

བོད་དང་ཕྱི་ལྗོངས་གསེང་གསེང་གི་ལས་མཉམ་འབྲེལ་
གསེང་གསེང་གི་ཐབས་ལམ་འཛུགས་བཤུར།

Western and Tibetan Medicine:

Searching for Integrative Care

Friday March 11, 2016

Center for Clinical Sciences Research (CCSR) 4205
269 Campus Drive, Palo Alto, CA 94304

Organized by

Family & Community Medicine, Stanford University School of Medicine
and

KUNDE – Tibetan Wellness & Healing Center

BACKGROUND

A half-day symposium designed to bring people together who are dedicated to improving the human condition and using their medical training to care for people from different cultures, backgrounds, and histories. The intention of the symposium is to acknowledge and honor the fact that many clinicians and patients have innate wisdom, personal experiences, and training that do not fit into any single system of medicine including Western biomedicine or Tibetan medicine (Sowa Rigpa).

Clinicians and researchers with expertise in promoting health through changes in individualized care, mind-body healing, and end-of-life care will participate in the symposium with the goal of sharing their perspectives.

Using Western and Tibetan Medicine as examples of different systems of medicine, we will explore factors that enhance or interfere with the integration of disparate medical models with the overall goal of improving healthcare. The focus will be on identifying ways to improve outcomes while acknowledging patient values and preferences.

The symposium is by invitation only. Most invitees will have experience and expertise in two or more systems of medicine, or experience integrating diverse concepts and therapeutic modalities to optimize patient wellness and treatment outcomes.

MISSION & OUTCOMES

Mission

- To provide a bridge between Western and Asian Medicine and share the benefits and perspectives of these disparate systems in a rigorous and open dialogue.
- To advance understanding of different healing modalities in order to reduce suffering, find complementary and alternative solutions to common illnesses that are not adequately addressed by current biomedicine, and enhance mind-body balance.
- To provide a context for establishing a cohesive intercultural and interdisciplinary field of medical research and clinical applications that will result in collaborative efforts to develop integrative models of healthcare.

Desired Outcomes

- To strengthen and continue the symposium's mission and lay foundations for future conferences, seminars, research, roundtable discussions, and continuing education for doctors and nurses.
- To explore opportunities for medical students' clerkships in Tibetan Medicine clinics on the West Coast.
- To initiate a new program which will enable medical students to broaden their understanding of Tibetan medicine through exchange programs with the School of Tibetan Medicine in Amdo, Tibet.
- To start a conversation among integrative clinicians regarding a model of integrative patient care that addresses referrals, practical clinical issues, and other related issues.

PROGRAM SCHEDULE

Session I: Introduction

12:30 - 12:45pm	Reception and Lunch
12:45 - 1:00pm	Welcome Speech <i>Erica Weirich, M.D. & Yangdron Kalzang, Menpa, LAc., MTCM</i>
1:00 - 1:30pm	Introduction to Tibetan Medicine <i>Jennifer Daubenmier, Ph.D.</i>
1:30 - 2:00pm	Introduction to Western Medicine & Reflections on Integrating Across Medical Systems <i>Erica Weirich, M.D.</i>
2:00 - 2:10pm	Tea Break and Q&A

Session II: Individualized Care - Diet and Lifestyle

2:10 - 2:40pm	Tibetan Medicine Perspective on Seven Constitutions and Their Role in Health Care: Diet & Lifestyle <i>Yangdron Kalzang, Menpa, LAc. MTCM</i>
2:40 - 2:50pm	Tea Break and Q&A

Session III: Mind and Body Healing

2:50 - 3:05pm	Western Medicine Perspectives on Mind-Body Healing <i>David G Bullard, Ph.D.</i>
---------------	---

PROGRAM SCHEDULE

Session III: Mind and Body Healing

- 3:05 - 3:20pm Tibetan Medicine Perspectives on Mind-Body Healing
Lobsang Partsang, Geshe Ngagrampa
- 3:20 - 3:30pm *Tea Break and Q&A*

Session IV: End-of-Life Care

- 3:30 - 4:00pm End-of-Life Perspectives and Care in Tibetan Medicine
Kunchok Gyaltsen, Menpa, Ph.D.
- 4:00 - 4:10pm *Tea Break and Q&A*

Session V: How to Work Together to Provide Integrative Healthcare

- 4:10 - 5:15pm **Panel Discussion:**
1. Strengths and weaknesses of Western and Tibetan Medicine practices in clinical settings (15mins)
 2. Future collaborative steps including communication, working together, and future meetings (30mins)
 3. Future research opportunities (15mins)
 4. Summary (5 mins)
- Moderated by Phuoc V. Le, M.D. & Thinley Gyatso, Menpa, RN*
- Panelists:**
- David G Bullard, Ph.D.; David Spiegel, M.D.; Erica Weirich, M.D.;
Eve Henry, M. D.; James Lake, M.D.; Jennifer Daubenmier, Ph.D.;
Kathleen Wall, Ph.D.; Kunchok Gyaltsen, Menpa, Ph.D.;
Lisa Gustafso, RN; Lobsang Partsang, Geshe Ngagrampa;
Sandy Trieu, M.D.; Yangdron Kalzang, Menpa, LAc., MTCM.
- 5:15 - 5:30pm Closing remarks (15 min)

PRESENTERS

David G Bullard, Ph.D.

