

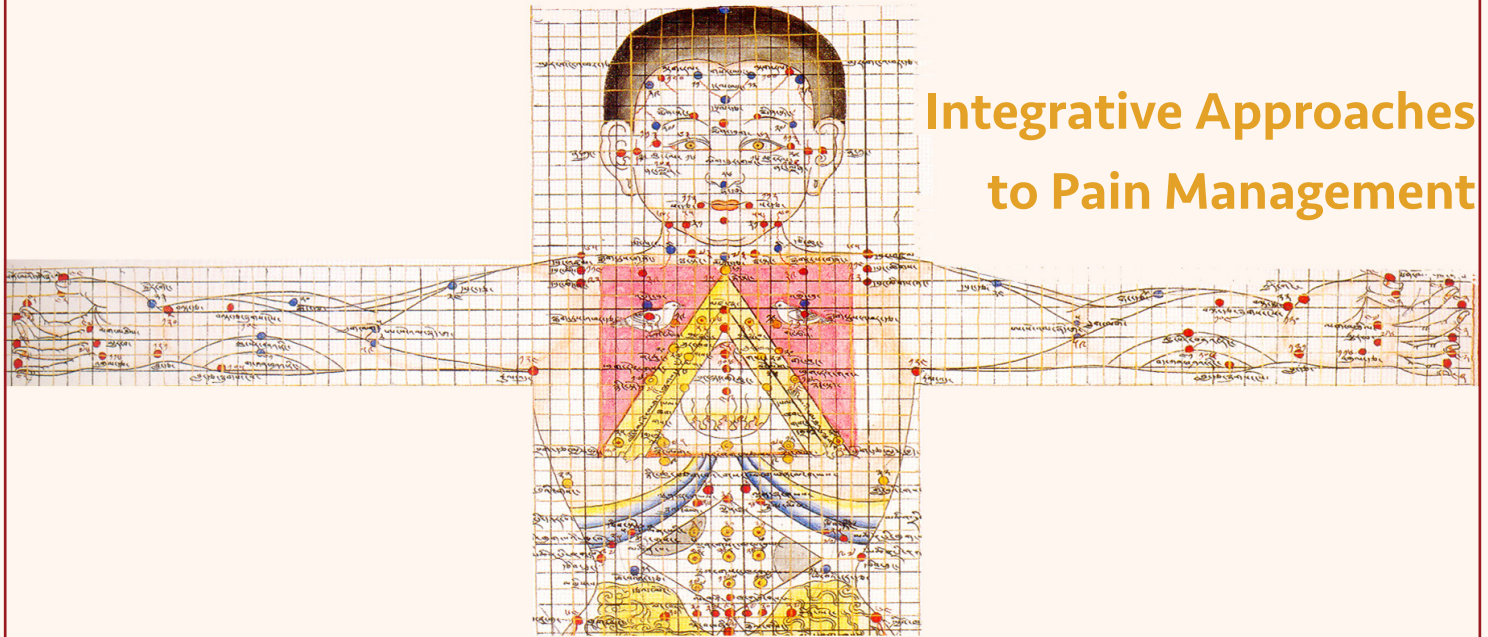
སྐབས་བཞི་པའི་བོད་ལུགས་དང་ཕྱི་ལུགས་གསལ་རིག་རྒྱུད་འབྲེལ་སྐོན་དཔྱད་བཅོམ་གྱི་ལྗོངས་

བྱེད་པར་རྒྱུག་ཇུ་སྒྲུབ་ལ་འཛིན་ཐབས་ལམ་

第四屆藏西醫年度論壇：疼痛管理的融合型方法

4th Annual

Symposium on Western and Tibetan Medicine



Integrative Approaches  
to Pain Management

April 14 and 15, 2017

Li Ka Shing Learning & Knowledge Center (LKSC),

Stanford University School of Medicine

Co-organized by:



**STANFORD**  
SCHOOL OF MEDICINE

Stanford University Medical Center



GLOBAL HEALTH  
RESEARCH FOUNDATION  
Improving health through understanding



**KUNDE**  
INSTITUTE

CENTER FOR TIBETAN WELLNESS AND HEALING

"I was surprised to learn that your clients are not only pursuing western medical treatment alongside their Tibetan healing, but also sharing their concurrent treatment plans with you openly...Your practice is a good example of how western allopathy can be integrated with eastern healing traditions, and I appreciated that you see what you do as taking a different "perspective" on illness and pathology... I would hope that the future of western medicine continues to move in a direction that prioritizes lifestyle change (diet, exercise, and sleep) in both preventative and treatment plans..."

