Pillsbury House Integrated Health Clinic

Student-run clinic brings together six different healthcare disciplines to serve unique needs of community residents.

The University of Minnesota’s Center for Spirituality & Healing enriches health and well-being by providing high-quality interdisciplinary education, conducting rigorous research, and delivering innovative programs that advance integrative health and healing.
Dear Friends and Colleagues,

Over 12 years ago, when the Center for Spirituality & Healing was established at the University of Minnesota, there were high expectations for what we might accomplish. Amidst a growing sense that healthcare was ripe for change, there was much cause for optimism. However, few, if any, of us could have anticipated the remarkable growth we have experienced, the strong support we have garnered within the University, and the rich partnerships we have forged with the community. Here are a few highlights:

• Our graduate program in complementary therapies and healing practices continues to thrive. We’ve achieved record enrollment this semester, with more than 450 registrants! Thank you to Dr. Linda Halcón who is serving as our director of graduate studies.

• Given the tremendous success of our undergraduate offerings in holistic health and healing as well as mindfulness meditation, we are expanding our undergraduate focus to include a series of courses focusing on health and the environment, an area of study we’re calling “Whole Systems Healing.” I am very grateful that Dr. Linda Brady has agreed to serve as the director of undergraduate studies for the Center.

• Two new research studies are currently underway that include important community collaborations.
  – Dr. Robin Whitebird (PI, Health Partners Research Foundation) and I have launched an NIH-funded study on stress in caregivers of Alzheimer’s patients. In the study, we are comparing mindfulness-based stress reduction (MBSR) with a community support group.
  – Dr. Cynthia Gross (PI, College of Pharmacy and School of Nursing) and I are collaborating with the Hennepin Sleep Disorder Center on a study to compare MBSR with drug therapy in treating people with chronic insomnia.

I believe that the Center is on the cusp of important new growth that will bring exciting areas of emphasis into focus. In fact, we are launching a task force that will explore the feasibility of offering a degree program. (There has been significant demand for this since our graduate minor was launched in 1999.) We are also actively engaged in conversations regarding new models of clinical care. As many of you have heard me say, pouring more money into the current system will only produce more of the same. New and innovative solutions are needed. It is time to experiment with new healthcare models that are consumer-directed; include a focus on health promotion and prevention; and fully utilize health coaching, as well as other integrative health services.

I remain grateful to the Center faculty and staff for their hard work and dedication and to our friends in the community whose support and encouragement is vital to our efforts and ongoing success. I hope to see you at a Center outreach event this spring. As you’ll note in our new newsletter, there is a rich menu of opportunities to choose from.

Best Regards,

Mary Jo Kreitzer
Director, Center for Spirituality & Healing
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This bi-annual publication is a product of the University
of Minnesota’s Center for Spirituality & Healing. Detailed
information about Center education, research, events, and more
can be found online. Letters to the editor must include name,
address, phone number, and email address.

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Today’s healthcare system is facing huge challenges. While costs continue to rise precipitously, they are not keeping pace with our country’s need. Meanwhile, our medical system impacts only about 10 percent of the indicators of health, while 90 percent of health outcomes are linked to factors physicians have little or no control over, including behavioral practices.4 Forty percent of premature deaths in the U.S. are due to unhealthy choices in areas such as physical activity, poor diet, tobacco use, and substance abuse.2,3 Yet medical practitioners have inadequate time for addressing these issues and are rarely trained to facilitate behavior change.4,5 As a result, complementary healthcare approaches are being used by large numbers of patients in addition to traditional medical services. A professional trained in health promotion, behavioral change, and self-efficacy support; who is well-grounded in both conventional and complementary healthcare practices; and who holds a holistic vision of integration, is greatly needed. This person is a Health Coach.

What is Health Coaching?

Health Coaching is the practice of health education and health promotion within a coaching context to enhance the well-being of individuals and to facilitate the achievement of health-related goals.7 This evidence-based approach is being applied successfully with increasing frequency.6,9 Health coaching is a client-centered and relationship-based practice in which the client directs the agenda, and the health coach applies a framework that helps determine what issues, beliefs and concerns are hindering or supporting the desirable change.10 The intended outcome of coaching sessions is for the client to gain increased self-awareness, resolve ambivalence, move through stages of change11 and follow through on desirable lifestyle shifts – ideally resulting in improved health outcomes and a greater sense of well-being.12 Health coaches practice in a wide range of venues, from private practice to group clinics, from hospitals to community health facilities, from health clubs to corporate settings. Services may be provided in person, on the phone, or via the web. While most coaching is designed for one-on-one client care, some coaches are expanding their practice into small group offerings.

