Sharing Humanity through Arts, Reflection, and Expression for Integrative Health Equity

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Financial Disclosure:

Selena Chan, Christopher Gilbert, Tammy Kremer, Liz Stumm, and Eric Sutter have no relationships with financial or commercial interests to disclose.
SHARE aims to facilitate experiences to inspire connection to humanity, inner resources, and community through mind-body expression, narrative storytelling, visual arts, movement, music, writing, and more non-verbal forms of expression.
Objectives for Experiential Work-Play-shop

1. Practice mind-body expression through visual arts, biofeedback, and movement.


3. Identify a creative expression method that can be incorporated into integrative health work or as part of self-care.

Sharing Humanity through Arts, Reflection, and Expression (SHARE) for Integrative Health Equity

Clinical - Experiential Workshop

Sharing Humanity through Arts, Reflection, and Expression (SHARE) is a project co-developed by the UCSF Osher Center for Integrative Health and Shanti Project with grant award support from the Mount Zion Health Fund. This free, weekly online program creates a medically diverse environment for Shanti staff and clients in three core programs: HIV Services, the LGBTQ+ Aging Abilities Support Network, and the Margot Murphy Women's Cancer Program. Participants practice self-expression with storytelling, writing, drawing, mindful movement, photo-sharing, guided imagery, music-listening, cinema discussion, and biofeedback. Exploring universal human emotions reminds participants they are not alone, reduces stress, and creates experiences of connection that combat feelings of isolation. Shanti is a trusted leader within the San Francisco community with over 46 years of experience addressing the diverse needs of underserved people living with life-threatening and vulnerable conditions. Across all Shanti clients, 90% live at or below 200% of the Federal Poverty Level, 50% are people of color, and 45% are age 60 or older. Sixty percent live with mental health challenges, and thirty-seven percent live with disabling mind-body illnesses. Shanti’s continuum of services and in-home/onsite care navigation embody core values for cultivating compassion, supporting unconditionally, honoring human dignity, championing differences, and taking care of each other. UCSF Osher Center leads bring expertise in integrative mental health, interprofessional programming, public health communication, and teaching mind-body expression. SHARE is unique for Shanti as the project builds connections across currently siloed programs, provides access to integrative health care for underserved populations, and expands technological literacy. SHARE meets each person where they are through inclusivity of diverse, nonverbal forms of communication and inviting participants to share aspects of their unique identities, experiences, strengths, and viewpoints. SHARE's overarching goal is to promote social inclusion by strengthening individual and community wellbeing to foster self-discovery of inner resources.
Dear Academic Consortium friend,

It is my greatest pleasure to welcome you to Phoenix. This year’s Academic Consortium Members Meeting and the International Congress is going to be like no other. We come from all over to celebrate our passion and each other. We come together to heal and to learn. My wishes for you as we share the precious gift of a few days together are to stay open to the possibilities, to be kind, to welcome someone new, to stay curious, to take extra care of yourself, to honor the land, to explore the surroundings, to hug old friends, to celebrate your resilience, to create memories, to sleep deeply, to experience joy, to try new food, to find support, and maybe even to dance a little.

Together, we really can do anything.

www.consortiumcongress.org

Francoise Adan, MD
2020-2022 Academic Consortium Chair
University Hospitals Connor Whole Health

Presenters:

Selena Chan, Osher Center for Integrative Health, San Francisco, California, United States (biography)

Christopher Gilbert, Osher Center for Integrative Health, University of California, San Francisco, San Francisco, CA, United States (biography)

Tammy Kremer, California Prevention Training Center, University of California, San Francisco, San Francisco, CA, United States (biography)

Elizabeth Stumm, Shanti Project, San Francisco, CA, United States (biography)

Eric Sutter, Shanti Project, San Francisco, CA, United States (biography)
The Community+ Mount Zion Award fosters collaboration and innovation in community-based programs to address unmet health-related needs in San Francisco.