**Rashmi Jasrasaria**

**Stanford MD Candidate 2016**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)

"I agree that western medicine will benefit a great deal from the addition of Tibetan Medicine in the treatment and palliation of many different diseases, including chronic pain, stress, and even cancer and autoimmune diseases. As I hope to develop clinical trials some day in the treatment of cancer, I will look to incorporate Tibetan Medicine and other alternative and complementary forms of medicine to construct new treatment practices..."



**Michael Binkley, MS4**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)



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# Annual Symposium Series on Western and Tibetan Medicine

## OBJECTIVES

- To provide a bridge between Western and Tibetan Medicine along with other integrative approaches to share the benefits and perspectives of these systems in a rigorous and open dialogue.
- To advance the understanding of the concepts of pain and disease that inform medical traditions, along with healing modalities to reduce suffering and enhance the mind-body balance, that is not adequately addressed by the current Western medical model.
- 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.

## PREVIOUS SYMPOSIA

- 3rd Annual Symposium on Western and Tibetan Medicine: Searching for Integrative Care in March 11, 2016 (read more: [www.kundewellness.org/symposiums](http://www.kundewellness.org/symposiums))
- 2nd Annual Symposium on Western and Tibetan Medicine: Bridges to Health through Tibetan Medicine - A Panel in Medical and Spiritual Understanding at Stanford University in Nov 16, 2012
- 1st Annual Symposium on Western and Tibetan Medicine: Integrative Medicine Module for Future Medicine - Tibetan and Western Medicine in Oct 24, 2008

## Why Integrative Approaches to Pain Management?

Continuing the mission of Western and Tibetan Medicine symposium series is designed to bring people together who are dedicated to improving the human condition and using their medical training to care for people from different systems of medicine, with a focus on Western and Tibetan Medicine.

Clinicians, healthcare professionals, physicians, researchers and educators with expertise in promoting health through changes in mental and physical pain management will participate in the symposium with the goal of sharing their perspectives.

## 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 provide integrative treatment and healing approaches to pain and disease, including techniques of prevention, thus reducing patient suffering.
- To continue a conversation among integrative clinicians regarding a model of integrative patient care that addresses referrals, practical clinical issues, and other related issues.
- To expand opportunities for clinicians and medical students from both traditions to broaden their knowledge and understanding through a framework of exchange locally and internationally.

# Program Overview

**Fri, April 14, 2017** Professional and Academic Working Symposium  
@ LK130

**Sat, April 15, 2017** Joint Professional and Community Symposium  
@ LK101/102

12:00pm - 12:30pm	Reception and Lunch	9:10am – 9:50am	Tibetan Yoga, Healing Through Breath
12:30pm - 12:45pm	Welcome Speech	10:00am – 10:15am	Welcome Speech
12:45pm - 12:50pm	Mindfulness Meditation	10:15am – 10:20am	Mindfulness Meditation
12:50pm – 1:30pm	<b>Keynote</b> Laying the Framework for Integrative Medicine	10:20am – 11:00am	<b>Keynote</b> Shared Engagement in Integrative Care
1:30pm – 1:50pm	<b>Lecture</b> Introduction to Tibetan Medicine: Historical Background, Theory, and Research	11:00am – 12:00pm	<b>Lecture</b> Preventing and Transforming Suffering
1:50pm – 2:00pm	Q & A	12:00pm – 1:00pm	Lunch Break
2:00pm – 3:30pm	<b>Explorations and Dialogues 1</b> Pain in Western and Tibetan Medicine: Concepts, Diagnosis, and Treatments	1:00pm – 2:20pm	<b>Presentations 1</b> Pain in Western and Tibetan Medicine: Aging and End of Life Care
3:40pm – 4:00pm	Coffee Break Research Poster Session	2:20pm – 3:40pm	<b>Presentations 2</b> Pain in Western and Tibetan Medicine: Mental, Emotional, and Physical
4:00pm - 5:30pm	<b>Explorations and Dialogues 2</b> Research on Integrative Medicine and Integrative Approaches to the Management of Pain	<b>Experiential Workshops</b>  <b>Workshop 1 @ Room LK101:</b> Diagnostic Methods in Tibetan Medicine: Pulse Reading, Urine Analysis, Tongue Reading <b>Workshop 2 @ Room LK102:</b> Tibetan Yogas for Health and Wellbeing <b>Workshop 3 @ Room LK203/204:</b> Depth Hypnosis and the Treatment of Pain <b>Workshop 4 @ Room LK205/206:</b> Mind Training <b>Workshop 5 @ Room LK208:</b> Stress Reduction and Comfort care: Hor-mey Therapy (warm oil therapy) <b>Workshop 6 @ Aways M112:</b> Food Healing	
5:30pm – 5:40pm	Q & A	3:50pm - 4:50pm	
5:40pm - 5:45pm	Dedication Meditation	4:50pm – 6:00pm	<b>Workshop Panel</b>
5:45pm – 6:00pm	Closing + Group Photos	6:00pm – 6:15pm	Closing Remarks
		6:15pm – 6:20pm	Dedication Meditation
		6:20pm – 6:30pm	Group Photos