Graduate Certificate in Complementary Therapies & Healing Practices: Health Coaching Track from the Center for Spirituality & Healing

Various training programs have existed throughout the last two decades in life and executive coaching. Until recent years, training in health coaching has been less available. In 2004, the Center for Spirituality & Healing introduced a post-baccalaureate graduate certificate in Complementary Therapies & Healing Practices, designed to meet the needs of practicing health professionals seeking on-going professional development without the need for an additional graduate degree. In 2005, University of Minnesota began offering health coaching as a track in this certificate program, becoming the first 4-year academic institution to provide such training.

The track provides additional training in the coaching process, the therapeutic alliance, and interdisciplinary communication critical to successful coaching, and requires specialty education not covered in the post-baccalaureate certificate alone. The health coaching track is an 18-credit program (360 hours) that requires a minimum of 4 semesters of course work, concluding with a professional internship experience. The Center graduated its first cohort of students through the program in Spring 2007.

In 2008, the program will change to accommodate students from across North America. Content will be delivered in a 1-week June intensive, followed by six 4-day weekends during the next 16 months, with interim work done via phone and internet. The program is completed with a 4-month internship that may be arranged in a student’s home locale. Graduate applications are now being accepted and the deadline for fall admission is June 15, 2008.

To know more

Details of prerequisites, course content, and full application process is available at:

• [www.csh.umn.edu/csh/educ/home.html](http://www.csh.umn.edu/csh/educ/home.html)

Questions may be emailed to program director Karen Lawson, MD, at:

• lawsonk@umn.edu
Esther Sternberg, MD, poses the question to the capacity crowd at Mayo Memorial Auditorium.

Whole Systems Research: What is it and why is it important?

MNCAM and the Center for Spirituality & Healing presented a second lecture on November 19 featuring Dr. Marja Verhoef on “Whole Systems Research: What is it and why is it important?” The lecture drew close to 100 people and brought another expert in Complementary and Alternative Medicine (CAM) to the University community.

Marja Verhoef, PhD, converses with associate professor of Food Science & Nutrition, Craig Hassel, PhD, after her lecture.

Esther Sternberg comes to the University to speak about ‘Brain Immune Interactions’

On September 17, 2007, Esther Sternberg, MD visited the University of Minnesota to present “Brain Immune Interactions: The Science of Mind-Body Connections. Implications for CAM Therapies.” Jointly sponsored by MNCAM (Minnesota Consortium for Complementary and Alternative Medicine Clinical Research), the Office of Continuing Medical Education, and the Center for Spirituality & Healing, Dr. Sternberg’s lecture drew an audience of medical practitioners, students, and members of the University community. Internationally recognized for her discoveries in the central nervous system, Sternberg explained how stress can make us sick, how belief can help healing, how the social world affects health, and how the immune system can change moods.

“Twenty years ago, I started out as a family practitioner. But I noticed something – half my patients had arthritis and the other half were dealing with psychological issues,” Sternberg notes. “I became intrigued about what is now known as ‘integrative medicine.’ Back then, the task was to prove these connections: that stress could make you sick. Now we understand that it does and physicians can treat stress to contribute to better healing.”

In addition to her lecture, Sternberg accepted an invitation from the Center for Spirituality & Healing to have lunch with members of the student group, IHEAL (Integrative Health Education Action Group). IHEAL connects health professional students who share an interest in exploring ways to expand our understanding of health and healing. The students had the opportunity to ask Sternberg questions about her career and get feedback for their own path in integrative medicine.
A New Look at Medicinal Mushrooms

For many, mushrooms are an acquired taste – you either love them, or you don’t. Some can’t get over the fact that mushrooms are members of the fungi family. But the first antibiotics were extracted from fungi. Both penicillin and tetracycline, derived from molds, are still widely used to treat infections and other diseases and are credited with saving countless lives.

Mushrooms have long been considered a beneficial health food. Of an estimated 38,000 species of mushrooms, most are low in calories and high in proteins, iron, zinc, fiber, essential amino acids, chitin, as well as many vitamins and minerals.

Both whole mushrooms and extracts are increasingly being utilized to treat a wide variety of diseases, particularly since they can be added to our diet or used orally, without the need to go through phase I/II/III trials. “Medicinal mushrooms have been used as a food supplement for many years, yet research in this country has been slow to study them,” said Joel Slaton, MD, director of research for the Center for Spirituality & Healing and assistant professor of urologic surgery. However, some recent studies suggest that mushrooms have “probiotic” properties by maintaining physiological homeostasis – restoring our bodies’ natural resistance to disease. The compounds they contain have been classified as Host Defense Potentiators (HDP), providing properties that can enhance the immune system.