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<tr>
<th>Cultivate Compassion</th>
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<td>Center Social Justice and Racial Equity</td>
<td>Equity</td>
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<td>Champion differences</td>
<td>Whole-person care</td>
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<td>Support unconditionally</td>
<td>Empowerment</td>
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<td>Take care of each other</td>
<td>Collaboration</td>
<td>Community Building</td>
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<td>Honor human dignity</td>
<td>Focus on wellness</td>
<td>Leadership</td>
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Tammy

What I bring to SHARE:
• Creative play
• Mindfulness and spirituality
• Group facilitation

SHARE roles:
• Teaching Artist
• Lead Facilitator

UCSF roles:
• Then: UCSF Osher Center Communications Specialist
• Now: Public Health Communications Specialist, California Prevention Training Center
Jaguar loves to play. This way he can keep himself entertained. Sunset is the perfect time for jaguar adventures. A gorilla tries to open a coconut to get to the juice. Another gorilla steals a coconut from a person using a selfie stick. Selfie sticks are very dangerous. They can break open coconuts. The coconut is a silly coconut and doesn't want its picture taken. The coconut asks the gorilla to have more depth and be less superficial. The gorilla complies. The gorilla learns it's not all about looks. "I am very fierce, I will protect you from this coconut thief," the gorilla says to the coconut. The small coconut has helped the big gorilla learn humility and compassion. The coconut has learned to accept help and the gorilla has learned that you can take a pause and meditate before reacting. The gorilla and coconut lay down in the sun and take a nap. No more selfie sticks. Two have come together to learn from each other and collaborate. The tourist is directed towards a foodway where they can buy shredded coconut for $3.
“I appreciate the silliness and laughter. To me, allowing space to ‘get weird’ or ‘goofy’ for a minute is very healing.”
“When people share a vulnerable part of themselves, it opens trust for others to share, ultimately strengthening a sense of community. That's what I'm all about.”

- SHARE participant
Experiential #1: Play and Movement
Tammy Kremer, MA
Sharing Humanity through Expression
Sharing Humanity through Reflection

“Warmth”
“Connection”
“Vulnerable”
“Energized”
“Trust”
“Creativity”
“Fun”
“Smiles”
“Spontaneous”
Eric Sutter  
Senior Director of Programs

Liz Stumm, MPH  
Director of Community Partnerships and Program Evaluation, HIV Programs
Liz

What I bring to SHARE:
• Empathy
• Open communication
• Familiarity

SHARE roles:
• Program/Research Coordinator

Shanti roles:
• Director of Community Partnerships and Program Evaluation, HIV Programs
SHANTI IS A PIONEERING NONPROFIT THAT BUILDS HUMAN CONNECTIONS TO REDUCE ISOLATION, ENHANCE HEALTH AND WELL-BEING, AND IMPROVE QUALITY OF LIFE.

We believe that meaningful relationships are essential for navigating life’s most difficult challenges. Every day, we ease the suffering that can accompany isolation or illness and combat it through the power of personal connection.
Shanti's History

1974: Under the leadership of Dr. Charles Garfield, the first Shanti peer support volunteers are trained to be a consistent and compassionate presence at the bedside of patients in the UCSF cancer ward.

1980: The UCSF cancer ward begins to fill with patients with what would later be known as AIDS-related opportunistic infections. Dr. Garfield and Shanti are asked to shift their focus to care for people who, in those days, were dying of this new disease.

November 1, 1981: Shanti begins the first peer support groups for San Franciscans with AIDS.

2001: Shanti expands services and launches the LifeLines Breast Cancer Program.

2015: Pets Are Wonderful Support (PAWS), merges into the Shanti Project to ensure long-term sustainability.

2015: Shanti expands its services to treat women diagnosed with any type of cancer.

2016: Shanti launches the LGBTQ Aging and Abilities Support Network (LAASN), providing support to reduce isolation among marginalized LGBTQ seniors and LGBTQ adults with disabilities.
HIV PROGRAMS

Our HIV Programs exist to ensure that the most underserved people living with HIV and/or Hepatitis C Virus (HCV) in San Francisco receive the support they need to feel empowered and worthy, so they are better able to manage all aspects of their health.

