3rd Annual Integrative and Holistic Nursing conference

bringing healing to you and your patients

Hilton San Diego Resort, San Diego, California • September 29–30, 2011
Course Overview

This course is a unique experience that includes an evidenced-based overview of holistic and integrative nursing. The latest research on nutrition, nutriceuticals and mind-body-spirit medicine will be presented by experts in the field of integrative holistic health.

The course format includes lectures followed by afternoon interactive workshops. Whether your goal is wellness, enhanced medical knowledge or a renewed sense of spirituality, this course is for you.

Research shows that nearly one in three Americans are utilizing complementary and alternative medicine to supplement conventional care. According to a 2006 Health Forum study, slightly less than 8 percent of American hospitals offered any integrative services in 1999, but by 2004, 18.3 percent of hospitals offered some type of integrative care. By 2006 that number jumped to 25 percent. Patients are now asking their physicians and nurses about the medical value of these treatments and therapies. For these reasons, nurses and other health care providers can benefit from learning about integrative holistic approaches to health and healing.

What is Integrative Holistic Medicine?

Integrative holistic nursing embraces conventional medicine and incorporates evidence-based complementary therapies that are grounded in science. Integrative holistic nursing focuses on the whole person, body, mind, spirit and emotions with a strong emphasis on the provider and patient partnership. Integrative holistic medicine is based on the following principles:

- Health is more than the absence of disease
- A person is more than their symptoms and healing requires a whole-person approach
- Empowered patients make long-term and lasting changes that support healing and optimal health
- Love, compassion and forgiveness are basic human needs which enhance healing

Target Audience

Nursing contact hours are available; however we believe that this course will also be applicable to medical doctors, physician assistants, osteopaths, midwives, pharmacists, psychologists, social workers and others who are seeking to expand their knowledge to include a body-mind-spirit approach to healing.

Educational Objectives

Upon completion of this course, participants should be able to:

- Identify the role of body, mind, spirit and emotions in health and healing
- Describe the difference between healing and curing
- Demonstrate a capability to treat the whole person, mind, body and spirit in any setting
- Demonstrate the importance of a provider and patient partnership in providing quality health care
- Assess and implement the importance of regular renewal and self-care for the nurse or health care provider
- Assess the research on nutrition and nutriceuticals in health
- Discuss the utilization of lifestyle change and complementary modalities in the treatment and prevention of disease
- Describe new health care models
- Discuss the science and application of energy medicine.
Board of Registered Nursing (BRN)

Provider approved by the California Board of Registered Nursing, Provider Number CEP15030, for **12.3 contact hours**. Contact hours will be provided by Scripps Health. Contact hours for one-day registration available.

Credit Breakdown:
- Friday – 5.7 contact hours
- Saturday – 6.6 contact hours

**Disclosure**

It is the policy of Scripps to ensure balance, independence, objectivity and scientific rigor in all sponsored educational programs. Course Directors, planning committees, faculty and all others who are in a position to control the content of any educational activity sponsored by Scripps are required to disclose any real or apparent conflicts of interest related to the subject matter of the educational activity.

This activity is in compliance with California Assembly Bill 1195 which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. Cultural and linguistic competency was incorporated into the planning of this activity.

**Exhibit & Support Opportunities**

For information on exhibit and support opportunities during this and many other Scripps educational conferences, please contact:

Scripps Conference Services & CME
858-652-5400
med.edu@scrippshealth.org
www.scripps.org/conferenceservices

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**Scripps Center for Integrative Medicine** blends conventional care with evidence-based complementary treatments and therapies. Physicians, nurses and other providers at the center take a holistic approach to health and wellness by prescribing a treatment plan that enables you to achieve a cohesive balance of mind, body and soul. The center, located in San Diego, California, is the largest and most comprehensive hospital-based outpatient integrative medicine center in the United States and has been featured on many local and national media outlets, such as the Today Show and PBS. For more information visit scrippsintegrativemedicine.org.

**Scripps Conference Services & CME**, which offers nationally recognized annual conferences in various specialty areas, is committed to improving the quality of health care and advancing the practice of medicine by providing exceptional educational courses for physicians and other health care professionals. More information and conference brochure downloads are available at scripps.org/conferenceservices.

