



4th Annual Student Conference for Integrative Medicine (ASCIM 2016)

Practical Approaches to Wellness through Integrative Medicine: Benefits for a Lifetime

February 27, 2016 | Tamkin Auditorium—UCLA Ronald Reagan Medical Center | 9AM - 5PM

About ASCIM

The mission of the *Annual Student Conference for Integrative Medicine* (ASCIM) is to introduce undergraduate students, medical students, health professionals, and anyone interested in well-being to an educational and hands-on exploration of Integrative Medicine (IM) by raising awareness for how Integrative Medicine has expanded to address health concerns throughout the world. By exploring clinical and research interventions that have successfully implemented integrative medicine, we hope to show that the future of health care lies in a whole-person framework in health cultivation that takes all aspects of one's health into account.



Integrative Medicine

Integrative Medicine (IM), according to The Bravewell Collaborative 2012, is “an approach to care that seeks to integrate the best of Western scientific medicine with a broader understanding of the nature of illness, healing, and wellness. A practical strategy, IM puts the patient at the center of care and addresses the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person’s health. Its use not only improves care for patients, it also enhances the cost-effectiveness of health care delivery for providers and payers.”



ASCIM 2016 Speakers

Karen Lawson, MD (Opening Keynote)

Director of Integrative Health Coaching,
University of Minnesota Center for
Spirituality and Healing

Helen Lavretsky, MD, MS (Closing Keynote)

Professor In-Residence, UCLA
Department of Psychiatry; Director of
Late-life Depression, Stress and
Wellness Research Program; Semel
Scholar in Integrative Mental Health

Felicia Yu, MD

East-West Primary Care Fellow, UCLA
CEWM

Justin Laube, MD

East-West Primary Care Fellow, UCLA
CEWM

Lawrence Taw, MD, FACP

Assistant Clinical Professor, UCLA
CEWM

Katie Hu, MD

UCLA CEWM Fellow, Clinical Instructor

Eric Lopez-Maya, PhD

Director & Founder, Mexican Institute for
Mindfulness

Debra Linesch, PhD, MFT, ATR-BC

Chairperson & Program Director,
Graduate Department of Marital and
Family Therapy, Loyola Marymount
University

Rammohan Rao, MD

Research Associate Professor, Buck
Institute for Age Research

Marlyn Diaz, CN

Eva Nemeth, PT, EVA Movement

Annie Law, B.A., Psychology, UCLA

Rose Shan, UCLA DGSOM Student

Thomas Newbold, MM, MT-BC

Music Therapist

Garth McLean

Certified Senior Iyengar Yoga Teacher



ASCIM 2016

Over 150 high school, undergraduate, medical and graduate students, health professionals, and community members gathered together on Saturday, February 27th, 2016 at the *4th Annual Student Conference for Integrative Medicine (ASCIM 2016)* held at the Tamkin Auditorium located in the UCLA Ronald Reagan Medical Center to learn about and explore integrative medicine. The theme for ASCIM 2016 was “Practical Approaches to Wellness through Integrative Medicine: Benefits for a Lifetime” which aimed to share relatively simple integrative practices people can do to improve their overall well-being and quality of life. Ka-Kit Hui, MD, FACP, Professor and Director of the UCLA Center for East-West Medicine (CEWM) hopes this conference will “equip attendees with practical information and tools that can be integrated into their daily lives,” and also “inspire [people] to take charge and ownership of [their] own well-being.”

In her inspiring opening keynote, titled “The Journey of Integrative Medicine—A Pilgrimage to the Heart of Healing,” Karen Lawson, MD, Director of Integrative Health Coaching at the University of Minnesota Center for Spirituality and Healing, discussed how integrative medicine has affected her own life as well as its potential to improve the lives of many others. She also addresses the value of “finding a balance” in our busy lives to avoid becoming overwhelmed by stress, and the “power of connection” between people in developing compassion for one another.

The first session of ASCIM 2016 titled, “What Should I Eat? A Talk with Nutrition Experts,” featured panelists who discussed nutrition and diet from a Western, Integrative East-West, and Ayurvedic perspective. This panel taught attendees some of the various approaches to a healthy diet people can choose from in order to best fit their own personal needs and lifestyle. The panelists stressed the importance of paying attention to what you eat and having a balanced diet, as it is key to maintaining optimum health.



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The second session of ASCIM 2016, titled “Caring for the Body,” focused on self-care and movement with interactive workshops on acupuncture, Iyengar Yoga, and physical therapy. The third session concentrated on “Nourishing the Mind through Mindfulness and Creativity,” featuring workshops on music therapy, art therapy, and mindfulness. Following the conference theme, these popular workshops taught attendees self-care tips they can readily apply to their everyday lives that can help them achieve a healthier body and lifestyle and are focused on the mind-body-spirit connection. One attendee commented, “I liked how [the] speakers talked about the effectiveness and functions of [these] integrative



medicine approaches to wellness.” Another said, “I love how [the workshops] taught us alternative ways to [maintain] a healthy body that was more than just fixing symptoms.”



Lastly, ASCIM 2016 ended with a spectacular closing keynote by Helen Lavretsky, MD, MS, a geriatric psychiatrist, Semel Scholar in Integrative Mental Health, and Director of the Late-life Depression, Stress and Wellness Research Program at UCLA. Her keynote, titled “Complementary and Integrative Medicine—A Path Towards Global Health,” showcased the research done on the

positive effects of using complementary and alternative medicine and mind-body approaches to treat and prevent mood and cognitive disorders in older adults. Moreover, she discussed the potential of integrative medicine to improve global health and to make healthcare more accessible and effective worldwide. In addition, Dr. Lavretsky encouraged attendees to continue practicing a healthy lifestyle in order to live a long, fulfilling life.



Overall, according to the post-conference evaluation, ASCIM 2016 was a success based on attendee satisfaction and willingness to learn more about integrative medicine after the conference. The various reasons people



attended ASCIM 2016 included: wanting to learn about integrative medicine, being interested in IM as a possible career pathway, professional networking, wanting to learn different ways to improve their own well-being, and also just for fun. One attendee said, “[ASCIM 2016] was very informative and made [them] want to learn more about integrative medicine, particularly [about] the holistic approach to nutrition. Nicely organized and well done!” We hope to see the continuation of ASCIM’s success and its growth in attracting more and more attendees in the years to come.



The Organizers

Students for Integrative Medicine at UCLA (SIM) is an undergraduate student organization that strives to raise awareness for evidence-based, integrative, and whole-person approaches to medicine and health by exploring topics such as nutrition, mind-body medicine, research, and healthcare. SIM's activities include guest lectures, self-care workshops, shadowing opportunities at the Yo San University of Traditional Chinese Medicine, and networking with the UCLA Collaborative Centers for Integrative Medicine (CCIM). Through these projects, SIM aims to promote *"Merging the best of modern biomedicine with the heart of whole-person healing."*



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The **UCLA Center for East-West Medicine (CEWM)** strives to improve health, wellbeing, and the quality of life of people by blending the best of Modern Western medicine with Traditional Chinese Medicine to provide healthcare that is safe, effective, affordable, and accessible. Its

programs include education, research, patient care, resource development, and more.

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Acknowledgements

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To support this unique and meaningful event, please contact the UCLA Center for East-West Medicine (CEWM):

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