

**Welcome to**  
**2021 Integrative Medicine & Health Symposium and**  
**Members Meeting**  
**April 11-13, 2021**

The conference syllabus, evaluation and CME credit certificate are available online.

**Evaluation:**

Please go to <https://www.surveymonkey.com/r/BXQ7L79> to complete the evaluation. You will also be emailed this link following the Symposium.

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**For Further Information:**

Contact the CME Program  
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Cleveland, OH 44106-6026  
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<https://cwru.cloud-cme.com>

# Program Agenda

**Sunday, April 11, 2021**

**11:00 - 17:00 - Poster Viewing**

**11:15 - 11:45 – Welcome Remarks & Networking Ice Breaker**

**11:45 - 12:30 – Plenary**

**Engineering Learning for Healthcare Professionals: Adapting and Evolving**

*Eligible for .75 CME hour*

Presented By: Graham McMahon, MD, MMSc, ACCME

**12:30 - 12:45 - Experiential Break**

Dance & Movement Therapy

Presented By: Sarah Menser

**12:45 - 13:15 - Special Session**

Members Meeting: Association Business

**13:15 - 13:30 - Experiential Break**

Members Meeting: Art Therapy Break

**13:30 - 14:15 - Experiential Workshop**

**Teaching CALM (Culinary and Lifestyle Medicine) for Health Care Professionals**

*Eligible for .75 CME hour*

Presented By: Hope Barkoukis, PhD, RDN, LD, FAND, Chair, Department of Nutrition, School of Medicine, Case Western Reserve University

Stephanie Harris, PhD, RDN, LD, Assistant Professor, Department of Nutrition, School of Medicine, Case Western Reserve University

**14:15 - 15:15 – Plenary**

**Conscious Leadership**

*This session is not eligible for CME*

Presented By: Benjamin Kligler, MD, MPH, Executive Director, Office of Patient Centered Care & Cultural Transformation, Veterans Health Administration

Melinda Ring, MD, FACP, ABOIM, Executive Director, Osher Center for Integrative Medicine at Northwestern University, Chicago, IL

**15:15 - 15:30 - Experiential Break**

Members Meeting: Yoga Therapy Break

**15:30 - 16:15 - Breakout Sessions**

Members Meeting: SIG Breakouts

**16:15 - 16:30 - Experiential Break**

Music Therapy/Drums Alive

Presented By: Angel Foss

**16:30 - 16:70 - Special Session**

Members Meeting: Association Business/Awards & Closing Reflection

**Monday, April 12**

**11:00 - 11:15 - Welcome Remarks and Opening Ceremony**

**11:00 - 17:40 - Poster Viewing**

**11:15 - 12:00 - Plenary**

**Counting Those Things That are Difficult to Count: Innovations Towards a Salutogenic Science**

*Eligible for .75 CME hour*

Presented By: David Rakel, MD, University of New Mexico School of Medicine, Albuquerque, NM

**12:00 - 12:30 - Breakout Sessions**

Plenary Chat

Affinity Room: Acupuncture

Presented By: Christine Kaiser, DACM, LAc, University Hospitals Connor Integrative Health Network, Warrensville, OH

Affinity Room: Yoga Therapy

Presented By: Sarah Elizabeth Garza-Levitt, BSW, E-RYT, C-IAYT, C-MQI, University of Utah, Salt Lake City, UT

Affinity Room: Integrative Mental Health

Presented By: Noshene Ranjbar, MD, University of Arizona College of Medicine - Tucson

**12:30 - 12:45 - Break**

Movement Break

**12:45 - 13:30 - Concurrent Sessions**

**COVID-19 Pivot Oral Abstracts**

**Add-on Chinese medicine for Coronavirus Disease 2019 (ACCORD): A retrospective cohort study of hospital registries**

Presented By: Kam Wa Chen, MSPH, MD, PhD

**Impact of Low Vitamin D Levels on COVID-19-Related Hospitalization and Mortality: Results from a National Cohort of Veterans Affairs Patients**

Presented By: Karen Seal, MD, MPH

**A positive emotion skills intervention improves psychological well-being in U.S. residents coping with coronavirus pandemic**

