Soothing Touch Massage Clinic
Beach Front SGU Grand Anse Campus
Phone 439-6643

Hours of Operation
Monday-Friday: 10:00 am-6:00pm
Saturday-Sunday: 10:00am-4pm

Services
Head and Shoulder Chair Massage: ¼ hour 10EC, ½ hour 20EC
Swedish Full Body Massage: ¼ hour 60EC, 1 hour 100EC
Reflexology Massage: 1 hour 100EC

Gift Certificates Available at Clinic or SGU Bookstore

Cost of “Chair Massage”
for 15 minutes is now 15EC$ not 10EC$
FAQs for Integrative Medicine Selective

1. **How many credits is this selective?**
   One credit; Pass / Fail grading

2. **What are the time requirements to complete this selective?**
   You may begin this selective in Term 1, Term 2, or Term 4. The earlier you can begin the easier it is to complete the requirements (see boxes below) because you must complete all requirements before the end of 5th term.

3. **Specifically, what are the requirements?**
   You must attend two Saturday mornings (see box) and participate in 14 DIFFERENT workshops. The Saturday morning lectures are only offered twice a year August and January. But they are offered each year. This term lectures are on February 2. Dates to be announced each term.

4. **When are the workshops offered?**
   Workshops are offered throughout the term. See pages 22-26 for complete listing this term. Students should ensure that they enroll for the workshops led by visiting professors because local practitioners repeat their workshops each term. Workshops are offered on the Saturday afternoon after the quiz and a lunch break. Note that many workshops are offered on Friday afternoons at 5:00 pm. … a great way to relax after a difficult week!

5. **How do I know which of the many workshops are offered by visiting professors?**
   The visiting professors offer lectures on Saturday morning and workshops that afternoon and evenings while they are visiting SGUSOM. See pages 22-26.

6. **How do the requirements for this selective differ from other selectives?**
   Because the requirements are spread out over several terms, students may register for the Integrative Medicine Selective even if they register for other selectives.

### ADDITIONAL WORKSHOPS

<table>
<thead>
<tr>
<th>Workshop Date</th>
<th>Workshop Practitioner</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday Apr. 12</td>
<td>Reflexology</td>
<td>Caribbean House</td>
<td>5:15 – 6:15 pm</td>
</tr>
<tr>
<td></td>
<td>Dawson, Hazel</td>
<td>(Great Hall)</td>
<td></td>
</tr>
<tr>
<td>Friday Apr. 19</td>
<td>Introduction to Craniosacral Therapy</td>
<td>Shah, Christine</td>
<td>Caribbean House (Great Hall)</td>
</tr>
<tr>
<td>Friday Apr. 26</td>
<td>Yoga: Detox with Cleansing Yoga Twists</td>
<td>Gray, Lesley</td>
<td>Tents: Black Sand Beach</td>
</tr>
<tr>
<td>Friday May 3</td>
<td>Pilates</td>
<td>Caribbean House</td>
<td>5:15 – 6:15 pm</td>
</tr>
<tr>
<td></td>
<td>Sobering, Kerrie</td>
<td>(Great Hall)</td>
<td></td>
</tr>
</tbody>
</table>
7. Where do I register for the selective?
Register with the Microbiology Department, Science Building 2nd floor.

8. Where do I Sign-Up for workshops?
Once you have registered with the Microbiology department for the Integrative Medicine selective, please do the following:

Ensure that you have been enrolled into the SCSK506 – Complementary Medicine course site on MyCourses (Sakai)

To do so:
I. Log into MyCourses (Sakai).
II. Click My Sites to display all your registered sites
III. The link to SCSK506 – Complementary Medicine should be listed in the Courses column. (If not, please advise the department).

To sign up for a workshop:
I. Click the Sign-Up tool (at the bottom of the left side panel, above the Help tool)
II. Click the link of the workshop that you want to attend.
III. Click the Sign Up button.
IV. Click the Finish button.

If a workshop is filled, you can be placed on a Wait List. To do so:
I. Click the link of the workshop that you want to attend.
II. Click the Join Wait List button.
III You will be added to the workshop if someone drops out. You will be placed at the top of the wait list.

To cancel your sign up:
I. Click the link of the workshop that you want to attend.
II. Click the Cancel Sign-up button.

You will be removed from that workshop.

9. How do I prove that I actually attended the workshop?
You must sign the attendance sheet which is offered prior to the workshop. Late comers will not get credit for the workshop.

10. May I attend workshops and lectures if I am not registered for the selective?
Lectures – YES ; Workshops – NO
### A COMPLEMENTARY MEDICINE SELECTIVE MODULE

