

The Center for Integrative Psychology

At Alliant International University presents

Integrative Medicine: Healing the Mind, Body and Spirit



While it has long been recognized that the mind and body are inextricably linked together, western medicine has been slow to incorporate alternative modalities including psychological and psychophysiological treatments into the traditional model of care.

We will discuss the use of complementary and alternative treatment modalities in a managed care setting, examine the bi-directional link between the mind and the body, and explore how emotional distress, anxiety and depression effect health outcomes.

Dr. Robert Bonakdar is Director of Pain Management at the Scripps Center for Integrative Medicine. He combines modalities such as acupuncture, herbal medicine and stress reduction with conventional allopathic care with a clinical focus on the treatment of pain and related disorders. His research in complementary and alternative medicine including herbal medicine has been awarded two national research awards and was highlighted in The British Medical Journal and Family Medicine.

Dr. Richard Gevitz is a Distinguished Professor of Psychology at the California School of Professional Psychology at Alliant International University. He has been involved in research and clinical work in applied psychophysiology and biofeedback for the last 30 years and is the author of many journal articles and chapters focused on understanding the physiological and psychological mediators involved in disorders such as chronic muscle pain, fibromyalgia, and gastrointestinal pain. He also maintains a part time clinical practice treating patients with anxiety and stress related disorders.

Dr. Robin Beltran is a Clinical Health Psychologist with a private practice specializing in behavioral treatment of patients with medical disorders. She treats patients at Scripps Center for Integrative Medicine using biofeedback and psychotherapeutic techniques. She is also an adjunct faculty member at the California School of Professional Psychology at Alliant International University and the San Diego Community College District.



Friday, **Nov 5th**, 2010

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

~ Wine and Cheese reception begins at 6:00pm ~

CSPP at Alliant Intl University

Scripps Ranch Campus

10455 Pomerado Road

Scripps Ranch, 92131

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

Discovery, Conversation, Learning, Friendship and Community