



2022 International Congress on
Integrative Medicine and Health

May 23–26, 2022 | Phoenix, Arizona, USA

Academic Consortium for Integrative Medicine and Health

Advancing Healthcare Together. Inclusive. Informed. Integrative.

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

UCSF



Osher Center for
Integrative Health

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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.
2. Assess practical considerations, benefits, and challenges of delivering creative arts for mind-body expression to underserved communities during COVID-19.
3. Identify a creative expression method that can be incorporated into integrative health work or as part of self-care.

10:45-12:00 - Concurrent Sessions

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.

WELCOME TO PHOENIX!

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](#)).

SHARE-d Values

The Community+ Mount Zion Award fosters collaboration and innovation in community-based programs to address unmet health-related needs in San Francisco



Cultivate Compassion	Compassion	Compassion
Center Social Justice and Racial Equity	Equity	Social Justice
Champion differences	Whole-person care	Innovation
Support unconditionally	Empowerment	Service Education
Take care of each other	Collaboration	Community Building
Honor human dignity	Focus on wellness	Leadership



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 Jacksonville eyes the yoyo, chases it down the beach



• The jaguar is perplexed, hesitant, not knowing exactly what he's seeing.

Tulum is the stage.



I am a yoyo with limitless energy, I roll fastest on packed sand

Sunset is the cut off for jaguar's adventures



Session 2, May 6

6

7

8

9

10



Story 2

A gorilla tries to open a coconut to get to the juice.



Another gorilla steals a coconut from a person with a selfie stick.



Selfie sticks are very obnoxious. They use the selfie stick to break open the coconut.



11

12

13

14

15

The coconut is a shy coconut and doesn't want their picture or video 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 obnoxious tourist," the gorilla says to the coconut.



16

17

18

19

20

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 Safeway 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



“Warmth”

“Connection”

“Vulnerable”

“Energized”

“Trust”

“Creativity”

“Fun”

“Smiles”

“Spontaneous”

Sharing Humanity through **Reflection**





love heals.



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

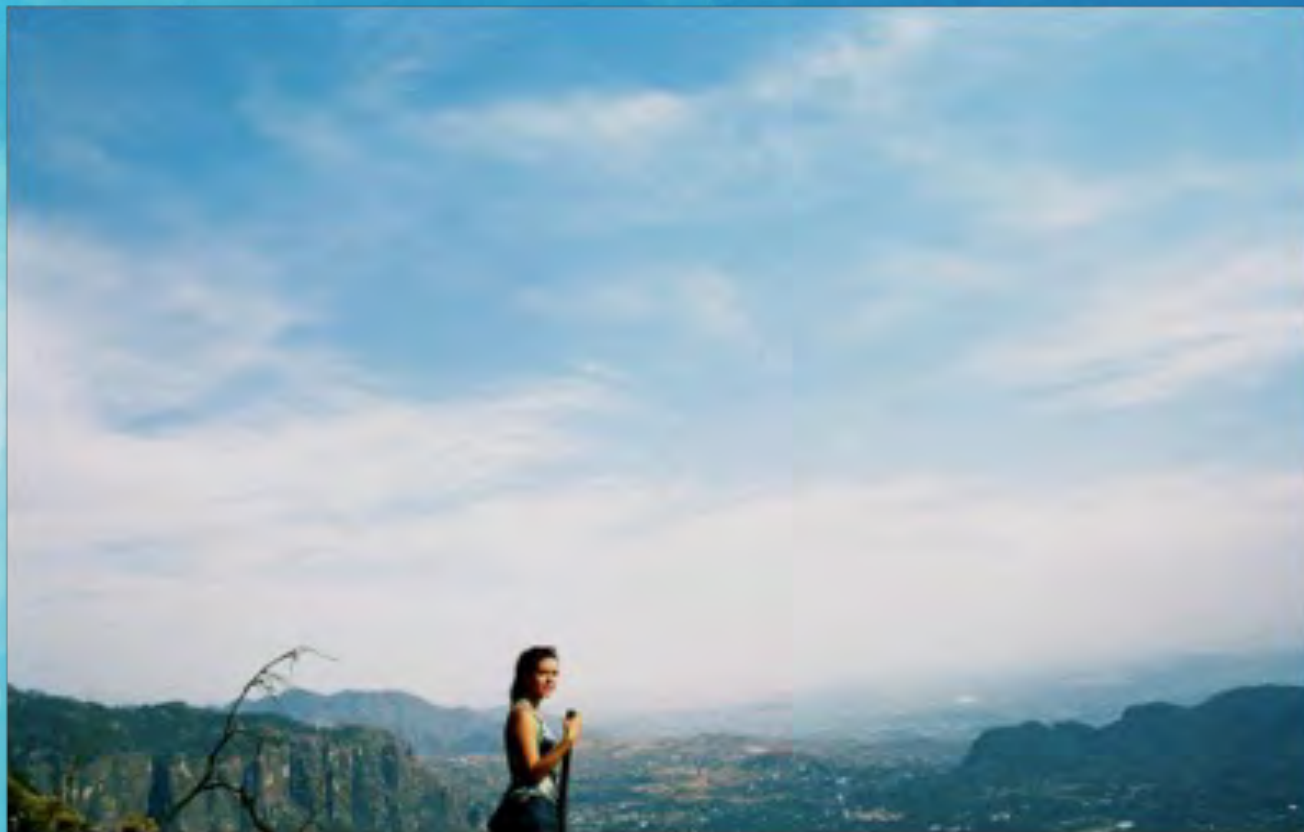
SHARE roles:

- 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.

IN FISCAL YEAR
2020-2021

4,000+

San Franciscans
received
compassionate
care, community,
and connection
with Shanti

1,000+

People
volunteered
more than
28,000 hours
of time

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.

100

People received services

3,485

Hours of direct care

100%

People living with very low income

96%

People who live alone

75

People living with a mental and/or physical disability

86

People aged 60+

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.”

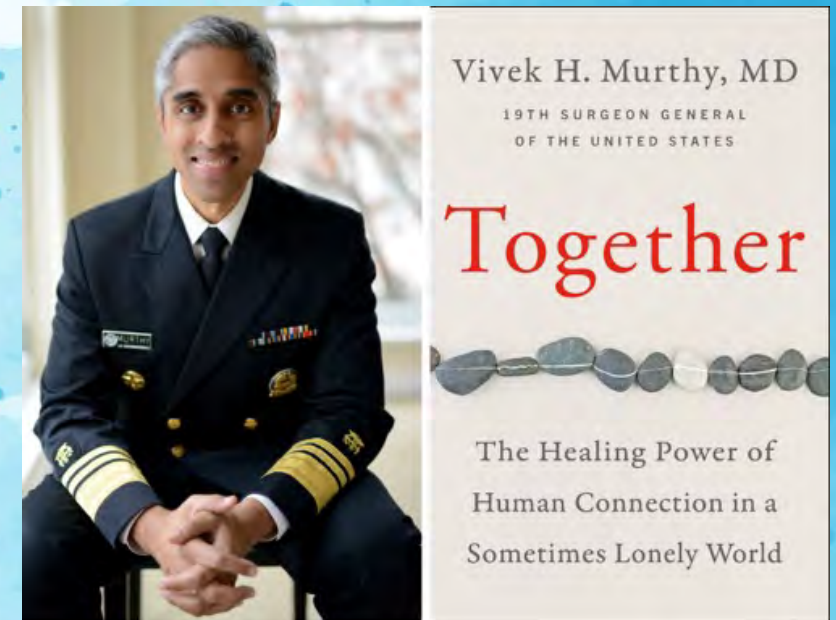
- SHARE participant

“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





Point of Reference. Impact of SHARE-ing viewpoints? West? East? Individual? Collective?