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 8:55 – 9:00 AM| **W E L C O M E - Bourne Hall**  
Jacqueline Stanley, PhD |
| 9:00 – 9:45 AM| Integrative Medicine at MD Anderson Cancer Center  
Lorenzo Cohen, PhD |
| 9:45 – 10:30 AM| Use of Healing Touch in Oncology: Findings, Models and Methodology  
Susan Lutgendorf, PhD |
| 10:30 – 10:45 AM| **Q & A Session**                                                      |
| 10:45 – 11:15 AM| **B R E A K**                                                          |
| 11:15 – 12:00 PM| An Introduction to Shamanism and its Integration into Western Medical  
Cecile Carson, MD |
| 12:00 – 12:45 PM| “Is it all in your head?” The History and Role of Mind Body Medicine in Conventional Healthcare  
Darshan Mehta, MD, MPH |
| 12:45 – 1:05 PM| **Q & A Session & Change of Lecture Hall**                             |
| 1:05 – 1:25 PM| **Q U I Z: - Charter Hall**                                            |
| 1:25 – 2:45 PM| **L U N C H B R E A K**                                                 |
| 2:45 – 4:00 PM| Concurrent Workshops* *(See Page 2)*                                  |
| 4:00 – 4:15 PM| **C H A N G E W O R K S H O P S**                                       |
| 4:15 – 5:30 PM| Concurrent Workshops* *(See Page 2)*                                  |

### ADDITIONAL WORKSHOPS

<table>
<thead>
<tr>
<th>Workshop Date</th>
<th>Workshop Practitioner</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday Feb. 4</td>
<td>Carson, Cecile</td>
<td>Caribbean House (Great Hall)</td>
<td>5:15 – 6:15 pm</td>
</tr>
<tr>
<td>Tuesday Feb. 5</td>
<td>Maniscalo, Peter</td>
<td>Tents: Black Sand Beach</td>
<td>5:15 – 6:15 pm</td>
</tr>
<tr>
<td>Wednesday Feb. 6</td>
<td>Lutgendorf, Susan</td>
<td>Caribbean House (Great Hall)</td>
<td>5:15 – 6:15 pm</td>
</tr>
<tr>
<td>Friday Feb. 8</td>
<td>Maniscalo, Peter</td>
<td>Tents: Black Sand Beach</td>
<td>5:15 – 6:15 pm</td>
</tr>
</tbody>
</table>

*Concurrent Workshops* *(See Page 2)*
## ADDITIONAL WORKSHOPS

<table>
<thead>
<tr>
<th>Workshop Date</th>
<th>Workshop Practitioner</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Feb. 2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Reflexology</strong></td>
<td>Dawson, Hazel</td>
<td>Alumni Hall</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Introduction to Acupressure, Neuro-Linguistic Programming &amp; Ericksonian Hypnosis</strong></td>
<td>Hage, Robert</td>
<td>Arts &amp; Sciences B1A</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Mindfulness Parts 1 &amp; 2</strong></td>
<td>Landon, Barbara</td>
<td>Arts &amp; Sciences B2A</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td>Mehta, Darshan</td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>An Experiential Workshop in Shamanism</strong></td>
<td>Carson, Cecile</td>
<td>Caribbean House (Great Hall)</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Acupuncture in Cancer Care</strong></td>
<td>Cohen, Lorenzo</td>
<td>Founders Annex 1</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Awareness of your Energy Field</strong></td>
<td>Lutgendorf, Susan</td>
<td>Founders Annex 2</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Head &amp; Shoulder Massage for Stress Relief</strong></td>
<td>Shah, Christine</td>
<td>Science Hall Lab</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>The Value of Shamanic Drumming Meditation in the Healing Process</strong></td>
<td>Manisco, Peter</td>
<td>Tents: Black Sand Beach</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Taekwondo</strong></td>
<td>Shaw, David</td>
<td>Caribbean House (Courtyard)</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
<tr>
<td><strong>Sonic Meditation</strong></td>
<td>Ramnarine, Harry</td>
<td>WINDREF</td>
<td>2:45 – 4:00 pm</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 – 5:30 pm</td>
</tr>
</tbody>
</table>

**Concurrent Workshops #1:**

*Alumni Hall:*

- Reflexology  
  Hazel Dawson, RMN, SRN, SCMB

*Arts & Sciences B1A:*

- Introduction to Acupressure, Neuro-Linguistic Programming & Ericksonian Hypnosis  
  Robert Hage, MD, PhD, DLO MBA

*Arts & Sciences B2A:*

- Mindfulness  
  Barbara Landon, PhD & Darshan Mehta, MD, MPH

*Caribbean House (Courtyard):*

- Taekwondo  
  David Shaw, MBA

*Caribbean House (Great Hall):*

- An Experiential Workshop in Shamanism  
  Cecile Carson, MD

*Founders Annex 1:*

- Acupuncture in Cancer Care  
  Lorenzo Cohen, PhD

*Founders Annex 2:*

- Awareness of your Energy Field  
  Susan Lutgendorf, PhD

*Science Hall Lab:*

- Head & Shoulder Massage for Stress Relief  
  Christine Shah, RN, LMT

*Tents (Black Sand Beach):*

- The Value of Shamanic Drumming Meditation in the Healing Process  
  Peter Manisco

-WINDREF:*

- Sonic Meditation  
  Harry Ramnarine, MBBS

**Concurrent Workshops #2:**

*2:45 – 4:00 PM (Saturday February 2, 2013)*

- Alumni Hall:
  - Reflexology  
    Hazel Dawson, RMN, SRN, SCMB

- Arts & Sciences B1A:
  - Introduction to Acupressure, Neuro-Linguistic Programming & Ericksonian Hypnosis  
    Robert Hage, MD, PhD, DLO MBA

