

Academic Collaborative for Integrative Health

ACIH Collaborator #72

March 2019

Message From the Chair - JoAnn Yanez, ND, MPH, CAE

It is my honor as chair to welcome you all to read this edition of the Collaborator, and to stay up to date on the latest in the integrative academic community. For those new to seeing my name in this role, I have been happy to serve as the vice-chair of ACIH and on the Board as the representative from the Association of Accredited Naturopathic Medical Colleges, where I currently am the executive director.



ACIH is thankful to announce the continued support of our participation in the National Academy of Medicine's Global Forum for Innovations in Health Professional Education (the Global Forum) in large part, thanks to recent grants from the **George Family Foundation** and the **NCMIC Foundation**. Our participation in the Global Forum has been enhanced by the dedication to developing relationships and an appreciation for the integrative disciplines within this community by founding ACIH members, Liza Goldblatt and David O'Bryon, and of course the initial groundwork in this organization from John Weeks.

2018 saw significant organizational changes including moving ACIH into a multi-purpose university campus and hiring a new executive director. We are settling in to these new relationships, and are excited about the opportunities they afford us. Please don't hesitate to contact me with any questions or ideas. Thank you for being part of the ACIH Community - your support enables ACIH to accomplish so much.

JoAnn Yanez, ND, MPH, CAE - ACIH Chair, info@integrativehealth.org

In the News - ACIH Announces Installation of New Officers

alongside **David O'Bryon, JD, CAE**, who now holds the position of immediate past chair on the executive committee. **Dale Healey, DC, PhD** and **Stan Dawson, DC, LMBT**, were elected to serve as vice chair and treasurer, respectively. **Stacy Gomes, EdD, MA Ed** and **John Scaringe, DC, EdD** will serve as at-large members.

David O'Bryon notes, "Dr. Yanez's work as an officer and member of the executive committee and as a longtime member of the Collaborative gives her a great base to continue with the success of the organization." The ACIH Board of Directors deeply appreciates Mr. O'Bryon's service as chair and welcomes Dr. Yanez's leadership in 2019 and beyond, who says, "The Collaborative has a strong history representing the interests of the academic branches of the integrative medicine and health disciplines. Our work moving forward is not only vital in achieving the goals of our members and organization, but in helping foster a collaborative and forward thinking healthcare system, inclusive of integrative medicine. As chair, I dedicate my service toward advancing the collective goals of ACIH and our membership."

The Academic Collaborative for Integrative Health is a 501c-3 nonprofit that builds partnerships, educates, collaborates and advocates for whole person, collaborative, team-based, patient/person-centered care. We are stronger together!

For more information, contact: Alyssa Wostrel, MBA, Executive Director, ACIH 505-331-7358 awostrel@integrativehealth.org



(Left to Right: JoAnn Yanez, David O'Bryon, Dale Healey, Stan Dawson, Stacy Gomes, John Scaringe)

ACIH Hospital Based Massage Therapy Task Force Achievements

The HBMT Task Force was created in 2012 to address the current lack of specific competencies to prepare practitioners for work in hospital environments.

The members of the task force were from both the ACIH Clinical and Education Working Groups: **MK Brennan RN, MS, LMBT**; **Carolyn Tague, MA, CMT**, **Dale Healey, DC, PhD**



This group has been active for over six years, methodically working toward the goal of a set of competencies

outlining what a massage therapist should know and be able to do to practice responsibly in a hospital

environment. Thirty-two hospitals completed a survey designed by the team to determine the need for and potential focus of the competencies. The original set of competencies were drafted using these survey results along with the ACIH *Competencies for Optimal Practices in Integrated Environments* (<https://integrativehealth.org/competencies-integrated-practices/>). Survey respondents and other interested parties helped shape the competencies through a Delphi method to get us to the final set of competencies.