Polysaccharides are the best known and most potent mushroom-derived substances with anti-tumor and immunomodulating properties. The therapeutic constituents of certain mushrooms are suspected to be polysaccharides known as beta glucans. Research on mushrooms focuses on the activation of the beta glucan receptors on immune cells. It is known that more than 270 recognized species of mushrooms have certain immunotherapeutic properties. Some fifty mushroom species have demonstrated potential immunomodulatory activities in animal models and, so far, five species have been tested in human cancers and have proven clinically beneficial:

- Shiitake mushroom (*Lentinula edodes*)
- Reishi mushroom (*Ganoderma lucidum*)
- Maitake mushroom (*Grifola frondosa*)
- Suehirotake mushroom (*Schizophyllum commune*)
- Turkey Tail mushroom (*Trametes versicolor*)

In 2004, the University of Minnesota’s Center for Spirituality & Healing, in collaboration with Seattle’s Bastyr University, received a $2.3 million NIH grant to study the role of *Trametes versicolor* mushroom in women with breast cancer. By 2006, the ongoing research of Dr. Joel Slaton and Dr. Carolyn Torkelson secured an Investigative New Drug (IND) status from the NIH. The research includes a total of three studies: two basic science studies and a clinical trial. During the clinical trial, the extract will be given to women with breast cancer in conjunction with traditional cancer treatments. Researchers will measure if the tumors shrink and if the women experience less fatigue and a better quality of life after taking the mushroom extract. While the clinical trial involves breast cancer, the results may have implications for prostate cancer patients as well.

We’ve been studying the Turkey Tail mushroom for three years and are optimistic about its use for women with breast cancer,” said Dr. Torkelson. “Our initial work surrounded an observational study to evaluate the immune status of women after receipt of primary treatment for stage I, II, or III breast cancer. Recently, we’ve begun recruiting for a Phase I study to determine best dosage of the mushroom.”

The health benefits of medicinal mushrooms as a cancer therapy include an increased survival time, reduction of side effects from chemotherapy and radiation, and enhancement of immunity. In Japan, China, Russia, and the U.S., several different polysaccharide anti-tumor agents have been developed from the fruiting body – mycelia – and culture medium of various medicinal mushrooms.
Alternative treatments for the MRSA ‘Superbug’

TEA TREE OIL SHOWS PROMISE AS AN ANTIMICROBIAL TREATMENT

In the past year, news of methicillin-resistant Staphylococcus aureus outbreaks – more commonly referred to as MRSA – have driven the American public (and media) into a collective frenzy. This past fall, the Centers for Disease Control (CDC) revealed that 94,000 Americans were infected with MRSA in 2005, resulting in 19,000 deaths. One public health official went so far as to say that MRSA could result in more deaths than AIDS. And an eastern Kentucky school district, after confirming one case of antibiotic-resistant staph infection, went so far as to shut down all 23 of its schools.

However, while the CDC numbers may seemingly jump off the page, it is important to note that the recent study is the first of its kind. “We are not interpreting these numbers as a rise in MRSA, because nothing like this has ever been done before,” said Monina Klevens, a medical epidemiologist for the CDC and lead author of the study. “It’s a baseline against which we can compare future numbers. With the increased concern about community outbreaks of MRSA, we wanted to know how widespread the infections are.” It’s true that in recent years resistant strains of the germ have become more common in healthcare settings (i.e. hospitals and nursing homes). But what worries most is its increasing incidence in community environments – like schools, health clubs, and locker rooms. Some speculate that the staph strains responsible for these infections might be even more aggressive than strains found in hospitals where they are typically discovered and treated more quickly.

For more than 30 years, there have been recurring reports of the efficacy of Melaleuca alternifolia (Tea Tree) essential oil against bacterial pathogens. Linda Halcón, PhD, MPH, RN, faculty at the Center for Spirituality & Healing and director of graduate studies for the Center’s graduate minor in Complementary Therapies & Healing Practices is an advocate and researcher of tea tree oil.

“The use of tea tree oil as an alternative topical decolonization agent for MRSA has produced promising results in case studies and small clinical trials,” Halcón states. “Based on results from laboratory and animal studies, we see several likely mechanisms by which tea tree oil’s topical use could facilitate healing in Staphylococcus-infected wounds. In fact, preliminary studies suggest tea tree oil to be beneficial as an alternative treatment in cases of where there is antibiotic resistance.”

However, Dr. Halcón cautions that more research is necessary. “Rigorous clinical trials are the next step,” she says. “So far, clinical research on tea tree oil has been limited. Although published studies are promising, most have been case studies, employing small numbers, or have been uncontrolled. I’d like to see more controlled clinical trials to demonstrate the efficacy and safety of low-cost botanical treatments such as tea tree oil.”

