Family Medicine Residency, Columbia Center for Community and Family Medicine. She is an assistant Professor of Behavioral Medicine in departments of Medicine and Psychiatry at the Columbia University Irving Medical Center/New York Presbyterian Hospital. She is board certified in Clinical Health Psychology. Dr. Pilipenko completed her post-doctoral fellowship in Clinical Health Psychology, McLaren Regional Medical Center and Michigan State University College of Human Medicine, Consortium for Advanced Psychology Training (CAPT). She received PhD in Clinical Psychology (with Health Emphasis), Ferkauf Graduate School of Psychology, Yeshiva University, New York. Key research/academic focus areas: integrated primary care, trauma, health behaviors, medical education.

Mindfulness Oriented Recovery Enhancement (MORE): A Group Visit Model for Chronic Pain

Through a NIH-funded treatment development process, Mindfulness Oriented Recovery Enhancement (MORE) was developed by Dr. Eric Garland. Across multiple randomized controlled trials (total N=490), MORE has demonstrated efficacy for improving chronic pain symptoms, opioid use, and opioid misuse, while reducing emotional distress and enhancing well-being. Attendees will learn about the three therapeutic components of MORE (mindfulness, reappraisal and savoring), and how the program can be used to improve quality of life for patients suffering from chronic pain, on or off opioids. The implementation of MORE as a shared medical visit model within a large health care system will be described so that interested attendees can strategize about introducing MORE into their practices.

Nancy Sudak, MD, IFMCP is the Chief Wellness Officer and Director of the Integrative Health department at Essentia Health. She was a founding Diplomate and executive director of the American Board of Integrative Holistic Medicine and the founding CEO of the Academy of Integrative Health & Medicine. She is an Institute for Functional Medicine Certified Practitioner. Her work has included contributions to several textbooks, and she is a member of the editorial advisory board for Integrative Medicine: A Clinician’s Journal. She lives in Duluth with her husband of 30 years and has two grown children.

Eric Garland, PhD, LCSW is Distinguished Endowed Chair in Research, Distinguished Professor, and Associate Dean for Research in the University of Utah College of Social Work. Dr. Garland has led a decade-long, NIH-funded research program to develop an innovative mindfulness-based intervention founded on insights derived from cognitive, affective, and neurobiological science, called Mindfulness-Oriented Recovery Enhancement (MORE).
Transforming Food Systems Track

The Kitchenistas Documentary Screening

Join us for a virtual screening of The Kitchenistas™, a documentary showing the struggles and triumphs of families in National City, CA living with diabetes, obesity, and other health conditions.

This film is about women advocating for healthy food traditions to change communities and transform lives. What started as a 7-week nutrition program seven years ago in National City (CA) for women seeking healthier diets, has become a Latina-led movement to raise the health, wellbeing, and resilience of the community.

National City has one of the highest rates of obesity and diabetes in San Diego County and in the state of California, and the program graduates, called “Kitchenistas”, are out to change that, one healthy meal at a time.

By the end of 2020, there were more than 275 Kitchenistas and a 1-year plus waiting list. The Kitchenistas are community builders, teaching healthy food traditions and advocating for high-quality food in their homes, schools, city, and beyond.
Food as Medicine: Re-imagining Food, Healthcare, and Land During COVID-19

This session will be a panel discussion including people involved with implementing and evaluating a food as medicine program during COVID-19. Panelists will include people with experience in regenerative agriculture, produce prescriptions, and group medical visits. Participants will learn about the implementation and evaluation of these programs, including virtual and no-contact adaptations appropriate during COVID-19 and regional crises.

**Ariana Thompson-Lastad, PhD** is an integrative healthcare researcher based in the San Francisco Bay Area. She is on the core faculty of the UC San Francisco Osher Center for Integrative Medicine and an Assistant Professor of Family and Community Medicine. Her research focuses on group medical visits and integrative approaches to advancing health equity in safety-net settings. Ariana spent five years as a health educator and group medical visit facilitator at a community health center and received her PhD in medical sociology from UC San Francisco. In addition, Ariana is on the board of IM4US and the leadership team of the Bay Area Structural Competency Working Group, where she cofacilitates training for healthcare faculty, practitioners and trainees.