Since finalizing the competencies, the team has been busy disseminating and promoting the use of the competencies with some notable successes. The following highlights some of the activity around promotion of the competencies:



- Paper accepted for publication in an upcoming edition of the *Journal of Bodywork and Movement Therapies*, 2019
- Poster presentation at the International Massage Therapy Research Conference, Alexandria VA, 2019
- Poster and oral presentations at the Academy of Integrative Health and Medicine (AIHM) conference, San Diego, CA, 2018
- Oral presentation at the Planetree conference, Boston, MA, 2018
- Requests to include the Competencies in Massage Therapy textbooks, 2018
- Creation of a 3-hour ethics course by Healwell®, based on the Competencies, 2018
- Poster presentation at International Congress on Integrative Medicine & Health Conference, Baltimore, 2018
- Presentation at PLANETREE INTERNATIONAL CONFERENCE ON PERSON-CENTERED CARE, Boston, MA, 2018
- Online and print articles in Massage Magazine, 2017
- Oral presentation at the American Massage Therapy Association National Convention, Milwaukee, WI, 2016
- Poster presentation at the International Congress on Integrative Medicine and Health, Las Vegas, Nevada, 2016

- Poster presentation at Academy of Integrative Health & Medicine, San Diego, CA, 2016
- Presentation made at the International Congress for Educators in Complementary & Integrative Medicine in Washington, DC, 2012

The team continues to look for opportunities to present this work. For more information about the Competencies, visit the ACIH website at <https://integrativehealth.org/> or contact Beth Rosenthal at brosenthal@integrativehealth.org

ACIH Listed in Annual Top 10 for Policy and Action in Integrative Health and Medicine

Coming of the Light: The 2018 Integrator Top 10 for Policy and Action in Integrative Health and Medicine

Coming of the Light: The 2018 Integrator Top 10 for Policy and Action in Integrative Health and Medicine

Published by [John Weeks](#) at © December 21, 2018



ACIH was pleased to note that **John Weeks'** *Integrator* article, "Coming of the Light: The 2018 Integrator Top 10 for Policy and Action in Integrative Health and Medicine" cited ACIH leaders, projects and funders three times; specifically, current board member **Elizabeth Goldblatt, PhD, MPH/HA**, former Chair and Executive Director of ACIH, for her leading work on behalf of ACIH with the National Academy of Medicine's Global Forum; WholeHealthED project for K-12 with **Taylor Walsh** (a project ACIH has voiced support of and for which current Executive Director, **Alyssa Wostrel**, serves on the Advisory Council); and the George Family Foundation for its grant to ACIH to support the continuation of our membership with the Global Forum - see #4, #5 and #7 [on this link](#).

ACIH Board of Directors Welcomes Two New Members

At the January meeting of the ACIH Board of Directors, the nominations of two new members were approved. **Sharon Bernecki DeJoy, PhD, MPH** (left) will represent the Association of Midwifery Educators and **Joni Olehausen, ND** (right) will represent the Council on Naturopathic Medical Education.



Dr. DeJoy is currently Associate Professor in the department of Health and Program

Dr. Olehausen currently serves on the Council on Naturopathic Medical Education (CNME) board. Over the past 21 years, her career has encompassed clinical practice, teaching, administration and legislative advocacy. She replaces long-time ACIH board member **Marcia Prenguber, ND**. Welcome to both of our new board members!

We also would like to extend our deep gratitude to Drs. Courtney Everson (left) and Marcia Prenguber (right). Courtney has been an active board member since 2016, taking on multiple committee tasks and helping to shape our strategic goals. Marcia has been one of ACIH's longest serving board members, coming aboard in May 2007, and serving on the executive committee from 2008 through 2016. Marcia is also a founding co-chair of the Clinical Working Group and continues to serve in that capacity. Thank you both for your dedicated service and bringing to ACIH a wealth of talent and inspiration!



ACIH welcomes ISMETA, the International Somatic Movement Education and Therapy Association, as the newest member of ACIH's Traditional World Medicine/ Emerging Professions Category



Alyssa Wostrel interviews Elisa Cotroneo, Registered Somatic Movement Educator and Therapist, RSME/T, Executive Director, ISMETA

Elisa began our conversation by saying, "We are excited to become a part of the emerging professions category of the Academic Collaborative. We believe we will learn much to help strengthen the profession of Somatic Movement by interacting with other colleagues that have been successful in establishing professions within integrative health. One aspect of the collaborative's work that we already know will help us is the [Research Working Group](#)". ISMETA has recently begun a Research Initiative that is working to help their members partner with academic institutions to conduct research and publish findings.