Our continuum of HIV services allows individuals to connect with one another and access much needed resources, such as medical and mental health care, housing support, food and nutrition, counselling, and more. Services include:

- Care Navigation
- Client Advocacy
- Emotional Support
- Health Education
- Support Groups
- Volunteer Support

Rooted in compassion, our programs offer nonjudgmental support and harm-reduction strategies, affirming each client’s sense of agency about their well-being.

312 People received services
7,642 Hours of direct care
100% People living with very low income
47% People of color
76% Identify as LGBTQ+
79 People living with HIV and HCV
91% Clients surveyed who feel Shanti’s programs and services match what they need
MARGOT MURPHY WOMEN’S CANCER PROGRAM

Shanti’s Margot Murphy Women’s Cancer Program offers services to mitigate the barriers women face after a cancer diagnosis.

Our program augments clinical care and reduces the social, economic, linguistic, and cultural barriers that underserved women face accessing, maintaining, and completing treatment and transitioning into survivorship. We provide multilingual and culturally competent services, including:

- Patient Advocacy
- Language Interpretation
- Application Support for Safety Net Resources (e.g. emergency funds for housing and food)
- Appointment Accompaniment
- Transportation Assistance
- Health, Wellness, and Survivorship Activities

When women diagnosed with cancer are genuinely seen and supported, they gain a sense of empowerment about their treatment and their lives.

- 581 People received services
- 4,205 Hours of direct care
- 88% People living with very low income
- 2/3 Women of color
- 56% Women who speak a primary language other than English
- 87% Clients surveyed who feel that Shanti has improved their quality of life
LGBTQ+ AGING & ABILITIES SUPPORT NETWORK (LAASN)

Social isolation affects many LGBTQ+ older adults and adults with disabilities as they deal with stigma, discrimination, and lack of community in their daily lives. As a result, they are at risk of falling into depression and further into isolation—conditions that are proven to decrease overall health outcomes.

LAASN provides compassionate supportive services that address social isolation as well as emotional, behavioral, and health challenges faced by lesbian, gay, bisexual, transgender, and queer older adults and adults with disabilities. Services include:

- Care Navigation
- Client Advocacy
- Peer Support Groups
- Supportive Programming
- Volunteer Support

When LGBTQ+ older adults and individuals with disabilities are recognized and supported for who they truly are, they feel valued and empowered to vibrantly contribute to their community.
The Shanti Model of Peer Support

**Peer Support**

- We define a *peer* as someone who is not necessarily like us in obvious ways, but someone we share a basic humanity with; someone with whom we are equals.

- All people share universal human experiences.

- By virtue of this shared humanity, we are all peers.

**Values**

- Mutual respect
- Positive regard
- Empowerment of the client
- Genuineness
- Acceptance of differences
- Empathy
- Intention to be of service

**Techniques and Activities**

- Listening from the heart
- Speaking from the heart
- Acting from the heart in service to another person
“You did me a world of good, most comfortable I’ve been with my illness and other people.”

- SHARE participant
“Empathy is choosing to see ourselves in another despite our differences.

It's recognizing that the same humanity - the same desire for meaning, fulfillment, and security - exists in each of us, even if it's expressed uniquely.”

Vivek Murthy, MD, MBA
U.S. Surgeon General, Department of Health and Human Services
Selena

What I bring to SHARE:
1. Love learning what each person finds meaningful.
2. Connecting resources + people
3. Infographics, metaphors & imagery

SHARE Roles:
• PI/Program Director
• Lead Facilitator

UCSF Osher Center Roles:
• Associate Director of Clinical Programs
• Integrative Psychiatrist
• Assistant Professor
Overview:
SHARE Project:
Birth out of COVID-19 Pandemic

Selena Chan, DO
In a new light (or Zoom): remember more dimensions, humanity
When we open space for meaningful connection, what could blossom?