**Steven Chen, MD** as the Chief Medical Officer of ALL IN Alameda County, brings an integrative health equity lens to ALL IN’s work on poverty. His areas of expertise include integrative medicine, health equity, and innovative models of care that address social determinants of health (SDOH) and improve health outcomes. To this end, he is leading the scale and spread of a “Food as Medicine” initiative across Alameda County health clinics, health systems and food systems.

**Julie Alvarez** has her bachelors in Health Education from San Francisco State University with a focus on Holistic Health. She has been with Open Source Wellness for 3 years and is the Clinical Program Manager. Her focuses is on the integration of health through community support within clinical systems.

**Sasha Shankar** Co-farm director at Dig Deep Farms; regenerative farmer and educator; permaculture practitioner; and community organizer.

**Troy Horton** Co-farm director at Dig Deep Farms; regenerative farmer and educator; permaculture practitioner; and community organizer.
Connecting Heart, History and Food to Heal a Broken Food System: Teaching Culinary Medicine to Kids on Chicago's South Side

In this session attendees will learn why the US food system is broken and how this affects the most vulnerable communities we work with. We will discuss the historical settler colonization of food systems, as well as food insecurity and why this typically goes hand-in-hand with poverty—a state when people are not getting enough food to eat when they're hungry. The more insidious level to this definition will also be addressed: Food security isn’t the same as getting nutrient-dense food; people eating empty calories are not considered food insecure. I will dive deeper into my Food Is Power cooking curriculum- a decolonized field guide for students on nutrition, justice and health written for middle schoolers on Chicago's South Side.

Geeta Maker-Clark, MD is the Director of Integrative Nutrition and Advocacy at NorthShore University Health System and clinical assistant professor and co-director of the Culinary Medicine program at the University of Chicago, Pritzker School of Medicine, one of the first nutrition and cooking programs in an academic center in the country. She is fellowship trained in obstetrics and maternal child health, and a graduate of the University of Arizona 2 year Fellowship in Integrative Medicine, under the supervision of Dr. Andrew Weil. Dr. Maker-Clark started the Food is Power program on the South Side of Chicago to empower middle schoolers with the knowledge and expertise around making great food choices, within a curriculum that focuses on decolonizing food and nutrition education. She is also the founder of the Food is Medicine CME symposium that draws over 250 people annually to Chicago to learn the latest in nutritional science as well as food education innovation. Dr. Maker-Clark was selected as one of twelve food justice activists for the Castanea Fellowship 2019-21 and is the 2021 Pollan Food Journalism Fellow at Mesa Refuge in Point Reyes, CA.

Erika Allen, MA (she/her) is the Co-Founder, CEO - Operations Director for Urban Growers Collective and the President of Green ERA Educational NFP and Co-Owner of Green Era Sustainability Partners. Previously, Allen founded and was the Director of Growing Power – Chicago for 15-years from 2002 to 2017. Allen is the Board President of the Chicago Food Policy Action Council, and also serves on the board of Grow Greater Englewood and Growing Home. Allen received her BFA from the School of the Art Institute of Chicago and her MA in art psychotherapy from the University of Illinois at Chicago, and uses her experience as a visual artist to consult with individuals and organizations to support their visioning of social and economic changes. She is passionate about social justice and working with multicultural groups in the elimination of racism and oppression using integrating creative and therapeutic techniques alongside food security and community development.
Live Cooking Demo: How Food Traditions Lead to Better Community Health

Kitchenistas of National City

Kitchenistas™ are graduates of the Olivewood Gardens & Learning Center’s Cooking for Salud™ program, a bilingual English and Spanish nutrition education and behavior modification program designed to teach participants how to make healthy changes at home that will improve their families’ short and long-term health outcomes. Join us for a fun, virtual cooking class with Olivewood’s expert Nutrition Educators.