Clinical Professor of Medicine

Clinical Professor of Medical Psychology (Psychiatry)

Consultant, Symptom Management Service, Helen Diller Family Comprehensive Cancer Center

Member, Professional Advisory Group, Spiritual Care Services

UCSF Medical Center and UCSF Benioff Children's Hospital

Dr. Bullard is a psychologist who has worked with individuals and couples for over 35 years. He is clinical professor in medicine and in medical psychology (psychiatry) at UCSF, where he consults with the symptom management service (outpatient palliative care staff) of the Helen Diller Family Comprehensive Cancer Center, and with the professional advisory group of UCSF's spiritual care services. He has had the pleasure of learning about Tibetan Buddhism from Dr. Robert Thurman (in Bhutan, New York and San Francisco), and has co-led workshops with Susan O'Connell, (president) at the San Francisco Zen Center, and has presented with Dr's. Thupten Jinpa and Isa Gucciardi at UCSF and at the Foundation of the Sacred Stream (Berkeley).

Erica Weirich, M.D.

Founder & Director, Global Health Research Foundation (GHRF)

Physician at Palo Alto Medical Foundation in Los Altos, CA

Adjunct Professor of Medicine, Stanford University School of Medicine

Dr. Weirich is founder and director of Global Health Research Foundation (GHRF). In 2007, GHRF began working to integrate technology, medical and cultural focus into a toolkit to sustain programs and to support service providers working in medically underserved areas. GHRF now serves health and eco-health programs locally and internationally, working collaboratively with local and academic partners to better understand and meet community needs, to facilitate the integration of appropriate technology and process, and to measure and thus move toward community-identified health and eco-health goals.

As part of its mission, GHRF works to ensure that functioning solutions are developed collaboratively, are made sustainable, scalable, and transferable when possible, and function well in the hands of the programs served.

Dr. Weirich's global health efforts have included work within two integrative medical settings: an experimental National Health Service-supported integrative clinic in London, England called The Marlebonne Health Centre, and in Bhutan where GHRF has been assisting the Ministry of Health and community partners since 2007. Bhutan provides state-supported traditional and western medicine to citizens throughout the country, and has made significant improvements in health indicators over the last five decades with traditional and Western providers working side by side. Dr. Weirich holds an MA in International Development Policy along with her Medical Degree at Stanford University.

Jennifer J. Daubenmier, Ph.D.

Assistant Professor, Division of General Internal Medicine, Department of Medicine

Assistant Professor, Osher Center

Dr. Daubenmier is Assistant Professor at the Osher Center for Integrative Medicine in the Department of Medicine at the University of California, San Francisco. Her NIH-funded research focuses on the development and evaluation of mind-body interventions for individuals with obesity at risk for cardiovascular disease and Type 2 diabetes. More recently, she has become interested in traditional Tibetan Medicine approaches to holistic health. In 2015, she was awarded a U.S. Fulbright Senior Research Scholar Award to travel to India to study traditional Tibetan Medicine and Buddhist approaches to mind-body health. She is now consulting with the Tibetan Medical and Astrological Institute in Dharamsala, India on research studies to examine effects of Tibetan Medicine interventions in patients with irritable bowel syndrome and tuberculosis.

PRESENTERS

Kunchok Gyaltsen, Menpa MIIM., MPH., Ph.D.

Professor, Tso-Ngon (Qinghai) University

Tibetan Medical Doctor, Kumbum Tibetan Medical Hospital

Executive Director, Arura Medicine of Tibet

Adjunct Professor, Medicine at School of Medicine, University of Virginia

Founder and President, Tibetan Healing Fund

Dr. Kunchok Gyaltsen is one of today's new generation of outstanding traditional Tibetan medical doctors. Having spent his life gaining expertise in both the Tibetan Buddhist tradition and in Tibetan Medicine, his proficiency in clinical mind-body healing practices, Public Health, his many public teachings and scholarly writings on traditional Tibetan medical approaches, combined with over 30 years of training as a Tibetan Buddhist monk, offer exceptional and rare resources of knowledge for ways to keep body, mind, and spirit healthy from birth to death. Currently, Dr. Gyaltsen holds positions of Honored Presidents and Tibetan Medical Doctors of Tso- Ngon Provincial and Kumbum Monastery Tibetan Medical Hospitals, Senior Advisor of Arura Tibetan Medical Group. He wrote and published 10 scholarly Tibetan Medicine books and over 30 scientific and general papers.