**SINGAPORE
AMERICAN
SCHOOL**



University of Hawai'i
Psychiatry
RESIDENCY PROGRAM

UCSF Osher Center for
Integrative Health



**shanti
PROJECT**



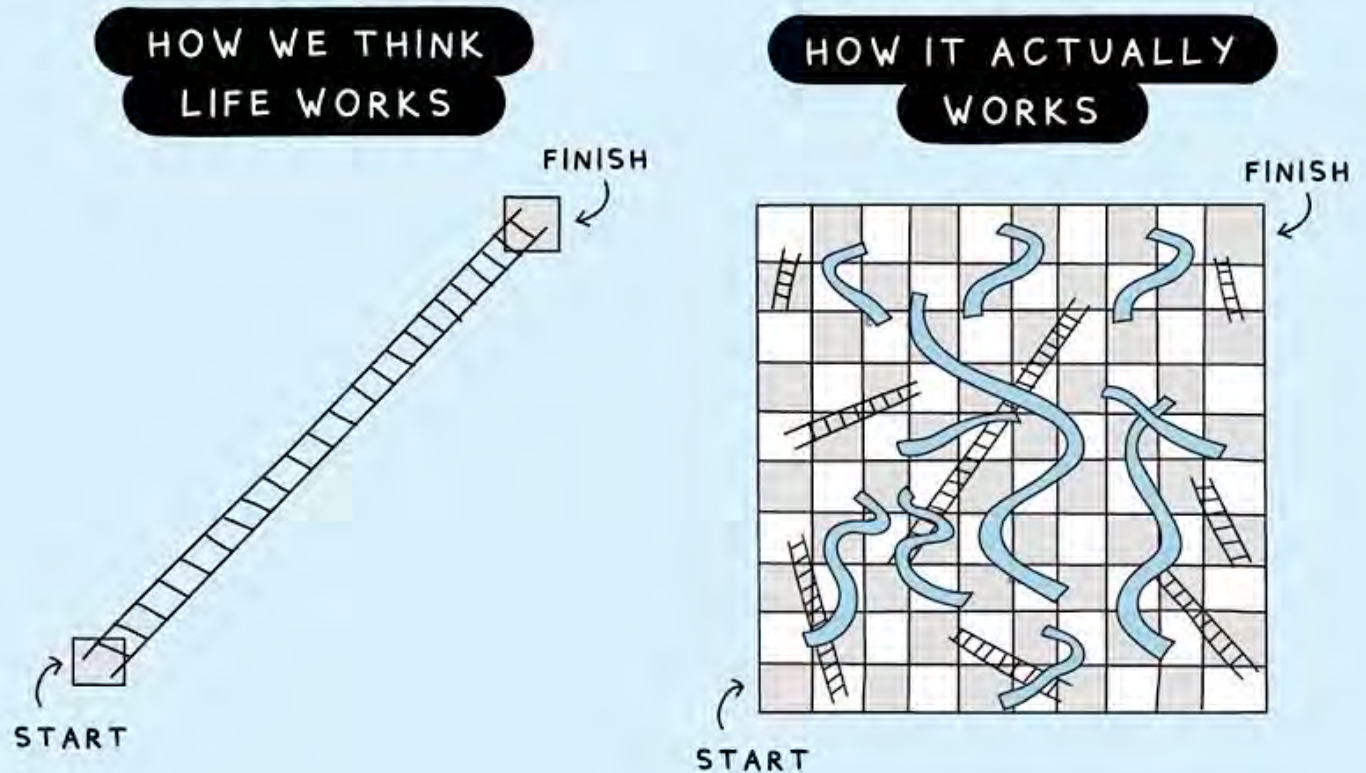
THE UNIVERSITY OF ARIZONA
**Andrew Weil Center
for Integrative Medicine**



MIDWESTERN UNIVERSITY
Tomorrow's Healthcare Team

Overview: SHARE Project: Birth out of COVID-19 Pandemic

Selena Chan, DO

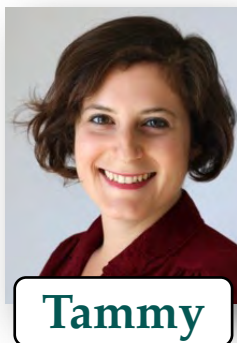


LIZ FOSSLIE

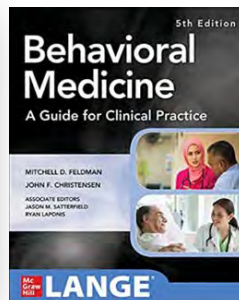
BBC
NEWS



In a new light (or Zoom): remember more dimensions, humanity



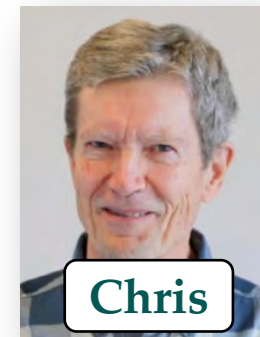
Tammy



Selena

Rick Hecht, MD
2022 Bravewell
Distinguished
Service Award

- 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.



Chris



Eric



Liz

Liz (Pilot staff series) joins SHARE leadership as essential core contact for clients, staff programs, and resource website

When we open space for meaningful connection, what could blossom?



Liz

Program Coordinator +
Researcher



Chris

Facilitator



Tammy

Facilitator



Selena

Program Director +
Facilitator



Eric

Community
Engagement Chair





Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

What's Your Role?

Arts and Culture



“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.”



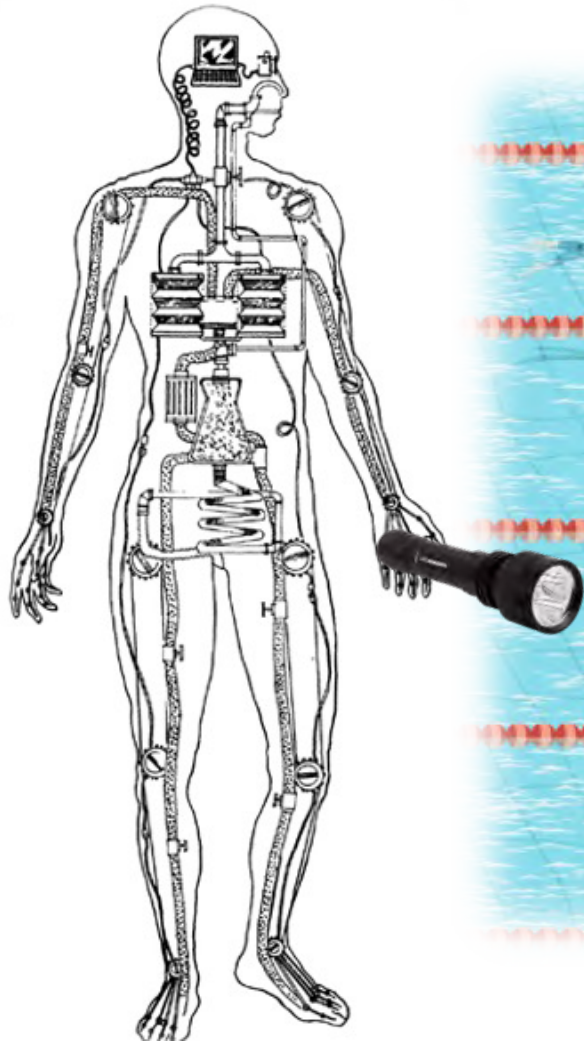
“Arts and cultural activities take place in arts and cultural centers, schools, libraries, homes, places of worship, local businesses, in parks, and on streets.”

“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.



**Biomedicine
Conventional
Health Care**

**Whole-
Person
Complementary
Coordinated
Integrative Health**

**Traditional,
Indigenous
Medicine &
Wisdom
Traditions**

"The Gardener"

Facilitate innate
healing, in an
interdependent
ecosystem.



Environment and network supports
therapeutic engagement and self-care

UCSF Osher Center for
Integrative Health



Illustration by Davide Bonazzi



Eric

What I bring to SHARE:

- Openness
- Flexibility
- Cross-cultural translation

SHARE Roles:

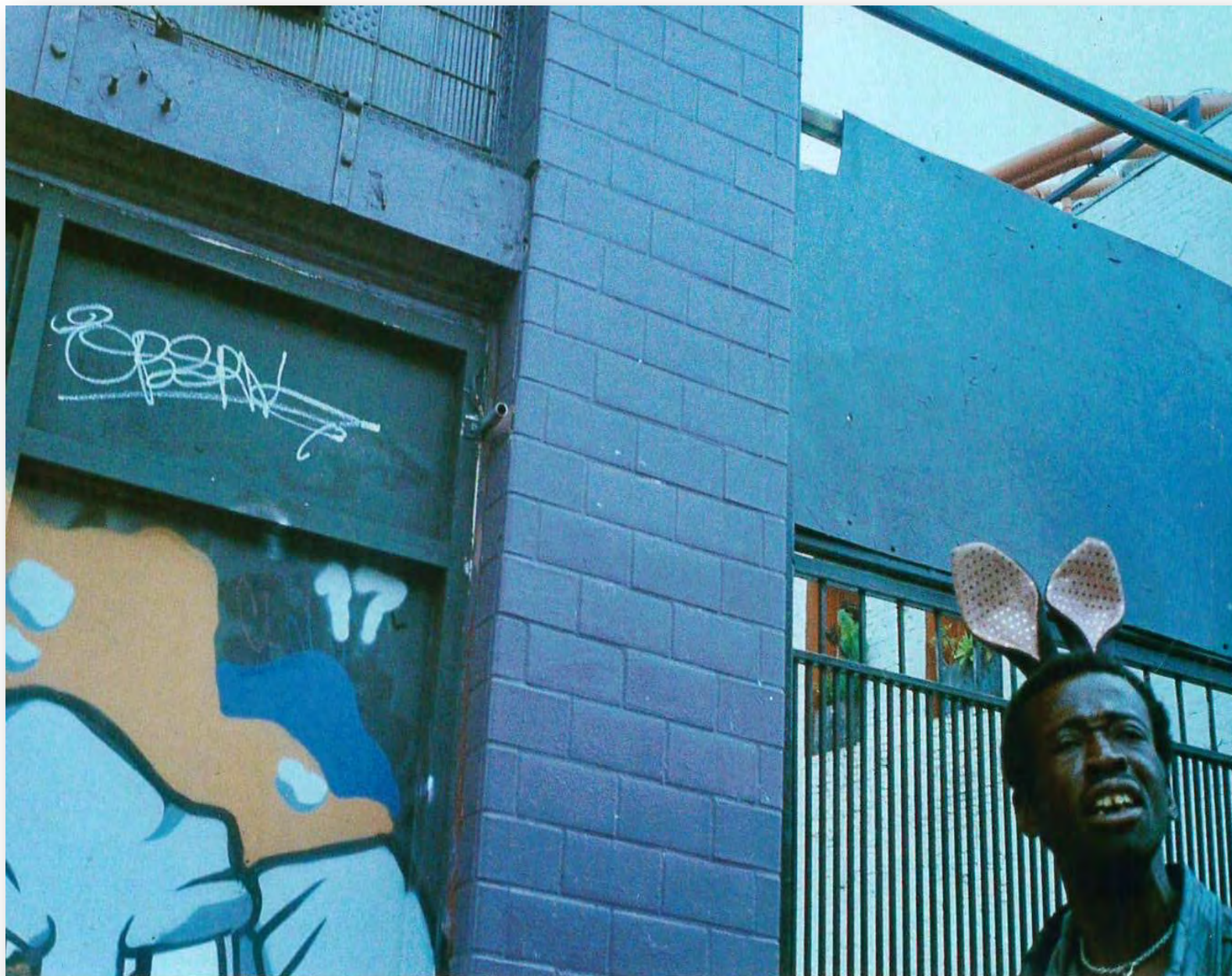
- Chair, Community Engagement

Shanti Project Roles:

- Senior Director of Programs







COVID-19 Pandemic: Impact on Shanti Community

In collectively experiencing a global health crisis and divide – building human connections has been critical.

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.



love heals.

First Pilot for Shanti Staff

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**

Client Spotlight: Hulda
Hulda became a client of Shanti in 1994, three years after she was diagnosed with HIV. At that time San... more

Client Spotlight: Shirley
Shirley is a 96-year-old woman who spends most of her time alone with her kitty in her condo she has... more

Client Spotlight: Anil & Tango
PAWS helps ensure Anil, a PAWS client of eight years, has the resources to care for his beloved dog, Tango... more

Client Spotlight: Luisa
My name is Luisa and have been a client of Shanti's Women's Cancer Program for more than eight years. I... more

Client Spotlight: Alexandra & Otis
Otis is a 13-year-old white and tan Jack Russell Terrier. Alexandra is a 48-year-old woman. They are the best of... more

Client Spotlight: Hank Trout
Photo Credit: Saul Bromberger & Sandra Hoover Photography When I moved to San Francisco in August 1980 to take a... more



Pivots: Client Series

Expectation



Reality



Product Features	User Needs
	

@_yes_but

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



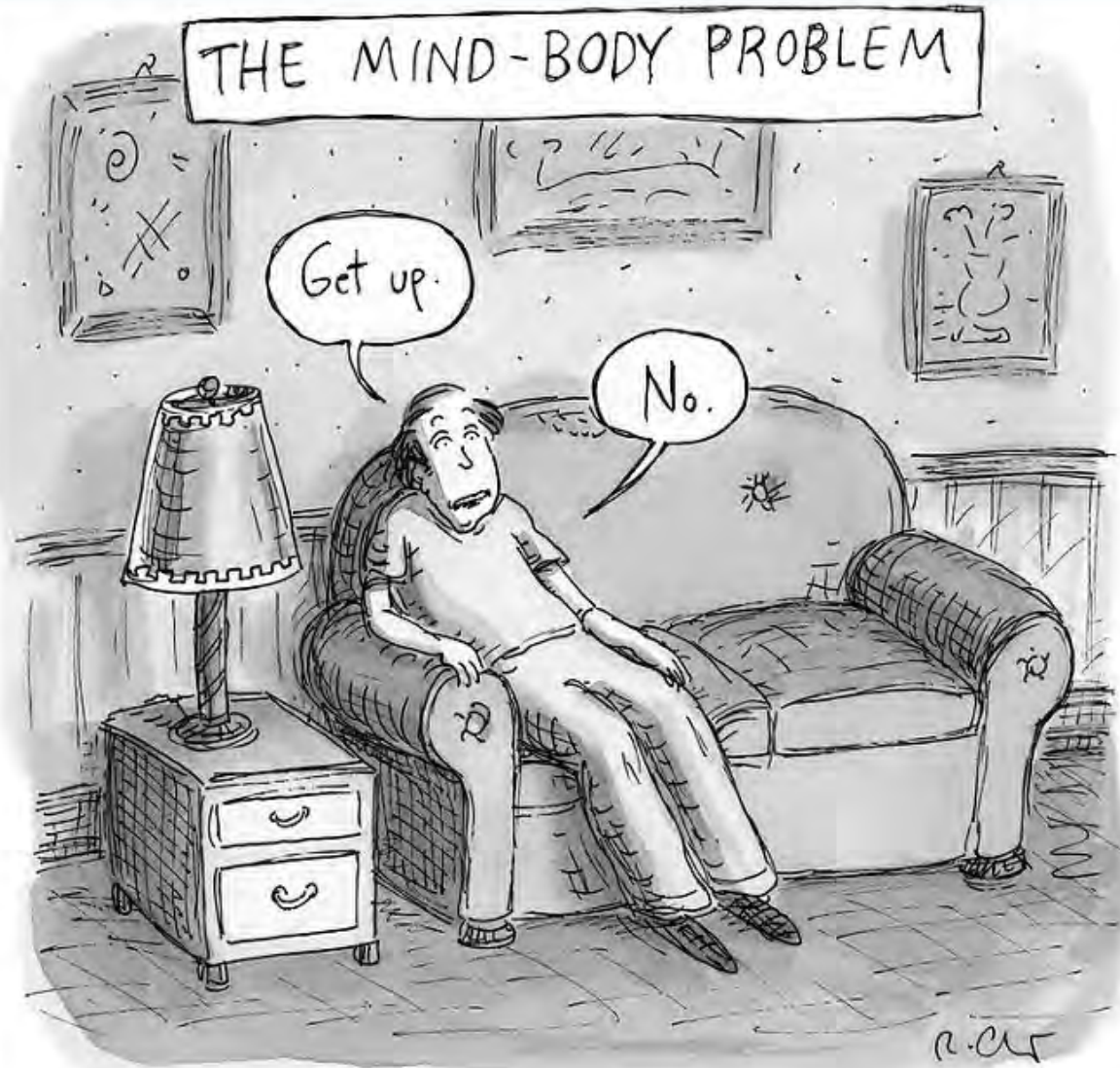
“Fascinating and genuine facilitators who care about participants and teach us valuable lessons.”