4th Annual Symposium on Western and Tibetan Medicine: **Integrative Approaches to Pain Management**

# བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་རྒྱུ་འབྲེལ་སྐྱོད་དཔྱད་བཅོམ་སྤྱོད་།

## བཅོམ་སྤྱོད་ཀྱི་དམིགས་ཕྱུག་།

- བཅོམ་སྤྱོད་དེས་བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་གཉིས་པར་འབྲེལ་ལམ་གསར་འཛུགས་ཀྱིས་བོད་ཕྱི་གསོ་རིག་མཉམ་ལས་ཐོག་ནད་པར་ཕན་ཐོག་རྒྱ་ཆེ་བསྐྱབ་ཐབས་བྱ་རྒྱ།
- དེ་དུས་ཕྱི་ལྷགས་གསོ་རིག་ནས་ལྷན་སེམས་ཀྱི་སྤྲེལ་བསྐྱེད་ཆེས་སྐྱོན་བཅོས་མ་ཐུབ་པ་དེ་དག་བོད་ལྷགས་གསོ་རིག་ནས་ཁྱེད་བཅོས་ཐབས་བྱ་རྒྱ།
- བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་སོ་སོར་བྱས་བཅི་དང་གཅིག་ཕན་གཅིག་རོགས་ཀྱིས་ཉམས་ཞིབ་ལས་དོན་སྤེལ་ཏེ་རྒྱུ་འབྲེལ་སྐྱོན་བཅོས་ཐབས་ལམ་དང་ཕྱི་ཚོགས་འཕོད་བཞེན་ཡར་རྒྱས་གཏོང་རྒྱ།

## ལྷན་ཕྱི་བཅོམ་སྤྱོད་ཁག་།

- ༢༠༡༤ ལོའི་རྒྱ་ ༩ ཚེས་ ༡༡ ཉིན། སྐབས་གཉིས་པའི་བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་བཅོམ་སྤྱོད་ཚོགས་དྲུང་སྐབས་པོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་རྒྱུ་འབྲེལ་ཐོག་ནད་ལྱུང་ཐབས་ལམ་ཁྱེད་ལྟར་འཚོལ་ཚོགས།
- ༢༠༡༥ ལོའི་རྒྱ་ ༡༡ ཚེས་ ༡༤ ཉིན། སྐབས་གཉིས་པའི་བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་བཅོམ་སྤྱོད་ཚོགས་དྲུང་བཅོས་མ་ཐུབ་པའི་ནད་རིགས་དེ་དག་བོད་ཕྱི་གསོ་རིག་སེམས་ཁམས་ཁམས་ཤིག་པའི་ཉམས་ལེན་རྒྱུ་ཁྱེད་ལྟར་གསོ་སྤྱོད།
- ༢༠༡༥ ལོའི་རྒྱ་ ༡༠ ཚེས་ ༢༤ ཉིན། སྐབས་དང་པོའི་བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་བཅོམ་སྤྱོད་ཚོགས་དྲུང་སྐབས་མ་འོངས་པར་བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་རྒྱུ་འབྲེལ་ཐོག་སྐྱོན་བཅོས་ལག་ལེན་བྱ་ཚོགས།