- Pandemic: Telehealth.
- Weekly, drop-in group
- Connect w/ metaphors
- Collaborate w/ Shanti PDs
- Apply for MZHF award
- Osher Center training to learn Shanti culture
- Pilot #1: Shanti staff wellness + co-develop client series.

Liz (Pilot staff series) joins SHARE leadership as essential core contact for clients, staff programs, and resource website.
“The wide range of cultural identities, traditions, and creative expressions that exist in communities. It includes art forms such as: music, dance, spoken word, painting, and theater, as well as graphic design, culinary arts, spiritual practices, and celebrations of local places and histories.”

“Arts and cultural activities take place in arts and cultural centers, schools, libraries, homes, places of worship, local businesses, in parks, and on streets.”
“Arts and cultural activities are central to building trust, making connection, facilitating communication, and inspiring social change. They also make health information more understandable, memorable, and actionable.”
“The Mechanic”
Fix broken organic parts.
Eradicate disease
Specialists w/ defined scope of practice.

“The Gardener”
Facilitate innate healing, in an interdependent ecosystem.

Environment and network supports therapeutic engagement and self-care
What I bring to SHARE:
• Openness
• Flexibility
• Cross-cultural translation

SHARE Roles:
• Chair, Community Engagement

Shanti Project Roles:
• Senior Director of Programs
Many of Shanti’s clients were already socially isolated before the pandemic:

- Stigma, discrimination, lack of familial acceptance
- Staff acknowledged provision of emotional support as a key aspect of essential service delivery.

Additionally, Shanti staff were separated from each other in previously unthinkable ways.

In collectively experiencing a global health crisis and divide – building human connections has been critical.
Cross-sector, interdisciplinary space for staff in diverse roles unique for Shanti:

• Accounting managers
• Care navigators
• Case managers
• Database associates
• Development associates
• Executive leadership
• Program directors
• Program managers
• Special projects leaders
• Volunteer coordinators
• Wellness coordinators

Goals:
1. Build community across previously siloed programs
2. Personally experience SHARE
3. Expand on self-care practices
4. Collaborate on identifying current client needs
5. Shape development/continual adaptation of series

The success of the staff pilot was reflected in: staff independently decided to continue weekly meetings modeled after the SHARE format throughout the pandemic; Liz Stumm from the pilot series stepped into a SHARE leadership role
Year 1

- **Clients**: Weekly series (open empowerment community)
- **Staff**: Pilot Series

Year 2

- **Staff**: Quarterly wellness retreats, SHARE consultation
- **Clients**: “Mobile” SHARE facilitators into established
- **Alternating Staff/Client sessions**
Pivots: Client Series

Expectation vs. Reality

Simply Connected

Product Features vs. User Needs

GrandPad

shanti PROJECT
Client themes:
• Break from illness identity
• Non-judgmental space to connect
• Diverse ways to participate

Staff themes:
• Connection with coworkers
• A break in the day for self-care
• Self-insights and authenticity
“Fascinating and genuine facilitators who care about participants and teach us valuable lessons.”

- SHARE participant
Experiential #2
Temperature Biofeedback & Hand Warming
Christopher Gilbert, PhD
Chris

What I bring to SHARE:
• Humor
• Maintenance of lifelong friendships
• Never far from rapture

SHARE Roles:
Lead Facilitator
• Biofeedback
• Expressive Writing

UCSF Roles:
Then: Osher Center
Biofeedback Psychologist
Now: Behavioral Health Program Coordinator
Biofeedback of Skin Temperature

**Anxiety-provoking memory**

*Sympathetic:* Cold hands/feet
*Fight, Flight, Freeze*

**A memory of hand warmth**

*Parasympathetic:* Warm hands/feet
*Autonomic relaxation balances visceral processes*

Relaxed - 95°F

Tense - 70°F

“Peace of mind” means “peace of body” also.
Hand-Warming

Signs of hand warming and increased blood flow:
• Warmth: Moving from the wrists to palm to fingers
• Pulsations: feeling your heartbeat in your hands
• Heaviness, fullness, or expansion
• Slight tingling or prickling
You may feel all of these or just one or two.