Through the years, natural products have become a major resource for drug discovery. Between 1983 and 1994, 520 new drugs were approved in the U.S. and of those, 157 were derived from natural products. Meanwhile, more than 60 percent of antibacterials and anticancer drugs originated from natural products.4 “The potential use of medicinal mushrooms for disease prevention and treatment is an expanding target for research and development,” said Dr. Slaton.

To know more

For more information about tea tree oil studies, including MRSA-related research, please visit the University of Western Australia Tea Tree Oil Research Group:

> http://www.tto.bcs.uwa.edu.au/TTO_home

To know more

For full references and more information about the Center’s mushroom research, please visit:

> http://www.csh.umn.edu/csh/research/home.html

and click on “Medicinal Mushrooms Research.”
At a Center for Spirituality & Healing event celebrating the broadcast of “The New Medicine” program on PBS television, University of Minnesota medical student Carter Lebares was invited to share information about the youth program she had created in one of the poorest sections of Minneapolis.

Powderhorn Park Peer Pregnancy Prevention Program (P6) was established to encourage youth leadership, enhance parent/child and peer-to-peer communication, and to develop skills for sexual and reproductive health. Incorporated by Lebares in 2004, the program is rooted in the Health Realization model, which empowers youth to understand their internal resources to support healthy sexuality and decision making. The three-month program was specifically designed for youth mired in poverty and tackles such issues as pregnancy prevention, sexually transmitted infections, healthy relationships, and identifying individual gifts.

After hearing about her impressive commitment to impoverished communities, Michael Wiles, DC, dean of Northwestern Health Sciences University’s chiropractic program, approached Lebares with an idea.

Dr. Wiles had been impressed with the University of California San Diego’s Student-Run Free Clinic Project. He felt the combination of service to people in need plus the unique learning opportunities for students was compelling. “I saw Carter’s commitment and I asked if she’d be willing to help me replicate the idea here in Minneapolis.” Her response? “I said, ‘Sure, if we can do it in my neighborhood first!’” Lebares laughs.

After much planning, including making connections with the folks at UC San Diego, Wiles and Lebares’ own vision became a reality.

“To tell the truth, the initial planning was tedious,” Dr. Wiles said. “We were creating a de novo clinical learning and service opportunity by bringing students and faculty together from six different disciplines. The initial planning committee, however, was both optimistic and dedicated and worked to find ways to make the Clinic happen. Once the overall plan for patient assessment and management was created, everything else seemed to fall into place.”

Pillsbury House Integrated Health Clinic opened its historic doors in November 2007. The Clinic operates within Pillsbury House, one of six neighborhood centers of Pillsbury United Communities, which provides a myriad of services to families in Minneapolis.

The Clinic brings together students and providers from six different healthcare disciplines to serve the needs of community residents. In multidisciplinary teams, students – supervised by licensed faculty from participating organizations – work with patients to determine the most effective treatment for optimal health. The Clinic involves students and faculty from disciplines including: Chiropractic; Acupuncture and Oriental medicine; Massage therapy; Psychology; Allopathic medicine; and Nursing. Participating institutions include the U of M’s Center for Spirituality & Healing and School of Nursing; Northwestern Health Sciences University; and the Adler Graduate School of Psychology.

“If a patient comes to us with lower back pain, they would first meet with a student ‘Advocate’ who listens to them, taking down their health history. The Advocate might decide on a team that includes chiropractic, medicine, and massage therapy – perhaps even a health coach to guide the patient’s ongoing recovery,” explains Lebares. “The team would then conduct the patient physical and make an assessment, with one discipline emerging as the leader, based on the best options for the patient. The team then presents to the on-site faculty to determine a primary recommendation as well as other acceptable choices.
The choices are next brought to the patient for discussion. The patient is given guidance in their decision-making but also encouraged to help in the process by discussing what they are willing to try (i.e. alternative therapies). An advanced student of that discipline then performs the treatment with faculty supervision,” said Lebares. “It’s a very collaborative and ‘whole person’ experience that patients can relate to. Several patients have said that they feel both ‘heard and healed’ like never before. I think it must be something in the Clinic’s spirit because our practices are certainly not new, but something in our collaboration – maybe in our sincerity for the patient’s overall health and well-being – seems to create a new kind of healing for them.”

On the first day the Clinic opened, only one patient showed up. Rather than get discouraged, Lebares and crew hit the streets, canvassing the neighborhood to raise awareness among the residents. “We went where we knew people would be: barbershops, churches, even bus stops,” said Lebares. “At first, folks looked at us a little funny, but no one turned us away. And as soon as people understood our emphasis was on wellness, they became really positive – even enthusiastic. I spoke with one Latina woman who accepted a stack of brochures and quietly asked if Acupuncture could help a girl lose weight. Overwhelmingly, the young African American men we encountered were curious and interested in the Clinic; not the reaction many of us expected.”