As a professional membership organization, ISMETA has three main categories of members: Registered Professional members who are highly qualified practitioners; Accredited Training Programs; and Professional Organizations that represent specific

educational standards, Scope of Practice and Code of Ethics. Some of the members are working in schools and educational environments, others in the healthcare environment and many are in individual private practices”.

Elisa and ISMETA are passionate about creating partnerships. “Since our inception over thirty years ago, ISMETA’s board has intentionally sought to identify organizations that are doing similar work nationally and internationally in order to find out how we can work together and support the larger whole. We would like all members of the Collaborative (ACIH) to know that there is an organization of movement practitioners that meet specific criteria and that are ready to work in integrative environments with other professions represented within ACIH.”

Elisa recognizes partnership as a two-way street. She explains, “ISMETA has a lot to bring to the collaborative. Somatic movement enhances human function and body mind integration through mindful movement. Our practices incorporate postural and movement evaluation, experiential anatomy and movement patterning to promote embodiment, well-being and mental, emotional and physical integration.” ISMETA has credentialed close to 1,000 professionals around the world who practice a range of methods including Body-Mind Centering®, the Alexander Technique, Continuum, the Feldenkrais Method® and others. When speaking of the scope of different methods represented by ISMETA, Elisa says, “Each brings a wealth of therapeutic principles, methods and techniques to help people experience the body from within.”

Welcome, Elisa Cotroneo, and ISMETA, to the Collaborative!

Elisa Cotroneo, RSME, RSMT, Executive Director of the International Somatic Movement Education and Therapy Association (ISMETA) is a Registered Somatic Movement Educator and Therapist. For more than 35 years Elisa has followed her passion to understand the relationship between spirit and the body having trained with many of the pioneers in the field of Somatic Movement and spiritual elders from North and South America, India and Tibet. She served on the ISMETA Board from 2007-2014, holding the office of President from 2009-2014, at which time she stepped into the Executive Director position. Her private practice in Movement Education and Therapy in upstate New York has included extensive work with individuals, groups, school districts, special education programs, therapeutic centers, colleges and universities.

Elisa Cotroneo can be reached at elisa@ismeta.org

Please Visit the ISMETA website to learn more www.ismeta.org

NOTE: ACIH’s Traditional World Medicine and Emerging Professions Category is facilitated by

smoonaz@muih.edu

For more information about this membership category, please contact Alyssa Wostrel, ED, ACIH, at awostrel@integrativehealth.org

About ISMETA

An Article Submitted by: Mark Taylor, RSMT, Past President, ISMETA and Elisa Cotroneo RSME/T Executive Director, ISMETA

The International Somatic Movement Education and Therapy Association (ISMETA) is proud to be the newest Academic Collaborative for Integrative Healthcare's member



in the Traditional World and Emerging Profession category. ISMETA first incorporated as The International Movement Therapy Association in 1984 to bring together and support the many disparate disciplines utilizing movement awareness as a tool for transformation and healing. Our founders saw that an organization uniting the disciplines would help to establish movement-based practices as a professional field. Our disciplines range from the well-established—Feldenkrais Method® and Alexander Technique—to newer and developing trainings such as Engaged Somatics and The Spiral Movement Center. For generations, the greater number of founders and researchers in somatic movement originated as artists or researchers in the fields of dance, yoga, and martial arts, and most contemporary practitioners continue to have extensive backgrounds in movement.

In 1998 we were renamed the International Somatic Movement Education and Therapy Association and became a 501c (6). As the world's leading somatic movement professional registry and advocacy organization our current membership encompasses 36 Approved Training Programs, 39 Professional and Associate Organizations, and nearly 1,000 individual registered practitioners. Individual members may register as Registered Somatic Movement Therapist (RSMT) or Registered Somatic Movement Educator (RSME). All uphold our high standards of practice.

The term "somatic" was coined in 1970's by Thomas Hanna, who revived the Greek word *soma* to refer to the study of the living body from the perspective of subjective experience. Somatic movement practitioners use principles of embodied anatomy and developmental processes to deepen their clients' experiential understanding of themselves. We work with the body but acknowledge that embodied movement affects the dimensions of psyche and spirit as well: as a result, the work facilitates improved vitality and performance, expanded creative expression and integrated personal transformation in clients' daily lives. Typical

re-patterning; vocalization and vibration; and dialogue. Each discipline has its own history and point of view, and may focus on one or more of the methods stated above.

