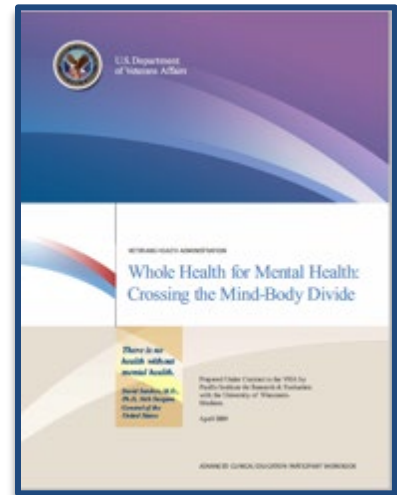


Whole Health for Mental Health

Crossing the Mind-Body Divide

About the Course

Whole Health for Mental Health explores how Whole Health can support mental health care in the VA. This two-day course shifts the perspective away from mind-body dualism and toward a system of care where mental health is seamlessly incorporated as a core aspect of whole-person care. The course highlights the connections between mental health (and Power of the Mind) and each of the components of the Circle of Health, including mindful awareness and the various aspects of self-care (e.g. Food and Drink, Moving the Body, Surroundings, Spirit and Soul, Personal Development, Recharge, and Family, Friends, and Co-Workers). It focuses on the importance of professional care provided by well-informed, carefully-coordinated transdisciplinary teams. Course participants discuss the latest research in complementary and integrative health (CIH) related to mental health care within a broader context. They learn about resources that can inform “Whole Mental Health,” and they explore how to overcome the stigma that often surrounds mental health conditions and their treatment. In short, this course is designed to help clinicians bridge mental health care with every other aspect of Veterans’ lives.



Whole Health for Mental Health is designed for clinicians who support Veterans who have mental health conditions. It is intended to support anyone who would like to focus more on “Power of the Mind” as they are helping Veterans create PHPs, including Whole Health Partners. The course focuses on prevention of mental health problems as well as their treatment. Whole Health for Mental Health draws from the group wisdom of participants and gives them the opportunity to network, share their successes and challenges, and explore how to make care in VA even better.

The course is built upon innovative approaches that are already being used by some clinicians to support mental health and health in general. An individualized approach to care that is based on a person’s core values is central, and the course draws in positive psychology, the recovery model, psychotherapeutic approaches, posttraumatic growth, and the best that conventional care and CIH have to offer.

During this course, you will be invited to:

- Help lead the charge with advancing Whole Health Care in VA.
- See why VA is especially suited to advancing Whole Mental Health in ways that will inform future directions for the entire U.S. health care system.
- Explore how you can make the care of Veterans even better, in terms of preventing and addressing mental health conditions, and in terms of whole-person care.

- Bridge, and perhaps even reconcile, the mind-body divide, exploring how care can shift if we reframe our perspectives on the interconnections between mental and other aspects of health.
- Receive evidence-based tools and information related to Whole Health for yourself, your patients, and your co-workers.
- Share your experiences and your wisdom with your colleagues as you join the ranks of your local—and national—Whole Health community.
- Take time to pause and focus on what you need to take care of yourself and others. What do you need for your Whole Health? How are you doing in terms of resilience, emotional well-being, and addressing stress? What would support your own mental health?

Course Learning Objectives:

- Explore the power of the Whole Health Approach when it comes to working with mental health conditions, moving beyond models that treat mind and body as separate.
- Demonstrate how all the areas of the Circle of Health are relevant for mental health. This may include preventing mental health challenges, building mental health skills, and addressing mental health conditions, such as PTSD, depression and other mood disorders, substance use, psychoses, suicide, and other mental health-related conditions.
- Focus on the importance of transdisciplinary teams for supporting mental health, including programs that integrate mental health professionals into primary care and other teams.
- Explore evidence-informed use of integrative care to support mental health.
- Gain familiarity with a number of tools and skills that can support Whole Mental Health.
- Explore how what you learn about Whole Health can benefit your own self-care and mental well-being.
- Confidently incorporate Whole Health into your clinical work, as appropriate for your scope of practice.
- Empower Veterans to build or elaborate upon their Personal Health Plans, both in relation to their mental health concerns as well as their overall health.
- Make care more values-driven, honoring what really matters to each Veteran and engaging them in their care as fully as possible.