Georgia Nygaard, assistant clinical professor with the University of Minnesota’s School of Nursing, acknowledges the Clinic’s appeal. “The enthusiasm exhibited by the medical students is just infectious,” Nygaard says. “It’s been such a joy for me to participate. Last weekend, I was hugged by a patient for just showing up!” Nygaard shared.

“We’ve received tremendous support from everyone,” said Dr. Wiles, in reference to the Clinic’s opening. “The delivery of integrated care to a population in need of health care is a win-win for our students and the residents of Powderhorn Park.”

Our mission and purpose is to provide affordable and integrative healthcare services in a student-operated and professionally supervised clinic. In addition to providing excellence in healthcare delivery, the clinic will provide a unique environment for healthcare student education and provider collaboration. This unique environment will be the platform for a novel approach to bringing integrated healthcare to a vibrant but underserved community whose involvement and inclusion are integral to our mission.

“A holistic approach to healthcare, recognizing the myriad influences on health, is important to everyone in this country – especially during a time when we have economic success yet such poor overall health,” offers Dr. Wiles. “The Powderhorn community is a diverse community with a variety of traditions and beliefs. A holistic approach is often more familiar to, and therefore welcomed by, those who have not been brought up in the American healthcare system. I think we all agree that the Clinic is a good fit for this community.”

To know more

The Pillsbury House Integrated Health Clinic is currently open on Wednesdays from 6-8 pm and on Saturday afternoons from 1-4 pm. For more information, call:

▶ 612-824-0708
1. What is your professional background?
I am a Licensed Nutritionist practicing at the Institute for Health and Healing, an outpatient center specializing in holistic care affiliated with Abbott Northwestern Hospital. I have a master’s degree with a focus on aging and age-related diseases. I also teach a course through the Center for Spirituality & Healing called *Functional Nutrition: An Expanded View of Nutrition, Chronic Disease and Optimal Health (CSPH 5431)*.

2. What do you see as the biggest challenge facing the advancement of Complementary & Alternative Medicine?
Education, dollars, access – and the words we are still known by…

3. What is your favorite aspect of being on staff at the Center for Spirituality & Healing?
I especially appreciate being among other practitioners and academicians, people whom I respect, who are actively participating in their fields while giving voice to needed change. I also appreciate the leaders who embody the Center, those who were early to recognize the connection between health and mind, body, spirit. Also, the opportunity to meet face-to-face with students who are eager to learn, embrace change, and incorporate multiple strategies (and modalities) for health and healing.

4. With a week off from pressing commitments, where would you be and what would you be doing?
I would be in Italy. When I last traveled there, I was taken with the environment and scenery. I thought the Italians were extremely conscientious as a whole and, of course, the food would be a draw for most! But whether traveling, talking, eating, problem solving, laboring, or celebrating, the company I keep is my contentment.

5. What is your next big professional endeavor?
I am writing a book about food sensitivities and intolerances, their impact on inflammation, and how such inflammatory messages influence manifestations of health.
**Mark Umbreit, PhD**

Professor Mark Umbreit, PhD, has been selected by the U.S. Department of State for a Fulbright Senior Specialist grant in Peace and Conflict Resolution at the Catholic University, School of Law, in Piacenza, Italy (near Milan). This April, Dr. Umbreit will be spending two weeks in Italy offering seminars on restorative justice and peacemaking to students, practitioners, and policy makers. In addition, Dr. Umbreit has signed a contract with Springer Publishing to prepare a book entitled Restorative Justice Dialogue: A Research-based Approach to Working with Victims, Offenders, Families, and Communities. Umbreit is also at work preparing a book manuscript and new course on “Peace-Building & Dialogue in the Global Community: A Mindfulness-based Approach to Working With the Energy of Trauma.”

Dr. Umbreit teaches two academic courses through the Center for Spirituality & Healing: Peacemaking and Spirituality: A Journey Toward Healing and Strength and Forgiveness and Healing: A Journey Toward Wholeness.

▶ For more information about his courses or to inquire about other Center classes, contact Carla Mantel at cmantel@umn.edu.

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**Miriam Cameron, PhD, MS, MA, RN**

Polytechnic University College of Nursing in Hong Kong has invited Miriam Cameron, PhD, MS, MA, RN, to give several lectures about ethics and Tibetan Medicine at an international nursing conference in Jilin, China this August. While in China, Dr. Cameron will help replicate two research studies that she and colleagues in the U.S. and South Korea conducted about nursing students’ experience of ethical problems and use of ethical decision-making models.

