The Integrative Medicine DeCal
IB 98/198 • Spring 2016

Head Facilitators: Shana Singh and Samantha Saunders

Faculty Sponsor: Professor Brent Mishler

Location: 159 Mulford
Time: Monday 7-8:30pm

CCN:
Lower division, IB 98: 42175
Upper division, IB 198: 43423

Overview

Survey course on a diversity of healing sciences and medical practices, encompassing specific fields of healthcare and medicine from all over the world as well as from fields expanding in the United States. We invite doctors and professionals from practices such as allopathy (modern western medicine), osteopathy, naturopathy, homeopathy, midwifery, acupuncture, Traditional Chinese Medicine (TCM), Ayurveda, ethnobotany, yoga, meditation, psychiatry, chiropractic, and many others to share their insight and knowledge in the healing arts of medicine across cultures. Each lecture will consist of a different medical practitioner teaching his/her field of study.

A group discussion & workshops for creative engagement. Each student will actively engage in and discuss medical perspectives in groups and in outside workshops.

Objectives

● To promote awareness of and spark interest in the different types of complementary and alternative therapies in the medical field.
● To critically challenge and to re-think what “medicine” means in the truest sense.
● To craft a portfolio that captures the student’s dynamic evolution in medical perspective throughout the course as influenced by lecturers, discussions and workshops.
● Ultimate Goal: For each student to have identified his/her own unique medical perspective that rings true to them, evidenced by foundational knowledge on a multitude of medical therapies and health practices & an ability to evaluate their significance and validity.

Course Requirements

● Attend lecture (Lecture: Max 2 absences allowed)
● Turn in a notecard at the end of each lecture (this is how we take attendance)
● Have a chat in a group setting (This means you will attend a single one-hour small group meeting to chat about integrative medicine throughout THE ENTIRE SEMESTER, not an hour every week. Just one single hour the entire semester).
● Attend 2 workshops outside of class (you will write about your experiences in your final paper)
● Write a final paper evidencing the evolution of your medical perspective (4-5 pages).

This DeCal will only be available as a 2-unit P/NP course.

Attendance

Lecture: You may not miss more than 2 lectures, even if you enrolled in the class late!
Group discussion (1 total): Participating in a single group discussion is mandatory.
→ Emergencies/time conflicts: please notify a head facilitator as soon as possible to avoid failing.

Small Group Meeting

Each student will sign up for a small group meeting, which will meet one time and one time only throughout the semester. The group meeting will be lead by course facilitators. Integrative medicine is a controversial topic… This chat is your chance to bring up your honest opinions and concerns and to discuss them amongst open-minded peers.

Workshops

Students will participate in 2 external workshops/events related to integrative medicine, as evidence in favor of your argument for the medical philosophy that you are promoting. We encourage you to seek outside workshops/activities that interest you! A few options for workshop opportunities are listed below:

● Workshop hosted by us. We will be updating bCourses with workshop opportunities
● Documentary. A list of approved films is uploaded onto bCourses.
● Any event related to integrative medicine. Please talk to a student facilitator prior to attending the workshop of your choice.

Note: We cannot allow repeats of the same kind of workshop. For example, you cannot use 2 films, even though they are different ones.

Final Paper

The main goal of this course is to write a final paper which will evidence your journey in finding your own personal, unique medical philosophy. This course is specifically designed to challenge the broader concept of medicine, and to allow each of you to come to your own unique, well-founded vision in what ideal medicine should look like. If you need help, talk to your section facilitator. We are more than happy to discuss your philosophy with you!

For example:
Before taking this course you may have felt skeptical toward manual therapy. But after listening to the osteopathic doctor’s emphasis on osteopathic manipulative medicine, trying out chiropractics for the first time, and discussing the significance of “intuition” in medicine during section, you perhaps may be convinced that the palpatory senses are a powerful medical tool. The Final Write-up, the concluding item in your portfolio, will cite workshops, discussions and lectures to make a convincing
argument in favor of your conclusive medical philosophy (in this example—the importance of manual therapies).