# ལྷན་པར་རྒྱག་རྒྱ་རྟུངས་འཛིན་ཐབས་ལམ།

## བཅོམ་སྤྱོད་རྒྱུ་ལྷན་།

བཅོམ་སྤྱོད་ཀྱི་བོད་ལྷགས་དང་ཕྱི་ལྷགས་སྐྱོན་པ་སོ་སོའི་ཆེད་ལས་ཉམས་ཚུངས་དང་ལག་བཟླ་བཞེན་ནད་པ་རྣམས་ཀྱི་ལྷན་སེམས་བདེ་ཐང་ཡར་རྒྱས་གཏོང་ཆེད་ཡིན།

ཆེད་ལས་སྐྱོན་པ་དང་སྐྱོན་ཞབས་པ། ཞིབ་འཇུག་མི་སྣ། ཕྱི་ཚོགས་འཕོད་བཞེན་ཆེད་ལས་པ། སློབ་གསོ་བ་བཅས་སོ་སོའི་ཆེད་ལས་བཞེན་རྒྱག་གཟེར་རམ་རྒྱག་དྲུང་རྒྱག་བསྐྱེད་སྐྱོད་ལས་འཛིན་རི་ལྟར་བྱ་ཚོགས་ཐང་དམིགས་ལྷན་གཙོ་བབྱང་བྱ་རྒྱ་ཡིན།

## ཚོགས་འདུའི་དམིགས་ཕྱུག་དང་བྱུང་འབྲས།

- མ་འོངས་པར་གོང་གི་སྐྱོན་གཞུང་གཉིས་ཀྱི་དབར་ཚན་རིག་ཞིབ་འཇུག་དང་གོས་བསྐྱར། སྐྱོན་ཞབས་པ་དང་སྐྱོན་པ་རྣམས་ཀྱི་སྐྱོན་བཅོས་རྒྱུ་ཤེས་གོང་འཕེལ་ཡོང་བ།
- ཆེད་ལས་པ་སོ་སོར་དགོས་ལེས་ཀྱི་རྒྱུ་འབྲེལ་སྐྱོན་དཔྱད་ཐབས་ལམ་ལས་ནད་པའི་དཀའ་རྒྱུག་སེམས་ཆེད་སྐྱོན་འགོག་གི་ཤེས་བྱ་སོགས་གོ་རྟོག་སྤེལ་རྒྱ།
- ལུ་མཐུད་བོད་ཕྱི་གསོ་རིག་ཕན་ཚུན་མཉམ་ལས་ཐོག་རྒྱུ་འབྲེལ་སྐྱོན་དཔྱད་སྐབས་འཕྲད་པའི་ནད་ཐོག་དཀའ་ངལ་རྣམས་གོས་སོལ་དང་ཐབས་ལམ་འཚོལ་རྒྱ།
- བོད་ལྷགས་དང་ཕྱི་ལྷགས་གསོ་རིག་གི་སྐྱོན་པའམ་སྐྱོན་སློབ་པན་ཚུན་མཉམ་ལས་བྱས་ཏེ་མ་འོངས་པར་གསོ་རིག་དེ་གཉིས་ཀྱི་མཐུན་ལམ་དང་ཤེས་ཡོན་རྒྱ་ཆེར་ཡོང་ཐབས་བཅས་སོ།།



## 藏西醫年度論壇

### 會議目標

- 通過開放而深入的討論，搭建西醫、藏醫以及其他融合型醫療方法之間的橋梁，共享不同醫學體系的優勢及觀點。
- 促進目前西方醫學對並未重視的概念和療法的認識，包括傳統醫學對疼痛和疾病的概念，減少痛苦和增強身心平衡的療法。
- 以建立一個緊密聯系的跨文化、跨學科醫療研究和臨床應用的平臺為目標，促進融合型醫療健康的合作發展。

### 往屆論壇

- 2016年3月11日，第三屆藏西醫年度論壇：尋找融合型護理 (了解更多: [www.kundewellness.org/symposiums](http://www.kundewellness.org/symposiums))。
- 2012年11月16日於斯坦福大學，第二屆藏西醫年度論壇：以藏醫搭建健康之橋 - 探討醫療與心靈的關係。
- 2008年10月24日，第一屆藏西醫年度論壇：藏醫與西醫 - 探討未來醫療的融合型模式。