Practice: With full attention for several minutes, try:
• A memory of warmth and relaxation, such as a hot bath
• Repeating while imagining: “My hands are warm and heavy.”
• Breathing fully and slowly, focusing on relaxation

Notice in detail how it feels to remember when practicing hand-warming. There is no one best way to learn hand-warming, so experiment and be flexible while using biofeedback.

Touching your fingers to your lower lip will give you some idea of your hand temperature. Above 90° F your fingers should feel warmer than your lips.
I see: Snow-capped mountains
I hear: A flowing stream
I smell: Meadow wildflowers
I taste: Mint, citrus, lavender
I feel: Crisp, cool air + warm cuddly animal
My mind-body is: Open, bright, at ease

Shanti: Sanskrit for “Inner Peace”
“A welcoming atmosphere that encourages different ways of expression and community-building.”

- SHARE participant
SHARE aims to create a cross-program space inclusive of people with diverse identities (e.g., health status, race, religion, language, gender identity, and sexual orientation).

Participants reflect on universal human emotions, build empathy, and inspire insights that we are not alone. Offering a wide palette of expressive mediums to foster greater equity for nonverbal forms of communication for people facing verbal and written language barriers who could otherwise feel left out.
Implicit Bias

“You know that if we’re late they’re going to blame me.”

“Well-behaved cats seldom make history.”
“I have a couple of other projects I’m excited about.”
Positionality
Diverse Viewpoints around the same image

Zoom: Istvan Banyai, 1995
SHARE-ing Perspectives

1. Worms – not a pleasant thing to look at!
2. One flower “awake” another one “asleep.”
3. Contrast. Admire the flower. Violates the background by being a different color.
4. Resiliency. Desert flower. Mats of ice plants line the freeway. They don’t snap, just give way.
5. Sun in two ways. Directional. Look at each other’s sunshine.
8. Open and close. Boundaries and choice.
SHARE-ing Perspectives
Heart, THIS is what's normal.

And THIS is what YOU think is normal.

Do you see the problem?

I do. I do.

I'm sorry you're so boring, but I love you and I support your right to be that way.
Why cultivate community?
"Integrative health is all about bringing diverse ideas and perspectives together, in the research realm as well as in clinical practice."

—Helene M. Langevin, M.D., Director, NCCIH
“Integrative medicine and health reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic and lifestyle approaches, healthcare professionals, and disciplines to achieve optimal health and healing.”

Mutual Empowerment: diverse experiences, strengths and skillsets → for diverse human beings.
Welcome! What's Your Passion for Integrative Medicine and Health? View From the Treetops

The Academic Consortium Diversity, Equity and Inclusion Taskforce will lead us through an engaging process that will create a space for us to connect, get to know new members and inspire each other to dream big throughout the rest of our day together and in the year to come as a community.

Where Have We Been? Revisiting Our Roots

Panelists: Tracy Gaudet, Aviad Haramati, Benjamin Kligler, Mary Jo Kreitzer, Victoria Maizes
Moderator: Samantha Simmons

Join us as we engage in discussion with a subgroup of those who sought to improve the lives of others through the creation of the Academic Consortium for Integrative Medicine and Health. This discussion will present an opportunity to share a deep reflection of our shared mission in consideration of our beginning. Storytelling traditions surrounding the origins of communities of people have been common since the dawn of humanity. We will seek to discern how our roots can be extended creatively and effectively to sustain our work today, take heart in knowing we are not alone on this journey and get an infusion of inspiration to remain committed to who we are called to be and what we are called to do today in advancing integrative health.
Impact of Planting Seeds over 20 years ago
“Gardening is the slowest of the performing arts”
– Mac Griswold
ADVICE FROM A TREE

Stand tall and proud
Sink your roots into the Earth
Be content with your natural beauty
Go out on a limb
Drink plenty of water
Remember your roots
Enjoy the view!
What is your stress response of choice?