Lobsang Partsang, Geshe Ngarampa

Executive Director, Tibetan Living Communities

Geshe Lobsang studied Buddhism at Gyudmed Monastery for twenty years, culminating in his Geshe Ngagrampa degree. He served as monastery administrator and toured in various countries giving lectures about Buddhism, meditation, and exhibiting arts of compassion. Geshe Lobsang is the founder and director of Tibetan Living Communities (www.tlc4tibet.org), a non-profit organization dedicated to the improvement of education and health care for Tibetans throughout India and Tibet.

Geshe Lobsang studied Tibetan medicine at the International Academy for

Tibetan Traditional Medicine as well as Chinese Medicine at University of East West Medicine in Sunnyvale, California. He has been serving as a Buddhist Chaplain at Santa Clara County jail for five years, teaching Mindfulness. Geshe Lobsang is trained in Mindfulness Based Stress Reduction (MBSR) and certified by the Center for Mindfulness at UMass.

Yangdron Kalzang, Menpa, LAc. MTCM

Executive Director & Chief Practitioner of Tibetan Medicine and Acupuncture, KUNDE

Director, American Tibetan Medical Association

Faculty, Shang Shung Institute School of Tibetan Medicine

Menpa Yangdron is a licensed acupuncturist and herbalist, who has completed a Masters degree in Traditional Chinese Medicine from Five Branches University in Santa Cruz, California. She was born in Tibet and was first introduced to Tibetan Medicine as a young child by her uncle, who served as Chief Physician for the Integrative Unit of the Tibetan Medical Hospital (Men Tsee Khang) in Lhasa. She was later fortunate enough to work under his supervision at the Tibetan Medical Hospitals in Lhasa and Chengdu. Menpa Yangdron earned her Tibetan Medicine degree from the Tibetan Medical University in Lhasa, Tibet.

Menpa Yangdron founded the KUNDE - Tibetan Wellness & Healing Center with the mission of promoting and sustaining the wellness of mind and body through Tibetan medicine, acupuncture, and holistic healing approaches, at an affordable cost. The Center is committed to preserving and continuing efficacious healing with Tibetan medicine practices in our modern world. Menpa Yangdron has been practicing Tibetan Medicine for over 20 years, she has been receiving students from Stanford University School Medicine for clerkships since 2008. Menpa Yangdron speaks and teaches regularly throughout the United States, Canada, and Europe.

MODERATORS

Phuoc V. Le, M.D., MPH, DTM&H

Phuoc Le graduated from Dartmouth in 2000 with a double major in Biochemistry and Molecular Biology and Asian and Middle Eastern Languages and Literatures. He then matriculated at Stanford Medical School where he earned his MD. During his time at Stanford, Phuoc also obtained a Master's of Public Health from UC Berkeley with a focus on global health. He completed a combined residency in Internal Medicine, Pediatrics, and Global Health Equity at Harvard's Brigham and Women's Hospital and Massachusetts General Hospital. During residency he has worked with the NGO Partners in Health (PIH) to provide equitable health care in Rwanda, Lesotho, Malawi, and most recently, post-earthquake Haiti. He has participated in both quantitative and qualitative public/community health, and anthropological research in Tibet, Shanghai, and Qinghai, PRC, and Geneva, Switzerland.

Thinley Gyatso, Menpa and RN

Menpa Thinley received his education in Tibetan Medicine from Men-Tsee Khang (Tibetan Medical and Astro. Institute) in Dharamsala, India, in 2002. Menpa Thinley has been practicing and teaching Tibetan medicine ever since. He has given a series of talks around the United States. He always welcome new students who are interested in learning Tibetan Medicine. He is a RN at St. Mary's Hospital in San Francisco. Currently, he resides in El Cerrito, CA with his wife (Thupten Dolma, who is also a Menpa) and his two sons.

David Spiegel, M.D.

Dr. Spiegel is Willson Professor and Associate Chair of Psychiatry & Behavioral Sciences, Director of the Center on Stress and Health, and Medical Director of the Center for Integrative Medicine at Stanford University School of Medicine, where he has been a member of the academic faculty since 1975. He is Past President of the American College of Psychiatrists, and Past President of the Society for Clinical and Experimental Hypnosis, and a member of the Institute of Medicine of the National Academies. He has published ten books, 368 scientific journal articles, and 156 book chapters on hypnosis, psychosocial oncology, stress physiology, trauma, and psychotherapy. His research has been supported by the National Institute of Mental Health, the National Cancer Institute, the National Institute on Aging, the National Center for Complementary and Alternative Medicine, the John D. and Catherine T. MacArthur Foundation, the Fetzer Institute, the Dana Foundation for Brain Sciences, and the Nathan S. Cummings Foundation.