Presented By: Judith Moskowitz, PhD, MPH

**Even Over Video, We Still Bond: VHAs Rapid Implementation of Virtual Peer-led Wellbeing Groups in the Wake of the COVID-19 Pandemic**

Presented By: Ekaterina Anderson, PhD

**Health and Healthcare Equity Oral Abstracts**

**Reducing Cultural Bias through an Indian Classical Dance Program in a Sample of Adolescents**

Presented By: Shruti Parthasarathy

**BEWEHL: Community-based Wellness Education Pilot Program to Promote Mental & Behavioral Health for CHOPs Underserved Patients**

Presented By: Tiffany Silliman Cohen

**Mindfulness for medication adherence in urban youth living with HIV: an RCT**

Presented By: Erica Sibinga, BSN, RN

**Meharry Vanderbilt Health Coaching Program Demonstrates Improved Understanding and Skill Development in First-Year Medical Students at Historically Black College/University Meharry Medical College**

Presented By: Ruth Wolever, PhD, NBC-HWC

## **The Roles of Natural Products in COVID-19 Vaccine and Therapeutics**

*Eligible for .75 CME hour*

Presented By: Sean Brady, PhD, Rockefeller University, New York, NY

Margherita Cantorna, PhD, The Pennsylvania State University, University Park, PA

Jon Clardy, PhD, Harvard Medical School, Boston, MA \

## **Medical School Journeys Into Integrative Medicine: The Role of the American Medical Student Association Integrative Medicine Scholars Program**

*Eligible for .75 CME hour*

Presented By: Natasha Massoudi, BA/BS, MA/MS/MPH, MD, American Medical Student Association/Integrative Medicine Scholars Program, Woburn, MA

## **TED-Style Talks: COVID-19 Pivots**

*Eligible for .75 CME hour*

### **TED-Style Talk: Accessible and On-Demand Integrative Medicine and Healthcare Solutions From the Department of Veterans Affairs (VA)**

Presented By: Cassandra Griffin, MA/MS/MPH, Veterans Health Administration, Newcastle, CA

Sara Grimsgaard, MA/MS/MPH, Veterans Health Administration, Wilmington, NC

Alison Whitehead, MPH, RYT500, Veterans Health Administration, New York, NY

### **TED-Style Talk: Supporting University Hospitals Employees During the COVID-19 Pandemic Through Integrative Health Services via the UH4YOU Initiative**

Presented By: Francoise Adan, MD, University Hospitals Connor Integrative Health Network, Cleveland, OH

### **TED-Style Talk: Transitioning a Group Visit for Chronic Pain to a Telehealth Platform During the COVID-19 Pandemic**

Presented By: Michael Egan, LAc, The Penny George Institute for Health and Healing-Allina Health, Plymouth, MN

Nancy Van Sloun, MD, Penny George Institute for Health and Healing--Allina Health, Plymouth, MN

**13:30 - 14:15 – Movement Break**

### **13:40 - 14:10 - Experiential Breaks**

Wellness Break: Art Therapy

Wellness Break: Qigong

### **14:15 - 15:00 - Concurrent Sessions**

#### **Tell Us What You Need: Development Strategy of a Mobile Application to Train Adults With Sickle Cell Disease in Mindfulness-Based Pain Management**

*Eligible for .75 CME hour*

Presented By: Maryanna Klatt, BA/BS, PhD, The Ohio State University College of Medicine, Columbus, OH

Andrew Schamess, BA/BS, MD, The Ohio State University College of Medicine, Columbus, OH

#### **Eliciting Motivation in Clinical Encounters in 5 Minutes: A Conversation Roadmap and Skills Workshop**

*Eligible for .75 CME hour*

Presented By: Ruth Q. Wolever, PhD, NBC-HWC, Osher Center for Integrative Medicine at Vanderbilt, Durham, NC

#### **Interoceptive Awareness Training: Key Elements of Mindful Awareness in Body-Oriented Therapy (MABT) and Study Results Highlighting Within-Person Modulation of Neural Networks Following Training**

*Eligible for .75 CME hour*

Presented By: Norman Farb, PhD, University of Toronto Mississauga, Toronto, Ontario, Canada