Dr. Cameron’s invitation is the result of a 2005 presentation she gave at a nursing conference in Taiwan. Subsequently, Polytechnic University sent four nursing professors to visit the Center for Spirituality & Healing in 2006 and a nursing professor to attend the Center’s Holistic Health & Healing Institute in 2007.

Dr. Cameron teaches three graduate courses at the U:

- Yoga: Ethics, Spirituality, and Healing; Traditional Tibetan Medicine: Ethics, Spirituality, and Healing; and Tibetan Medicine, Ayurveda, and Yoga in India.

▶ For more information about these courses and Dr. Cameron’s other work, please visit her website http://www.tc.umn.edu/~camer008/ or contact Carla Mantel at cmantel@umn.edu.

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**Carolyn Torkelson, MD, MS**

Carolyn Torkelson, MD, MS, has been named the new Medical Director of the Women’s Health Center at the University of Minnesota. The Women’s Health Center is a multi-specialty comprehensive care center that provides innovative, comprehensive, and multidisciplinary healthcare for women. Dr. Torkelson takes over the position previously held by Dr. Levi Downs, who will continue to play an active role in Gynecologic Oncology for the Center.

Dr. Torkelson plans to enhance collaboration between the Women’s Health Center and the Center of Spirituality & Healing, providing more integrative services through the partnership. Dr. Torkelson teaches Introduction to Complementary and Alternative Therapies, a local integrative medicine rotation through the Medical School.

▶ For more information about the Women’s Health Center or to schedule an appointment call 612-626-3444 or visit http://www.umphysicians.org/clinics_objectname_Womens_Health_Center.html.

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**Mark L. Hoch, MD**

Mark L. Hoch, MD, has been awarded a Bush Medical Fellowship to study spiritual healing. As part of his fellowship he is working on a Masters degree in theology at the University of Spiritual Healing and Sufism in northern California. Dr. Hoch is past president of the American Holistic Medical Association. He integrates a variety of healing modalities, including osteopathic manual medicine and nutrition, into his holistic medical practice. He is currently developing a new multidisciplinary holistic health center called “Partners in Healing” with David Alter, PhD and Deborah Simmons, PhD.

A community associate for the Center for Spirituality & Healing, Dr. Hoch is part of a team of physicians working with instructor Becky Gorman, PA-C, to facilitate discussion and share professional experience with first- and second-year medical students for The Healer’s Art course. He is also adjunct assistant professor of family medicine and community health for the University of Minnesota Medical School.
“Student life can be chaotic. I came to meditation hoping to trade tension for peace and calm,” said U of M grad student, Liz Miller. Finding it difficult to concentrate, Miller turned to MBSR (Mindfulness-Based Stress Reduction) in search of new ways to manage the constant buzz of studies and deadlines. “Surprisingly, rather than shutting out the world, I learned to hear it. I discovered the ability to feel my emotions and to recognize the depth of my inner resources. The MBSR class provided me with community and a safe space in which to learn valuable tools.”

Miller’s story is a familiar one to the Center for Spirituality & Healing. Given the pace of today’s society, it’s no wonder the Center has seen a dramatic increase in interest for its programs – specifically MBSR. Unfortunately, the Mayo Meditation Space, which houses MBSR and other academic courses – as well as research projects, workshops, student clubs – was abruptly closed last fall. A structural analysis of the historic space determined it to be unfit for occupancy due to significant damage to the exterior walls, structural columns, roof, and windows.
After lengthy deliberations a decision was made by the University to preserve the space. The work was finished in late 2007. However, while the University committed to pay for external repairs, the Center must bear responsibility to update the space interior. Since the building’s construction more than 40 years ago, there have been no significant renovations to this space.

Completed in 1965, the Meditation Space is a free-standing, ten-sided, two-story addition to the original Mayo Memorial Medical Center. Funds for the space were provided by the family of a patient. The family felt there was a need for a calm place for patients and families, a space separate from the hospital.

But with construction of the new hospital, the space fell into disuse until 2000 when it was reassigned to the Center for Spirituality & Healing. Since then the Center has used it daily as a classroom; research laboratory for MBSR; a gathering spot for the University’s Student Mindfulness Club; and as the site for our free “Stress Busters” program.

With the growth in size of the Center’s programs, this space has become a vital resource to the Center’s mission to enrich health and well-being by providing high-quality interdisciplinary education, conducting rigorous research, and delivering innovative programs that advance integrative health and healing.

