INTEGRATIVE SKILLS-BUILDING WORKSHOP

SCHEDULE DAY ONE: MARCH 8, 2024

Welcome | Introduction
7:30 - 7:45 a.m. PT

Center for Integrative Education Director Dr. Melanie Fiorella will share the inspiration behind this event and how to achieve optimal benefits from this workshop.

Breathing for Balance with Melanie Fiorella, MD
10:30 - 11:45 a.m. PT

Learn the connection between breath and the nervous system and how to practice and teach breathing and evidence based breathing patterns that have beneficial health impacts.

Discover the Healing Potential of Auriculotherapy - Alejandra Reyes, LAc, DACM
7:45 - 9:15 a.m. PT

Learn to incorporate auriculotherapy into your practice to help patients manage pain, anxiety, insomnia, nausea, addiction, digestive disorders, and improve overall well-being.

Activating and Harnessing Guided Imagery to Boost Self-Efficacy: An Evidence-Based Approach with Paul Mills, PhD and Ying Wu, Research Scientist
9:15 - 10:30 a.m. PT

Discover self-hypnosis and guided imagery techniques that tap into one's deep and directed self-healing ability.

Mindful Eating, Culinary Medicine with Tiffany Holt, RDN
11:45 - 1 p.m. PT

This informative and interactive session will focus on how the healing power of food can be discussed during clinical encounters. You will be guided through an exploration of how to use food as a tool for improving physical, mental, and emotional well-being.

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INTEGRATIVE SKILLS-BUILDING WORKSHOP

SCHEDULE DAY TWO: MARCH 9, 2024

Meditation and Mindful Movement with Renee Lewis (Non-CME)
7 - 8 a.m. PT
Begin your day practicing what you preach so that you can preach what you practice. This portion of the workshop is not required for CME credit.

The Practice of Mindfulness in Medicine with Cassandra Vieten, PhD
8 - 9:15 a.m. PT
This session will discuss the basic pillars of mindfulness and how evidence supports their influence on health and well-being. We will explore how mindfulness might work to affect the brain and body. And, we will cover easy ways to introduce your patients to mindfulness, how you can use it for your own stress reduction and cultivating focus, presence and compassion.

Osteopathic Manual Medicine with Megan Jolicoeur, DO
9:15 - 11 a.m. PT
Learn the history and philosophy of OMM and discover certain techniques that practitioners can teach their patients.

The Power of Positive Psychology: Strategies for Cultivating Resilience and Well-Being in Patients with Deepa Sannidhi, MD
11 - 12:30p.m. PT
The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their lived experience. Foundational to this is the idea that happiness can be cultivated as a habit. In this session, participants will be introduced to basic positive psychology concepts that they will be able to use themselves and also impart to their patients.

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