Cynthia Price, MA/MS/MPH, PhD, LMT, University of Washington, Seattle, WA

#### **COVID Pivot: Offering TeleHealth to Healthcare Providers, Hospitalized Kids, and Families in Need**

*Eligible for .75 CME hour*

Presented By: Shay Beider, MA/MS/MPH, Integrative Touch for Kids, Tucson, AZ

Rachel Cramton, MD, Banner Health, Tucson, AZ

#### **An Analysis of the Governmental Funded Meta-Analyses and Reviews of Research on Homeopathic Medicine**

*Eligible for .75 CME hour*

Presented By: Dana Ullman, MPH, CCH, Homeopathic Educational Services, Berkeley, CA

### **Integrative Health Equity in Implementation Research**

*Eligible for .75 CME hour*

Presented By: Maria Chao, PhD, UCSF

Paula Gardiner, MD, MPH, University of Massachusetts Medical School, Boston, MA

Isabel Roth, DrPH, University of North Carolina at Chapel Hill School of Medicine, Chapel Hill, NC

Ariana Thompson-Lastad, PhD, UC San Francisco, San Francisco, CA

### **15:15 - 16:00 - Concurrent Sessions**

#### **Using Integrative Medicine Approaches to Improve Workplace Wellbeing of Individuals and Groups in Healthcare: Lessons from Institutions in the U.S.**

*Eligible for .75 CME hour*

Presented By: Aviad Haramati, PhD, Georgetown, Washington, DC

Maryanna Klatt, BA/BS, PhD, The Ohio State University College of Medicine, Columbus, OH

Mary Jo Kreitzer, PhD, RN, University of Minnesota, Minneapolis, MN

Amy Locke, MD, University of Utah, Salt Lake City, UT

#### **A Closer Look at the Wound Beneath the Surface: Exploring Key Facets of Structural Racism in the United States and Its Impact on Health**

*Eligible for .75 CME hour*

Presented By: Rachel Abrams, MA/MS/MPH, MD, Academy of Integrative Health and Medicine (AIHM), Santa Cruz, CA

Veronica Anderson Dedegbe, MD, Academy of Integrative Health and Medicine (AIHM), Buck County, PA

Jean Davis, DC, PhD, PA, AIHM (Academy of Integrative Health and Medicine), Los Angeles, CA

Yvette Miller, MD, MDS, Red Cross, Academy of Integrative Health and Medicine (AIHM), Charlotte, NC

Tabatha Parker, ND, Academy of Integrative Health and Medicine (AIHM), San Diego, CA

Scarlet Soriano, MD, Boston University School of Medicine, Boston, MA

**A Breathing Space: Incorporating Mind-Body Interventions Into Residency Education as an Innovative Approach to Systemic Healthcare Change**

*Eligible for .75 CME hour*

Presented By: Carter Lebares, MD, UCSF, San Francisco, CA

Julia Loewenthal, MD, Brigham and Women's Hospital, Boston, MA

Darshan Mehta, MA/MS/MPH, MD, Osher Center for Integrative Medicine at Harvard Medical School & Brigham and Women's Hospital, Boston, MA

Vincent Minichiello, MD, University of Wisconsin, Madison, Madison, WI

**Remote Delivery of Mindfulness-based Interventions for Underserved Communities in Response to COVID-19**

*Eligible for .75 CME hour*

Presented By: David Fresco, PhD, University of Michigan, MI

Carl Fulwiler, MD, PhD, Cambridge Health Alliance/Harvard Medical School, Cambridge, MA

Anthony King, PhD, Faculty Associate, University of Michigan, Ann Arbor Medical School, Department of Psychiatry; LSA, Department of Psychology; ISR, Ann Arbor, MI

**Yoga for Anxiety: Science and Research**

*Eligible for .75 CME hour*

Presented By: Holger Cramer, MA/MS/MPH, PhD, University of Duisburg-Essen, Essen, Germany

Suzanne Danhauer, PhD, Wake Forest School of Medicine, Winston-Salem, NC

Sat Bir Khalsa, PhD, Harvard Medical School, Boston, MA

**16:00 – 16:45 - Plenary**

**Innovations in Nutrition - Eating to Beat Disease**

*Eligible for .75 CME hour*

Presented By: William W. Li, MD, Founder, President, Angiogenesis Foundation, Holliston, MA