ACCME, ACCME-NP, ACPE, APA, ANCC, ASWB, CDR, and NYSED SW accreditation (14 hours) is available. Attendance at the two days of training is a requirement of the course and for obtaining Continuing Educations (CEU) credits available through EES.

Whole Health for Mental Health—Course Agenda

Day 1

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:30 AM	Welcome and Course Overview
8:30 AM	- 9:30 AM	Why Are We Here?
9:30 AM	- 9:40 AM	Break
9:40 AM	- 10:55 AM	Interconnections: Self-Care
10:55 AM	- 11:00 AM	Movement
11:00 AM	- 11:40 AM	Interconnections: Professional Care
11:40 AM	- 12:00 PM	Introducing...Tony and Melissa!
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 1:20 PM	Thinking and Cognition, Part 1: Whole Health and Your Brain
1:20 PM	- 1:50 PM	Thinking and Cognition, Part 2: Thinking Healthy Thoughts
1:50 PM	- 2:05 PM	The Power of Meditation and Clinical Hypnosis
2:05 PM	- 2:15 PM	Break
2:15 PM	- 2:45 PM	Our Emotions, Part 1: Feelings Have Power
2:45 PM	- 2:50 PM	Movement
2:50 PM	- 4:00 PM	Implementation, Part 1: Your Personal Mental Health Plan
4:00 PM	4:30 PM	Local Site Presentation
4:30 PM		End of Day 1 —Wrap Up, Pulse Checks, and Adjourn

Day 2

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:15 AM	Settle in, Pulse Check Review, Q&A
8:15 AM	- 8:45 AM	Our Emotions, Part 2: Whole Health for Mood Disorders
8:45 AM	- 9:15 AM	Our Behaviors and Choices, Part 1: Healthy Patterns
9:15 AM	- 9:30 AM	The Power of Biofeedback and Guided Imagery
9:30 AM	- 10:00 AM	Our Behaviors and Choices, Part 2: Unhealthy Patterns
10:00 AM	- 10:15 AM	Break
10:15 AM	- 11:00 AM	Finding Peace and Ease, Part 1: Working With Stress
11:00 AM	11:05 AM	Movement
11:05 AM	- 12:00 PM	Implementation, Part 2: Your Practice, Your Team
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 1:30 PM	Finding Peace and Ease, Part 2: Trauma
1:30 PM	- 1:45 PM	Mindful Awareness: Just Like Me
1:45 PM	- 1:50 PM	Movement
1:50 PM	- 2:15 PM	Finding Vitality and Wholeness, Part 1: Suicide Prevention
2:15 PM	- 2:30 PM	Break
2:30 PM	- 3:15 PM	Finding Vitality and Wholeness, Part 2: Meaning and Purpose
3:15 PM	- 4:30 PM	Implementation, Part 3: The Next Level
4:30 PM		Wrap Up and Final Evaluation

Thank You for Joining Us!

FACULTY BIOS

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ADAM RINDFLEISCH, MD, MPHIL – COURSE DIRECTOR



J. Adam Rindfleisch is Medical Director of the University of Wisconsin Integrative Health Program and Associate Professor at the University of Wisconsin Department of Family Medicine & Community Health. He graduated from The College of Idaho and completed a Masters of Philosophy at Oxford University in Comparative Social Research. He completed his medical training at Johns Hopkins University School of Medicine and his family medicine residency at the University of Wisconsin Madison. In 2005, Adam completed the University of Arizona Online Integrative Medicine Fellowship and a UW

Fellowship in Academic Integrative Health. For 11 years, in the role of Integrative Health Fellowship Director, he developed a comprehensive Integrative Health curriculum for fellows, residents and faculty colleagues, which has also been used by the Osher Integrative Medicine Fellowship in San Francisco. Adam has an integrative primary care practice and also routinely does integrative medicine consultations. Adam's interests include dietary supplements, mind-body medicine, healthcare practitioner self-care, and shamanism. He has two sons and a dog who thinks he is a person.