- Arts & Sciences B2A:
  - Mindfulness  
    Barbara Landon, PhD & Darshan Mehta, MD, MPH

- Caribbean House (Courtyard):
  - Taekwondo  
    David Shaw, MBA

- Caribbean House (Great Hall):
  - An Experiential Workshop in Shamanism  
    Cecile Carson, MD

- Founders Annex 1:
  - Acupuncture in Cancer Care  
    Lorenzo Cohen, PhD

- Founders Annex 2:
  - Awareness of your Energy Field  
    Susan Lutgendorf, PhD

- Science Hall Lab:
  - Head & Shoulder Massage for Stress Relief  
    Christine Shah, RN, LMT

- Tents (Black Sand Beach):
  - The Value of Shamanic Drumming Meditation in the Healing Process  
    Peter Manisco

-WINDREF:

- Sonic Meditation  
  Harry Ramnarine, MBBS

**CHANGE WORKSHOPS**

*4:00 – 4:15 PM*

*4:15 – 5:30 PM*
SHORT BIOGRAPHIES

Lorenzo Cohen, PhD

Dr. Lorenzo Cohen is Professor and Director of the Integrative Medicine Program at The University of Texas MD Anderson Cancer Center and Distinguished Clinical Professor, Fudan University Cancer Hospital, Shanghai, China. Dr. Cohen is a founding member and past president of the International Society for Integrative Oncology. Dr. Cohen is currently conducting a number of NIH-funded randomized controlled clinical trials examining the biobehavioral effects of integrative medicine practices aimed at reducing the negative aspects of cancer treatment and improving quality of life including studies of meditation, Tibetan yoga, Patanjali-based yoga, Tai chi/Qigong, and other strategies such as stress management, emotional writing, neurofeedback, and acupuncture. He is interested in examining different types of complementary programs that can be easily incorporated into conventional treatment to decrease the psycho physiological consequences associated with treatment and improve outcomes. Dr. Cohen is also conducting research to demonstrate that lifestyle changes can influence cancer outcomes. Ongoing studies are examining lifestyle changes in the areas of diet/nutrition, physical activity, and stress management/social network to change the risk of developing cancer and influencing outcomes in those with cancer. He was the recipient of the 2007 International Scientific and Technological Cooperation Award of Shanghai Municipality, the 2008 Magnolia Silver Memorial Award, and the 2011 Magnolia Gold Memorial Award for his contributions to furthering research into the use of Traditional Chinese medicine.

Susan Lutgendorf, PhD

Dr. Susan Lutgendorf is a Professor in the Departments of Psychology, Obstetrics and Gynecology, and Urology and member of the Holden Comprehensive Cancer Center at the University of Iowa. Her current work, funded by the National Cancer Institute, examines how factors such as stress, depression, and social support are linked to biological processes involved in angiogenesis, inflammation, and recurrence in ovarian cancer patients. Dr. Lutgendorf has also had substantial experience examining effects of behavioral and complementary interventions on quality of life and the immune response in cancer. Dr. Lutgendorf serves on the editorial boards of Brain, Behavior, and Immunity, Health Psychology, Psychological Bulletin, and Psychosomatic Medicine, is on the Scientific Council of the Academy of Behavioral Medicine Research, and is the President-Elect of the American Psychosomatic Society. Dr. Lutgendorf's work has been recognized by a New Investigator Award from the Psychoneuroimmunology Research Society in 2004, an Early Career Award from the American Psychosomatic Society in 2002 and an award from the American Psychological Association, Division 38 for Outstanding Contributions to Health Psychology in the year 2000. Her work has recently been recognized by a Faculty Scholar Award and the Starch Faculty Fellowship from the University of Iowa. She serves as a core member of the NCI Network on Biobehavioral Pathways in Cancer.

ADDITIONAL WORKSHOPS

<table>
<thead>
<tr>
<th>Workshop Date</th>
<th>Workshop Practitioner</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday Jan. 29</td>
<td>Psychological Factors &amp; Cancer Biology</td>
<td>Cohen, Lorenzo</td>
<td>Caribbean House (Great Hall)</td>
</tr>
<tr>
<td>Wednesday Jan. 30</td>
<td>Psychological Factors &amp; Cancer Biology</td>
<td>Cohen, Lorenzo</td>
<td>Caribbean House (Great Hall)</td>
</tr>
<tr>
<td>Thursday Jan. 31</td>
<td>Biofield Techniques in Practice</td>
<td>Lutgendorf, Susan</td>
<td>Caribbean House (Great Hall)</td>
</tr>
<tr>
<td>Friday Feb. 1</td>
<td>The Value of Shamanic Drumming Meditation in the Healing Process</td>
<td>Maniscalco, Peter</td>
<td>Tents: Black Sand Beach</td>
</tr>
</tbody>
</table>
Yoga is loosely translated into English to mean Union. It is the art and the practice of uniting one's mind, body, and being. Kripalu yoga philosophy focuses on compassion and awareness towards oneself. The yoga that becomes us as we step on to our mats, move our bodies, and breathe is something that we do to nourish ourselves. Practicing with thought and intention embodies a care for self. When we care for ourselves it betters everything else we engage in. This class will bring attention to the breath, benefits of alignment in the postures, and provide an inquiry into what can arise when we are kind to our body and being.