- 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



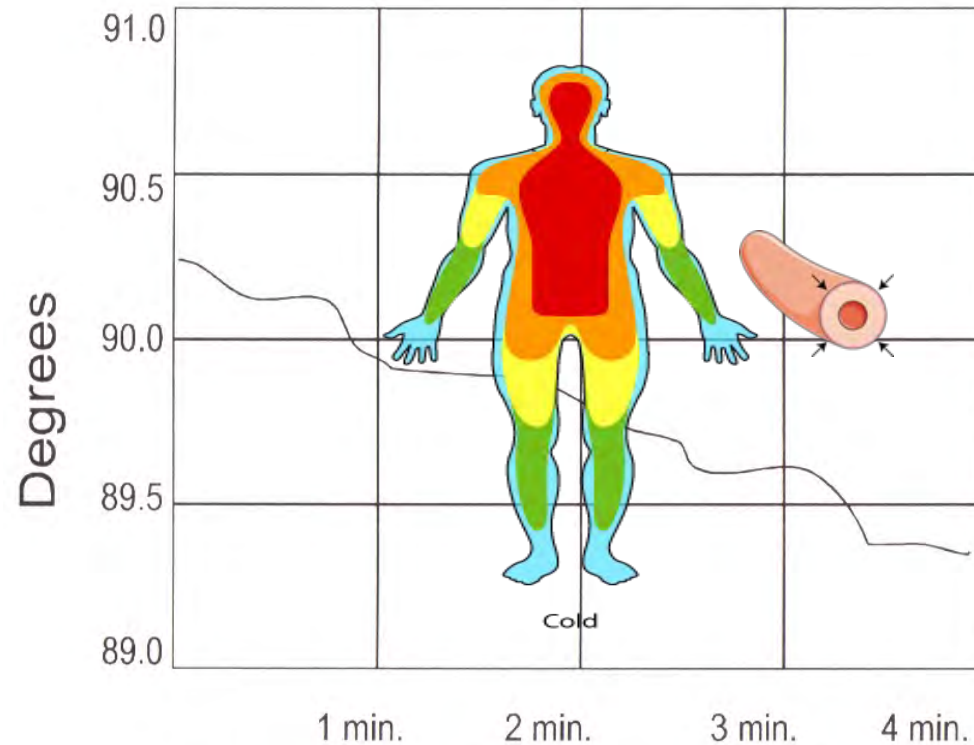
An anxiety-provoking memory

Sympathetic: Cold hands/feet
Fight, Flight, Freeze

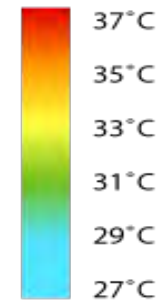


A memory of hand warmth

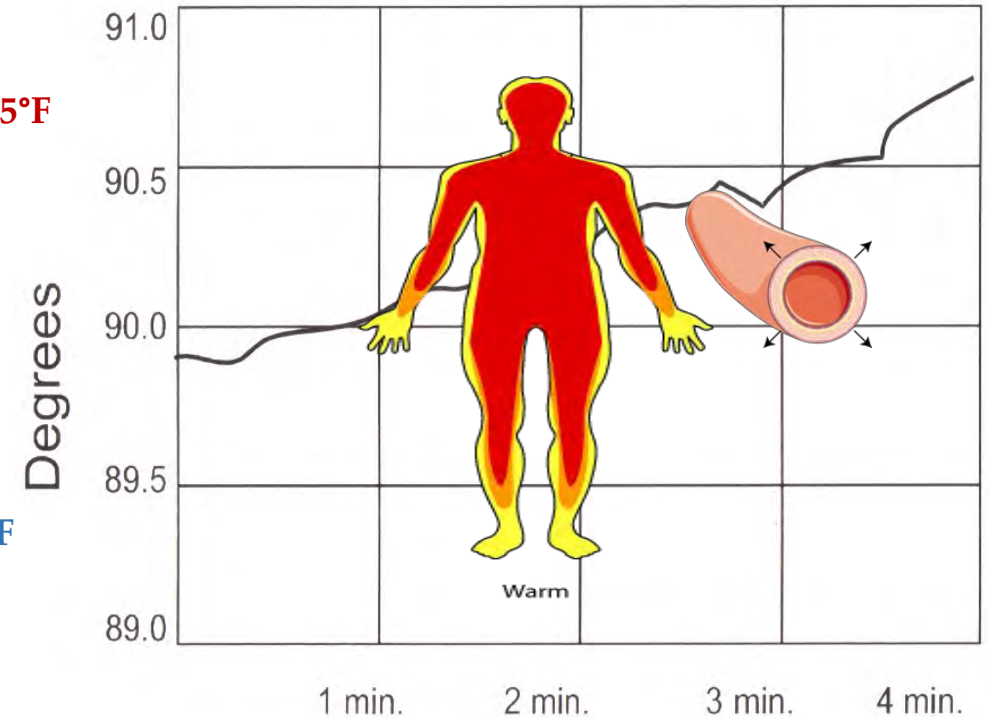
Parasympathetic: Warm hands/feet
Autonomic relaxation balances visceral processes



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.



Shanti: Sanskrit for “Inner Peace”

I see: Snow-capped mountains

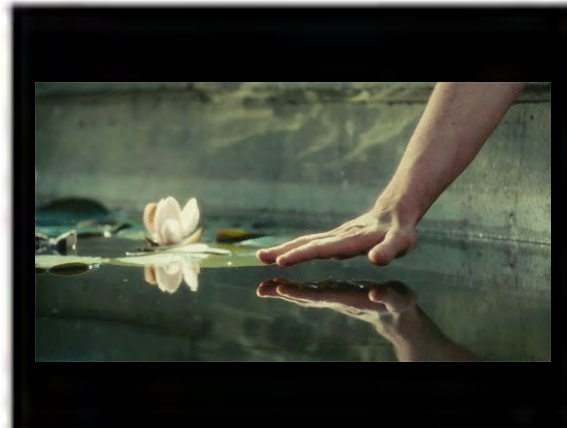
I hear: A flowing stream

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



Warm hands > relaxed

Cold hands > tense

Hold thumb on square (10 sec)

Best at room temp. (70–74° F)

Not an actual medical indicator



“A welcoming atmosphere
that encourages different
ways of expression and
community-building.”

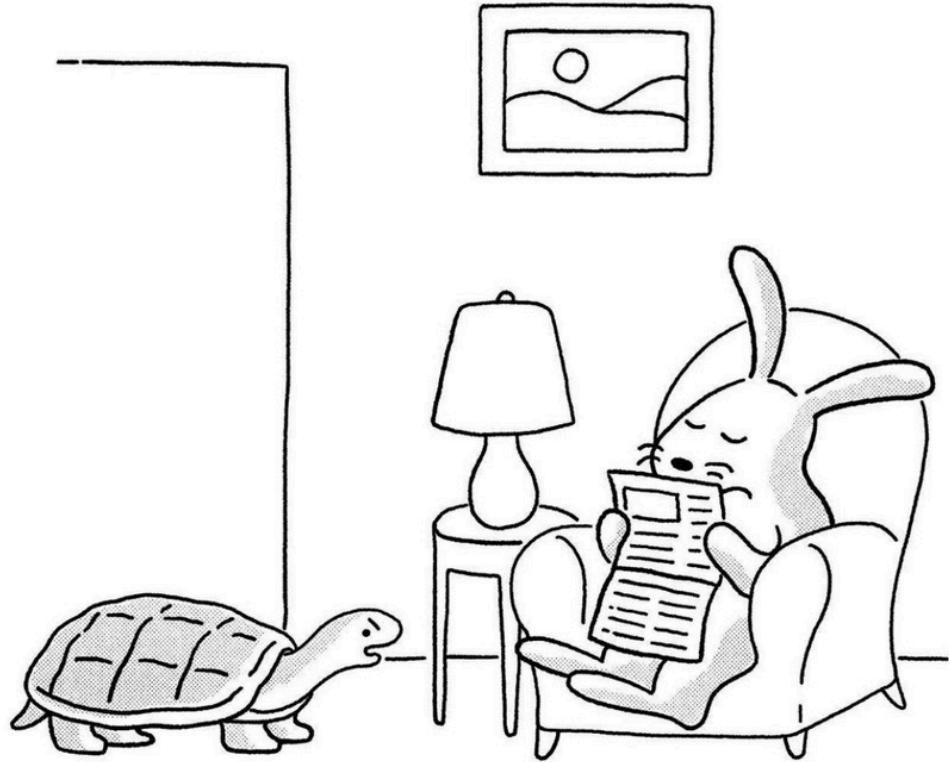
- SHARE participant

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



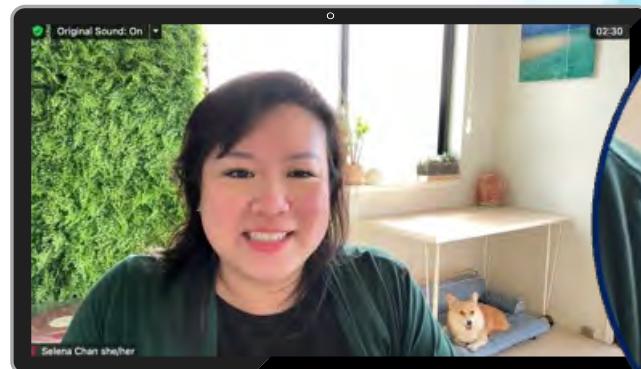
"You know that if we're late they're going to blame me."



"Well-behaved cats seldom make history."



"I have a couple of other projects I'm excited about."