“Flight”
Disconnection

“Freeze”
Stillness

“Fight”
Connection

What is your self-care response of choice?
## Self-Care Languages

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<tr>
<th>Quality Time</th>
<th>Acts of Service</th>
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<tr>
<td>Scheduling some uninterrupted alone time to nurture your being.</td>
<td>Doing tasks that need to be completed or things that have been neglected, which serve your wellbeing.</td>
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</table>
| - Meditation or introspection  
- Transformational breathing  
- Engaging in a creative passion  
- Taking yourself on a date  
- Reading a book or watching something  
- Enjoying a warm beverage and blanket  
- Spending time in nature  
- Rest, recovery and sleep | - Cleaning your home  
- Making your bed  
- Taking the trash out  
- Preparing healthy meals  
- Scheduling, planning, organizing and delegating  
- Attending therapy or coaching  
- Living more purposely |

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<th>Physical Touch</th>
<th>Receiving Gifts</th>
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<td>Honouring your body by doing things that make it feel good.</td>
<td>Treating yourself or creating gifts for yourself that spark joy.</td>
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</table>
| - Yoga, exercise, dancing, Qigong, etc  
- Massage or spa day  
- Epsom salt bath or warm shower  
- Skin care and grooming  
- Pampering sessions | - Spending money on your hobbies  
- Shopping for things you love (within your means)  
- Going on a trip or holiday  
- Eating healthy food out  
- Buying a nourishing smoothie  
- Investing in knowledge and education  
- Using arts and crafts to make yourself something |

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<th>Words of Affirmation</th>
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<td>Positive self-talk, gratitude towards yourself and empowering affirmations.</td>
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| - Making a list of your strengths and successes  
- Speaking kindly to yourself  
- Journaling and mantras  
- Speaking your ideal future into existence  
- Little pep talks | |

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Inspired by Gary Chapman’s “The 5 Love Languages.”

For more information on self-love, please read “Good Vibes, Good Life.”

[Signature: V. King]
Describe, draw, or simply imagine:
A moment when you felt a deep sense of connection with your core values. “Living in my element.”

“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.” - Rumi
“Weekly meetings with cancer patients NOT focused on the cancer. Encouraged to enjoy!”

- SHARE participant
Mind-Over-Full?

“I had my own blog for a while, but I decided to go back to just pointless, incessant barking.”

Self-compassion to be Less-of-Mind
Why does the prefrontal cortex shut down during improvisation?

“It's not just something that happens in clubs and jazz bars. It's actually maybe the most fundamental form of what it means to be human – to come up with a new idea.

Charles Limb, MD
Chief, Division of Otology, Neurotology and Skull Base Surgery
Professor of Otolaryngology
Breath, movement, five senses:

I see. I hear. I smell. I taste. I feel.

Prefrontal Cortex:
Self-Monitoring
Planning, Brakes

Amygdala:
Smoke Alarms

Top-down: MIND→body
Think first, then experience
Voluntary: “I will breathe”

Bottom-up: BODY→mind
Experience first, then conscious
Involuntary: “I am being breathed”

Breath, movement, five senses:
I see. I hear. I smell. I taste. I feel.

Deactivated by improv and spontaneity: e.g.,
singing, improv, dance, drumming, laughter, martial
arts, expressive therapies
Collaborative Spotify playlists: Facilitator/Client/Staff-sourced
Zoom: Immersive View
How will you use the SHARE Toolkit?

- Personal Reflections: Writing & Art
- Temperature Biofeedback
- Music & Sensory Immersion
- Sharing Words & Doodles over Zoom
“The kit itself made me value my creative self again after frontline cancer treatment.

Gave me a jolt that yeah, good things are still available.”
Open-source content:
Recap of weekly sessions and resources for all

Non-profit organization and public academic medical center mission statements

Nurture health and inspire well-being in all people

Build human connections to reduce isolation, enhance health and well-being, and improve quality of life.
Thank you all!

We are grateful for the opportunity to create meaningful human-to-human connections and community.
“Campfire” Meet & Greet
Cultivate community & SHARE wisdom:

Reflect on work/play-shop experientials
How do self-expression, art forms, culture, or a sense of humanity show up in your life?