Eve Henry, M.D.

Dr. Henry is originally from the East Coast and grew up in a small town outside of New York City where she became interested in science at an early age. She was a finalist in the prestigious Intel Science Talent Search for work she completed in high school on the anti-cancer properties of vegetables. Dr. Henry went on to complete her undergraduate studies at Princeton University where she majored in Molecular Biology and graduated magna cum laude. Dr. Henry obtained her medical degree from Vanderbilt University Medical School in 2010. She has a passion for exploring and understanding alternative medical systems and therapies, and has spent time studying with traditional healers in rural India and the Amazon rainforest. Dr. Henry has trained in Mindfulness Meditation and spent one year studying the effects of guided imagery and meditation on women with breast cancer undergoing surgery and radiation. After her residency, Dr. Henry completed a limited fellowship at the UCLA Center for East-West Medicine where she studied Traditional Chinese Medicine and became proficient in acupuncture. Dr. Henry's practice of internal medicine with the Encina Practice at the Palo Alto Medical Foundation allows her to pursue her special interests with patients who are looking for a holistic approach to their health.

PANELISTS

James Lake, M.D.

Dr. Lake is a Board certified psychiatrist in Oakland, California. He has served on adjunct clinical faculty at Stanford, and the University of Arizona School of Medicine, Center for Integrative Medicine. He founded and chaired the American Psychiatric Association's Caucus on CAM from 2004 through 2010 and is a founding member and former chair of the International Network of Integrative Mental Health.

Dr. Lake has published articles and chapters on integrative medicine and psychiatry in peer-reviewed medical journals. He is the author, co-author or editor of four textbooks on complementary, alternative and integrative mental health care: *Chinese Medical Psychiatry: A Clinical Manual*, (with Bob Flaws), Blue Poppy Press, 2000; *Textbook of Integrative Mental Health Care*, Thieme, 2006; and *Complementary and Alternative Treatments in Mental Health Care* (co-edited with David Spiegel), American Psychiatric Press, 2007, and *Integrative Mental Health Care: A Therapist's Handbook*, Norton, 2009. His most recent project is a series of 10 e-books on integrative mental healthcare published in 2015.

Kathleen Wall, Ph.D.

Dr. Wall is Professor Emerita Psychology, Sofia University, Palo-Alto, California and Counselor Emerita, San Jose State University. She is a contributor to The Spirituality and Health Institute, Santa Clara University. She co-developed Psycho-Spiritual Integrative Therapy (PSIT) and conducts research and trainings on PSIT. This therapy integrates several psychotherapies and Integral Yoga philosophy developed by Sri Aurobindo and Mirra Alfassa. She has conducted research using PSIT with cancer survivors. She coauthored several publications on psychological practices integrating spirituality, including: *Reaping fruits of spirituality through Psycho-Spiritual Integrative Therapy in cancer recovery* in T. G. Plante (Ed.), *Religion and positive psychology: Understanding the psychological fruits of faith* (Greenwood, 2012), *Self-Compassion in Psychotherapy: A Psycho-Spiritual Integrative Therapy Approach*. In T.G. Plante (Ed.), and *The Psychology of Compassion and Cruelty: Understanding the Emotional, Spiritual, and Religious Influences*. Santa Barbara, CA: Praeger. Email: Kewall@sbcglobal.net

Lisa Gustafson RN, MSN, GNP-BC

Lisa is a Nurse Practitioner in the Outpatient Palliative Medicine Clinic at Stanford Cancer Center, Palo Alto since August, 2013. She worked as a Nurse Practitioner in the Inpatient Care Center at San Diego Hospice from July 2011 to February, 2013. Lisa received her MSN in the Gerontological Nurse Practitioner program at UCSF in 2007. While attending school she worked as a staff nurse on the BMT floor at UCSF. Prior to graduate school she worked on a few different medical/surgical/oncology inpatient units and worked as a chemotherapy infusion nurse in an outpatient community clinic.

Sandy Trieu, MD

Dr. Trieu is a clinical assistant professor in the Stanford palliative medicine department where she practices outpatient supportive oncology/palliative medicine. She also serves as the associate medical director for VITAS Hospice in the San Francisco Bay Program. She completed her residency in internal medicine and fellowship in hospice and palliative medicine at Stanford University Hospital.