What all somatic movement disciplines have in common is the goal of bringing awareness to the body's proprioceptive capacities. Attention to the sensation of movement allows students and clients to move with better coordination; increase self-awareness, both physically and emotionally; increase expressive capacity; and to become more aware of self in relation to others. These capacities tend to result in pain reduction, faster recovery from injury, and better performance.

As an organization, ISMETA's mission is to promote the emerging profession of somatic movement education and therapy. We do so through:

- Establishing and maintaining professional standards for the field
- Approval of training programs that meet those standards
- Registration of eligible educators and therapists
- Advocacy for the profession in legal and governmental arenas
- Building a worldwide community of somatic movement educators and therapists
- Educating the general public and our professional colleagues about our work

Our organization was founded on the principle that collaboration and communication among somatic movement disciplines makes us all stronger. Based on that commitment, we are pleased to join with our professional colleagues in the Academic Collaborative for Integrative Health to participate in advocacy for integrative health on an even larger scale. We hope you will browse our website at www.ismeta.org.

ACIH Welcomes New Associate and Individual College Members

ACIH gained some new members! Members allow ACIH to pursue our mission of enhancing "health by cultivating partnerships and advancing interprofessional education and collaborative practice", we couldn't do it without you! We want to thank **all of our members** for their support and to especially welcome those who have become members over the past year.

Our newest members are:

Leonie Harris

Beth Nugent

Brian Reis

Alyssa Wostrel

Julie Clinger
Cynthia Price
Christine Green
Kory Ward-Cook
Ann Kennedy
Carolyn Tague
CenterPoint Massage & Shiatsu
Therapy School & Clinic
Michael Wiles
Cheryl Johnson
Emily Sablonsky



Thanks to all, and we hope you will continue your support!

If you are interested in becoming a member of ACIH, you can find information on our [Associate Members](#) and [Individual College](#) membership pages. Join us!

Latest Working Group Webinar Recording Available: *NAM “Non-Pharma Approaches to Pain Management” Summary and Discussion*

The latest working group webinar is available on our website. On February 13th, **Belinda (Beau) Anderson, PhD, LAc** (RWG co-chair) gave a summary of the NAM Global Forum Non-Pharmacologic Approaches to Pain Management event held in December 2018, and **Marcia Prenguber, ND** (CWG co-chair) facilitated a discussion about what we can do with respect to collaboration, following up on the NAM event. The ACIH [webinar is available here](#), and slides are available [here](#). For a copy of the NAM Global Forum slides and video from the December meeting, [click here](#).

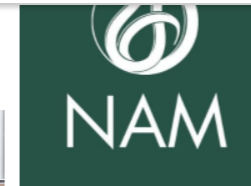
For more information about ACIH's Working Groups, check out our website at www.integrativehealth.org.

Global Forum News

On January 11th, 2019, as a member of the National Academy of Medicine's Global Forum (GF), ACIH participated in a discussion about the April 2018 workshop that focused on the importance of organizational health and well-being as well as individual health and

that will be held in November 2019. This event occurred at the Beckman Center of the National Academies of Science and Engineering in Irvine, California. Several of our board members and organizational members attended.

Liza Goldblatt, PhD, MPA/HA, ACIH representative to the Global Forum, was a panelist at the meeting, where there were discussions about clinicians, learners, and faculty well-being and the announcement of the release of a paper on design thinking and systems approach to organizational change.



ACIH Working Group Members, Board Members and Staff at AIHM, HTS, and APHA Conferences



Academy of Integrative Health & Medicine conference in San Diego in October, 2018. ACIH Board member and EWG co-chair **Dale Healey, DC, PhD** (representing COMTA, the

Commission on Massage Therapy Accreditation) and Director of Working Groups, **Beth Rosenthal, PhD, MBA, MPH** presented at AIHM on Hospital Based Massage Therapy Competencies.

ACIH Board members **John Scaringe, EdD, DC, Bill Meeker, DC, MPH, Stacy Gomes, EdD** and Exec Director **Alyssa Wostrel** also attended the AIHM conference, where ACIH had an exhibit table (thanks to AIHM!). ACIH presented two posters at AIHM, one about the Hospital Based Massage Therapy Competencies and the other about Interprofessional Collaboration among Integrative Health and Medicine providers.



