Embracing Life Challenges
Finding Balance through Integrative Mental Health Care
Introduction to Course Chairs

Sudha Prathikanti, MD
Integrative Psychiatrist
Clinical Professor of Psychiatry
School of Medicine, UCSF

Board-certified in Psychiatry
American Board of Psychiatry and Neurology
Diplomate, American Board of Integrative Holistic Medicine

Dr. Prathikanti founded both the Integrative Psychiatry service and the Ayurveda consultation service at the UCSF Osher Center for Integrative Medicine, working there as core faculty from 2003–2011. She continues to teach at UCSF as a Clinical Professor of Psychiatry, and her research on treating depression with yoga has been featured in local and national media.

Clinical approach: Dr. Prathikanti focuses on helping individuals find emotional balance in many challenging contexts, including serious medical illness, chronic pain, and lifecycle transitions related to pregnancy, infertility, or interpersonal loss. Her treatment plans may include Ayurveda, yoga, meditation, herbs, and Jungian dreamwork.

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

Board-certified in Psychiatry
American Board of Psychiatry and Neurology

Growing up between Singapore and Philadelphia and later completing medical school and psychiatry training in Arizona and Hawaii has cultivated Dr. Chan’s life-long interest in learning how culture and lifestyle impact an individual’s choice of healing paradigm. She is passionate about creating and adapting educational materials for patients, learners, interdisciplinary teams, and the community.

Clinical approach: Dr. Chan invites her patients to not only look into the interplay of conventional medical, mind-body, and complementary treatments but also explore authentic, meaningful values together. She believes a person’s history cannot simply be linear, but a series of interconnected influences that manifest into an individual’s current narrative of both illness and health.
Course Format

• Session Structure 7:00 pm - 8:15 pm
  - 75-minutes: Academic-based Lecture
  - 15 minutes: Questions

8:15 pm - 8:30 pm

*Must leave building promptly by 9:00 pm before doors close

• Presentation slides will be uploaded to Osher Mini Medical School website
  - https://oshierminimed.ucsf.edu/embracing-life-challenges-winter2019

• University of California Television (UCTV)
  - https://www.uctv.tv/minimed/
  - Session recorded, uploaded to Mini Medical School video archive by Fall 2019
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.
Why this theme?

Stress

Now! (acute)

Long-term (chronic)

Body’s 3 automatic stress responses
Designed to protect us from danger

Life Challenges

“Fight”

“Freeze”

“Flight”

Move toward

Move away
Why this theme?

Embracing Life Challenges

Common Life Transitions
Why this theme?

Embracing Life Challenges

Finding Balance
Embracing Finding Balance Life Challenges Integrative Mental Health Care
The vision of the UCSF Osher Center for Integrative Medicine is to **nurture health and inspire well-being in all people.**

This ultimate goal is supported by our mission to

- **Provide the highest quality healthcare by blending proven conventional and complementary medicine approaches from around the world,**

- Create outstanding integrative health leaders through transformative education and training, and

- Advance the science of integrative health by conducting and disseminating rigorous research.

**Whole-person care  Collaboration  Empowerment  Compassion  Equity  Focus on wellness**
Osher Center for Integrative Medicine: Patient Care

Integrative Medicine Consultation
Our practitioners assess each patient’s individual needs and listen to their concerns and goals for well-being, then offer a professionally guided whole-person approach to their health care.
Learn More

Integrative Cancer Care
Our oncology professionals provide patients and families with holistic, personally oriented recommendations and an integrated treatment plan.
Learn More

Integrative Psychiatry and Psychotherapy
Address life challenges, such as chronic illness, physical injury, or interpersonal loss, and develop the capacity to experience emotional well-being.
Learn More

Integrative Pediatrics
Integrative Pediatrics offers a blend of conventional and complementary therapies to create a personalized plan that suits the needs of each child and family.
Learn More

Integrative Women’s Health
Our integrative providers offer a range of options for managing women’s unique health needs across the lifespan.
Learn More

Manual Medicine and Spinal Manipulation
Patients who are experiencing pain in their musculoskeletal system receive a thorough diagnosis and treatment of reversible functional problems of the muscles, joints, and spine.
Learn More

