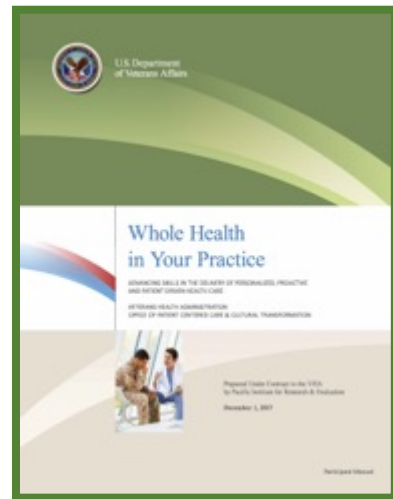


# Whole Health in Your Practice

*Advancing Skills in the Delivery of Personalized, Proactive, and Patient-Driven Care*

## About the Course

*Whole Health in Your Practice* is designed to support VA clinicians with effectively incorporating the Whole Health approach into their care of Veterans. This three-day course supports the transition away from a disease-focused model toward personalized, proactive, and patient-driven care that honors what matters most to each individual. Since its creation in 2013, the course has been well-received by physicians, nurse practitioners, physician assistants, nurses, pharmacists, psychologists, social workers, dietitians, chaplains, physical therapists, occupational therapists, respiratory therapists, medical support assistants, and many others who are responsible for making care of Veterans the best it can be.



As a participant in this course, you will be introduced to new skills, tools, and resources you can immediately start using the next time you take care of a Veteran. You will take time to explore your role in the creation of a broader Whole Health System, and you will network with your colleagues. Particular emphasis is placed on applying what you learn to your own self-care, exploring how you can most effectively enhance your resilience and reduce your risk of burnout.

*Whole Health in Your Practice* moves through the various components of the Circle of Health, with specific emphasis given to cultivating your therapeutic presence, mindful awareness (with techniques introduced throughout the course), self-care, and complementary and integrative health (CIH) approaches. Local, regional, and national resources to support Whole Health in practice are showcased. Each of the eight aspects of self-care is explored in detail, both through a look at the latest evidence as well as through small and large group discussions and experiential exercises.

You will emerge after the three-day course with a solid understanding of the personal health planning process. Working with your fellow participants, you will move step-by-step through applying each of the key elements of personal health planning:

1. Outlining mission, aspiration, and purpose (MAP)
2. Whole Health Assessment, based on use of the Circle of Health and other tools, such as the Personal Health Inventory (PHI)
3. Goal Setting, including using shared goal setting, working with agendas, and the creation of SMART goals
4. Offering education, skill building, resources, and support

By the time the course is complete, you will have co-created a Personal Health Plan (PHP) for at least one partner, and they will have done the same for you.

The final section of this course is dedicated to implementation. Participants divide into groups and brainstorm around how best to bring what they have learned about Whole Health into their practices, and beyond that, to a model that relies highly on transdisciplinary Whole Health teams. You will explore how you can assist with the adoption of Whole Health into your facility in general. You will share your ideas and plans with leadership team members from your site and outline next steps you will follow after the *Whole Health in Your Practice* course has ended.

### **During this course, you will be invited to:**

- Help lead the charge with advancing Patient Centered Care in the VA.
- See why the VA is especially suited to adopting a new model of health care that will likely shape the future of the U.S. health care system.
- Explore how you can make the care of Veterans even better.
- Consider how your work in health care can be as influential and meaningful as possible.
- Receive evidence-based tools and information to support 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.
- Learn more about local and national Whole Health resources.
- Take some time to pause and focus on what you need to best take care of yourself and others.