The Center has identified specific improvements sought for the Mayo Meditation Space:

- Lighting that can be easily adjusted to meet diverse program needs
- A sound system to improve room acoustics
- Audiovisual and wireless equipment designed for distance learning
- New furniture that addresses the multi-functional nature of the room (e.g. collapsible tables, chairs, and benches)

William Saltzman, a renowned local artist who specialized in multiple medias, created the beautiful stained glass windows that bathe the Mayo Meditation Space in light. The glass colors range from green to red to sky-blue as eyes look upward. Paying special attention to detail, Saltzman used “warmer” colors at the bottom of the windows because light is lower in the winter, and he wanted to bring warmth into the room. Conversely, in the summer the sun is higher in the sky and the upper portion of the stained glass features colors that cool the light as it comes into the room. A stained glass dome featuring a burning bush encloses the Meditation Space, symbolizing hope for all who enter and are comforted in the space.

We’d like to say goodbye to our friend, William Saltzman, who passed away March 18, 2006, and invite you to see his work at the Mayo Meditation Space. Please contact the Center at 612-624-9459 for a personal tour of the space.

To support
To donate to the Mayo Meditation Space restoration project or for more information about the historic building and its ongoing use by the Center, please contact the Center for Spirituality & Healing at:

612-624-9459
IN THE MEDIA
CNN.COM ARTICLE

Integrative medicine is ‘new way of healing’

By Justin Laube, a second-year medical student at the University of Minnesota in Minneapolis.

In a recent column, Emily Breidbart, a second-year medical student at New York University School of Medicine, expressed concerns about her medical education and the frustrating healthcare system she will soon enter.

What deeply troubled me was her passive viewpoint and lack of resolve to practice the medicine she dreamed of when she entered medical school. She spoke of limited time with patients, fears about insurance, practicing defensive medicine, and the transformation of medical students who begin as idealists but eventually “start taking off [their] rose-colored glasses.” Is this truly the “reality” of where medicine is headed?

This past year of medical school has been the most incredible and rewarding period of my life. I have emerged from my first year at the University of Minnesota excited by the infinite possibilities of my future, with a new appreciation for human life, and a strengthening of my idealism.

Like Emily, we are taught a medical interview format that includes 10-15 minutes for the medical history and additional time for the physical examination. This format has its strengths and weaknesses. For some acute clinical needs (e.g. cold, rash) it may be efficient and satisfying to the patient. But, what about a patient who presents with symptoms of a cold, but this is merely the tip of the iceberg? What if the patient is chronically stressed, overweight and dealing with anxiety about an uncertain future? The lines of acute or chronic care blur and the complexities of our lives are revealed, all aspects interacting and affecting one’s health and wellness. This medical interview will be merely one of the tools in our physician handbag. Is this the only way to practice medicine? I strongly believe the answer is an emphatic “no.”

Juxtaposed against this “limited-timeframe” medicine is a more humanistic medicine also emphasized in our training. The patient-physician interaction should be viewed as a relationship of equals, not a hierarchy. It is in this partnership that positive life change can be fostered. This is perhaps what Emily was referring to in her longing to “go back to simply learning the art of healing.” But what is the art of healing? Are we as medical students and physicians truly healers?

For me, health is more than the absence of symptoms or disease — it is the embodiment of wellness. It is this belief that led me to integrative medicine and a new way of viewing healing.

Integrative medicine combines the best of both conventional, allopathic care and complementary and alternative medicine, or CAM. Examples of CAM include traditional Chinese medicine (e.g. acupuncture, herbs), naturopathy, chiropractic, and mind/body medicine (yoga, meditation). Integrative medicine is based on the incredible power of our bodies to heal themselves. From this viewpoint, we as future physicians are facilitators of each patient’s innate inner-healer. The beauty of integrative medicine is that it takes into account all dimensions of the individual: mind, body, and spirit. Integrative medicine empowers patients with new choices and promotes preventative care.

Integrative medicine was also woven into my education as a first-year medical student — which included an immersion experience in traditional Chinese medicine — so that we would be exposed to other approaches to healing. This past summer, I participated in research on mindfulness-based stress reduction for family caregivers of dementia patients. I attended a
weeklong seminar on integrative medicine in Portland, Maine, and I am also on the steering committee for the creation of a student-run integrative health clinic to bring CAM to the underserved.

All of these experiences, as well as connecting with the university’s Center for Spirituality & Healing, local holistic practitioners, and experiencing the power of complementary and alternative medicine have been integral to my excitement as a future physician. I urge fellow medical students to watch the PBS documentary titled The New Medicine (2006). The film examines the many medical schools, healthcare clinics, research institutions, and private practices integrating new and “alternative” approaches into their work.

I want to tell Emily and all the other medical students to never lose their idealism. The ideals at the core of one’s reason to enter medicine should be continuously fostered throughout our training. I do not expect this path to be easy, but it is not impossible. We will have to deal with time limitations, insurance issues, and family pressures; but that should never affect the way we care about our patients. Embody the belief that we are active players in our future and present-day life, and practice a kind of medicine that preserves and connects with your idealism and humanity. The only “reality” we face in the future is the one that we create.