Bioregulation
Bioregulation enhances your awareness of personal mind-body connections and helps you maintain relaxed awareness amidst chronic or acute stress.
Learn More

Acupuncture and Integrative Chinese Medicine
Traditional Chinese medicine supports overall health by promoting balance with the harmonious flow of blood and “qi” energy.
Learn More

Ayurveda
Reintroduce and nurture balance in your life through specific diet and lifestyle practices from one of the oldest healing systems in the world.
Learn More

Integrative Nutrition
Our integrative dietitian collaborates with patients and their healthcare providers to create a cohesive plan to meet the unique needs of each patient.
Learn More

Guided Imagery
Guided imagery involves the focused and intentional use of imagery to aid healing, enhance peace of mind, and improve physical, emotional, or spiritual health.
Learn More

Cognitive Behavioral Therapy for Insomnia
Cognitive behavioral therapy for insomnia is a treatment that has been proven effective in large studies of people with sleep problems.
Learn More

Massage Therapy
Massage therapy may reduce stress responses, promote healing and relaxation, and help patients achieve a sense of well-being.
Learn More
Osher Center for Integrative Medicine: Public Classes

1. **CommUnitas: Mind-Body and Resilience Group for Youth with Chronic Illness**
   - CommUnitas is a group medical visit for youth living with chronic illness and their parents.

2. **Cultivating Emotional Balance**
   - Cultivating Emotional Balance (CEB) is an 8-week training that helps participants learn to build healthy emotional boundaries.

3. **Laughter Yoga**
   - This class involves deep breathing, stretching, dancing, and laughter exercises that offer powerful and immediate effects on mind, body, and soul.

4. **Laughter Yoga and Meditation**
   - These classes begin with laughter exercises that warm up the mind-body and help generate mind-quelling, then shift to silent meditation, which helps to facilitate a gentle deepening of mindful awareness.

5. **Living with Cancer Classes and Support Groups**
   - People living with cancer and their caregivers are invited to attend any of our free mind-body wellness classes and support groups.

6. **Meditation and Guided Imagery for People with Cancer and Caregivers**
   - People with cancer and their caregivers are invited to join our free weekly meditation and guided imagery class.

7. **Mindfulness-Based Stress Reduction (MBSR)**
   - MBSR is an eight-week program that introduces participants to mindfulness practices to manage physical or mental distress, and maintain health and well-being.

8. **Mindfulness MBSR Alumni Program**
   - These weekly drop-in sitting meditation sessions are free and open to anyone who has ever completed a mindfulness-based stress reduction (MBSR) course at the Osher Center or elsewhere.

9. **Mindfulness for Teens**
   - This class offers teens powerful mindfulness-based tools to reduce stress, increase health and well-being, and follow through on personal goals.

10. **Osher Mini Medical School for the Public**
    - Members of the community can learn the information that is being taught in UCSF’s classrooms and research labs.
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<td>Healing Paradigm</td>
<td>Ayurveda</td>
<td>Natural hallucinogens psychoactive treatments</td>
<td>Classical Chinese Medicine Tradition</td>
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<td>Traditional Western Herbalism</td>
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<tr>
<td>Speaker</td>
<td>Sudha Prathikanti, MD, ABIHM</td>
<td>Sylver Quevedo, MD, MPH</td>
<td>James Duffy, MD</td>
<td>David Lukoff, PhD</td>
<td>Geronima Cortese, RN, MPH, OCN</td>
<td>Selena Chan, DO</td>
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<tr>
<td>Speaker Background</td>
<td>Integrative Psychiatrist, Clinical Professor of Psychiatry, UCSF</td>
<td>Physician of Nephrology, Integrative, Family, and Internal Medicine, Health Sciences Associate Clinical Professor of Medicine, UCSF</td>
<td>Integrative Psychiatrist, Clinical Professor of Psychiatry, UCSF</td>
<td>Professor of Psychology, Institute of Transpersonal Psychology</td>
<td>Urologic Surgical Oncology Nurse Navigator, UCSF</td>
<td>Integrative Psychiatrist Clinical Fellow, Osher Center of Integrative Medicine, UCSF</td>
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WELCOME!