Veggie Tacos with Salsa Picante
Serves 4-6

Ingredients:
- 4 small potatoes, diced
- olive oil
- 1 red bell pepper, chopped
- 1 medium zucchini, chopped
- 1 avocado, halved, pitted, peeled, and
- salt and pepper, to taste
- cumin, to taste
- handful of cilantro, stems removed
- cotija cheese, as desired, for garnish
Accessible Ayurveda: Dietary Principles for Balanced Health

Lifestyle measures that include diet and activities is an integral part of Ayurveda, the Indian system of medicine for physical, mental and spiritual well-being of a person. Specific diet that is adequate and ideal is recommended based on each individual constitution to promote positive health. Selection of food for an individual constitution and a health condition is primarily based on its taste and physical attributes, its ultimate effects on the doshas, but also takes into consideration of geographic and climatic conditions in which it is grown.

S. Prasad Vinjamury, MD (Ayurveda), DACM, MPH is a professor at Southern California University of Health and Sciences (SCU) teaching traditional Chinese medicine and Ayurveda. As a clinician, he integrates Ayurveda, traditional Chinese medicine, and biomedical diagnostic methods to assess and manage chronic diseases. One of his strengths is providing dietary advice, based on Eastern traditional medicine, that is best suited for the patient's condition. In addition to his teaching and clinical services, he is also deeply involved in clinical research in complementary and integrative medicine (CIM).

Bilingual Trauma Informed Chair Yoga: Curiosity

This session offers an English-Spanish trauma informed chair yoga session. The theme is curiosity—being curious of how your body moves, how it connects to breath, what it's like to take a class in two languages, etc. This session is an invitation to embrace curiosity: a strong desire to know or learn something, to learn something new at the Decolonizing Medicine: Toward Equity and Inclusivity in Integrative Healthcare conference.

Donna Castelblanco, MBE, RYT 200, RPYT, a Colombian-Ecuadorian first-generation immigrant, offers an inclusive space for students to calm the nervous system and restore the connection between mind, body, and community. She began her yoga practice in 2002 and completed her 200-hour yoga teacher training at Sacred Sounds Yoga in July 2017. She is a registered prenatal yoga teacher, certified by the Prenatal Yoga Center; and she has completed two trauma informed yoga trainings. Donna is a 2016 graduate of the Master of Bioethics program at the University of Pennsylvania. She works in public health, and she is committed to serving the Latinx community and hopefully, inspire ongoing healing and uprising.

At Home Osteopathic Manipulation

With the COVID-19 pandemic interrupting routine visits to osteopaths, massage therapists, chiropractors, and other body workers, we wanted to provide people with a guide to help them alleviate some of the most common concerns we've been seeing in our practice. We have created a “dot phrase” in the EHR which pulls instructions for at home “do it yourself” manipulative therapy into the patient instructions of an after visit summary, with corresponding YouTube videos demonstrating each technique. Our project covers the common complaints of headaches, neck pain, back pain, overall stiffness, and more! Attendees will get to experience this at homestyle treatment, and learn how we have been incorporating it into our clinic.
Madelyn Pickle, DO graduated from RVUCOM and is currently a third year family practice resident in Milwaukee, WI. Special interests include integrative medicine, osteopathic manipulation, and acute care.

Amanda Grace Sessions, DO is from Castle Rock, CO and graduated from ATSU SOMA in 2019 with her husband whom she met in medical school. She is currently a third year resident at Aurora St. Luke’s Family Practice Residency in Milwaukee, WI and her husband is in a PM&R residency in Milwaukee. She has an 18 month old daughter and a baby boy due in September, 2021. Her special interests include osteopathic manipulation, integrative medicine, preventive care.

Michelle (Shelly) Crane, DO is an osteopathic family physician who practices integrative primary care at Advocate Aurora Health Wiselives Center for Wellbeing. Shelly is passionate about sharing her love of integrative medicine, primary care, and osteopathic principles and practices, and enjoys doing this regularly in her roles as faculty with the Advocate Aurora Health Family Medicine Residency Program and co-chair of IM4US’ Policy and Advocacy Committee.

