

The Center for Integrative Psychology

Alliant International University presents

Exploring the Science of Mind & Body

Two inspiring, internationally renowned clinical researchers speak about their ground-breaking studies on integrative health.



Shamini Jain, Ph.D. of UCLA Division of Cancer Prevention and Control Research

Integrative Medicine: Examples from Mindfulness and hands-on healing modalities

Distinguished psychoneuroimmunologist and clinical health psychologist. Her paper, "A randomized controlled trial of mindfulness meditation versus relaxation training: Effects on distress, positive states of mind, rumination, and distraction," appeared in the *Annals of Behavioral Medicine* (2007) and is already considered a "classic." Other recent papers include "Psychoneuroimmunology of Mindfulness" and a systematic review of 62 hands-on-healing studies ("Biofield therapies: Helpful or full of Hype? A best Evidence Synthesis," *International Journal of Behavioral Medicine*, 2009). She is the recipient of numerous awards for her basic science and clinical work related to stress, cancer, and immune function, and recently completed an NIH-funded clinical trial on the effects of hands-on-healing vs. mock healing on fatigue, immune, and hormonal function in breast cancer survivors. Founder of the Integrative Psychology (I-PSY) group at UCSD.



Rael Cahn, M.D., Ph.D. of UCSD Department of Psychiatry and Stein Institute for Research in Aging

Neurophysiology of meditative self-transformation

Leading expert in the neuroscience of meditation and altered states. Three recent influential papers include: "Meditation States and Traits - EEG, ERP and Neuroimaging Studies", "Meditation (Vipassana) and the P3a event-related brain potential (2009)," and "Occipital gamma activation during Vipassana meditation." He currently investigates the effects of meditation on aging and psychiatric health. Founder of the Holistic and Integrative Medicine group (Hi-Med) at UCSD.

*CIP presents them with its **Excellence in Integrative Research Award**. The award honors outstanding investigators who have published exceptional psychological or neural research into ecological, philosophical, spiritual, aesthetic, or cultural ways of knowing and healing.*

Award Presenter/Moderator: David H. Peterzell, Ph.D., Ph.D. UCSD & SDSU Psychology, VA San Diego, & the CIP Steering Committee



Friday, **March 5th**, 2010

6:30pm - 8:30pm (Green Hall)

~ Wine & Cheese Reception begins at 6:00pm ~

CSPP at Alliant Intl University

Scripps Ranch Campus

10455 Pomerado Road

Scripps Ranch, 92131

Any donations appreciated

Click www.integrativepsychology.net to RSVP for Reservation, Information and Directions

Discovery, Conversation, Learning, Friendship and Community