JULIA YATES, LCSW



Julia Yates is an experienced psychotherapist and teaching faculty with UW Department of Family Medicine and Community Health (DFMCH). She completed her Master of Science and Clinical Social work degree with an emphasis in structural family therapy in 2003 from the University of Wisconsin- Madison. She completed her post graduate clinical externship on an Adult Inpatient Psychiatric unit which included extensive Emergency room training along with individual and group therapy. Julia has specialized training in motivational interviewing, solution focused therapy, cognitive behavioral

therapy, and acceptance and commitment therapy. Her professional interests include: team based primary care, integrative behavioral health in primary care, holistic approaches to healing, empowerment and self-efficacy building practices in psychotherapy, mindfulness practice and meditation, resident education, and innovative experiential learning models. Julia is particularly fond of medical improvisation which allows her to combine two of her passions: teaching relationship centered communication and theatre. Julia coordinates the DFMCH's behavioral science curriculum and has a continuity therapy practice at the UW Health Verona Clinic. She served as chair of the DFMCH's wellness and resiliency task force and is the current director of the wellness and resiliency board (FamWell) for the DFMCH. When not working, you'll find Julia traveling, reading, hiking, at a concert, and occasionally on stage in a community theatre production.

CHRIS SMITH, MDIV, LMFT



Chris Smith is a licensed marriage and family therapist. He is a consultant and instructor with the Academy for Mindfulness in Milwaukee, WI. Chris graduated magna cum laude from Iowa Wesleyan College in religion, earned a Masters of Divinity degree from Garrett-Evangelical Seminary and completed a post-masters degree from the Family Therapist Training Institute in Milwaukee, WI. Chris worked 23 years for Ozaukee County Department of Human Services as an in-home therapist. He originally trained in Mindfulness-Based Stress Reduction (MBSR) with Jon Kabat-Zinn and Saki Santorelli at Omega in Rhinebeck, NY and has extensive mindfulness training and retreat experience. Chris completed training with the Prison Mindfulness Institute with Fleet Maul. Chris provides mindfulness programming for public schools, hospitals and businesses. Currently, he is teaching mindfulness interventions for physicians and medical residents and is involved in a research study with the Center for Healthy Minds, the Madison Police Department, Dane County Police Department and the Dane County Sheriff's Office. Chris has been married for over 30 years and has three grown children and an adorable Pomeranian named, Vinny.

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JULIE CULLIGAN, PHD, NBC-HWC, CYT-200



Julie Culligan is a psychologist at the Mountain Home VA in Johnson City, Tennessee and Assistant Clinical Professor, Department of Psychiatry and Behavioral Sciences, at the James H. Quillen College of Medicine, East Tennessee State University. Since 2010, she has served as the Health Behavior Coordinator, providing prevention and integrative wellness services, health coaching, and staff education. She developed and implemented "Project Resilience," a values-based active self-management program for Veterans with chronic pain. In addition, Julie is a certified health and wellness coach, yoga teacher, Tai Chi Easy Practice leader, Laughter Yoga leader, and mindfulness practitioner. Certified in "Curvy Yoga," her passions are making yoga accessible and affirming to all body types and intertwining yoga with mindfulness-based cognitive therapy into an experiential-based treatment. Her other interests include stand-up paddleboard, kayaking, singing Kirtan, and photographing waterfalls in the beautiful mountains of NE Tennessee. Julie and her husband are on the cusp of launching their 2 daughters out into the world and are enjoying this new stage of life.