PARTICIPANTS

Adam Burke, PhD, MPH, LAc., Professor & IHHS Director

Adam Burke holds degrees in social psychology and health education from UC Santa Cruz and UCLA, and is a California licensed acupuncturist. Research activities include curricular innovation in the areas of holistic health education, inquiries into meditation and imagery, and cross-cultural studies of traditional medicine. Publications include *Self Hypnosis* (Crossing Press, 2004), *Learning Life* (Rainor Media, 2015) and numerous articles on traditional East Asian medicine. NIH funded research includes an international collaborative study of yoga in Bangalore, India. He has served on the American Public Health Association (APHA) Governing Council, and was appointed by Governor Arnold Schwarzenegger to the California Acupuncture Board. In 2010 he was appointed to the Advisory Council of the NIH's National Center for Complementary and Alternative Medicine (NCCAM). Prior to his work at SFSU, Burke taught at UC Santa Cruz and was the principal of Adam Burke Consulting, offering training in meditation and mind-body skills internationally.

Ana Dolatabadi

Ana Dolatabadi has an M.S. in Sociology, M.S. in Transpersonal Psychology, and is in her last year at Sofia University obtaining her doctorate in clinical psychology. Ana's clinical experience includes working with homeless individuals and families in the San Francisco Bay area, college students at California College of Arts in San Francisco and Oakland, and with men in an inpatient substance abuse program in San Jose, California. Her interest is in complementary and alternative Medicine. She has recently conducted research on Psycho-Spiritual Integrative Therapy (PSIT), an 8-week psychological and spiritual intervention for cancer patients and survivors.

Art Johnson, Ph.D.

Dr. Johnson is one of the coordinators for this conference, he is program Officer for Family & Community Medicine, Stanford School of Medicine, who has had an interest in Integrative Medicine for decades. He completed his Ph.D. in psychology researching an intervention for cancer survivors based upon developing

a better understanding of the survivor's personal physical, emotional and spiritual needs using PSIT.

Dawa Gail Lorien, PhD. MA.

Dr. Lorien is a certified Instructor for the Compassion Cultivation Training (CCT) at the Center for Compassion and Altruism Research and Education (CCare), Stanford School of Medicine. CCT is an 'evidence based' secular compassion education and meditation course. Compassion Cultivation strengthens the qualities of compassion, empathy, and kindness. Dawa teaches CCT in the San Francisco Bay Area (2012 – 2015) and is committed to offering Compassion Cultivation to diverse and underserved communities.

As a Cultural Anthropologist, Dawa's research interests are secular adaptations of traditional contemplative practices and their impact on identity, well-being and quality of life. Her doctoral research employed ethnographic methods to study identity transformation resulting from long-term meditation practice in three-year retreats. She has been a student of Tibetan Buddhism for over 35 years and completed the traditional Tibetan Buddhist three-year retreat under the guidance of the late Venerable Kalu Rinpoche in 1985. Her life's objective is a seamless integration of Buddhist practice and ethics into daily life—balancing a contemplative retreat life with family and work. In 1992 while living in Hawaii, Dawa met the Dzogchen Master Chögyal Namkhai Norbu and began studying Vajra Dance and Dzogchen. She currently serves on the board of directors of the Dzogchen Community West Coast.

Dickyi Charwathakyi, MSW

Dickyi is a social worker specializing in adult mental health in Contra Costa county. Have has also worked with women and children in drug rehab. She is interested in integrated medicines and inter-disciplinary approaches to human well being.

PARTICIPANTS

Dimitriy G Kondrashov, MD

Dr. Kondrashov received his BA from the University of Pennsylvania and his MD from the Albert Einstein College of Medicine. He did his Orthopaedic Surgery Residency at North Shore/ LIJ Medical Center, and his Spine Surgery Fellowship at Stanford University/ St. Mary's Medical Center.

Dr. Kondrashov has been a spine surgeon at St. Mary's Spine Center since 2005. He is also the associate program director of San Francisco Orthopaedic Surgery Residency Program. His interests include spinal deformity correction, spine infections and international spine surgery projects.

Emily Kelly

Emily's interest in the integration of Western and Tibetan Medicine began in India in the spring of 2015. She volunteered at the allopathic Tibetan Delek Hospital, and had the pleasure of taking classes from Dr. Pema Dorjee in traditional healing modalities. While she aspires to be an allopathic physician specializing in infectious disease, she is committed to the integration and synergy of medical systems to improve patient care. Emily is currently a Stanford undergraduate, class of 2016.

Eva Weinlander, M.D.

Dr. Weinlander is a family physician in her 25th year of practice at Stanford Family Medicine. She is an assistant professor at Stanford's School of Medicine, involved in teaching medical students and directing several courses and clerkships including the McGann Women and Health Lecture Series and Mind Body Medicine Skills among others. She was certified in Mind Body Medicine in 2006 through the Center for Mind Body Medicine (CMBM) (<http://cmbm.org/>) and since then has offered courses to Stanford medical students and run 8 week sessions in Mind Body Medicine Skills for patients with depression, anxiety, pain syndromes, stress etc. Additionally she is on the Center's national faculty teaching health care providers the skills needed for self care and tools to pass on to their patients.

