



University of California
San Francisco

**UCSF OSHER MINI-MEDICAL SCHOOL FOR THE PUBLIC
Presents**

**Embracing Life Challenges:
Finding Balance through Integrative Mental Health Care**
MLL19013

Thursdays, Feb. 14 – Mar. 28, 2019
7:00pm – 8:30pm
UCSF's Parnassus Campus

Sudha Prathikanti, MD, Co-Chair
Clinical Professor of Psychiatry
School of Medicine, UCSF
and

Selena Chan, DO, Co-Chair
Clinical Fellow
Osher Center for Integrative Medicine, UCSF

Course Description

Ancient cultures throughout the world have recognized that emotional vibrancy and well-being spring from a life lived in balance – a life with both energizing and calming activities – that emphasizes one's connection with community, nature, and the deepest self. In such a context, we are strong and resilient, with the capacity to embrace and grow from pain and loss, which are natural processes of human life. In today's society, we are often disconnected from the elements of a balanced life, making emotional wellness harder to achieve. When physical injury, interpersonal loss or chronic illness enters our lives, nurturing ourselves becomes especially challenging. Sometimes, there is a sense of losing one's deepest self, which may manifest as anxiety, depression or difficulty taking care of oneself.

This course brings together integrative mental health experts inspired by the wisdom of healing paradigms from around the world. Speakers will explore and illuminate the multiple dimensions of emotional well-being and share practical methods of cultivating resilience and recovery in the face of changing stressors and evolving life narratives.

LECTURE SCHEDULE 7:00pm – 8:30pm UCSF School of Nursing Building (Parnassus Campus) <u>Room: N-217</u>			
Session Date	Session Title	Healing Paradigm	Presenter
2-14-19	The Mandala of Healing: Moving Toward a Whole Person Paradigm in Mental Healthcare	Ayurveda	Sudha Prathikanti, MD, ABIHM <i>Integrative Psychiatrist, Clinical Professor of Psychiatry, UCSF</i>
2-21-19	A Shamanic Journey: MDMA-assisted Psychotherapy to Guide Recovery from Trauma	Natural hallucinogens and psychoactive treatments	Sylver Quevedo, MD, MPH <i>Physician of Nephrology, Integrative, Family, and Internal Medicine. Health Sciences Associate Clinical Professor of Medicine, UCSF</i>
2-28-19	NO SESSION THIS WEEK		



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3-7-19	The Alchemy of Healing: The Pathways to Emotional and Spiritual Flourishing in the Classical Chinese Medicine Tradition.	Classical Daoist Chinese Medicine	James Duffy, MD <i>Integrative Psychiatrist, Clinical Professor of Psychiatry, UCSF</i>
3-14-19	Listening to One's Deepest Self: Opening to Transpersonal Dimensions of Healing	Transpersonal Psychology	David Lukoff, PhD <i>Professor of Psychology, Institute of Transpersonal Psychology</i>
3-21-19	Nature's Remedies: Herbal Treatments for Emotional Distress	Traditional Western Herbalism	Geronima Cortese, RN, MPH, OCN <i>Urologic Surgical Oncology Nurse Navigator, UCSF</i>
3-28-19	Exploring Physical and Emotional Dimensions of Pain and Loss: The Power of the Mind-Body Connection	Mind-Body Therapies	Selena Chan, DO <i>Integrative Psychiatrist Clinical Fellow, Osher Center of Integrative Medicine, UCSF</i>