**16:45 - 16:55-Movement Break**

**16:55 - 17:25 - Breakout Sessions**



Plenary Chat with Dr. Li

Affinity Room: Integrating Chiropractic Care a Team Approach

Presented By: David Vincent, DC, Connor Integrative Health Network

Affinity Room: Nature and Health

Presented By: David Victorson, PhD, Northwestern University Feinberg School of Medicine

Affinity Room: Integrative Health Coaching

Presented By: Karen Lawson, MD, University of Minnesota Center for Spirituality & Healing,

### **17:25 - 17:40 - Symposium All-Group Reflection**

## **Tuesday, April 13**

### **10:00-10:45 Pre-Conference Workshop**

#### **The Potential of Using Artificial Intelligence to Solve the Puzzle of Salutogenesis**

*Eligible for .75 CME hour*

Presented By:

Helene Langevin, MD, Director, NCCIH

Lanay Mudd, PhD, Program Director, Division of Extramural Research, NCCIH

Emmeline Edwards, NCCIH

### **11:00 - 11:15 - Welcome Remarks and Opening Ceremony**

### **11:00 - 17:40 - Poster Viewing**

### **11:15 - 12:00 - Plenary**

#### **Re-imagining Healthcare & Collective Healing: Equitable Change & Embodies Mindfulness as 'Good Trouble'**

*Eligible for .75 CME hour*

Presented By: Rhonda V Magee, MA, JD, Professor, University of San Francisco, San Francisco, CA

### **12:00 - 12:30 - Breakout Sessions**

Plenary Chat with Dr. Magee

Affinity Room: Pediatric Integrative Medicine in the Hospital Setting

Presented By: David Miller, MD, LAc, UH Conner Integrative Health Network, Cleveland, OH

Affinity Group: Successful Ongoing Group Yoga Therapy for Cancer Survivors and their Caregivers

Presented By: Erin Meyer, PhD, C-IAYT, E-RYT, University of Utah

Affinity Room: Integrating Nature-Based Programs into Clinical and Research Pursuits

Presented By: David Victorson, PhD, Northwestern University Feinberg School of Medicine

### **12:45 – 13:45 - Concurrent Sessions**

#### **TED-Style Talks: Resilience & Well-Being**

*Eligible for .75 CME hour*

##### **TED-Style Talk: A Review of the Evidence in Support of Clinicians Recommending Nature-Based Care as Adjunct Therapy in the Oncology Population**

Presented By: Milagros Elia, MA/MS/MPH, NP, Society for Integrative Oncology, Mahopac, NY

##### **TED-Style Talk: Follow an Ancient Way, or Path, to Resiliency & Well-Being**

Presented By: John Burns, LAc, DPT (Doctor of Physical Therapy), Advocate Aurora Health, Milwaukee, WI

##### **TED-Style Talk: Reflections From a Decade in Motherhood and Integrative Medicine**

Presented By: Rashmi Mullur, MD, UCLA/VA Greater Los Angeles, Los Angeles, CA

##### **TED-Style Talk: Assessing the Accuracy of Medical Intuition: A Subjective and Exploratory Study**

*This TED-Style talk is not eligible for CME*

Presented By: Wendie Colter, CWC, CMIP, The Practical Path, Inc., Tujunga, CA

## **Harnessing the Potential of Art-Based Interventions for Health and Well-being Resilience & Well-Being**

*Eligible for .75 CME hour*

Presented By: Emmeline Edwards, PhD, National Center for Complementary and Integrative Health/National Institutes of Health, Bethesda, MD

Susan Magsamen, John Hopkins University School of Medicine - International Arts + Mind Lab, Baltimore, MD

Jill Sonke, University of Florida College of the Arts - Center for Arts in Medicine, Gainesville, FL

### **Oral Abstracts: Lifestyle Medicine & Nutrition**

#### **Tai Chi and Mindful Breathing in Patients with COPD: A Randomized Controlled Feasibility Trial**

Presented By: Kristen Kraemer, PhD

#### **A Systematic Review of Practiced-Based Research of Complementary and Integrative Health Therapies Provided in Clinical Settings: A Focus on Pain**