PARTICIPANTS

Fei-Ing Tzeng, Ph.D., LAc.

Fei-Ing Tzeng is the Doctor of Acupuncture and Oriental Medicine (DAOM) Program Director at Five Branches University. Fei-Ing was born in the Philippines and went to the Fujian University of Traditional Chinese Medicine for college, majoring in Traditional Chinese Medicine (TCM). She later proceeded to her Master's and PhD studies at the Beijing University of Chinese Medicine, specializing in TCM Gynecology. Since she first stepped into the field of TCM, it has long been her dream to contribute to the globalization of TCM. Fei-Ing is fluent in Mandarin Chinese, English, Tagalog, and Taiwanese.

Frederic Luskin, Ph.D.

Dr. Luskin directs the Stanford Forgiveness Projects and is a Senior Consultant in Wellness at Vaden Health Center. He is the author of *Forgive for Good* the leading self help book on forgiveness as well as *Stress Free for Good*. At Stanford he has taught the Positive Psychology Happiness class for the past eight years as well as teaching classes on meditation, wellness, and the use of storytelling for personal growth and healing. His international work on forgiveness and corporate teaching of happiness, emotional intelligence and stress management have deepened his conviction that the development of positive states of mind and interpersonal good will are essential to health.

Gyaltzen Druknya, Co-founder and President of Arura Medicine of Tibet

Gyaltzen was born in a nomadic family in Dola, a small Tibetan village in Amdo. He co-founded Arura Medicine of Tibet in Charlottesville, Virginia in 2010. Since the establishment of the organization, Gyaltzen has organized several major events, including the "Symposium on Tibetan Medicine and Meditation" for over 500 participants in 2012, in collaboration with the University of Virginia. He also facilitated a delegation from Charlottesville to travel to Siling (Xining) to attend the "Western and Tibetan Medical Professionals' Dialogue on Compassionate Care of the 21st century Medical Care" at Tso-Ngon University Tibetan Medical College, Qinghai Province in the People's Republic of China. Delegates consisted of local Arura Board members and medical professionals from the

PARTICIPANTS

University of Virginia and the Charlottesville community, including Dr. Leslie Blackhall (Professor of Palliative Medicine at UVA), cardiologist Dr. George Beller, the former Mayor of Charlottesville, David Brown, and others.

Gyaltzen received his education in Tibetan Literature, Buddhism and Tibetan Medicine from His Eminence the 4th Tashi Rinpoche, one of the highest lamas at Kumbum Monastery in Amdo. Gyaltzen has also conducted major fundraising campaigns for the Tibetan Healing Fund (THF) since 2001, which made the establishment of the Tibetan Natural Birth and Health Training Center in Repkong, Amdo a reality. Through his work with THF, maternal and child healthcare for thousands of Tibetan women and children is now available.

Harise Stein, M.D.

Dr. Harise is an Adjunct Clinical Associate Professor in the Ob/Gyn Department at Stanford. For the past 15 years her private practice has focused on mind-body medicine, helping women understand and manage how the experiences of their lives affect their health and vice versa. She also sees women at the medical center to help prepare them for surgery. Other interests include wellness and interventions for healthcare providers and trainees, and the health effects of partner and family abuse throughout the lifespan.

Heather Rudderham

Heather Rudderham is a fifth year clinical doctoral student at Sofia University. Heather comes from Nova Scotia, Canada and was drawn to study at Sofia University for its holistic approach to health and healing. Her integrative approach to therapy focuses on utilizing a range of treatment modalities including cognitive behavioral interventions, motivational interviewing, positive psychology, and humanistic-existential psychotherapy. Heather aims to meet the client where they are on their journey and provide therapeutic interventions that best fit the individual. She believes in building well-being into the lives of clients not just advocating for the absence of disease. She is currently working on a study examining the processes of change within Psycho-Spiritual Integrative Therapy.

PARTICIPANTS

Mary Vincent, Founder of Green Star Labs

Mary Vincent is Founder of Green Star Labs, developing eco-health technologies, and serves as an Entrepreneur in Residence at SK Telecom. She advises a Life Sciences Association and ElectrIQ, an Energy Storage startup. Mary served as Director of Technology, Health and Environment for the Global Health Research Foundation (GHRF) and guest-lectured at Stanford Medical School.

Mary gave the 2015 Annual Keynote at the ITRI Government Semiconductor Taiwan Conference on the topic: ‘IoT Wearable mHealth Technology Impacts on Smart Cities, Homes, Data and Security’. She Co-Founded and led Product Engineering for a smart fabric wearable computing company, leading global wearable computing architecture innovation, integration, testing, quality and technical engagement, and her startup was accepted into the Intel Make it Wearable Semifinals. Her background includes work in Sun Microsystems Java Mobile Engineering and Data Center Energy Efficiency.