MICHAEL HOLLIFIELD, MD



Michael Hollifield earned his medical degree with thesis honors from the University of Washington and completed a dual training program in Family Medicine and Psychiatry to gain a comprehensive mind – body perspective. This included learning classic family and behavioral medicine, as well as imagery, hypnosis, various relaxation and meditative techniques, specializing in mind – body practice. With later training in acupuncture, Michael now provides "acupuncture and sacred imagery" in his practice with war survivors. He is currently Section Chief for the Program for Traumatic Stress

at the Tibor Rubin VA Medical Center in Long Beach, where he and the team use combination evidence-based and integrative methods and a strength-based approach with Veterans. Dr. Hollifield's research is about measurement of trauma and health in war survivors and developing novel interventions such as acupuncture, imagery rehearsal therapy, and cognitive behavioral therapy for chronic stress and posttraumatic stress disorder (PTSD). His team's research on acupuncture for PTSD was the first of its kind published in the scientific literature. A follow-up study with combat Veterans is currently underway. He is a member of the Alpha Omega Alpha Medical Honor Society. Michael balances work-life with yoga, daily walking, gardening, cooking and eating healthfully, and practicing imagery. He also works with civilian war refugees in the U.S. and abroad, and is an advocate for peaceful conflict resolution.

DAVID R. KOPACZ, MD



David R. Kopacz works as a psychiatrist in Primary Care Mental Health Integration at Puget Sound VA in Seattle. He is an Assistant Professor at University of Washington and is certified through the American Boards of: Psychiatry & Neurology; Integrative & Holistic Medicine; and Integrative Medicine. He has worked in many different practice settings, including psychiatric rehabilitation and assertive community outreach in Auckland, New Zealand, private practice, rural community mental health, and PTSD and MHC clinics at Omaha VA. Dave trained at University of Illinois in Urbana-Champaign for a B.S. in Psychology and did his medical school and psychiatric residency at University of Illinois at Chicago. He is the author of *Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice and the Culture of Medicine*, and with co-author Joseph Rael (Beautiful Painted Arrow), *Walking the Medicine Wheel: Healing Trauma & PTSD* and *Becoming Medicine: Pathways of Initiation into a Living Spirituality*.

CODI SCHALE, PHD



Codi Schale, a licensed psychologist, has served in VA clinical and leadership roles for nearly 10 years. Her passion for the VA's cultural transformation to a Whole Health System finds Codi helping drive change at local, regional and national levels. At her base within the VA Eastern Kansas Health Care System, Codi is the Pain Program Manager and the Whole Health Champion, advancing facility system change, while regularly integrating mindfulness and holistic approaches into her work with Veterans. For VISN 15, Codi serves as a Network Education Champion assisting all region facilities with strategic planning and education in relation to their Whole Health advancement. Nationally, Codi is a Whole Health National Education Champion and travels to VA facilities around the country to teach *Whole Health in Your Practice* and *Whole Health for Mental Health*. Codi earned her Counseling Psychology Doctorate at the University of Missouri—Kansas City. Throughout her education, she emphasized studies in multiculturalism, leadership and health education. Codi earned a national BACCHUS & GAMMA award for Outstanding Student in Peer Health Education, and has presented her research at national and International conferences. Also before coming to the VA, Codi worked with the Federal Bureau of Prisons and the Department of Defense. Within the VA, she employs her background in multiculturalism and her care for issues of diversity and health care equity through leading initiatives in these areas within the VA Office of Patient Centered Care and Cultural Transformation. Outside of work, Codi often can be found traveling the globe with her

husband and 8-year old twins, running half marathons, and cooking culinary delights to share with her family.

J. GREG SERPA, PHD



J. Greg Serpa is a clinical psychologist at the VA Greater Los Angeles Healthcare System. He is honored to teach mindfulness to America's Veterans and is the first full-time mindfulness teacher and trainer in the federal system. Dr. Serpa is a Clinical Professor in the psychology department at the University of California, Los Angeles, and an Associate Visiting Clinical Scientist at the David Geffen School of Medicine at UCLA. He teaches Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC), and introductory level mindfulness classes at four area hospitals, and serves as a trainer, supervisor, and consultant to clinicians at the VA, UCLA, and in the community. He is currently the director of Interprofessional Integrative Mental Health program at the West Los Angeles VA, where he trains psychologists, psychiatrists, physicians, social workers, and nurses in mindfulness and integrative modalities of health and well-being. Dr. Serpa is also an active researcher with several projects expanding on the evidence basis of mindfulness and integrative health interventions. He is the co-author of *The Clinician's Guide to Teaching Mindfulness*.