Cecile Carson, MD
Dr. Cecile Carson is an internist also trained in psychiatry. She has focused much of her work on helping people deal with life-threatening illness such as HIV and cancer for over 25 years. She presently works in counseling and teaching rather than primary care internal medicine. She was Clinical Associate Professor of Medicine and Psychiatry at the University of Rochester Medical Center in Rochester, NY from 1988 to 2006. As an experienced teacher and shamanic worker, she has integrated shamanic principles into her Western medical practice. She has had extensive training through the Foundation for Shamanic Studies over the past 20 years, and has studied in Romani (Gypsy) and Celtic traditions as well. She is also on the Board of Directors for the Society for Shamanic Practitioners, an international organization of individuals deeply committed to using shamanic skills to heal the spiritual aspects of illness in people, communities, business, and the environment.


Darshan Mehta, MD, MPH
Dr. Mehta received his BA in Biology from Illinois Wesleyan University and an MD from University of Texas-Southwestern Medical School. He completed his residency in internal medicine at University of Illinois-Chicago Hospital. He completed a clinical research fellowship in complementary and integrative medicine at the Harvard Medical School Osher Research Center (now based at the Beth Israel Deaconess Medical Center Division of General Medicine), during which he received a Master of Public Health degree from the Harvard School of Public Health. His educational and research interests include curricular development in complementary and integrative medical therapies, mind/body educational interventions in health professions training, and promotion of professionalism in medical trainees. He directs medical student and resident rotational electives at BHI-MGH. Dr. Mehta sees patients in a consultative role for use of complementary and integrative medical therapies, as well as mind/body interventions for stress management and stress reduction. Dr. Mehta is an Instructor in Medicine at Harvard Medical School. He is also active in the Massachusetts Medical Society, and is a member of the American College of Physicians and the American Medical Association. Dr. Mehta is a diplomate of the American Board of Holistic Medicine, and has completed professional training in mindfulness-based stress reduction at the University of Massachusetts Medical School.
Peter Maniscalo

Peter Maniscalo is an independent teacher, lecturer and freelance writer on Shamanism and Environmental topics. He has had fourteen years of experience teaching Shamanism, Spirituality of the Environment, and Environmental Ethics at Stony Brook University School of Nursing, Long Island University’s Southampton College, Dowling College, and community education centers. Additionally, he has had thirty years of field experience with indigenous shamans in the United States, Mexico, and the Amazon Jungle. Peter has presented Shamanic Drumming Meditation workshops at national and state-wide conferences. His articles have been published in The New York Times and Newsday. Peter’s thirty years of shaman-based environmental advocacy has been reported in all media.

Harry Ramnarine, MBBS

Dr. Ramnarine is a Medical Doctor who has a private practice in Trinidad where his therapeutic methods include herbs, homeopathy, flower essences, color and vibrational emanations of plants and minerals. More recently, Dr Ramnarine has included vibrations from various instruments such as Tibetan gongs, sound bowls, and tuning forks to stimulate self-healing in patients. For the past twenty years he has researched various aspects of Holistic Alternative Medical treatments. His research has included herbs from the Caribbean, which, in the future, can be used for diagnosis and treatment of chronic diseases.

Dr. Ramnarine received his medical training at the University of West Indies; Homeopathy and flower essence in England and the United States; Bioenergetic Medicine in Germany; and Sound healing in the United States.

Yin Yoga

Stephanie Holmes, BE’d, CPT
(Workshop: Friday February 15 – Caribbean House/GHall – 5:15 – 6:15 pm)

Is a form of Yoga developed by Paulie Zink. The creator having been well versed in both Yoga and kung fu/Qigong at an early age was able to combine both of these arts into a single form for healing of the body and mind. It truly is a fusion of the principles of mysticism, inner alchemy and philosophy from both India and China. A less active, yet challenging practice which allows the muscles to relax in order to target the deeper connective tissues, joints and ligaments. Postures are held for anything between 1-5mins with focus on the breath, stimulating the flow of chi (energy) throughout the joints. This can aid the practitioner by calming the mind, relaxing the muscles, increased flexibility and removing of blockages in the human body’s bioenergetic field. This workshop can be of great value to students as it helps balance both body and mind.

Vinyasa Flow Yoga

Stephanie Holmes, BE’d, CPT
(Workshop: Friday March 8 – Caribbean House/GHall – 5:15 – 6:15 pm)

Vinyasa Flow Yoga is a succession of flowing, dynamic movements linked with sun salutations and coordinated with the breath. It is a combination two ancient Indian spiritual practices, Pranayama and yoga. Pranayama focuses on manipulating the breath while Yoga focuses on manipulating the body. Together they form a very potent method of nourishing the body, mind and spirit. The class is suitable for all levels as the teacher will modify the sequence according to your ability and experience.