Ron Zaidman, MBA, MTCM, DAOM Fellow

Mr Zaidman is President and Co-founder of Five Branches University, Graduate School of Traditional Chinese Medicine with campuses in Santa Cruz and San Jose California.

Mr Zaidman received an MBA from Stanford, was a management consultant specializing in strategic planning and management information systems, and an entrepreneur who established two international companies and Five Branches University. He has studied Asian culture for over 30 years and is dedicated to the development of Traditional Chinese and Integrative Medicine education and healthcare in the U.S. and internationally. Mr Zaidman lived in Europe and South America and is fluent in five languages. He holds Doctoral and Master’s degrees in Traditional Chinese Medicine, and a Master’s degree in Business Administration.

Scott Reynolds, MBA

Scott Reynolds is the Managing Director at Bloom Energy, where he heads the Project Finance team. Bloom is a late-stage clean energy company backed by

PARTICIPANTS

Kleiner Perkins and NEA. Scott has been at Bloom for over 11 years, and in that time has developed a significant interest in ancient contemplative practices, especially their intersection with the modern disciplines of neuroscience and quantum mechanics. He finds that his personal practice, which is based largely on the Tibetan tradition, has had a tremendous beneficial impact on the quality of his professional and personal lives. He is accordingly an advocate for keeping an open minded approach to learning from those familiar with the Tibetan traditions of medicine and mind training. Scott has a MBA from the Haas School of Business at UC Berkeley, and was previously an investment banker at Morgan Stanley in New York City.

Scott Rome, M.D.

Dr. Rome earned a Medical Degree at Temple University School of Medicine, completed a residency in Physical Medicine and Rehabilitation at the National Rehabilitation Center, have been Medical Director of the California Pacific Regional Rehabilitation Center in San Francisco since 1999, and have published research in the field of rehabilitation for patients with acquired brain injury.

Tashi Dorjee, Menpa

Menpa Tashi was born and raised in Kathmandu, Nepal. He received his education in Sowa Rigpa (Tibetan Medicine) from Men-Tsee-Khang (Tibetan Medical and Astro. Institute) in Dharamsala, India, in 2002. He practiced Tibetan Medicine in Nepal and India for 5 years before moving to United States in 2008. He taught Tibetan Medicine in Shang Shung Institute School of Tibetan Medicine for one year in 2010. He currently resides in San Francisco Bay Area where he practices Tibetan Medicine.

Tenzin Nyima, Menpa

Menpa Tenzin was born and raised in Lhasa, Tibet. He received his 5-year education in Tibetan Medicine from Men-Tsee-Khang (Tibetan Medical and Astro. Institute) in Dharamsala, India, in 1993. He has been practicing Tibetan

PARTICIPANTS

Medicine in different clinics in India for seven years and he practices Tibetan Medicine in Bay Area.

Victoria Boggiano

Victoria Boggiano is a third-year medical student at the Stanford School of Medicine, hoping to match into Family Medicine. Victoria has been active in Stanford's Family Medicine Interest Group and Primary Care Progress chapters throughout medical school. Before medical school, Victoria spent a year living and working in Hanoi, Vietnam, through Save the Children. She also spent a year working at a community health center in Maryland through AmeriCorps, which is where she first discovered how important primary care is. Next year, she will be taking a year off of medical school to pursue a Masters in Public Health.

Yangchen Dolkar, MD

Dr. Dolkar was educated at the Tibetan Children's Village in India. She completed her Masters in Science from Delhi University, India and her medical degree from MSIH (Medical School for International Health) in Israel, a collaborative medical school program between Ben Gurion University of Israel and Columbia University Medical Center, NY. She worked for one year after medical school graduation in a Tibetan Settlement in South India (mundgod). Dr. Dolkar did her medical residency training in Internal Medicine at Maimonides Medical Center in Brooklyn, NY. She then completed two and half years of primary care medicine clinical practice as part of the Indian Health Services in the Navajo Nation in Arizona. She has been affiliated with CPMC as an Internal medicine primary provider at St.Luke's CPMC campus since October 2013.

Yangzong Gesang, MS.

Yangzong is one of the coordinators for this conference, she was born and raised in Lhasa, Tibet. Currently she is the program and development manager at the KUNDE - Tibetan Wellness & Healing Center, and serves as Secretary at the American Tibetan Medical Association (ATMA). In 2014, she helped ATMA to organize a Tibetan Medicine Conference: Ancient Medicine for Modern Life at

PARTICIPANTS

the Rubin Museum of Art in New York City. With her unique cultural and family background, she has been passionate about Tibetan Medicine and mind training practices. She is optimistic that bringing Tibetan Medicine to the West will benefit local community members. She is also dedicated to empower the younger generation of Tibetans as well as give back to the Tibetan communities in Tibet. She has an MS. in Integrated Marketing from New York University and a BS in Accounting and Finance from Lancaster University in England. Previously, she lived and was educated in Beijing and Shanghai.

