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

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

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 chronic illness enters our lives, nurturing chronic illness enters our lives, we may manifest as anxiety, depression or difficulty taking care of oneself. 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 FLORISHING 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)
□ Thursday evenings, February 14 – March 28 (No session February 28)

Amount to be charged $_________

FIVE EASY WAYS TO REGISTER:
Online: Register at osherminimedicalschool.ucsf.edu
Register at UCSF Osher Mini Medical School for the Public
By phone: Call (415) 502-1795. 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 for the Public
3333 California Street, Suite 450
San Francisco, CA 94118

Amount to be charged $_________

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UCSF Osher Mini Medical School for the Public
3333 California Street, Suite 450
San Francisco, CA 94118
WINTER 2019
COURSE CATALOG

UCSF Osher Center for Integrative Medicine

Mini Medical School for the Public

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(No session March 6)
DIABETES

Thursday evenings, February 14 – March 28
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EMBRACING LIFE CHALLENGES:
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