### **This course will help you to:**

- Define Whole Health and explore how it applies to your clinical work and personal well-being.
- Effectively describe Whole Health to Veterans and clinician colleagues.
- Confidently incorporate the various aspects of the Circle of Health, as is appropriate for your scope of practice.
- Tailor personalized health plans to each Veteran you see.
- Make care more values-driven, honoring what really matters to each Veteran and engaging them in their care as fully as possible.
- More effectively incorporate mindful awareness, therapeutic movement, breathing exercises and communication skills into your work, as appropriate.
- Work within a Whole Health System as part of a transdisciplinary team.
- Explore how to make care more proactive, supporting each person's innate healing response through self-care and CIH approaches.
- Create Whole Health implementation plans that support your self-care and resilience, enhance your care of Veterans, and foster facility and system-wide change in health care delivery.

CME accreditation (20.5 hours) is available for physicians, non-physicians, pharmacists, dietitians, nurses, psychologists, and social workers. Attendance at all three days of training is a requirement of the course if you want to obtain Continuing Education (CEU) credits through EES.

# Whole Health in Your Practice—Course Agenda

## Day 1

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 9:15 AM	Introductions
9:15 AM	- 9:20 AM	Movement
9:20 AM	- 10:00 AM	The Big Picture
10:00 AM	- 10:10 AM	Break
10:10 AM	- 11:30 AM	The Power of You
11:30 AM	- 12:30 PM	Lunch
12:30 PM	- 1:30 PM	Me at the Center: Mission, Aspiration, Purpose
1:30 PM	- 1:35 PM	Movement
1:35 PM	- 2:30 PM	Mindful Awareness
2:30 PM	- 2:45 PM	Break
2:45 PM	- 3:30 PM	Resilience and Clinician Self-Care
3:30 PM	- 4:00 PM	The Personal Health Inventory
4:00 PM	- 4:30 PM	Setting the Stage for Implementation: Local Resources
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	Pulse Check Review, Where We've Been & Where We're Going
8:15 AM	- 10:00 AM	Self-Care, Part I
10:00 AM	- 10:15 AM	Break
10:15 AM	- 12:00 PM	Self-Care, Part II
12:00 PM	- 1:00 PM	Lunch
1:00 PM	- 1:45 PM	Professional Care, Part I: Introduction to CIH
1:45 PM	- 1:50 PM	Movement
1:50 PM	- 2:45 PM	Professional Care, Part II: Specific CIH Approaches
2:45 PM	- 3:00 PM	Break
3:00 PM	- 4:00 PM	Personal Health Planning
4:00 PM	- 4:20 PM	Gratitude Practice
4:20 PM	- 4:30 PM	End of Day 2—Review Day 3 Teams, Pulse Checks, and Adjourn

## Day 3

<u>Time</u>		<u>Topic/Title</u>
7:30 AM	- 8:00 AM	Registration
8:00 AM	- 8:15 AM	Pulse Check Review, Where We've Been & Where We're Going
8:15 AM	- 8:30 AM	Loving-Kindness Meditation
8:30 AM	- 9:30 AM	Community
9:30 AM	- 10:15 AM	Application: Your Life, Your Practice
10:15 AM	- 10:40 AM	Movement and Break

### Day 3

10:40 AM	-	11:30 AM	Application & Implementation: Your Team
11:30 AM	-	12:15 PM	Implementation: Your Site
12:15 PM	-	1:15 PM	Lunch
1:15 PM	-	2:15 PM	Implementation: Reports
2:15 PM	-	3:00 PM	Closing Circle and Final Course Evaluation End of Course—Thanks for Joining Us!

## FACULTY BIOS

### PACIFIC INSTITUTE FOR RESEARCH AND EVALUATION & UNIVERSITY OF WISCONSIN—MADISON FACULTY

#### 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.

#### LISA GRANT, DO, MSW



Lisa Grant is Clinical Associate Professor of Medicine at the University of Wisconsin, division of General Internal Medicine. She has been on faculty at UW since 2002. She is the Medical Director for the UW Center for Wellness where she develops clinical programming around healthy living. She leads group medical visits and creates curricula for groups focusing on self-care skills for stress reduction, healthy cooking/eating, and pain management. She completed an Integrative Medicine fellowship at the University of Arizona and is also a Registered Yoga Teacher. Prior to studying medicine, she practiced psychotherapy as a clinical social worker. She completed her medical training at the Chicago College of Osteopathic Medicine and a residency in Internal Medicine at Lutheran General Hospital in Park Ridge, Il. She holds a graduate degree in social work from Loyola University of Chicago and an undergraduate degree in psychology from Miami University. Her current area of interest is in teaching awareness practices to support our health, reduce our stress, and make us more available to others.