The write-up should be 4-5 pages, Times New Roman, 12pt font, double-spaced, and 1-inch margins. But don’t stress out! A template will be uploaded onto bCourses that walks you through the structure of the paper step-by-step.

Evidence your medical philosophy with the following:
✓ 2 workshops and your reflections on them
✓ 2-3 lecture topics/medical practices (e.g. naturopathy, osteopathic medicine)
✓ Things learnt during your small group meeting

Technology Policy
Out of respect for the speakers, if the facilitators notice inappropriate laptop use during lectures, we will enforce a strict no technology policy.

Plagiarism Policy
Our main goal is nothing more than to get people excited about integrative medicine! Nevertheless, we must maintain the educational integrity of the course. If anyone is caught cheating on an assignment or forging signature on the attendance sheet, university administration will be notified and the student will fail the class. For clarification:
http://campuslife.berkeley.edu/conduct/integrity/definition

Requirements for Passing
In order to receive a Pass grade in this course:
✓ Students must attend all lectures (no more than 2 absences are allowed)
✓ Students must attend 1 small group meeting
✓ Students must attend 2 workshops
✓ Students must obtain a grade of 70% or more on each written paper

Note: Failure to meet the above requirements will result in the student not passing the course.

Schedule (subject to change):

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Lecture Topics</th>
<th>Speaker(s)</th>
<th>Readings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Feb 1</td>
<td>Midwifery</td>
<td>Ellie Griffinger-Guidi and Krista Jones</td>
<td>-What is a Midwife?</td>
</tr>
<tr>
<td>Date</td>
<td>Topic</td>
<td>Provider</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------</td>
<td>------------------------------</td>
<td>---------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 8</td>
<td>Allopathic/Stress &amp; Heart</td>
<td>Dr. Naras Bhat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 15</td>
<td>No Class</td>
<td>--</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 22</td>
<td>Yoga and Meditation</td>
<td>Dada Nabhaniilananda</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feb 29</td>
<td>Acupuncture/TCM</td>
<td>Dr. John Nieters</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 7</td>
<td>TBA</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mar 14</td>
<td>Introduction to Integrative Medicine and Medical Ethnobotany</td>
<td>Prof. Brent Mishler &amp; Prof. Tom Carlson</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

-Women's experiences of continuity of midwifery care in a randomised controlled trial in Australia

-The Role of Midwives in American Births | New York Times

-7 Ways Meditation Can Actually Change The Brain | Forbes Pharma and Healthcare

-Yoga and Health | Indian Journal of Community Medicine
http://dx.doi: 10.4103/0970-0218.132716

-Yoga for Health | National Center for Complementary and Integrative Medicine
https://nccih.nih.gov/health/yoga/introduction.htm

-Traditional Chinese Medicine: An Overview

-Traditional Chinese Medicine | National Center for Complementary and Integrative Health

Acupuncture for the treatment of pain: A Review of evaluative research
http://dx.doi:10.1016/0304-3959(86)90023-0

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Topic</th>
<th>Speaker</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>Mar 21</td>
<td>Spring Break</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>10</td>
<td>Apr 4</td>
<td>TBA</td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>
| 11    | Apr 11| Ayurveda           | Scott Roos        | -Ayurveda Quick Reference Sheet  
-Ayurveda and Traditional Chinese Medicine: A Comparative Overview [http://dx.doi.org/10.1093/ecam/neh140](http://dx.doi.org/10.1093/ecam/neh140)  
-The History and Work of the Foundation for Shamanic Studies [https://www.shamanism.org/articles/article18.html](https://www.shamanism.org/articles/article18.html) |
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 25</td>
<td>TBA</td>
</tr>
</tbody>
</table>

Final Paper Due

***Additional Readings will be posted on bCourses for your perusal!***