Pilates

Kerrie Sobering
(Workshop: Friday March 15 – Caribbean House/GHall – 5:15 – 6:15 pm)
(Workshop: Friday May 3 – Caribbean House/GHall – 5:15 – 6:15 pm)

Pilates is a system of exercise based on the six reigning principles of Joseph Pilates: Concentration, Control, Centering, Flow of Movement, Precision, and Breath. Based originally on mat work, Pilates went on to develop apparatus utilizing springs for added support and resistance. The many extraordinary benefits of Pilates include muscular balance, coordination, correct posture, strengthening of the lungs, suppleness, increased circulation, injury prevention and rehabilitation--not to mention boosts to vitality and spirit. Students: wear stretchy, form-fitting clothing; bring towel and water.
Head and Shoulder Massage for Stress Relief
Christine Shah, RN, LMT
(Workshop: Saturday February 2 – Science Hall Lab - Section A)

Massage is a form of therapy that is part of every traditional healing system, and it encompasses a vast number of forms and techniques. It can be used for treating existing health conditions, and is a very effective modality for health maintenance. Massage improves circulation, decreases sympathetic nervous system activity, reduces muscular tension, and can relieve acute and chronic pain. Massage can also lower the levels of “stress hormones” such as cortisol and adrenaline, and therefore help reduce feelings of anxiety. During this workshop Christine Shah will be demonstrating some of the basic massage techniques used in head and neck massage. Students will be encouraged to practice these on one another and experience the effects first hand.

Relaxation Neck Exercises
Christine Shah, RN, LMT
(Workshop: Friday March 1 - Caribbean House/GHall - 5:15 – 6:15 pm)

Tense neck and shoulder muscles can have a variety of causes, but you can also relax them through stretches. Neck relaxation exercises can be done anywhere at any time, even at your desk. In this workshop you will learn exercises to relax neck and shoulder muscles with a goal to reducing stress by reducing tension in your neck and shoulders.

Introduction to Craniosacral Therapy
Christine Shah, RN, LMT
(Workshop: Friday April 19 - Caribbean House/GHall - 5:15 – 6:15 pm)

Craniosacral therapy is a gentle, hands-on, non-invasive technique used by massage physical therapists and other alternative medicine practitioners. In essence, the therapists manipulate the craniosacral system which includes the soft tissue and bones of the head (cranium), the spine and the pelvis. In this way the movement of cerebrospinal fluid through the spinal column is thought to be optimized and misaligned bones restored to their proper position. It is used in the treatment of pain, stress disorders, headaches and many neurological conditions.

Robert Hage, MD, PhD, DLO, MBA

Dr. Hage is an Associate Professor of Anatomy and an ENT specialist. After completing his tropical medicine training he lived and worked among the Maroons and Amerindians in Suriname then moved to Dominica and finally settled in Grenada. He saw the need for a permanent ENT in Grenada and left for the UK to pursue that career. From 1993-1999 he was ENT consultant in the Grenada Government Health Service. He still lends his service and maintains a small practice. His interests are phlebology, leprosy, traditional Chinese medicine and hypnosis, among other.

Barbara Landon, PhD

Dr. Landon is a neuropsychologist who works at SGU's Department of Bioethics. She is licensed as a Clinical Psychologist in the US (Maine and Massachusetts). Because she is primarily interested in consciousness, she has undertaken additional trainings in numerous alternative modalities that can be useful in body-mind practices. She has worked in a number of hospital, clinic, and university settings, and also in independent practice. Concurrent with these pursuits, she is a long-time practitioner of mindfulness meditation and has studied with many teachers. Through the PSC, she teaches mindfulness skills for the SGU community and frequently incorporates mindfulness training with treatment for psychological difficulties.

David Shaw, MBA

David Shaw is a former Division A college wrestler and a 2nd degree black belt in the Korean art of Taekwondo. He has been studying martial arts since 2002 and has been a three time national champion in the master's division of the U.S. National Taekwondo Federation. He teaches business and finance for SGU's School of Arts and Sciences, and also teaches an evening class in Taekwondo at SGU.
Hazel Dawson, RMN, SRN, SCMB

Hazel started her career in Nursing before beginning her alternative medicine therapies training in the UK, obtaining IES diplomas in Aromatherapy and Reflexology. Following this, she studied Traditional Chinese Medicine in Beijing and Thai Massage/Herbal remedies in Chang Mai. Additionally, Hazel is a Reiki Master. Hazel has practised in many countries, including The Gambia, West Africa, Portugal and the Caribbean Islands. She has been setting up workshops and training in different aspects of Alternative Medicine for over 20 years. She is presently the Spa Director at the Calabash Hotel in Grenada.

Lesley Gray, AFAC, QFAC, Certified Yoga Instructor

Lesley is an accredited fitness leader, certified pilates, and yoga instructor. She also has a diploma in Swedish massage and Sports massage therapy. Lesley has worked in the fitness industry for 26 years in regions that include Australia, New Zealand, Malaysia, Hong Kong, and Grenada. In Grenada she teaches several classes that include spinning, step, taebo, yoga, boxing and pilates.

Christine Shah, RN, LMT

Ms. Shah, a Registered Nurse and licensed massage therapist, is a graduate of the Swedish Institute, Manhattan, New York. She holds a degree in Occupational Studies, majoring in both Eastern and Western modalities. Her therapeutic methods include Shiatsu, Deep Tissue Swedish Massage, Craniosacral therapy, and Acupressure to Pressure Points (subos) ROM to joints. Christine has amalgamated her medical training and experience with those in massage therapy to bring to her clients relief from pain and discomfort. Christine operates a day spa "Serenity, Shah's Day Spa" at True Blue Bay Resort, Grenada.