Article appeared October 12, 2007; reprinted with permission from CNN.com.

Read online

Emily Breidbart’s article:

Justin Laube’s response:

“Technology That Keeps You Healthy” from Tech Talk with host Susan McKinnell
University of Minnesota Tech Talk TV show

From personalized websites to gadgets that track daily steps keeping us healthy, find out how technology is part of healthcare at the University’s Center for Spirituality & Healing from director Mary Jo Kreitzer.

“Music to soothe the stressed-out patient” by Amy Barrett University of Minnesota eNews

There’s not much that ventilated patients in an intensive care unit can control. The good news, says associate professor Linda Chlan, citing findings from her NIH-funded study, is that “We found quite a profound decline in anxiety in patients who listened to music at least 30 minutes a day.”

“Own Your Body” by Susan Gaines
Metro, Twin Cities Metropolitan Magazine

Minnesota is leading the Complementary and Alternative Medicine movement and at the center is the University of Minnesota’s Center for Spirituality & Healing, a nationally recognized resource for both practitioners and healthcare consumers. The center bridges what was once perceived as a huge divide between “alternative” and “conventional” healing, according to center director Mary Jo Kreitzer. “Now we can understand why biofeedback, meditation, and guided imagery work.”

“Place of Mind: What exactly is a Sacred Space?” by Tracey Paska, Minnesota Women’s Press

Sacred spaces provide a getaway from the stresses of modern life. They’re used for prayer, meditation, or relaxation. Space elements are unique to each person so there’s no simple checklist for creating one. But for those interested in creating sacred spaces, some ideas to consider are shared from professional designers.

“Medicine, Massage and Meditation” by Sarah Moran, Star Tribune

No longer just a med-school interest, the University of Minnesota’s Center for Spirituality & Healing is working to foster research, education, and outreach in the far-reaching field of integrative medicine. Graduate students taking classes at the Center include aspiring dentists, veterinarians, MBAs, architects, and lawyers.

Further reading

For more CSH in the media, including full articles:
► http://www.csh.umn.edu/csh/about/news/home.html
PATHS TO WELLNESS
A collaboration with Osher LifeLong Learning Institute (OLLI) and the Center for Arts and Medicine
► April 1 – May 20, 2008 (8-week course)
www.cce.umn.edu/olli

WOMEN’S LIVES, WOMEN’S LEGACIES with Rachael Freed
► April 3, 2008
► July 17, 2008
Site: Minnesota Landscape Arboretum

THE ANNUAL RUTH STRICKER MIND-BODY LECTURE SERIES
Train Your Mind, Change Your Brain: Cultivating Inner Conditions for Genuine Happiness featuring Matthieu Ricard
Lecture; Panel discussion; Q & A; followed by a book signing
► April 18, 2008
Site: Northrop Auditorium

MEDITATION AS CULTIVATING NEW WAYS OF BEING Half-day special retreat led by Matthieu Ricard
► April 19, 2008
Site: BayView Event Center, Minnetonka

MINDFULNESS BASED STRESS REDUCTION (MBSR) Spring Sessions 2008
► MBSR at the Marsh: March 24 – May 12
All-day: April 26
► MBSR at Woodwinds: April 13 – June 8
All-day: May 17
► MBSR at Rochester Mayo: April 14 – June 11
All-day: May 31
► MBSR at the U of M: April 16 – June 4
All-day: May 17
► MBSR at the U of M: April 17 – June 5
All-day: May 24
Summer Sessions 2008
► MBSR at the U of M: July 8 – August 26
All-day: August 16
► MBSR at the U of M: July 9 – August 27
All-day: August 16

WORKING ON PURPOSE with Elizabeth Craig
► May 8, 2008
Site: Minnesota Landscape Arboretum

FAMILY MEDICINE UPDATE 2008
A collaboration with the Department of Family Medicine and Community Health
► May 12 – 16, 2008
Site: Radisson University Hotel
www.cmecourses.umn.edu

1ST ANNUAL ELLERBE BECKET OPTIMAL HEALING ENVIRONMENTS LECTURE Creating Healing Spaces: Neuroscience and Architecture featuring Eve Edelstein, PhD
► May 13, 2008
Site: Coffman Memorial Union

SOMETHING TO LIVE FOR with Richard Leider
A book launch celebration with the College of Continuing Education (CCE)
► June 18, 2008
Site: Mayo Memorial Auditorium

ACADEMIC HEALTH CENTER AT THE MINNESOTA STATE FAIR
► August 21 – September 1

For complete event & program info
Including all dates, times, and locations, please visit:
► www.csh.umn.edu