Qigong for Grief and Loss: Cultivating a Community of Care

Life is peppered with loss, and experiencing the death of a family member or friend directly affects our health and well-being. Additionally, grief and loss as well as its potential health issues, disproportionately impact underserved and marginalized communities. Qigong is a therapeutic tool that has utility to communicate across differences and positively impact health and well-being. In fact, there is a growing evidence base indicating that Qigong can improve both regulation and resilience of the nervous system, affecting physical, physiological, and psychological health. As a body-based movement practice, Qigong consists of aligning breath, movement, and awareness to nurture emotional, mood, and physical health changes. This session will include a discussion of the Qigong series implemented in a grief and loss support program that offers various grief support groups throughout the year and results from the program’s evaluation. In addition, we have three experiential components in which attendees will learn and practice simple, practical poses to increase energy, clarity, and flexibility and effective techniques to build resilience to remain calm and collected amid stressful circumstances.

Sarah Elizabeth Garza-Levitt, MSW, CSW, E-RYT, C-JAYT, C-MQI is the Associate Director of the Department of Nutrition and Integrative Physiology at the University of Utah Center for Community Nutrition (UUCCN). In this role, she administratively manages the department’s academic affairs and community partnership development. Sarah Elizabeth also serves as co-chair of the College of Health Diversity and Inclusion Committee, and chair of the department’s Equity, Diversity, and Inclusion workgroup. As a theater, music, and dance enthusiast, Sarah Elizabeth has always had a deep appreciation of movement, which led her to fall in love with yoga. Sarah Elizabeth teaches yoga and qigong for the Huntsman Cancer Institute, Primary Children’s Hospital, and Intermountain Healthcare, specializing in yoga for cancer patients, care providers, and healthcare staff. She has been practicing yoga since 1994, teaching since 2007 and is a strong advocate for accessible yoga that can benefit people of all ages, sizes, shapes, and abilities.
Self-Breema Exercises for Health, Energy and Vitality

Self-Breema exercises facilitate a direct experience of harmony and unity. The body responds to this experience by releasing tension. Our mind and feelings respond to it by letting go of fear and anxiety, as they connect to a deep inner knowledge of the essentially benevolent nature of life. The desire for meaning is reawakened, and with it, a new enthusiasm for living life. Join us for this 20-minute movement break, and experience a tangible sense of belonging and well-being that nourishes the body, mind, and feelings. Appropriate for every body.

ALEXANDRA R. JOHNSON, MD trained in Family Medicine at the University of Colorado, with a fellowship in obstetrics. She served as teaching faculty for the University of Colorado and Addis Ababa University in Ethiopia, worked at a refugee clinic in rural Colorado, and has published her work in developing wellness curricula for clinicians. She has presented Breema as support for patients, clinicians and healers at conferences internationally for the past 20 years. She currently instructs multiple classes weekly, both in person and online, offering Breema Bodywork and Self-Breema exercises as support for deepening relationships and supporting the therapeutic atmosphere.

LAURA RAWSON, LAC, DACM, CMT has been practicing Chinese Medicine for over 20 years. She combines Chinese medicine with functional medicine, Acupuncture, Acutonics, Breema, and NET—as a means of tapping into the inherent wisdom of the body. Laura has presented Breema at conferences throughout the US.

KAREN BURT-IMIRA, MD – Student, teacher, patient, practitioner, and administrator of Integrative Medicine 40+ years, she founded the Integrative Health Program in a county healthcare organization in 1998, and developed multiple services including a large Group Medical Visits program. Retired in 2015, she now leads training in Group Facilitation which rests upon Cultural Humility. She first encountered Breema in 1985 and became a certified Breema instructor in 2001. The universal philosophy and revitalizing, balancing practices have been foundational in her life and work.
Breaths Together for a Change: Creating a World a Feeling and Seeing No Stranger - 4 Month Assessment
Tommy Woon, MS, CCT, SEP
Cinnamon Spear Kills First, MFA
Aminah Ghaffar, MS

Breaths Together for a Change: Creating a World a Feeling and Seeing No Stranger - 8 Month Assessment
Tommy Woon, MS, CCT, SEP
Cinnamon Spear Kills First, MFA
Aminah Ghaffar, MS

