

IB 98/198 Integrative Medicine DE-Cal
Spring 2006

Course facilitator: Alida Brandenburg
little_etoile@yahoo.com

Faculty sponsor: Brent Mishler
bmishler@berkeley.edu

Overview

This class is a survey course on a diversity of healing sciences and health and medical practices. We invite professionals in the practices of allopathy (modern medicine), osteopathy, homeopathy, midwifery, Native American medicine, acupuncture, Chinese medicine, Taoist medicine, ayurveda, ethnobotany, yoga, energy medicine, and meditation to share their insight and knowledge in the healing arts of medicine across cultures.

The goal of this course is to promote awareness and expose students to the different types of complimentary and alternative therapies in the medical field. Our aim is for each student to walk away with a basic awareness of what each medical therapy and health practice is about and how to evaluate evidence scientifically. We hope that this knowledge will be sufficient to intrigue curiosity and encourage students to search for more info on their own.

The class is based on reflection of new experiences and concepts of healing.

There are no tests, but attendance is required.

Course Requirements

1 unit-

*2 workshops/events, with a one page minimum, single-spaced reflective write-up for each (two reflections total)

*One reader assignment

2 unit-

*4 workshops/events, with a one page minimum, single-spaced reflective write-up for each (four reflections total)

*One reader assignment

This course is designed to have an emphasis on experiential learning, so we encourage you to seek out outside activities that interest you. Elephant Pharmacy on Shattuck has a monthly calendar of local events where you will find a wide variety of related health-related workshops and activities. Alternatively, you are welcome to join any and all of the workshops we will be hosting this semester. Workshops will include topics and activities such as psychomotoric healing, Chi Gong, shiatsu and many other subjects of interest. Dates and times are TBA.

There is a required reader that will be available starting February 6th. We will announce the pick-up location and cost in class. The reader assignment is flexible. Choose one of the following options below to fill your requirement:

- a. Choose two articles of interest to review. One page minimum, single-spaced for each article.
- b. Feeling inspired? Research a class-related topic. One page minimum, single-spaced. You must include a bibliography, as well.
- c. Pair (or group up) with a classmate and teach each other about the article of your choosing from the reader. Write a summary of what you've learned, with a completed signature of your partner on your page. One page minimum, single-spaced.

Again, since this course is based on experiential learning above all else, attendance is very important. In order to pass the course, you cannot miss any more than two lectures. At the end of each class we will ask you to write a short reflective paragraph on the day's lecture that you turn in to mark your presence. **Make sure you turn in your daily reflections to Jake or Erik, the designated assignment collectors, or you will not receive credit for the day. Again, only Jake or Erik is to receive your assignments if you wish to be marked present for the day.**

Tentative Schedule

Jan 30 - Dr. Kim: *Dean of the Integrative Medicine College, faculty member of JFK University and CIIS*

Feb 6 - Dana Ulman: *Homeopathy*

Feb 13 - Rob McClintic: *Holistic Medicine, Acupressure*

Feb 20 - **Presidents' Day holiday**

Feb 27 - Dr. Bhat: *Stress and Heart*

March 6 - Phillip Scott/Chief Tsunka Wakan Sapa (Black Horse): *Indigenous Medicine*

March 13 - Dr. Hiserote: *Osteopathy*

March 20 - Saraswathi Devi: *Yoga and Meditation for Mind, Body and Spirit*

March 27 - **Spring Break**

April 3 - Dr. Alex Feng: *Chinese Medicine/Taoist medicine*

April 10- Sarah Pontell: *Midwifery*

April 17- Dr. Carlson: *Medical Ethnobotany, UCB*

April 24- Joel Kriesberg, DDC: *Ecologically Sustainable Medicine*

May 1- Dr. Peper: *Biofeedback, SFSU*

May 8 – Brett London- *Closing*