Explanation of Degrees:

Geshe Ngagrampa = Doctor of Tantrayana Buddhist Philosophy

LAc. = Licensed Acupuncturist

MD = Doctor of Medicine

Menpa = Doctor of Tibetan Medicine

MPH = Master of Public Health

MTCM = Master of Traditional Chinese Medicine

RN = Registered Nurse

NOTES

Family & Community Medicine, Stanford University School of Medicine

Family & Community Medicine, Stanford University School of Medicine, provides education and training for Stanford Medical students in Family Medicine. Integrative Medicine is introduced to the students as part of the educational program.

KUNDE - Tibetan Wellness & Healing Center

KUNDE (pronounced: kün-dey, spelled: ཀུན་བདེ།) Tibetan Wellness and Healing Center was founded by Menpa Yangdron Kalzang in 2004. The name KUNDE was given to the center by her root teacher, Kenpo Troru Tsenam Rinpoche, one of the most highly respected scholars of traditional Tibetan Medicine in Tibet.

In Tibetan, KUNDE means “May all beings be healthy, wealthy and happy.” Dedicated to the mission of benefiting all people with affordable, integrative health services, KUNDE offers a variety of traditional Tibetan and Asian medical modalities.

Offices are located in Daly City, Santa Cruz, and Berkeley.

ACKNOWLEDGMENTS

We offer special thanks for the generosity of our collaborators:

American Tibetan Medical Association (ATMA), MA

Arura Medicine of Tibet, VA

Shang Shung Institute School of Tibetan Medicine, MA

The American Tibetan Medical Association (ATMA) is exclusively dedicated to the promotion and preservation of Tibetan Medicine and has no political affiliations or involvement. The national organization representing the Tibetan medical profession in the United States of America. Its mission is to preserve, protect, improve and promote the philosophy, knowledge, science and practice of Tibetan Medicine for the benefit of humanity.

Arura Medicine of Tibet offers an opportunity for United States communities to engage with preserving Tibetan culture, primarily the Tibetan Medicine tradition, and to serve these communities through access to Tibetan compassionate wellness care. The organization provides education and exchange opportunities to those who wish to participate in a learning environment that supports the health of body, mind, and spirit.

The establishment of Arura Medicine of Tibet will create an all-encompassing Tibetan Medicine resource center in the United States. Arura Tibetan Medical Group in Tibet is bringing Tibetan medical resources and expertise to work with health professionals and passionate people in the community. Together, working hand-in-hand, we will craft a new approach of healthcare in contemporary society through preserving these ancient Tibetan healing approaches for a better quality of life.

ACKNOWLEDGMENTS

The Shang Shung Institute School of Tibetan Medicine (SSI-STM) is the first Tibetan medical school to be established in the West. SSSI-STM offers programs such as a four-year Tibetan Medicine program, a three-year course in Advanced Tibetan Medicine and KuNye Therapy Certification for Massage Licensure. The four-year curriculum is equivalent to the traditional education offered by Tibetan medical schools in Tibet and India. STM provides its students with the opportunity to intern at its affiliate institutions and hospitals.

The Shang Shung Institute of America (SSIA) was founded by Chögyal Namkhai Norbu in 1994. Dr. Phuntsog Wangmo joined as director of the school in 2001. Under her leadership, the SSI School of Tibetan Medicine was officiated by the Commonwealth of Massachusetts as a Licensed Secondary Private Occupational School in 2005. The KuNye Therapy Certification Program was approved by the State in 2011. Since 2012 there has been serious interest in studying Tibetan Medicine in Italy, Mexico, Australia, Russia and Spain. A Four-Year Tibetan Medicine Resident Program in Russia began in 2013. In 2015, the three year Advanced Tibetan Medicine Program was approved by the State department, the first three-year graduate program outside of the Himalayan region.

We extend our deepest gratitude to all the presenters, moderators, panelists, volunteers, and participants

PLANNING COMMITTEE

Arthur V. Johnson, PhD

Program Officer, Family & Community Medicine
Stanford University School of Medicine

Erica Weirich, MD

Executive Director
Global Health Research Foundation

Kunchok Gyaltzen, Menpa, MIIM., MPH., Ph.D

Executive Director
Arura Medicine of Tibet

Phuntsog Wangmo, Menpa

International Director
Shang Shung Institute School of Tibetan Medicine

Yangdron Kalzang, Menpa, LAc. MTCM

Founder & Executive Director
KUNDE - Tibetan Wellness & Healing Center

Yangzong Gesang, MS.

Program and Development Manager
KUNDE - Tibetan Wellness & Healing Center