## ADRIENNE HAMPTON, MD



Adrienne Hampton is Integrative Medicine residency curriculum director at the University of Wisconsin Madison Family Medicine Residency Program. She completed her BA in Biology at Longwood University in Virginia, and earned her medical degree at Northwestern University's Feinberg School of Medicine. She completed residency and later Integrative Medicine Fellowship at the University of Wisconsin Department of Family Medicine, Madison program. Adrienne aims to offer her patients the best medicine drawing on a diverse spectrum of healing traditions. She provides a patient-centered blend of Integrative and Allopathic primary care, as well as Integrative Medicine consultations with a focus on one on one therapeutic yoga and meditation. Additionally, she routinely leads wellness workshops for medical professionals. Outside of her clinical and teaching activities, Adrienne enjoys study of the Zen arts, performing with Limanya Drum and Dance Ensemble, and a robust yoga practice.

## KAREN LAWSON, MD, ABIHM



Karen Lawson is an assistant professor of University of Minnesota's Family Medicine and Community Health and Co-Director of Integrative Health Coaching at the Center for Spirituality and Healing ([www.csh.umn.edu](http://www.csh.umn.edu)). She is board-certified in both Family Medicine, and Integrative and Holistic Medicine, and is a nationally board certified Health and Wellness Coach. She was the 2003/5 President of the American Holistic Medical Association, and a founding Diplomat of the American Board of Integrative and Holistic Medicine. Non-medical trainings have included mind-body techniques (e.g. MBSR), yoga, dance/movement therapies, nutrition, homeopathy, and a 25-year study of shamanic practices. Dr. Lawson is active in undergraduate and graduate medical education; teaches in the Center's graduate courses; and founded and co-directs the MA and graduate certificate programs in Integrative Health and Wellbeing Coaching. Karen is a co-founder and executive leader of the National Board for Health and Wellness Coaching ([www.nbhwc.org](http://www.nbhwc.org)). Karen holds undergraduate degrees from Michigan State University in Biochemistry and Physiology, and completed her medical training at the University of Michigan, and Family Medicine residency at the University of Wisconsin in Madison.

## 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.

## VHA OPCC&CT NATIONAL EDUCATION CHAMPIONS

### CAROL BOWMAN, MD



Carol Bowman is a primary care physician at the Greater Los Angeles VA working in the homeless program and serving on the Whole Health Steering Committee. She was previously the lead physician for the Residential Wellness Center and the Whole Health Medical Director at the Maryland VA. She graduated from UC Berkeley with a degree in conservation resource studies environmental health. She received her medical degree from Drexel Medical College in Philadelphia and completed her internal medicine residency at Pennsylvania Hospital.

Carol became certified in holistic medicine in 2002 and served on the American Board of Integrative Holistic Medicine (ABIHM) from 2003-2013. At ABIHM, she helped develop the curriculum and was a faculty member for the training and certification of physicians in Holistic Integrative Medicine. She has practiced Holistic Integrative Medicine in the private sector, the DOD, and the VA. She developed and directed a holistic pain recovery program for a residential substance abuse treatment facility for treatment of chronic pain and opiate dependency and addiction. She is a diplomate of the Academy of Integrative Pain Management and a practitioner of bio-energy medicine and battlefield acupuncture. Carol's love of working with Veterans with chronic pain stems from her belief in the resilience of the human spirit, the wisdom of the body, and the power to heal.

Carol has two sons and resides in Santa Monica near the beloved beach. She is an artist, musician, lover of the outdoors and her favorite activities include snowboarding, surfing, tennis, yoga, and beach volleyball.