Presented By: Jeffery Dusek, PhD

#### **Sheetali/Sheetkari Pranayama and the Autonomic Nervous System**

Presented By: Erica Sharpe, PhD

#### **Innovations in Lifestyle Medicine for Depression**

Presented By: Jerome Sarris, MHSc, PhD

### **Oral Abstracts: Resilience & Well-Being**

#### **Contribution of Live and Recorded Online Mindfulness Training: Evidence from an Employee Stress Reduction Program**

Presented By: Ruth Q. Wolever, PhD, NBC-HWC

#### **Resilient Provider: In the Eye of the Hurricane**

Presented By: Lisa Squires, BSN, RN, HNB-BC

#### **Listening to the body as a guide: Interoceptive tendency mediates the effect of mindfulness training on behavior change initiation**

Presented By: Richa Gawande, PhD

## **Health Uncertainty among Healthcare Workers during the COVID-19 Pandemic**

Presented By: Daniel Hall, PhD

### **Education Goes Viral: What We Are Learning From Online Pivots**

*Eligible for .75 CME hour*

Presented By: Shelley Adler, PhD, University of California San Francisco Osher Center for Integrative Medicine, San Francisco, CA

Darshan Mehta, MA/MS/MPH, MD, Osher Center for Integrative Medicine at Harvard Medical School & Brigham and Women's Hospital, Boston, MA

Melinda Ring, MD, FACP, ABOIM, Executive Director, Osher Center for Integrative Medicine at Northwestern University, Chicago, IL

### **Addressing Inequities in Pain Care by Advancing Integrated Pain Management Programs**

*Eligible for .75 CME hour*

Presented By: Jonathan Gonzalez-Smith, MPAff, Duke-Margolis Center for Health Policy, Washington D.C., District of Columbia

Katie Huber, MPH, Duke-Margolis Center for Health Policy, Margolis, MD

Trevor Lentz, PT, PhD, MPH, Duke University, Durham, NC

### **13:30 - 14:15 - Break**

### **13:40 - 14:10 - Experiential Break**

Wellness Break: Reset and Renew: Tai Chi for Well-being

Presented By: Cindy Lio, Ed.D., Osher Center for Integrative Medicine at Vanderbilt

Wellness Break: Shaking Meditation

Presented by Sonia Sosa, MD, OHSU

Wellness Break: Gut Health Cooking Demo

Presented by Leigh Frame, MD, George Washington University and Christiane Matey, George Washington University

### **14:15 - 15:00 - Concurrent Sessions**

**mHealth for Managing Headache: Overview of Current Technologies and Future Opportunities**

*Eligible for .75 CME hour*

Presented By: Robert Bonakdar, MD, Scripps Center for Integrative Medicine, La Jolla, CA

Meg Sweeney, MPH, Scripps Center for Integrative Medicine, La Jolla, CA

**Yoga for Spinal and Mind/Body Health in the Time of COVID-19 and Telehealth**

*Eligible for .75 CME hour*

Presented By: Lucille Marchand, BA/BS, MD, University of WA Osher Center for IM, Seattle, WA

**Words Matter! Mind-Body Language in the Clinical Setting**

*Eligible for .75 CME hour*

Presented By: Hilary McClafferty, MD, Tucson Medical Center, Tucson, AZ

**Virtual Group Medical Visits to Promote Healthy Sleep**

*Eligible for .75 CME hour*

Presented By: Katherine Eby, UW Health, Madison, WI

David Kiefer, MD, University of Wisconsin, Madison, WI

**Integrative Approaches for Lyme**

Presented By: Kalpana ShereWolfe, MD, University of Maryland, Baltimore, MD

**Building Cultural Competency in the Acupuncture Profession**

*Eligible for .75 CME hour*

Presented By: F Afua Bromley, LAc, Dipl.Ac (NCCAOM), National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), Saint Louis, MO

LiMing Tseng, LAc, Dipl.OM (NCCAOM), ASA (American Society of Acupuncturists), Stowe, VT