Create a sensory terrarium (mini-garden)
Metaphor for integrative health community, and a larger interconnected ecosystem
CONSORTIUM CONNECT  https://imconsortium.org/consortium-connect

CONSORTIUM CONNECT is a robust online community platform, a safe place where researchers, faculty, staff and trainees from Academic Consortium member institutions find practical resources focused on integrative medicine and health, share news and experiences with each other, participate in special interest groups and stay connected in this rapidly developing field.

Login to Consortium Connect
Join Consortium Connect

Expressive Therapies
Expressive Therapies SIG: First Thursdays

Cleveland, OH: 12:00-1:00 PM
San Francisco, CA: 9:00-10:00 AM

Vibrational Sound Therapy,
Angel Foss, MS, MT-BC
2022 Faculty Cluster Hire Strategy

The UCSF Osher Center for Integrative Health is conducting a national search to add four new faculty members to our team. In a concerted effort to expand our expertise in integrative health equity, we have posted these four positions as part of a cluster hire to attract faculty with shared interests and demonstrated work in health equity as it relates to clinical practice or research. Our faculty cluster hiring strategy is not only representative of our growth, but demonstrates our commitment to recruit, support, and elevate innovative faculty that bring diverse backgrounds, research, and clinical expertise to foster interdisciplinary collaboration in the field of integrative health.

Goals & Objectives

Our priorities for recruiting new faculty to the UCSF Osher Center as part of a cluster hire include the following goals and objectives:

- Distinguishing the UCSF Osher Center as a leader producing and delivering innovative research, education, and clinical services to advance our mission of integrative health equity.
- Fostering a dynamic and inclusive workplace by prioritizing diversity of backgrounds, interests, and expertise.
- Creating an environment for interdisciplinary collaboration.
- Supporting faculty retention.

Director of Clinical Programs

We are looking for a director to build and grow relevant clinical services, ensure quality of care and patient safety, and achieve excellent outcomes in patient experience and efficiency. This person must demonstrate an actionable commitment to diversity, equity, and inclusion in clinical care, hiring and retention, and community building. The ideal candidate for Director of Clinical Programs is an academic physician at the Assistant Professor level or above with a strong track record in leadership, scholarship, and innovation. The successful candidate recognizes the value of teamwork in an interprofessional environment and balancing multiple missions in the rapidly changing healthcare context. Applicants must possess a medical degree (MD or DO), medical license in CA (or eligibility for licensure), and board certification.

Integrative Medicine Physician – Adult Generalist

UCSF’s Osher Center for Integrative Health, Department of Family and Community Medicine, and the Department of Medicine/Division of General Internal Medicine are looking for a candidate with exceptional clinical skills in integrative medicine, experience with interprofessional teamwork and collaboration, and a commitment to diversity, equity, and inclusion. Candidates must be Board-certified in family medicine or internal medicine, have completed a fellowship or equivalent advanced training in integrative medicine, have direct experience in the practice of complementary and integrative healthcare.

Integrative Medicine Physician – Oncology

We are looking for someone with exceptional clinical skills in integrative oncology, experience with interprofessional teamwork and collaboration, and a commitment to diversity, equity, and inclusion. Candidates must be Board-certified in medical oncology or another oncological specialty, have completed a fellowship or equivalent advanced training in integrative medicine, have direct experience in the practice of complementary and integrative healthcare.

Integrative Medicine Research Faculty

An ideal research faculty candidate must have an MD, PhD, or equivalent academic doctoral degree at the time of hire; research experience, including a strong track record of publications; and a demonstrated commitment to diversity, equity, and inclusion. Applicants are expected to have extramural grant funding and to lead an independent research program. The position also includes teaching, mentoring, and scholarly activities. Appointments will be at the assistant, associate, or full professor level (commensurate with qualifications) in either the Adjunct, Clinical X, or In Residence series in the Department of Family and Community Medicine, the Department of Medicine/Division of General Internal Medicine or Prevention Science, or the Department of Psychiatry and Behavioral Sciences.