Zoom: Istvan Banyai, 1995

Positionality

Diverse Viewpoints around the same image



Rorschach (Inkblot): Projective test



SHARE-ing Perspectives

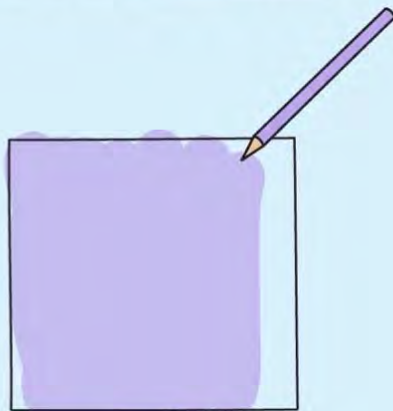


1. Worms – not a pleasant thing to look at!
2. One flower “awake” another one “asleep.”
3. Contrast. Admire the flower. Violates the background by being a different color.
4. Resiliency. Desert flower. Mats of ice plants line the freeway. They don’t snap, just give way.
5. Sun in two ways. Directional. Look at each other’s sunshine.
6. Will grow anywhere. Pollution-resistant. Like the lotus.
7. Valiance. Attracting insects.
8. Open and close. Boundaries and choice.

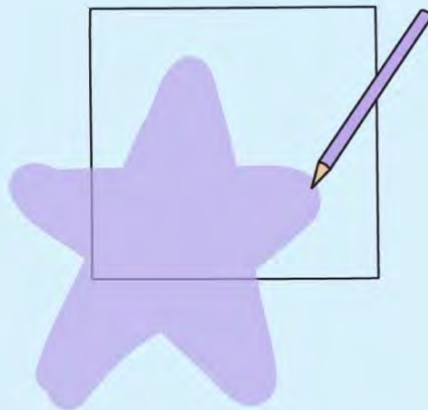
SHARE-ing Perspectives



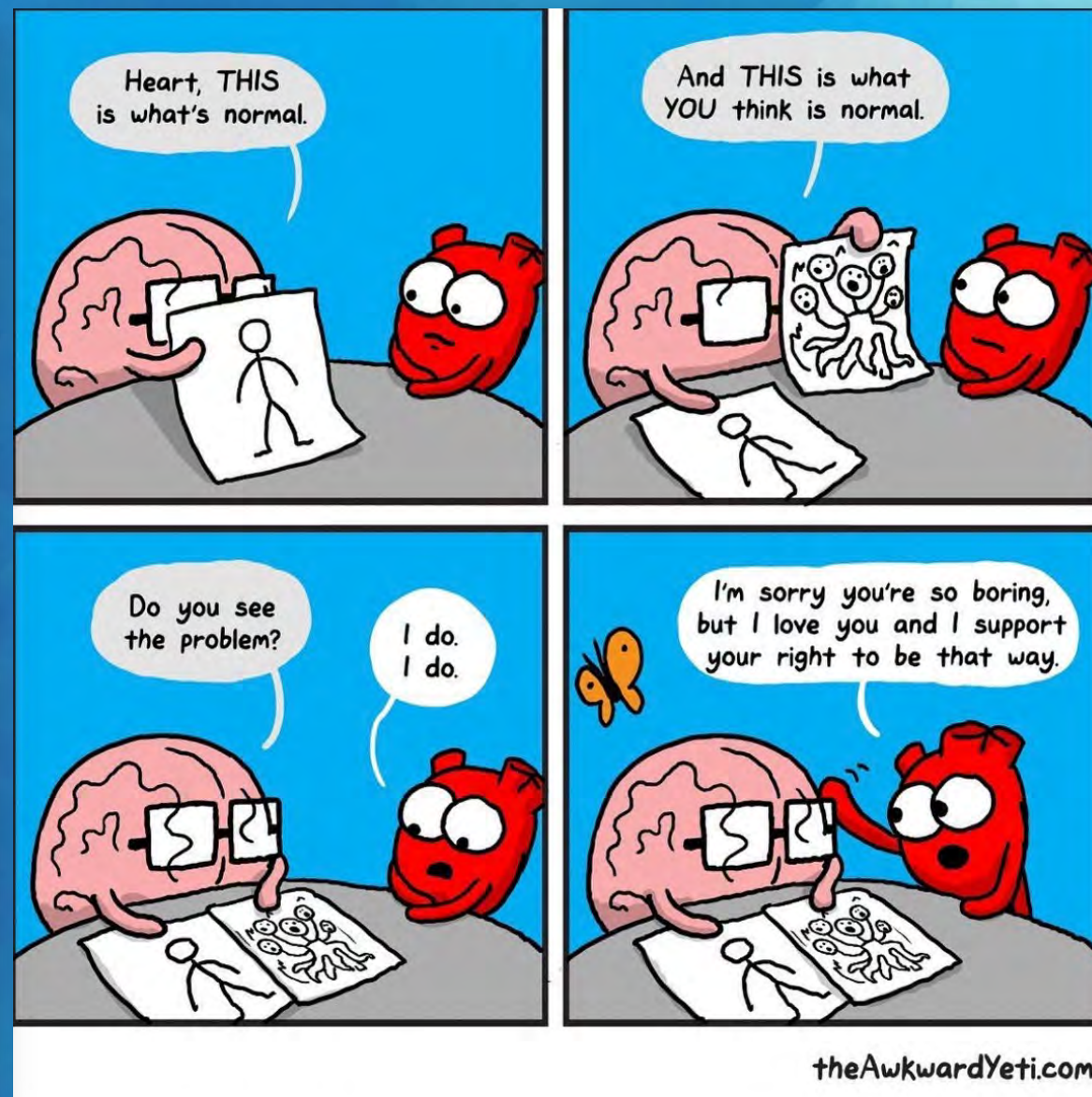
WHO WE THINK
WE NEED TO BE



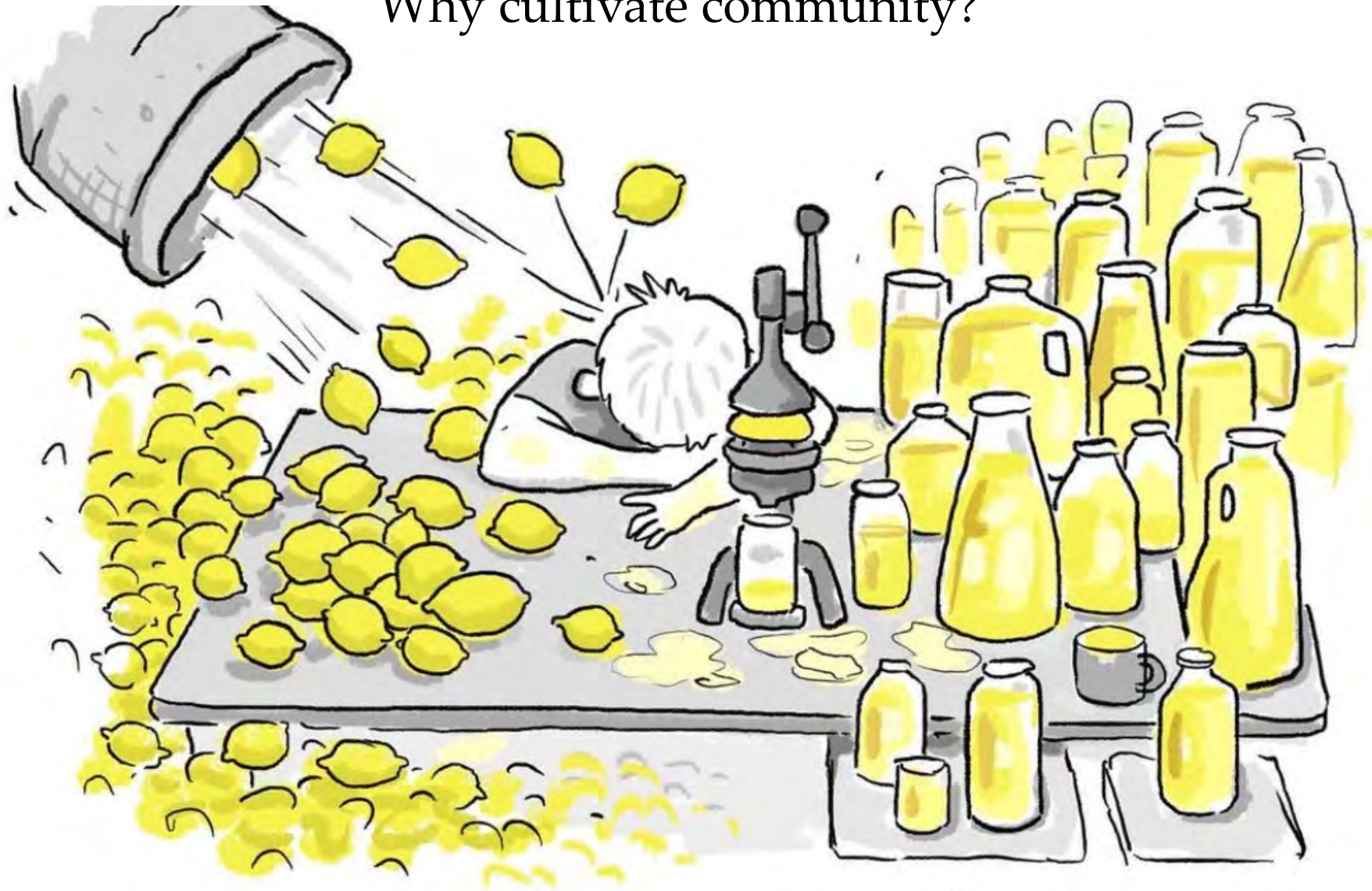
WHO WE CAN BE



LIZ FOSSLIE



Why cultivate community?