**15:00 - 15:15 - Movement Break**

**15:15 - 16:00 - Concurrent Sessions**

**Whole Health 4 You: A Whole Health Learning Campaign for Educators, Parents, and Children**

*Eligible for .75 CME hour*

Presented By: Amanda Hull, PhD, Whole Health Institute, Bentonville, AR

Lawrence Rosen, MD, WholeHealthEd, Silver Spring, MD

Kate Tumelty Felice, Ed.D, Rowan College & WholeHealthEd, Glassboro, NJ

**Medical Education on Herbal and Dietary Supplements During COVID-19**

*Eligible for .75 CME hour*

Presented By: Robert Bonakdar, MD, Scripps Center for Integrative Medicine, La Jolla, CA

David Kiefer, MD, University of Wisconsin, Madison, WI

Meg Sweeney, MPH, Scripps Center for Integrative Medicine, La Jolla, CA

**Overcoming Isolation During COVID-19: Integrating Music Therapy and Technology**

*Eligible for .75 CME hour*

Presented By: Seneca Block, MT-BC, University Hospitals of Cleveland Connor Integrative Health Network, Cleveland, OH

Julian Brill, MT-BC, University Hospitals of Cleveland Connor Integrative Health Network, Cleveland, OH

Samuel Rodgers-Melnick, MT-BC, University Hospitals of Cleveland Connor Integrative Health Network, Cleveland, OH

**Embedding Brief Mindfulness Based Interventions in Medical Settings to Improve Medical Outcomes**

*Eligible for .75 CME hour*

Presented By: Adam Hanley, PhD, University of Utah, Salt Lake City, UT

**At the Intersection of HIV, Stigma, Poverty, and Structural Racism - Can Mindfulness Help the Complex Challenges Faced by Youth With HIV in Baltimore?**

*Eligible for .75 CME hour*

Presented By: Julie Denison, PhD, Johns Hopkins Bloomberg School of Public Health, Baltimore, MD

Deanna Kerrigan, PhD, George Washington University School of Public Health, Washington, DC, DC

Erica Sibinga, MD, Johns Hopkins School of Medicine, Baltimore, MD

**16:00 - 16:45 - Plenary**

## **Transforming Trauma: Wellness and Resilience in the Time of COVID-19**

*Eligible for .75 CME hour*

Presented By: James Gordon, MD, Founder and Executive Director, The Center for Mind-Body Medicine, Washington, DC

**16:45 - 16:55 - Movement Break**

**16:55 - 17:25 - Breakout Sessions**

Plenary Chat with Dr. Gordon

Affinity Rooms: Equity

Affinity Room: Culinary

Affinity Room: Education

**17:25 - 17:40 - Symposium All-Group Reflection**

## PLENARY SPEAKERS

Hope Barkoukis, PhD, RDN, LD, FAND  
Chair, Department of Nutrition, School of Medicine  
Case Western Reserve University  
*Hope Barkoukis, PhD, RDN, LD, FAND reports no financial relationship with a commercial interest relevant to this activity.*

James Gordon, MD  
Founder and Executive Director  
The Center for Mind-Body Medicine, Washington, DC  
*James Gordon, MD reports no financial relationship with a commercial interest relevant to this activity.*

Stephanie Harris, PhD, RDN, LD  
Assistant Professor, Department of Nutrition, School of Medicine, Case Western Reserve University  
*Stephanie Harris, PhD, RDN, LD reports no financial relationship with a commercial interest relevant to this activity.*

William W. Li, MD  
Founder, President  
Angiogenesis Foundation  
Holliston, MA  
*William W. Li, MD reports no financial relationship with a commercial interest relevant to this activity.*

Rhonda V Magee, MA, JD  
Professor  
University of San Francisco  
San Francisco, CA  
*Rhonda V Magee, MA, JD reports no financial relationship with a commercial interest relevant to this activity.*

Graham McMahon, MD, MMSc  
President & CEO  
ACCME  
*Graham McMahon, MD, MMSc reports no financial relationship with a commercial interest relevant to this activity.*

David Rakel, MD  
University of New Mexico School of Medicine  
Albuquerque, NM



David Rakel MD received honoraria for editing from Elsevier Medical Publishing and the CME Program determined there is no conflict of interest.