Emerging Themes from a Scoping Review of IMH Interventions in Under-resourced Populations
Jennifer Rioux, PhD, Ayurvedic Doctor (NAMA), Yoga therapist (IAYT); Registered Herbalist (AHG)

Expanding What Evidence Means for Marginalized Communities and Practices
Erum Agha, Ph.D., MSW, LCSW
Stefani Baca-Atlas, MSW
Aisha Chilcoat, ND, FABNO

Food Systems and the Environment: Integrative Practitioners as Sustainability Champions
Mary Purdy, MS, RDN – Integrative Eco-Dietitian

Health Seeking Narratives From Underserved Populations in Urban Australia
Kirsten Baker, BHSc (Hons) LAc
PhD candidate
Distinguished Professor Jon Adams, PhD
Amie Steel, ND

Hibiscus Sabdariffa as an Accessible Intervention Modality for Hypertension in Underserved Populations
Zina Sanchez, NMS4
Reem Sharhan, NMS4

Implementation of the Family Wellness Series: Resilience-Building During the 2020 Pandemic
Katie O’Rourke

Increasing Accessibility of Mind-Body Movement for Veterans through TeleYoga
Francesca Nicosia, PhD, C-IAYT
Caitlin Hildebrand, NP, RYT
Tessa Johnson, RD, RYT
Carl Schuler, MS, RYT
Catherine Pham, BS

Inequity Where We Eat: Educating Family Medicine Residents about the inequities surrounding diet culture and obesity management
Tia Tucker, MD, MPH
Cortney Crespo, MD, MPH

Integrating Structural Competency as a Program Learning Outcome in the Undergraduate Medical School Curriculum
Samaneh Bolourchi, OMS3
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Integrative Consults at an FQHC: A Hybrid Framework
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Introducing Integrative Community Therapy: A Web of Solidarity and Care
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Medical Education Through Integrative Medical Group Visits for Patients with Post-Acute Sequelae of SARS-CoV-2 Infection (PASC)
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Pain Healing: Implementing an Integrated Program at a Safety Net Hospital
Arlene Betancourt, MD
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Promoting Equity in Food is Medicine: Participatory Implementation Methods for the NOURISH-OK Study
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Reflection of a Biopsychosocial-Spiritual Treatment Approach to Promote Health and Healing in a Chronic Pain Population
Emily Murray, PT, DPT, 200 Hour Yoga Teacher
Jeremy Bryan, MA, Certified Spiritual Director
Johanna Bryan, FMCHC
MaryAnn Sander, 500 Hour Yoga Teacher
Emily Jade, 200 Hour Yoga Teacher

Stakeholder Perspectives on Inpatient Acupuncture at an Urban Public Safety Net Hospital
Alondra Hurtado, BS
Ariana Thompson-Lastad, PhD
Denise Ruvalcaba, BA
Ivan Leung, BA
Kendall Levine, BA
Evelyn Ho, PhD
Maria Chao, DrPH, MPA

Traditional Philippine Medicine
Michaela Iglesia, BS

Transportation as a Critical Healthcare Component for Veterans
Angela McConnell, PhD
Rachel Andricosky

Virtual Mindful and Intuitive Eating Group Medical Visits - An Innovative Interdisciplinary Model at the San Francisco VA
Caitlin Hildebrand, MSHAIL, MSN, RYT-500, AGPCNP-BC Traditional Philippine Medicine
Andrea Kurland, RDN
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Karen Malkin is among the first National Board Certified Health & Wellness Coaches in our country. Karen is the founder of MCT Lean Vegan Protein Blends, MCT oil, and Karen’s Homemade Health superfood protein bars. Passionate about integrative medicine and environmental health, Karen serves on the Philanthropic Council for the Osher Center for Integrative Medicine at Northwestern Medicine, as a board director for the Environmental Working Group, Spiral Sun Ventures, and Gardeneers. Some of Karen’s specialty areas include brain health, environmental health, her 14 Day Transformation series, emotional eating, weight loss, the science of nutrition, high energy superfoods, smoothies, supplementation, managing cravings, and healthy lifestyle makeovers.

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