### STEPHANIE BROWN-JOHNSON, MD



Stephanie Brown-Johnson is an Assistant Professor of Medicine at Emory University. Her work involves providing primary care for Veterans at the Atlanta VA Medical Center. She enjoys teaching medical residents and students in both the inpatient and outpatient setting and using Narrative Medicine to help medical teams reflect on their experiences. She is the Co-Director of the Integrative Health and Wellness program at the Atlanta VA and a Whole Health Education Champion for the OPCC&CT. Dr. Brown-Johnson graduated from Washington University Medical School in St. Louis and completed her residency in Internal Medicine at Emory University. She is active in her community loves working with youth at her local church.

## 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.

## CARLANN DEFONTES, DO



Carlann DeFontes has enjoyed a lifetime of studying the healing arts. She is the solo VA provider on the small rural island of Molokai in Hawaii. She feels honored to work for the VA and the VHA Office of Patient Centered Care and Cultural Transformation team as a National Education Champion.

Carlann has traveled a unique journey starting as an LPN and over the course of some years, progressed her studies until she became a physician. As an LPN in rural SW Colorado, she had her first exposure to indigenous health care with Native American populations. This sparked her interest in holistic medicine and prompted her to pursue further training as an RN to also advance her skills in conventional medicine. With a drive to be of further service, she became a PA and worked primarily in remote Alaskan villages. She was drawn to and attended many integrative health conferences where she learned how Western and Eastern worlds could meet and complement each other. Her desires not yet satisfied, Carlann entered A.T. Still University School of Osteopathic Medicine to become a physician. Carlann’s familial roots called her back to the beautiful islands of Hawaii, where she completed medical school and residency at Tripler Army Medical Center. To this day, she continues to advance her studies, most recently with the Academy of Integrative Health and Medicine, through which Carlann completed a fellowship in 2019. Her dedication is to Veteran centered care and to and the highest level of efficacy in her role as a National Whole Health Educator.

Carlann feels passionate about living a healthy lifestyle and continues to explore and utilize multiple modalities to support the body's ability to optimize wellness. She feels blessed to be sharing this with her patients and other health care providers. She balances her life by taking long walks outdoors with her dogs and husband, gardening, sitting quietly by the ocean, and engaging in an evolving array of daily practices.



## DAVID 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*.

## JEN MCDONALD, MD



After year wandering the world, studying monkeys in East Africa, attempting to become a chef, and hitchhiking on four continents, Jen stopped giving her mother heart palpitations and settled down to a “real job” as a doctor. She completed a fellowship in Addiction Psychiatry at the University of Wisconsin Department of Psychiatry and then began working at the William S. Middleton Memorial Veterans Hospital in Madison, WI with a practice focused on providing care to Veterans with mental health, substance use, and chronic pain disorders. Jen now serves as the Assistant Chief of Mental Health and the Clinical Director of Whole Health at the Madison VA and as Associate Program Director for the Psychiatry Residency Program at UW. Over the past five years, Jen has completely changed her practice to focus on what really matters to the Veterans she serves. Doing so has been transformative for many of her patients, as well as for Jen. She is also in the process of completing a fellowship in Integrative Medicine at the University of Arizona. In her free time, she’s busy learning to draw 50 different animals.

## YANIRE NIEVES, MD



Yanire Nieves is the Director for the Mental Health-Primary Care Program at the Atlanta VA Health Care System. She is an Assistant Professor of Medicine at Emory University and is board certified in internal medicine (American Board of Internal Medicine) and integrative medicine (American Board of Physician Specialties). After graduating from the University of Puerto Rico and completing her internal medicine residency at Georgia Baptist and Emory University School of Medicine, she went on to acquire a Master of Business Administration at Kennesaw State University. Yanire is a registered yoga teacher and a medical acupuncturist trained with the Helms Medical Institute. She practices integrative care and teaches patients self-care acupressure. She is passionate about improving employee health and wellness and works with the Occupational Health Department to improve the employee experience through education, experiential activities and environment of care modifications. Yanire is the principal investigator in the *Acupuncture for Postoperative Analgesia*

*in Laparoscopic Surgery* research study. She is actively working with two Pain Anesthesiologists (co-investigators) to find out if inpatient acupuncture therapy using the Battlefield Acupuncture (BFA) protocol could be used to decrease pain and/or consumption of analgesic medications in the immediate postoperative period. She completed a Century Bike Ride (100 miles within 4-12 hrs) for the Leukemia and Lymphoma Society a few years ago and enjoys walking, hiking, and dancing Salsa.