## **SPEAKERS**

Rachel Abrams MD  
Academy of Integrative Health and Medicine (AIHM)  
*Rachel Abrams MD reports no financial relationship with a commercial interest relevant to this activity.*

Francoise Adan MD  
University Hospitals Connor Integrative Health Network  
*Francoise Adan MD reports no financial relationship with a commercial interest relevant to this activity.*

Shelley Adler PhD  
University of California San Francisco Osher Center for Integrative Medicine  
*Shelley Adler PhD reports no financial relationship with a commercial interest relevant to this activity.*

Veronica Anderson Dedegbe MD  
Academy of Integrative Health and Medicine (AIHM)  
*Veronica Anderson Dedegbe MD reports no financial relationship with a commercial interest relevant to this activity.*

Hope Barkoukis PhD, RDN, LD, FAND  
Case Western Reserve University  
*Hope Barkoukis PhD, RDN, LD, FAND reports no financial relationship with a commercial interest relevant to this activity.*

Shay Beider  
Integrative Touch for Kids  
*Shay Beider reports no financial relationship with a commercial interest relevant to this activity.*

Seneca Block MT-BC  
University Hospitals of Cleveland Connor Integrative Health Network  
*Seneca Block MT-BC reports no financial relationship with a commercial interest relevant to this activity.*

Robert Bonakdar MD  
Scripps Center for Integrative Medicine  
*Robert Bonakdar MD reports no financial relationship with a commercial interest relevant to this activity.*

Sean Brady PhD  
Rockefeller University  
Sean Brady PhD reports no financial relationship with a commercial interest relevant to this activity.

Julian Brill MT-BC  
University Hospitals of Cleveland Connor Integrative Health Network  
Julian Brill MT-BC reports no financial relationship with a commercial interest relevant to this activity.

F Afua Bromley LAc, Dipl.Ac (NCCAOM)  
National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM)  
F Afua Bromley LAc, Dipl.Ac (NCCAOM) reports no financial relationship with a commercial interest relevant to this activity.

John Burns LAc, DPT (Doctor of Physical Therapy)  
Advocate Aurora Health  
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Margherita Cantorna PhD  
The Pennsylvania State University  
Margherita Cantorna PhD reports no financial relationship with a commercial interest relevant to this activity.

Maria Chao PhD  
UCSF  
Maria Chao PhD reports no financial relationship with a commercial interest relevant to this activity.

Jon Clardy PhD  
Harvard Medical School  
Jon Clardy PhD reports no financial relationship with a commercial interest relevant to this activity.

Holger Cramer PhD  
University of Duisburg-Essen  
Holger Cramer PhD reports no financial relationship with a commercial interest relevant to this activity.

Rachel Cramton MD  
Banner Health  
Rachel Cramton MD reports no financial relationship with a commercial interest relevant to this activity.

Suzanne Danhauer PhD  
Wake Forest School of Medicine  
Suzanne Danhauer PhD reports no financial relationship with a commercial interest relevant to this activity.

Jean Davis DC, PhD, PA  
AIHM (Academy of Integrative Health and Medicine)  
Jean Davis DC, PhD, PA reports no financial relationship with a commercial interest relevant to this activity.

Julie Denison PhD  
Johns Hopkins Bloomberg School of Public Health  
Julie Denison PhD reports no financial relationship with a commercial interest relevant to this activity.

Katherine Eby  
UW Health  
Katherine Eby reports no financial relationship with a commercial interest relevant to this activity.

Emmeline Edwards PhD  
National Center for Complementary and Integrative Health/National Institutes of Health  
Emmeline Edwards PhD reports no financial relationship with a commercial interest relevant to this activity.

Michael Egan LAc  
The Penny George Institute for Health and Healing-Allina Health  
Michael Egan LAc reports no financial relationship with a commercial interest relevant to this activity.

Milagros Elia NP  
Society for Integrative Oncology  
Milagros Elia NP reports no financial relationship with a commercial interest relevant to this activity.

Norman Farb PhD  
University of Toronto Mississauga  
Norman Farb PhD reports no financial relationship with a commercial interest relevant to this activity.

David Fresco PhD  
University of Michigan  
David Fresco PhD reports no financial relationship with a commercial interest relevant to this activity.

Carl Fulwiler MD, PhD  
Cambridge Health Alliance/Harvard Medical School  
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Paula Gardiner MD, MPH  
University of Massachusetts Medical School  
Paula Gardiner MD, MPH reports no financial relationship with a commercial interest relevant to this activity.