WILL SANTINO



National Center for
Complementary and
Integrative Health

“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.”



A transformed healthcare system promoting integrative medicine and health for all.

Mutual Empowerment: diverse experiences, strengths and skillsets → for diverse human beings.



2022 International Congress on Integrative Medicine and Health

May 23–26, 2022 | Phoenix, Arizona, USA

Academic Consortium for Integrative Medicine and Health

Advancing Healthcare Together: Inclusive. Informed. Integrative.

08:30 – 09:45

Welcome! What's Your Passion for Integrative Medicine and Health? View From the Treetops..... Akimel Four

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.

14:45 – 16:00

Where Have We Been? Revisiting Our Roots Akimel Four



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.

A vibrant tropical landscape featuring a dense forest of various green plants and trees. In the background, a large, rugged mountain peak rises against a bright blue sky with scattered white clouds. The foreground is filled with lush foliage, including large-leafed plants and a small, bright red flower. A semi-transparent white rectangular box is centered over the image, containing a quote in a dark blue serif font.

**“Gardening is the slowest
of the performing arts”**
– Mac Griswold

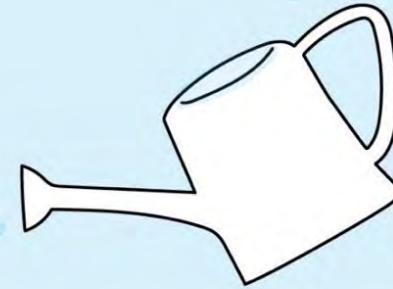
ADVICE FROM A TREE

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!



TO BE ABLE TO
CARE FOR OTHERS

EMPATHY
GUIDANCE
KINDNESS



REST
SLEEP
ALONE TIME

YOU HAVE TO CARE
FOR YOURSELF



LIZ FOSSLIE

What is your stress response of choice?



Move away

"Flight"
Disconnection

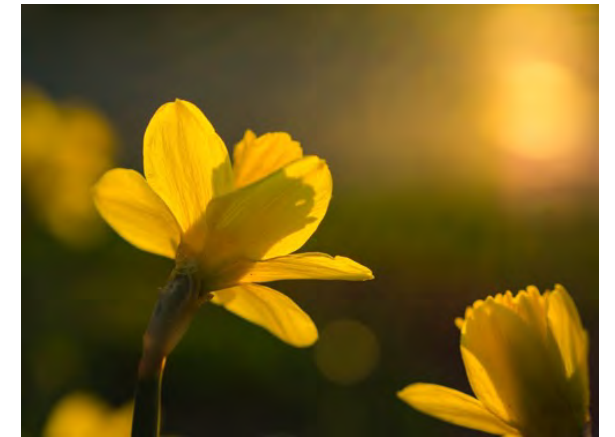


"Freeze"
Stillness



Move towards

"Fight"
Connection



What is your self-care response of choice?

Self-Care Languages



Quality Time

Scheduling some uninterrupted alone time to nurture your being.

- 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

Acts of Service

Doing tasks that need to be completed or things that have been neglected, which serve your wellbeing.

- 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

Physical Touch

Honouring your body by doing things that make it feel good.

- Yoga, exercise, dancing, Qigong, etc
- Massage or spa day
- Epsom salt bath or warm shower
- Skin care and grooming
- Pampering sessions

Words of Affirmation

Positive self-talk, gratitude towards yourself and empowering affirmations.

- Making a list of your strengths and successes
- Speaking kindly to yourself
- Journalling and mantras
- Speaking your ideal future into existence
- Little pep talks

Receiving Gifts

Treating yourself or creating gifts for yourself that spark joy.

- 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

Inspired by Gary Champman's
'The 5 Love Languages.'
For more information on
self-love, please read
'Good Vibes, Good Life.'

Vex King



Experiential: 5-minute Studio Space with Spotify Playlist

Describe, draw, or simply imagine:
A moment when you felt a deep
sense of connection with your core
values. "Living in my element."



Warm hands ► relaxed
Cold hands ► tense
Hold thumb on square (10 sec)
Best at room temp. (70–74°F)
Not an actual medical indicator

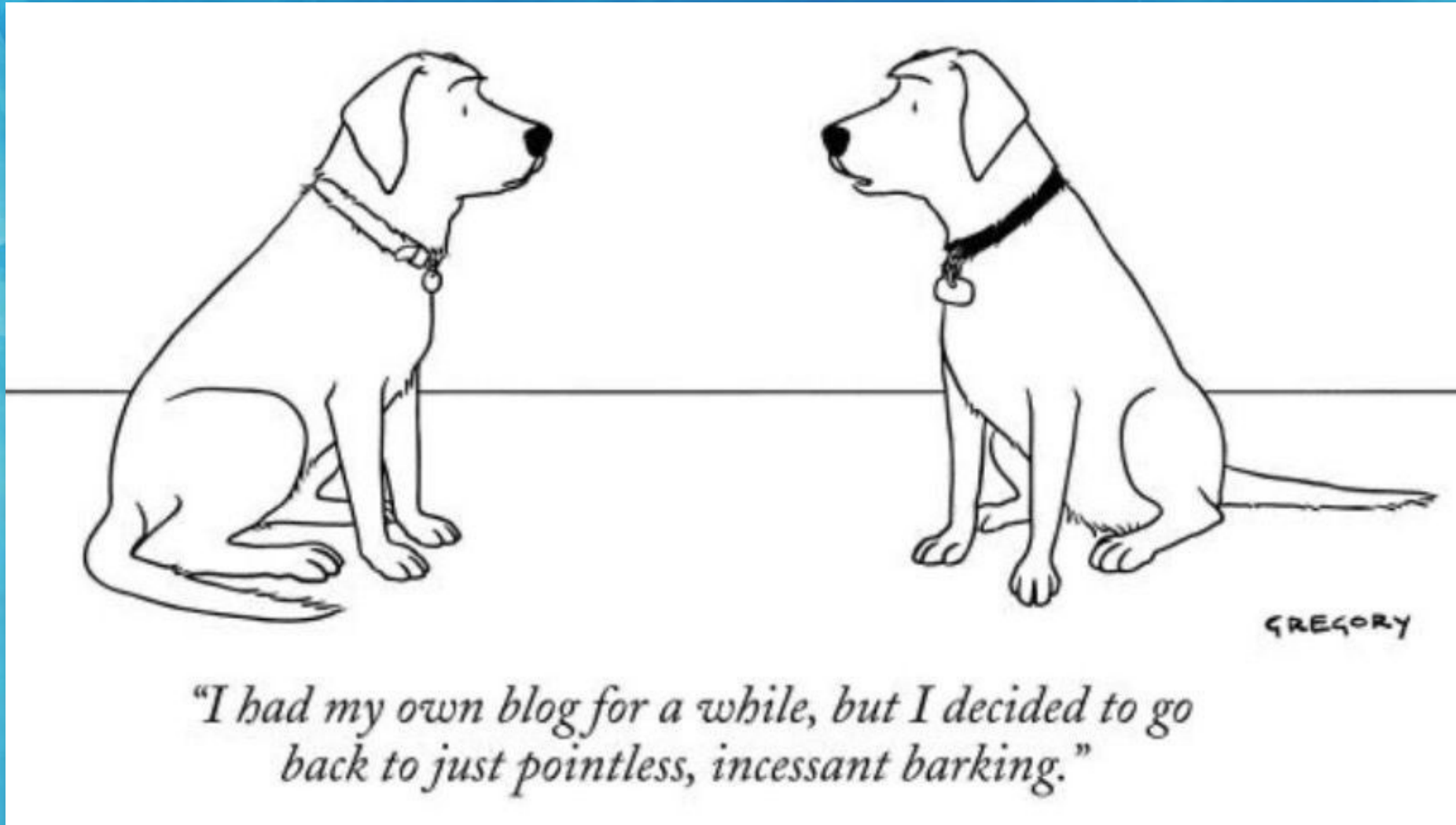


"Let yourself be silently drawn by the
strange pull of what you really love.
It will not lead you astray." – Rumi

“Weekly meetings with cancer patients NOT focused on the cancer. Encouraged to enjoy!”