Integrative Medicine for the Underserved (IM4US) in Washington, DC, June 2018. ACIH Research Working Group member **John S. Finnell, ND, MPH, LAc** and Director of Working Groups, **Beth Rosenthal, PhD, MBA, MPH** presented in 3-1/2 hour pre-conference workshop Interprofessional Leadership in Integrative Health and Medicine: Fostering justice and equity in team-based care. Workshop created with **Isabel Roth, MS, DrPH** and **Heather Carrie, MAS**.



Healthier Texas Summit in Austin, October 25-26th, 2018. ACIH Research Working Group

Medicine Leadership.



American Public Health Association (APHA) in San Diego, November 2018. Director of Working Groups, Beth Rosenthal, PhD, MBA, MPH participated in collaboration with ACIH

Research Working Group member

John S. Finnell, ND, MPH, LAc, ACIH CWG member **Prasad Vinjamury** and others including ACIH Board member **Stacy Gomes**, Isabel Roth, MS, DrPH, and Heather Carrie, MAS.



Cynthia Price, PhD MA LMT, ACIH Research Working Group member and Research Professor at the University of WA, has been invited to be a co-chair at the NIH Blueprint Workshop on Interoception on April 16-17, 2019 in Bethesda, MD.

New Co-Chairs for Bipartisan Integrative Health and Wellness Caucus

Two new co-chairs will helm the bipartisan Integrative Health and Wellness Caucus for the 116th Congress. Representative Judy Chu (CA-21st) will serve as the Democratic leader with Representative Jackie Walorski (IN-2nd) as the Republican leader.

The Integrative Health Policy Consortium reports, "The Caucus will hold its first meeting of the new Congress on Wednesday, March 6, 2019 on Capitol Hill with an education program and active demonstrations of integrative treatments provided to House Members and staff. Given the recent passage of the HR6 SUPPORT Act addressing the country's opioid crisis, the focus of the event will be integrative models of care for pain management. Both Representatives sit on the powerful Committee for Ways and Means, which ultimately governs Medicare, along with payments to health care providers delivering care to Medicare beneficiaries, such as those working in hospitals, surgery centers and outpatient departments." For more information, see: <http://www.ihpc.org/new-congress-focuses-on-integrative-health-wellness/>

IHPC Seeks New Executive Director

The Integrative Health Policy Consortium is seeking qualified candidates for their Executive Director position. Deadline to submit application materials is March 15. A full [description of the position is here](#). Applications or questions about the application process

Terri Roberts JD, RN, Chair, Search Committee at JHPCEDSearch@gmail.com

Executive Director End Notes - Alyssa Wostrel, MBA

"The pessimist complains about the wind; the optimist expects it to change; the realist adjusts the sails." - William Arthur Ward



There is much change afoot in the landscape of integrative health in the US, and it's important that ACIH as an organization is aware of and responsive to the big picture, while staying on mission in the arena of interprofessional education and care. One example of that is our continued engagement with the Comprehensive Integrative Pain Management Policy Congress.

And, as ACIH's newly elected Chair, JoAnn Yanez, ND, MPH, CAE, notes in her opening comment, the continuation of our work with the [National Academy of Medicine's Global Forum](#), thanks to generous support from the **George Family Foundation** and the **NCMIC Foundation**, provides an excellent platform to educate conventional practitioners about the integrative professions and the value of team-based, patient-centered care, including in the challenging arena of chronic pain. Check out the video/slides to the ["Nonpharmacological Approach to the Treatment of Pain" Global Forum workshop](#) in December, 2018 in which ACIH was deeply involved, thanks to the sponsorship of the **Foundation for Chiropractic Progress**.

Many thanks to ACIH's Global Forum Representative **Liza Goldblatt, PhD, MPA/HA** and **David O'Bryon, JD, CAE**, Alternate Representative for skillfully and elegantly managing an incredibly busy Global Forum workshop schedule in 2018!

2019 promises to be a productive and fruitful year for ACIH and its membership via multiple collaborative projects and the ongoing excellent and impactful work of the Education, Clinical and Research Working Groups. Join us! We are stronger together!

A handwritten signature in black ink, appearing to read "Alyssa Wostrel".

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