Jonathan Gonzalez-Smith MPAff  
Duke-Margolis Center for Health Policy  
Jonathan Gonzalez-Smith MPAff reports no financial relationship with a commercial interest relevant to this activity.

James Gordon MD  
The Center for Mind-Body Medicine  
James Gordon MD reports no financial relationship with a commercial interest relevant to this activity.

Cassandra Griffin  
Veterans Health Administration  
Cassandra Griffin reports no financial relationship with a commercial interest relevant to this activity.

Sara Grimsgaard  
Veterans Health Administration  
Sara Grimsgaard reports no financial relationship with a commercial interest relevant to this activity.

Adam Hanley PhD  
University of Utah  
Adam Hanley PhD reports no financial relationship with a commercial interest relevant to this activity.

Aviad Haramati PhD  
Georgetown University Medical Center  
Center for Innovation and Leadership in Education (CENTILE)  
Aviad Haramati PhD reports no financial relationship with a commercial interest relevant to this activity.

Stephanie Harris PhD, RDN, LD  
Department of Nutrition, School of Medicine Case Western Reserve University  
Stephanie Harris PhD, RDN, LD reports no financial relationship with a commercial interest relevant to this activity.

Katie Huber MPH  
Duke-Margolis Center for Health Policy  
Katie Huber MPH reports no financial relationship with a commercial interest relevant to this activity.

Amanda Hull PhD  
Whole Health Institute  
Amanda Hull PhD reports no financial relationship with a commercial interest relevant to this activity.

Deanna Kerrigan PhD  
George Washington University School of Public Health  
Deanna Kerrigan PhD reports no financial relationship with a commercial interest relevant to this activity.

Sat Bir Khalsa PhD  
Harvard Medical School  
Sat Bir Khalsa PhD reports no financial relationship with a commercial interest relevant to this activity.

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The policy of Case Western Reserve University School of Medicine CME Program requires that the Activity Director, planning committee members and all activity faculty (that is, anyone in a position to control the content of the education activity) disclose to the activity participants all relevant financial relationships with commercial interests. Disclosure will be made to activity participants prior to the commencement of the activity. Case Western Reserve University School of Medicine also requires that faculty make clinical recommendations based on the best available scientific evidence and that faculty identify any discussion of “off-label” or investigational use of pharmaceutical products or medical devices.

## **LEARNING OBJECTIVES**

After attending this program, participants will be able to:

- Discuss a multidisciplinary approach to patient care using integrative modalities and lifestyle approaches.
- Recognize the benefits and indications of mind-body interventions
- Identify nonpharmacologic tools for the treatment of pain and other conditions such as depression/anxiety.
- Describe the current evidence base for integrative therapies such as acupuncture, yoga, tai chi, and mindfulness-based interventions for health conditions such as pain and symptom management.
- Describe novel approaches to lifestyle interventions to improve nutrition and /or exercise and evidence for the benefit of these approaches.

## **CONTINUING EDUCATION**

Physicians / Category 1

**Joint Providership Statement:**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Case Western Reserve University School of Medicine and Academic Consortium for Integrative Medicine & Health. Case Western Reserve University School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Case Western Reserve University School of Medicine designates this live activity for a maximum of *9.75 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Many other disciplines including but not limited to researchers, PharmD's, occupational therapists, physical therapists, psychologists, and social workers request credit memos for re-licensure or recertification. Many societies and credentialing bodies accept the *AMA PRA Category 1 Credit™* as equivalent CE or CEU as long as the topic is in the applicant's field or discipline. However, it is advisable that if an individual is unsure whether their attendance can be used towards certification or re-licensure they should check with their governing body.

## **ACKNOWLEDGEMENTS**

**We gratefully acknowledge the following sponsors for their support of the 2021 Integrative Medicine & Health Symposium and Members Meeting:**

Lotte and John Hecht Memorial Foundation - Dr. Rogers Prize for Excellence in Complementary & Alternative Medicine

Emerson Ecologics / Wellevate by Emerson Ecologics

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The Bernard Osher Foundation

The University of Arizona Andrew Weil Center for Integrative Medicine