- SHARE participant

Mind-Over-Full?



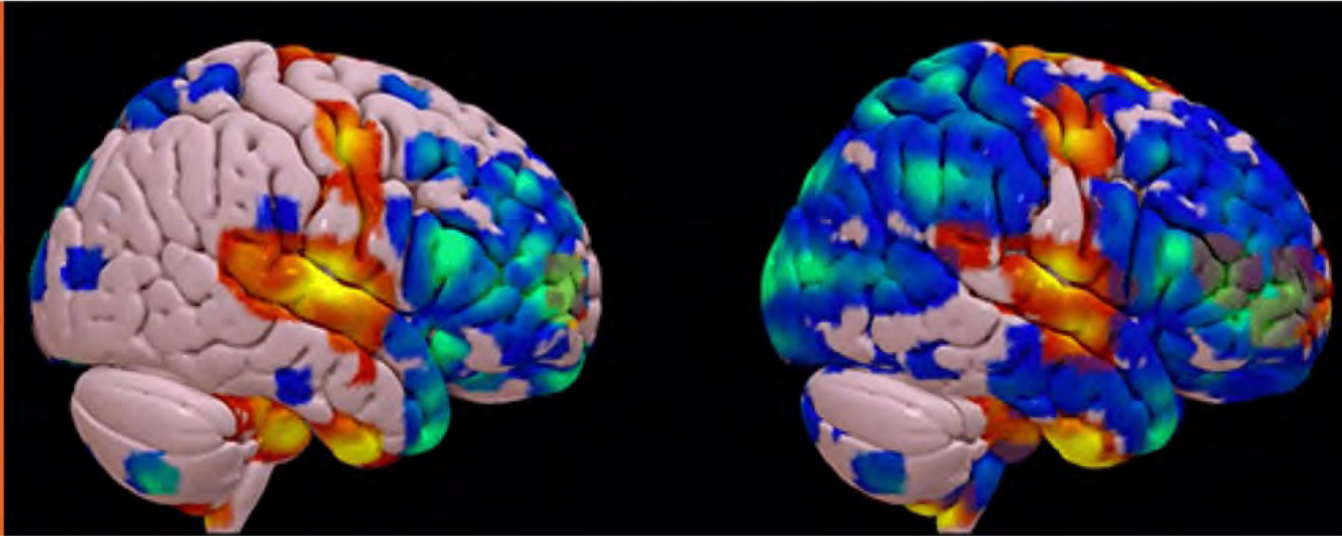
Self-compassion to be Less-of-Mind



Rubin, P. (2019, March 16). *How does music affect your brain? every way imaginable*. Wired.
<https://www.wired.com/story/tech-effects-how-does-music-affect-your-brain/>

Sound and Music Perception Lab

Charles Limb



<https://ohns.ucsf.edu/limb-lab>

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 Otolaryngology, Neurotology and Skull Base Surgery
Professor of Otolaryngology

Deactivated by improv and spontaneity: e.g., singing, improv, dance, drumming, laughter, martial arts, expressive therapies

Prefrontal Cortex:
Self-Monitoring
Planning, Brakes

Amygdala:
Smoke Alarms

Breathing

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

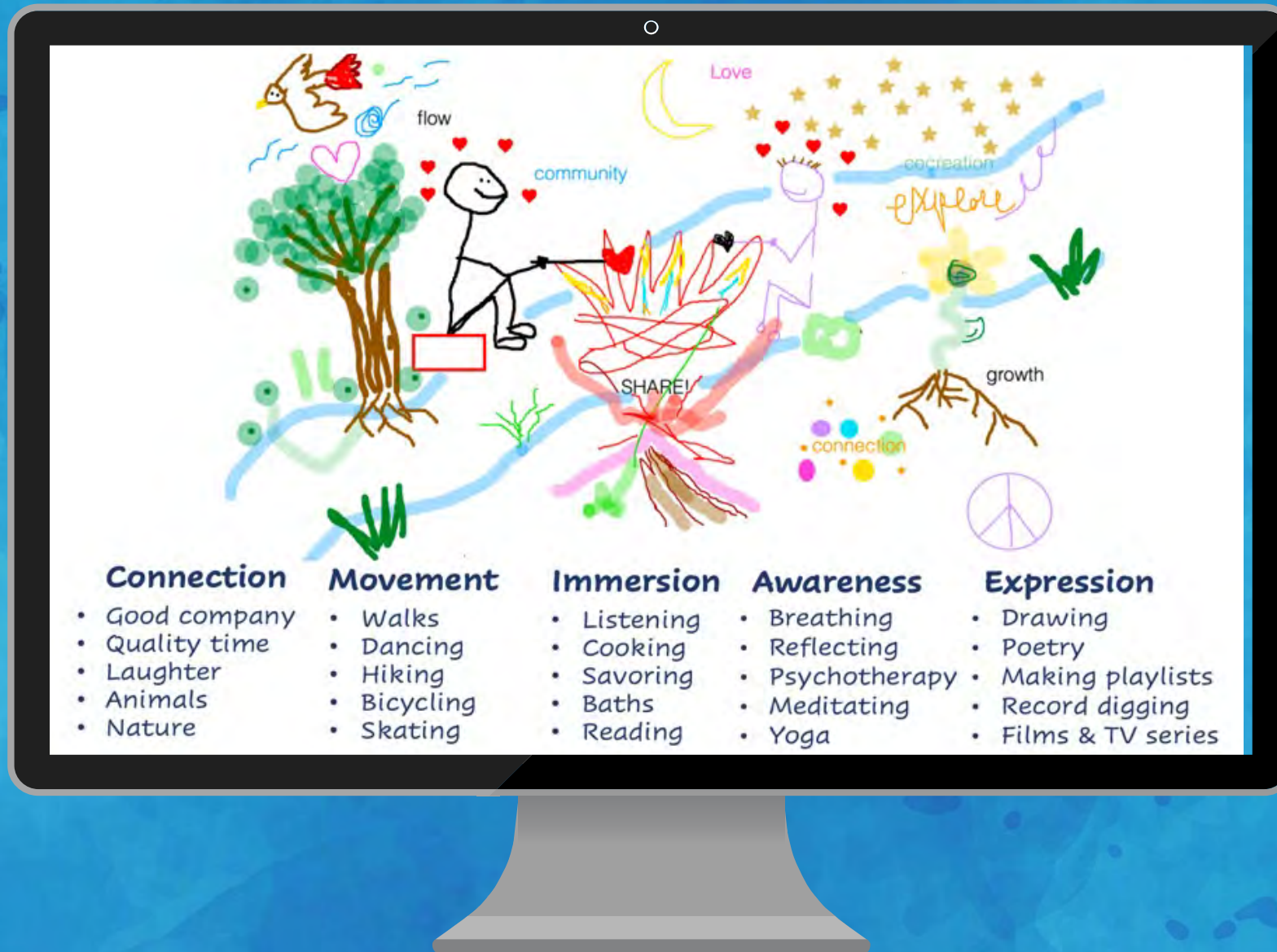


Bottom-up: BODY→mind
Experience first, then conscious
Involuntary: "I am being breathed"
Breath, movement, five senses:
I see. I hear. I smell. I taste. I feel.

