

FOR FURTHER INFORMATION, THE SCHEDULE, AND TO REGISTER ONLINE:

[osherminimedicalschool.ucsf.edu](http://osherminimedicalschool.ucsf.edu)

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All courses at UCSF Parnassus

## DIABETES



Wednesday evenings,  
February 13 – March 27  
(No session March 6)  
7:00 to 8:30 pm

UCSF School of Nursing  
513 Parnassus Avenue  
Room N-225

### COURSE CO-CHAIRS

**Maureen McGrath, MS, PNP-BC, BC-ADM**  
Associate Professor  
Department of Family Health Care Nursing, UCSF

**Theresa Garnero, APRN, BC-ADM, MSN, CDE**  
Instructional Designer Specialist  
Online Diabetes Certificate Program  
Department of Family Health Care Nursing, UCSF

According to the National Diabetes Statistics Report of 2017, 9.4% of the U.S. population has diabetes – that's over 30 million people. It's likely someone close to you is living with diabetes. Do you have the most current information? The expert UCSF faculty will cover diabetes from basics to advanced concepts, providing an overview of the disease, including treatment and new medications, what to eat, emotional aspects, and how language and daily behaviors impact diabetes care. The course also includes a hands-on workshop on technology used to help keep people with diabetes safe.

### TOPICS

- OVERVIEW PREDIABETES, T2
- OVERVIEW T1
- WHAT IS NEW IN DIABETES ORALS? NON-INSULIN INJECTABLES?
- THE BASICS OF INSULIN
- WHAT TO EAT: NUTRITION INSIGHTS FOR PEOPLE WITH DIABETES
- AN OVERVIEW OF THE LATEST TECHNOLOGY USED WITH DIABETES
- WORDS MATTER: SPEAKING THE LANGUAGE OF DIABETES
- THE 8 KEYS TO LIVING A HEALTHY LIFE WITH DIABETES
- THE EMOTIONAL SIDE OF DIABETES

## EMBRACING LIFE CHALLENGES: Finding Balance through Integrative Mental Health Care



Thursday evenings,  
February 14 – March 28  
(No session February 28)  
7:00 - 8:30 pm

UCSF School of Nursing  
513 Parnassus Avenue  
Room N-217

### COURSE CO-CHAIRS

**Sudha Prathikanti, MD**  
Clinical Professor of Psychiatry  
School of Medicine, UCSF

**Selena Chan, DO**  
Integrative Psychiatrist  
Clinical Fellow  
Osher Center for Integrative Medicine, UCSF

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.

### TOPICS

- THE MANDALA OF HEALING: MOVING TOWARD A WHOLE PERSON PARADIGM IN MENTAL HEALTHCARE
- A SHAMANIC JOURNEY: MDMA-ASSISTED PSYCHOTHERAPY TO GUIDE RECOVERY FROM TRAUMA
- THE ALCHEMY OF HEALING: THE PATHWAYS TO EMOTIONAL AND SPIRITUAL FLOURISHING IN THE CLASSICAL CHINESE MEDICINE TRADITION
- LISTENING TO ONE'S DEEPEST SELF: OPENING TO TRANSPERSONAL DIMENSIONS OF HEALING
- NATURE'S REMEDIES: HERBAL TREATMENTS FOR EMOTIONAL DISTRESS
- EXPLORING PHYSICAL AND EMOTIONAL DIMENSIONS OF PAIN AND LOSS: THE POWER OF THE MIND-BODY CONNECTION

### REGISTRATION FORM

Name: (Dr • Mr • Ms • Mrs • Mx) \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Month & day of birth: \_\_\_\_/\_\_\_\_

Do you want to be on our priority email list?  YES  NO

Select course by checking box(es):

Wednesday evenings, February 13 – March 27 (No session March 6)  
MLL19012 • DIABETES

Thursday evenings, February 14 – March 28 (No session February 28)  
MLL19013 • EMBRACING LIFE CHALLENGES: Finding Balance through  
Integrative Mental Health Care

To register for a session, please list date/s you will be attending:

Session Date/s: \_\_\_\_\_

Please charge my  Visa  MasterCard  American Express

No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Exp. Date \_\_\_\_\_ Authorized Signature \_\_\_\_\_

### COURSE FEES

ONE Course \$75  
TWO Courses \$130

### SESSION FEES

ONE Session \$15  
STUDENT FREE with valid ID  
Each Session valid ID  
(Valid Student ID required at check-in)

Amount to be charged \$ \_\_\_\_\_

### FOUR EASY WAYS TO REGISTER:

**Online:** Register at [osherminimedicalschool.ucsf.edu](http://osherminimedicalschool.ucsf.edu)  
Online registration available for 6-week course only.  
To register for individual weekly sessions, please register by phone, fax or mail.

**Phone:** Call (415) 476-5808. Please have your Visa, MasterCard or Amex ready.

**Fax:** Send completed form to (415) 502-1795. Include your credit card number and expiration date.

**Mail:** Send the registration form and your check payable to "UC Regents" to:

UCSF Osher Mini Medical School  
3333 California Street, Suite 450  
San Francisco, CA 94118



University of California  
San Francisco

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0569  
UCSF Osher Mini Medical School for the Public  
3333 California Street  
Suite 450, Box 0742  
San Francisco, CA  
94143



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San Francisco

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## UCSF Osher Center for Integrative Medicine Mini Medical School for the Public

### DIRECTOR

**Robert B. Baron, MD, MS**

Director, UCSF Osher Mini Medical School for the Public  
Professor of Medicine  
Associate Dean, Graduate and Continuing Medical Education  
UCSF School of Medicine

### PLANNING COMMITTEE

**Shelley R. Adler, PhD**

Director, Osher Center  
Osher Foundation Distinguished Professorship in Integrative Medicine  
Professor of Family and Community Medicine  
UCSF School of Medicine

### Tymothi Peters

Director, Office of Continuing Medical Education  
UCSF School of Medicine

**Jeffrey A. Tabas, MD**

Professor of Emergency Medicine  
Director of Outcomes and Innovations  
Office of Continuing Medical Education  
UCSF School of Medicine

**Elizabeth Isaacs**

Community Member

### COURSE MANAGER

**Nancy Mutnick**

Conference Manager  
Office of Continuing Medical Education  
UCSF School of Medicine

### REGISTRATION MANAGER

**Natasha Serikova**

Registration and Financial Manager  
Office of Continuing Medical Education  
UCSF School of Medicine



WINTER 2019  
COURSE CATALOG

UCSF Osher **Center for Integrative Medicine**

# Mini Medical School for the Public



Wednesday evenings, February 13 – March 27  
(No session March 6)

## DIABETES

Thursday evenings, February 14 – March 28  
(No session February 28)

## EMBRACING LIFE CHALLENGES: Finding Balance through Integrative Mental Health Care



University of California  
San Francisco

*advancing health worldwide™*

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