Reflexology

Hazel Dawson RMN, SRN, SCMB
(Workshop: Saturday February 2 – Alumni Hall)
(Workshop: Friday April 12 – Caribbean House/Great Hall – 5:15 – 6:15 pm)

Reflexology is a healing art based on the concept that there are distinct sites, referred to as “reflexes”, in the ears, hands, and feet that correspond to various parts of the body. The basic premise of Reflexology is that the application of pressure on these distinct sites relieves tension, improves circulation, and promotes good health. These techniques have been used to improve health, reduce stress and anxiety, and improve the overall sense of well being. Ancient tomb paintings dating back to 2330 B.C. suggest that this form of healing has been practised in China, India, and Egypt for thousands of years. In this “hands-on” workshop, participants will be taught how to use the thumbs and fingers in a hand reflexology procedure.

(Please bring hand sanitizer)

Yoga to Relieve Back Pain

Lesley Gray, AFAC, QFAC, Certified Yoga Instructor
(Workshop: Friday February 22 – Caribbean House/GHall – 5:15 – 6:15 pm)

A shocking number of people suffer back pain partly from hours of sitting in a way that flattens the lower back curve. With just a few yoga poses (moves) you can bring legs, hips and spine into proper alignment, release tension and gain supportive strength. Optimally you want to work into greater core strength and length, so include abdominals and side waist as well as poses for lower and mid back.

Yoga: Detox with Cleansing Yoga Twists

Lesley Gray, AFAC, QFAC, Certified Yoga Instructor
(Workshop: Friday April 26 – Tents Black Sand Beach – 5:15 – 6:15 pm)

Your body is designed to engage in detoxification every day and one way to help it along is with detox yoga practices. The 3 systems of the body - circulatory, digestive and lymph - assist the body to perform its natural detoxing function. Because of heavy demands of our stressful lives and sometimes nutrient -poor modern diets, yoga with its systematically stretching and compressing every part of the body is particularly well suited to keeping waste removal departments of the body functioning well.
Mindfulness - Part 1
Barbara Landon, PhD with Darshan Mehta, MD, MPH
(Workshop: Saturday February 2 – Arts & Sciences B2A – 2:45 – 4:00 pm)

Mindfulness is sweeping the world, and it is difficult to imagine that practitioners of health and wellness could be unfamiliar with its concepts and techniques. Mindfulness is the art of paying complete attention. Mindfulness practices have been used for centuries as tools for wellness. Mindfulness training improves concentration and focus, self-awareness, and self-mastery. It reduces stress. More recently, mindfulness training has been demonstrated to be extremely useful in the fields of physical and mental health. By themselves or as adjuncts, mindfulness practices are effective treatments for both physical diseases and psychological disorders, including chronic pain, autoimmune and stress-related diseases, ADHD, brain injury, mood and anxiety disorders, and addiction and substance abuse. In medical settings, mindfulness training has improved the health and well-being of patients and medical personnel alike. When introduced into academic settings, it has improved academic functioning and reduced performance anxiety. In this seminar, which is both didactic and experiential in nature, individuals will be introduced to mindfulness concepts, rationale, traditions, and practices. Because mindfulness skills build on one another, students will be invited to participate in ongoing mindfulness training at SGU.

Mindfulness - Part 2
Barbara Landon, PhD with Darshan Mehta, MD, MPH
(Workshop: Saturday February 2 – Arts & Sciences B2A – 4:00 – 5:30 pm)

This mindfulness workshop continues to discuss mindfulness concepts, rationale, traditions, and practices. Part 1 is a prerequisite for Part 2. Students will not get credit for Part 2 if they have not completed Part 1. Students who wish to only participate in Part 1 will be credited for Part 1.

Taekwondo
David Shaw, MBA
(Workshop: Saturday February 2 – Caribbean House/Courtyard)
(Workshop: Friday March 22 – Tents/Black Sand Beach – 5:15 – 6:15 pm)

Martial arts help you improve focus, build confidence, and improve well-being. Taekwondo has two meanings, first, "of the fist and foot" and second, "of self-control." Taekwondo can be characterized by unity: the unity of body, mind, and life, and the unity of the pose ["poomsae"] and confrontation. Through taekwondo one learns to control himself or herself and the security of one's surroundings. This experiential afternoon workshop will provide an opportunity to expand your horizon.

Stephanie Holmes, B’Ed, CPT
Ms. Holmes hold a B’Ed honors in Physical Education and is a Certified Personal Trainer. She brings over 20 years experience working in the health and fitness industry to her yoga teaching. She has been practicing yoga for over 10 years and is a 200hr Yoga Alliance trained Vinyasa instructor. She is currently the yoga programme manager for Reach Grenada and teaches Yin Yoga and Vinyasa flow at La Luna and True Blue Resorts.

Kerrie Sobering
To balance the solitude of writing while living in Paris during 2004, Kerrie Sobering completed 1000 workshop and teaching hours in Pilates with American Martine Curtis-Oakes. A classicist and author of “Perfect Pilates,” Martine brought top Pilates teachers to Paris for workshop topics such as Muscle Balance and Function, Body Planes, Scoliosis, Psoas Function, Shoulder Girdle Stability, and the Anatomy of Movement. Kerrie enjoyed learning how to apply Pilates methods to healthy individuals as well as those with an array of physical problems ranging from scoliosis to disk herniations.