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**save the dates**

12th Annual
**The Science & Clinical Application of Integrative Holistic Medicine**
Jointly-sponsored with the American Board of Integrative Holistic Medicine
**November 7–11, 2011**
Renaissance Vinoy Resort, St. Petersburg, Florida
To find out more information and to register please visit: scripps.org/conferenceservices

**Physician Leadership Summit: Innovative Approaches to Care**
**Sunday, October 30, 2011**
Gaylord Opryland
Nashville, Tennessee
To find out more information and to register please visit: patient-centeredcareconference.com

9th Annual
**Natural Supplements: An Evidence-Based Update**
**January 19–22, 2012**
Hilton San Diego Bayfront
San Diego, California
To find out more information and to register please visit: scripps.org/conferenceservices
### Course Directors

- Rauni Prittinen King, RN, BSN, MIH, HNB-BC, CHTP/I  
  Founder, Scripps Center for Integrative Medicine  
  President, Holistic & Integrative Medicine Resources, Inc.  
  San Diego, California

- Mimi Guarneri, MD, FACC, ABIHM  
  Founder and Medical Director  
  Scripps Center for Integrative Medicine  
  Cardiologist, Scripps Clinic  
  La Jolla, California

### Faculty (continued)

- Lee Lipsenthal, MD, ABIHM  
  Founder, Finding Balance in a Medical Life  
  ABIHM Board of Directors  
  San Anselmo, California

- Fay McGrew, MA  
  Certified Qigong Teacher  
  QTP (Medical Gigong)  
  Scripps Center for Integrative Medicine  
  La Jolla, California

- Pamela Potenzo RN, BSN, HN-BC  
  Integrative Practitioner  
  Private Practice  
  Indio, California

- Steven Pratt, MD, FACS, ABIHM  
  Ophthalmologist and Oculoplastic Surgeon  
  Scripps Health Assistant Clinical Professor  
  UCSD School of Medicine  
  Best-Selling Author, SuperFoods Rx and SuperHealth  
  San Diego, California

- Scott Shannon, MD, ABIHM  
  Assistant Clinical Professor  
  Department of Psychiatry  
  University of Colorado  
  Denver, Colorado

- Linda Smith RN, MS, HN-BC, HTCP, CCA  
  Creator and Director Institute of Spiritual Healing & Aromatherapy, Inc.  
  Arvada, Colorado

- Tarane Sondoozi, PsyD, CEAP  
  Employee Assistant Specialist  
  Adjunct Faculty, Center for Learning  
  Scripps Health  
  San Diego, California

- Karen Sothers, MEd, RYT  
  Mindfulness Yoga and Meditation Teacher  
  Health Consultant  
  Scripps Center for Integrative Medicine  
  La Jolla, California

- Jeffrey Thompson, DC, BFA  
  Founder and Director Center for Neuroacoustic Research  
  Encinitas, California

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<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>7 a.m.</td>
<td>Yoga &amp; Meditation</td>
<td>Karen Sothers, MEd, RYT</td>
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<td>Qi Gong</td>
<td>Fay McGrew, MA</td>
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<tr>
<td>8 a.m.</td>
<td>Registration, Breakfast &amp; View Exhibits</td>
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<tr>
<td>8:45 a.m.</td>
<td>Welcome and Introduction</td>
<td>Rauni Prittinen King, RN, BSN, MIH</td>
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<tr>
<td>9 a.m.</td>
<td>Integrative and Holistic Health</td>
<td>Mimi Guarneri, MD, FACC</td>
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<td>10 a.m.</td>
<td>Nutrition: The Super Foods</td>
<td>Steven Pratt, MD, FACS</td>
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<td>10:45 a.m.</td>
<td>Break &amp; View Exhibits</td>
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<td>11:15 a.m.</td>
<td>Ayurvedic Medicine: The Science of Life</td>
<td>Kulreet Chaudhary, MD</td>
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<td>Noon</td>
<td>Lunch &amp; Self-Care Experiential Activities</td>
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<tr>
<td>2 p.m.</td>
<td>Workshops (choose one)</td>
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<tr>
<td>1.</td>
<td>Journey to Self-Healing and Healing Touch</td>
<td>Rauni Prittinen King, RN, BSN, MIH</td>
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<td>2.</td>
<td>Yoga and Meditation</td>
<td>Karen Sothers, Med, RYT</td>
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<td>3.</td>
<td>Bio-Identical Hormone Replacement</td>
<td>Christine Givant, PharmD</td>
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<td>3 p.m.</td>
<td>Break &amp; View Exhibits</td>
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<td>3:30 p.m.</td>
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<tr>
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<td>Don’t Label My Child</td>
<td>Scott Shannon, MD, ABIHM</td>
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<td>9:30 a.m.</td>
<td>It’s All About Communication</td>
<td>Tarane Sondoozi, PsyD, CEAP</td>
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<td>10:30 a.m.</td>
<td>Break &amp; View Exhibits</td>
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<tr>
<td>11 a.m.</td>
<td>Life in Balance</td>
<td>Lee Lipsenthal, MD, ABIHM</td>
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<td>Noon</td>
<td>Lunch &amp; Self-Care Experiential Activities</td>
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<td>1:30 p.m.</td>
<td>Workshops (choose one)</td>
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<td>1.</td>
<td>Fashion and Feng Shui: The Art of Dressing Your“self”</td>
<td>Pam Potenzo, RN, BSN, HN-BC</td>
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<td>2.</td>
<td>Aromatherapy: Science of Essential Oils</td>
<td>Linda Smith, RN, MS, HN-BC</td>
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<td>3.</td>
<td>Science of Sound and Vibration</td>
<td>Jeffrey Thompson, DC, BFA</td>
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<tr>
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<td>Workshops Repeat (choose one from above)</td>
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<tr>
<td>4 p.m.</td>
<td>Tribute to Nursing and Florence Nightingale</td>
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Rates & Reservations
Please make your own reservations and be sure to request the Scripps Integrative Holistic Nursing Conference reduced rate of $189 per night (excludes tax). This low rate includes:

• Complimentary day and overnight parking
• Complimentary use of the fitness center
• Complimentary guestroom internet access
• 15% discount for spa services at Spa Brezza and Marketplace
• Complimentary transportation on Thursday evening to various San Diego attractions

A block of rooms will be held for us until September 7, 2011. After this date, reservations will be accepted on a space and rate available basis only.

Please note: Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.
By completing this registration form and returning it to Scripps you are acknowledging compliance with all attendance policies.

PLEASE PRINT CLEARLY. SHOULD WE HAVE ANY CONFERENCE COMMUNICATIONS, PLEASE PROVIDE YOUR DIRECT CONTACT INFORMATION.

FIRST NAME, MIDDLE INITIAL, LAST NAME

DEGREE (MD, DO, RN, ETC.)

BADGE NAME (IF DIFFERENT FROM ABOVE)

AFFILIATION / HOSPITAL / COMPANY

SPECIALTY

DIRECT MAILING ADDRESS

CITY

STATE

ZIP

DIRECT PHONE

FAX

E-MAIL

ASSISTANT DIRECT TELEPHONE

ASSISTANT NAME

ASSISTANT EMAIL

PLEASE INDICATE ANY SPECIAL NEEDS (INCLUDING DIETARY RESTRICTIONS).

Special requests will be considered and accommodated in full compliance with the Americans with Disabilities Act (ADA).

Dietary Restrictions:

- Lacto Vegetarian (no meat, no eggs, dairy ok)
- Lacto-ovo Vegetarian (no meat, eggs & dairy ok)
- Ovo Vegetarian (no meat, no dairy, eggs ok)
- Pescatarian (vegetarian, fish ok)
- Vegan (no animal products)

- Gluten-free
- No dairy (no milk, cream, cheese, yogurt)
- Food Allergies: ____________________________
- Other: ____________________________

Special Needs:

Office use only: ………… DATE RECEIVED ………… CHECK NO / APPROVAL # ………… AMOUNT ………… CONFIRMATION SENT ………… DETAILS

If paying by check, please make check payable to Scripps (in U.S. dollars only)

If paying by credit card, please fill out the information below:

☐ CHECK ☐ M/C ☐ VISA ☐ DISCOVER

NAME ON CARD ___________ CARD NUMBER ___________

EXPIRATION DATE ___________ SIGNATURE ____________________

BILLING ADDRESS IF DIFFERENT FROM ABOVE

Scripps Conference Services & CME
11025 North Torrey Pines Road
Suite 200, Maildrop: SCRC 200
La Jolla, California 92037

Questions?

Contact: Scripps Conference Services & CME
Phone: 858-652-5400
Email: med.edu@scrippsshealth.org

Receive Up To 15% Off Your Registration

For past attendees of this conference: register, refer a friend that has never attended and you will both receive 10% off of your registration fees. Register two friends that have never attended and you will all receive 15% off.

Past Conference Attendee

Past Conference Attendee

New Conference Attendee

Please note: there is no limit to the number that you refer, however the most you can receive off of your registration is 15%. This offer only applies to those that pay the main conference fee (day rates not included). This offer cannot be combined with any other offer.

Attendance Policies

Registration Confirmation

A confirmation letter will be e-mailed or mailed to you upon receipt of the conference registration form and payment. If you have not received it within two weeks, please contact the Scripps Conference Services & CME office.

Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a $50 processing fee, if your cancellation is received in writing no later than September 22, 2011. Attendee substitutions are allowed, but notification must be made in writing by September 22, 2011. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.”

Guest Attendance Policy

All conference activities (including educational sessions, meal functions, exhibit hall, etc.) are exclusively reserved for conference attendees. Non-registered guests (including children, family members, colleagues, etc.) are not allowed in the conference areas. Badges provided at registration are required for entrance into all functions and will be strictly enforced.

Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course’s schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

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Four Easy Ways to Register

Online: www.scripps.org/conferenceservices
Fax: 858-652-5565
Phone: 858-652-5400
Mail: Scripps Conference Services & CME
Integrative Nursing Conference
11025 North Torrey Pines Road
Suite 200, Maildrop: SCRC 200
La Jolla, California 92037

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See Inside for Details.