#### NIKHIL PAREKH, MD, MPH



Nikhil Parekh is the Medical Director of Employee Health at the VA Ann Arbor Healthcare System. He is a graduate of the Wayne State University School of Medicine, the University of Michigan School of Public Health, the Wayne State University Department of Family Medicine, and the University of Arizona Fellowship in Integrative Medicine Program. He has professional interests in: providing medical care for the underserved; teaching and mentorship; innovations in medical education;

undergraduate and graduate medical curricular reform; advocating for those with different abilities (or disabilities); preventing and reducing physician burnout; and local and global public health efforts. Outside of work, he enjoys time spent with family and friends, and enjoys learning about different cultures, traveling, fitness, nutrition, art, nature, music, and films.

#### AYSHA SAEED, MD



Aysha Saeed is an internist and integrative medicine physician at the VA Connecticut Health Care System (VACHS). She is the Director of the Integrative Health Center at VACHS. In the integrative clinical setting, she combines auricular acupuncture with Somatic Experiencing for mental health and chronic pain issues. Aysha is a member of the VISN 1 Whole Health Committee and VISN 1 Pain Council. She is also the designated CIH coordinator for the VISN.

Aysha has been in clinical practice as a primary care physician for almost 20 years. She completed her Internal Medicine residency training at the University of Connecticut (UConn) and, after over a decade in private practice, joined the VA as a primary care physician and firm chief. She is an Assistant Clinical Professor at the UConn School of Medicine and precepts medical students on their integrative medicine rotations. She previously served as faculty for UConn's Student Continuity Practice program. Prior to joining the VA, she served on the Midstate Medical Center's hospital planning committee as well as its medical board.

Aysha is a diplomate of American Board of Integrative Holistic Medicine (ABIHM) and is board certified in Integrative Medicine (ABOIM) and Internal Medicine (ABIM). She is also a Somatic Experiencing Practitioner (SEP) and certified in Auricular Microsystem Acupuncture. She is a member of the American College of Physicians. Her other interests include trauma healing, homeopathy, and spirituality.

## TULIKA SINGH, MD, FAAP, FACEP



Tulika Singh is an Emergency Medicine physician at the Jesse Brown VA Medical Center in Chicago, IL and Assistant Professor at the University of Illinois at Chicago's Department of Emergency Medicine. She serves as an Education Champion for the Office of Patient Centered Care and Cultural Transformation and is a Women's Health Champion for Jesse Brown VAMC. She completed her medical training at Christian Medical College in Vellore, India, Pediatric and Emergency Medicine residencies at the University of Illinois at Chicago, and an Integrative Medicine Fellowship at the University of Arizona's Center for Integrative Medicine under Dr. Andrew Weil. Tulika served as the Pediatric Education Director for the University of Illinois at Chicago Emergency Medicine Residency for several years. In addition, Tulika is certified in Functional Medicine through the Institute for Functional Medicine, is a registered yoga teacher, and is certified in Battlefield Acupuncture. Tulika has been involved in women's health education serving as returning faculty for Women's Health Mini-Residency for Emergency Providers and Nurses since 2014. She has helped to develop several Whole Health educational classes offered to both Veterans and employees at Jesse Brown VAMC. Tulika is passionate about the mind-body-spirit connection, work-life balance and the human body's innate healing abilities. Her other interests include physician wellness, mindfulness and food as medicine. She is happily married to Tim, a flight nurse and they have a darling 4-year old son.