Rebecca Philip
Rebecca Philip is a medical student at St. George’s University School of Medicine in Grenada. She was introduced to Yoga at Colorado College in 2003. Upon moving to Connecticut she trained under Lori Bonazolli at Balanced Yoga Studio in the Ashtanga style. She then completed her 200 HR certification at Kripalu Yoga Center and began to teach. She has attended NIH conferences in yoga research and is committed to marrying her medical practice to her yoga practice. Rebecca has conducted many gentle classes and flow classes in the Kripalu style. Most recently, she has taught at Fountain of Youth Yoga in Grenada.
LECTURE ABSTRACTS

Integrative Medicine at MD Anderson Cancer Center
Lorenzo Cohen, PhD (Lecture – Bourne Hall)

Integrative medicine is an approach to treating patients that strives to integrate the best of complementary and conventional modalities using a multidisciplinary approach. “Integrative Medicine describes a philosophy of practice using an evidence based approach to merge conventional and non-conventional therapies. It uses an interdisciplinary approach to evaluate the risks and benefits of individual therapies to optimize outcomes through a coordinated, comprehensive treatment plan.” This lecture will provide an overview of the field of integrative medicine and present details on the Integrative Medicine Program at MD Anderson Cancer Center in the areas of clinical care, research, and education.

Suggested Readings:
(i) Integrative oncology: incorporating complementary medicine into conventional cancer care Series: Current Clinical Oncology, Human Press 2008 EDs: Lorenzo Cohen & Maurie Markman


Use of Healing Touch in Oncology: Findings, Models, and Methodology
Susan Lutgendorf, PhD (Lecture – Bourne Hall)

This lecture will address the Complementary modality of biofield healing. We will discuss definitions of the biofield and theoretical models of how biofield healing works. In vitro research on biofield healing and issues related to measurement will be presented. Findings of an NIH funded randomized controlled trial at the University of Iowa examining cellular immunity of cervical cancer patients receiving Healing Touch along with their radiation and chemotherapy will be discussed. The lecture will end with a discussion of future research directions and methodological issues.

Sonic Meditation
Harry Ramnarine, MBBS
(Workshop: Saturday February 2 – WINDREF)

The use of sound has consistently been shown to reduce stress levels of patients in clinical settings. Tibetan singing bowls and tuning forks are widely used for meditation, and sound therapy. On a biological level the Tibetan Singing Bowls give out concentric sound waves that act on the cells of the body bringing the brain into an alpha and theta brain wave state. Research with tuning forks has shown that specific vibrations transferred to cells using tuning forks causes the spiking of nitric oxide. This release of nitric oxide sets off a cascade of physiological events that directly influences our health, well-being, state of mind, and consciousness. In this workshop, you will be introduced to both Tibetan singing bowl and tuning fork meditation.

Introduction to Acupressure, Neuro-Linguistic Programming & Ericksonian Hypnosis
Robert Hage, MD, PhD, DLO, MBA
(Workshop: Saturday February 2 – Arts & Sciences B1A)

Acupressure is an ancient Chinese healing method that involves applying steady, firm pressure on specific points of the body. When stimulated, these points, which are, in fact, acupuncture points, correspond to and affect other parts of the body. Acupressure has been shown to relieve stress and tension when the appropriate points are stimulated. In this workshop you will be introduced to this form of therapy and encouraged to employ strategies that will help you to relax both mind and body.

Neuro-Linguistic Programming (NLP) is a way of understanding how people organize their life through sensing the outside world. Once known, modeling can begin. In this session we will cover the sensory modalities, work on rapport building, explain anchoring and talk about strategies for change. A demonstration of inducing trance can be part of this session when time and location permits.
Word Doctoring: A Practical Shamanic Method for Patient Care
Cecile Carson, MD
(Workshop: Monday February 4 - Caribbean House/GH - 5:15 – 6:15 pm)
(Workshop: Wed. February 6 – Dean of Students Conf. Rm - 5:15–6:15 pm)

Our words have great power, especially in clinical encounters. Words can be used to either support the healing process or undermine it (usually inadvertently), causing constraint or harm. In this experiential workshop, we will explore "word doctoring," a shamanic method to uncover or “divine” words that can be used to speak to the soul level of an illness to bring a deeper and more healing meaning to the patient’s experience. Specific forms of “word doctoring” will be covered such as naming, metaphors, curses, decrees and the creation of a healing story. Through this process, we will become more aware of the language we use with patients, with others, and with ourselves and extend our understanding of how to view ordinary healthcare encounters through a shamanic lens.