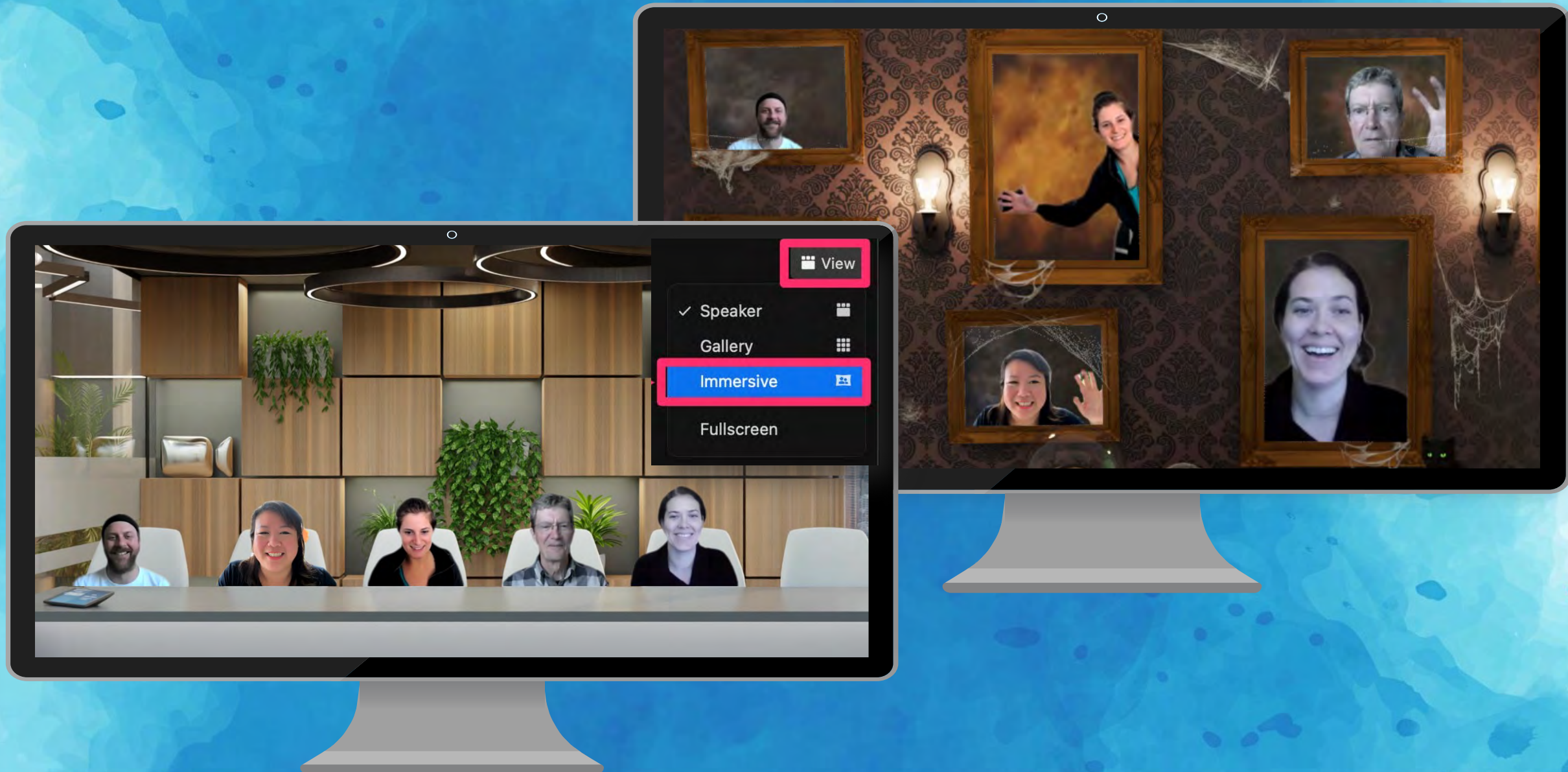
Collaborative Spotify playlists: Facilitator/Client/Staff-sourced



Collaborative Whiteboard



Zoom: Immersive View



How will you use the SHARE Toolkit?

Personal
Reflections:
Writing & Art

Music &
Sensory
Immersion

Temperature
Biofeedback

Sharing Words
& Doodles
over Zoom



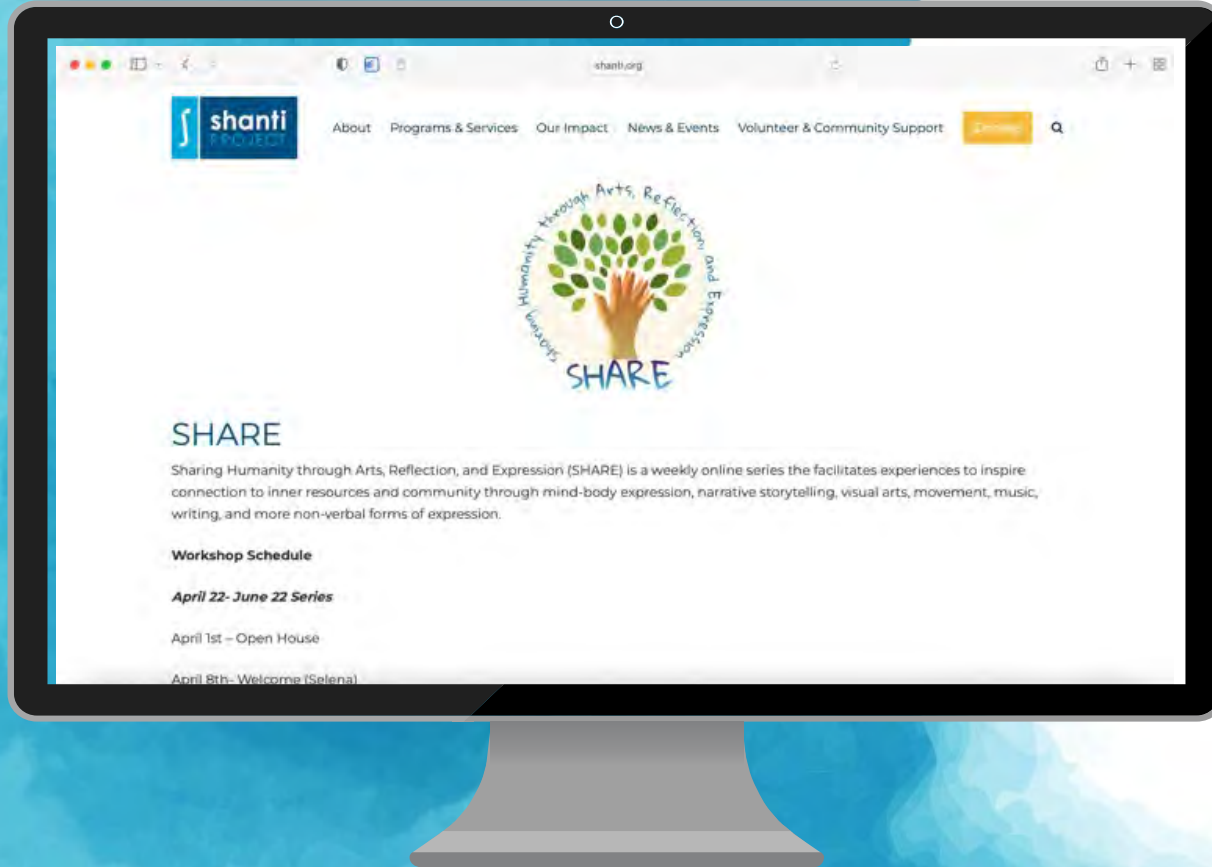
“The kit itself made me value my creative self again after frontline cancer treatment.

Gave me a jolt that yeah, good things are still available.”



www.shanti.org/SHARE

Open-source content:
Recap of weekly sessions and resources for all



Non-profit organization and public academic
medical center mission statements

UCSF

Osher Center for
Integrative Health

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.



2022 International Congress on
Integrative Medicine and Health

May 23–26, 2022 | Phoenix, Arizona, USA

Academic Consortium for Integrative Medicine and Health

Advancing Healthcare Together: Inclusive. Informed. Integrative.



“Campfire” Meet & Greet

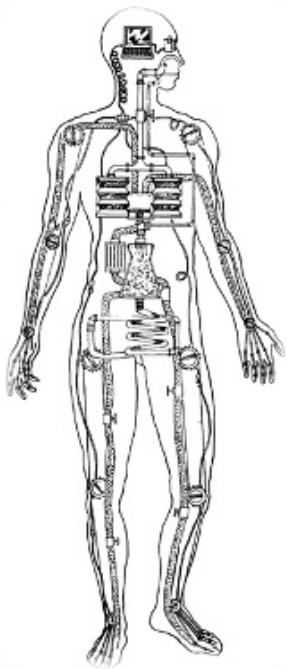
Cultivate community & SHARE wisdom:

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



Search for people



Live feed People Events Media Center Groups How to Start Using the Site



Expressive Therapies



+20

Joined ▾

[Live feed](#) Members Events News Media center Forum

UH Connor Whole Health

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*







The screenshot shows a web browser window with the URL osher.ucsf.edu. The navigation bar includes links for About Us, Patient Care, Public Classes, Education, Research, and Donate. The main heading is 'Job and Fellowship Opportunities'. Below this is a breadcrumb trail: Home / About Us / Job and Fellowship Opportunities. The primary section is titled '2022 Faculty Cluster Hire Strategy'. The text describes a national search for four new faculty members to expand expertise in integrative health equity. A section titled 'Goals & Objectives' lists four priorities: distinguishing the center as a leader in research and clinical services, fostering a dynamic and inclusive workplace, creating an environment for interdisciplinary collaboration, and supporting faculty retention. An image of two women in lab coats examining a human model is also present.

[Home](#) / [About Us](#) / Job and Fellowship Opportunities

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.