The Value of Shamanic Drumming Meditation in the Healing
Peter Maniscalo
(Workshop: Friday February 1 – Tents/Black Sand Beach - 5:15–6:15 pm)
(Workshop: Saturday February 2 – Tents/Black Sand Beach) x2
(Workshop: Tuesday February 5 – Tents/Black Sand Beach - 5:15–6:15 pm)
(Workshop: Wednesday February 6 – Tents/Black Sand Beach-5:15–6:15 pm)
(Workshop: Friday February 8 – Tents/Black Sand Beach - 5:15–6:15 pm)

Shamanic healing balances an individual’s energies: physically, mentally, and emotionally in order to relieve anxiety and stress, while releasing the individual’s innate healing potential. Also, an individual whose energy is balanced and calm is far more likely to be cured by traditional therapeutic modalities, thus shamanic healing enhances the efficacy of medical treatment. Shamanic drumming meditation practices make extensive use of visualization, accompanied by rapid drumming. Originating in indigenous cultures, and estimated to be between 20,000 and 30,000 years old, shamanic drumming is considered one of the world's oldest healing techniques. In this experiential workshop, participants will be led through the stages and purposes of shamanic drumming therapy, the visualization techniques used in shamanic journeying, and the possible healing modalities based upon actual shamanic traditions. By participating in this shamanic drumming meditation session, students will gain a greater appreciation for complementary therapies and understanding of different cultures’ healing practices.

An Introduction to Shamanism and its Integration into Western Medical Practice
Cecile Carson, MD (Lecture – Bourne Hall)

Illness often requires us to do soul level work to effect a healing process, yet most models for healing in allopathic healthcare are either biomedical or biopsychosocial -- neither of which includes the spiritual dimension. In this presentation, Dr. Carson will introduce a transpersonal model of healthcare, with shamanism as its most ancient form. Shamanism is a cross cultural form of healing that utilizes altered states of consciousness and rituals to access deep inner resources for insight, meaning, and healing energy for individuals and for the community. A shaman can use a variety of methods for altering his consciousness to achieve “soul flight” and access to helping spirits: sonic driving sound such as drumming and rattling, and intense physical states such as fasting and sleep deprivation.

Shamans see 3 major causes of illness: (1) loss of power, (2) soul loss, and (3) spiritual intrusions. Dr. Carson will give clinical examples of each of these and their potential application and integration into western medical care.

“Is it all in your head?” The history and role of mind body medicine in conventional healthcare
Darshan Mehta, MD, MPH (Lecture – Bourne Hall)

This talk will focus on historical themes that have constructed mind body medicine, and will focus on how this field is transforming modern medicine in the setting of cost effective healthcare.
WORKSHOP ABSTRACTS

Psychological Factors and Cancer Biology
Lorenzo Cohen, PhD
(Workshop: Tuesday January 29 – Caribbean House/GH – 5:15 – 6:15 pm)
(Workshop: Wednesday January 30 – Caribbean House/GH – 5:15 – 6:15 pm)

In this workshop you will have an opportunity to meet the author and discuss the points raised in the following paper. Pre-reading is advised.
“Evidence has supported the association between psychological factors and cancer biology; however, findings are equivocal on the role of psychosocial factors in cancer progression. This study generates a hypothesis of mechanistic variables by examining the clinical effects of psychosocial factors and cortisol dysregulation in patients with metastatic renal cell carcinoma (RCC) and examines associated activation of transcription control pathways.


Acupuncture in Cancer Care
Lorenzo Cohen, PhD
(Workshop: Saturday February 2 – Founders Annex A1)

In this workshop you will have an opportunity to meet the author and discuss the points raised in the following paper. Pre-reading is advised.

“Many cancer centers offer acupuncture services. To date, a comprehensive systematic review of acupuncture in cancer care has not been conducted. The purpose of this review was to evaluate the efficacy of acupuncture for symptom management in cancer patients. Medline, Embase, CINAHL, Cochrane (all databases), Scopus, and PubMed were searched from inception through December 2011 for prospective RCTs evaluating acupuncture for symptom management in cancer care.


Biofield Techniques in Practice
Susan Lutgendorf, PhD
(Workshop: Thursday January 31 – Caribbean House/GHall – 5:15–6:15 pm)
(Workshop: Tuesday February 5 – Caribbean House/GHall - 5:15–6:15 pm)

This workshop will demonstrate some of the most frequently used techniques of Healing Touch and will discuss indications for their use. Students will be taught “grounding”, “centering”, healing imagery, and simple hand on techniques that they can use to help people.

Awareness of your Energy Fields
Susan Lutgendorf, PhD
(Workshop: Saturday February 2 – Founders Annex A2)

This workshop will discuss energy fields and use several short experiential exercises to help people become aware of their own energy fields and those of others. We will also discuss some of the basic principles used in energy healing, including, grounding, centering, and developing an intention, and those will be demonstrated experientially in the workshop.

An Experiential Workshop in Shamanism
Cecile Carson, MD
(Workshop: Saturday February 2 – Caribbean House/Great Hall)

Shamanic healing rituals are cross-cultural phenomena whereby the shamanic practitioner enters an altered state of consciousness to "journey" to helping spirits on behalf of the afflicted individual. This workshop will introduce participants to this basic method of journeying, utilizing shamanic drumming to enter non-ordinary reality for the purpose of problem solving and healing. Participants will learn how the journey is utilized to help restore spirit and health, and how shamanism may be applied in contemporary daily life to help heal oneself and others. Participants will be expected to come with an open mind and engage their inner world to explore these human potentials. Please bring a towel to lie on.