## 疼痛治療的融合型方法

### 會議介紹

本會延續藏西醫系列論壇的使命，以西方醫學和藏醫學為中心，召集來自不同醫療體系的醫學人士，分享各自治療經驗與方法來改善人類生活。

參與會議的有臨床醫生、衛生醫療從業人員、內外科醫生、研究人員以及醫學教育者們，他們將帶來各自獨特的視角與經驗。通過以促進人類健康為目標，專家們將分享對於心裡和生理上的痛苦治療的獨特見解與經驗。

### 預期成果

- 推動和延續論壇的使命，為今後的會議和科研連續性教育奠定基礎。
- 提供針對疼痛及疾病的融合型治療緩解和預防的方法，包括通過預防或減少患者痛苦的技術。
- 促進融合型醫療臨床醫師之間的交流。包括增加跨科推薦，臨床案例和其他融合型醫療方法的討論。
- 建立本地和跨國界交流的平台，為西醫及藏醫的臨床醫生和學生提供擴充知識和了解的機會。



# 會議日程

2017年4月14日 (周五)  
@ 會議室LK130

專業及學術論壇

2017年4月15日 (周六)  
@ 會議室LK101/102

專業及社區聯合論壇

12:00pm - 12:30pm	接待及午餐	9:10am - 9:50am	藏式瑜伽 - 吐納療法
12:30pm - 12:45pm	歡迎致辭	10:00am - 10:15am	歡迎致辭
12:45pm - 12:50pm	正念冥想	10:15am - 10:20am	正念冥想
12:50pm - 1:30pm	主旨提要	10:20am - 11:00am	主旨提要
			融合型護理中的共享式參與
12:30pm - 12:45pm	歡迎致辭	11:00am - 12:00pm	演講
12:45pm - 12:50pm	正念冥想		痛苦的預防與轉換
12:50pm - 1:30pm	主旨提要	12:00pm - 1:00pm	午餐
		1:00pm - 2:20pm	講座1
	奠定融合型醫療的框架		藏西醫中的疼痛觀念：年老與臨終關懷
1:30pm - 1:50pm	演講	2:20pm - 3:40pm	講座2
	藏醫入門：歷史・理論・及查考		藏西醫中的疼痛觀念：心理、情緒與生理
1:50pm - 2:00pm	問答環節		體驗工作坊
2:00pm - 3:30pm	探索與對話 1	工作坊 1 @ 房間 LK101	工作坊 1 @ 房間 LK101
	西醫與藏醫中的疼痛觀念、診斷及治療		藏醫診斷法：把脈、尿液分析和觀舌
3:40pm - 4:00pm	茶歇休息 研究海報展示	工作坊 2 @ 房間 LK102	工作坊 2 @ 房間 LK102
			藏式瑜伽 - 養生
4:00pm - 5:30pm	探索與對話 2	工作坊 3 @ 房間 LK203/204	工作坊 3 @ 房間 LK203/204
	融合型療法以及融合型疼痛治療的研究		催眠和疼痛療法
5:30pm - 5:40pm	問答環節	工作坊 4 @ 房間 LK205/206	工作坊 4 @ 房間 LK205/206
5:40pm - 5:45pm	供奉冥想		正念培養
5:45pm - 6:00pm	結束語及集體合照	工作坊 5 @ 房間 LK208	工作坊 5 @ 房間 LK208
			減緩壓力和舒適護理：暖油療法
		工作坊 6 @ 房間 Always M112	工作坊 6 @ 房間 Always M112
			膳食療法
4:50pm - 6:00pm	工作坊討論會		工作坊討論會
6:00pm - 6:15pm	結束語		結束語
6:15pm - 6:20pm	供奉冥想		供奉冥想
6:20pm - 6:30pm	結束語及集體合照		結束語及集體合照

Friday, April 14, 2017

@ LK130

## Professional and Academic Working Symposium

12:00pm - 12:30pm

**RECEPTION AND LUNCH**

12:30pm - 12:45pm

**WELCOME SPEECH**

*Tracy Rydel, MD and Yangdron Kalzang, Menpa, LAc.*

12:45pm - 12:50pm

**MINDFULNESS MEDITATION**

**WITH** *Lobsang Partsang, Geshe Ngarampa*

12:50pm - 1:30pm

**Keynote**

**LAYING THE FRAMEWORK FOR INTEGRATIVE MEDICINE**

**PRESENTER:** *Sakti Srivastava, MBBS, MS*

Each system of medicine, ranging from ancient traditional to modern allopathic, has unique strengths and challenges. This presentation compares and contrasts these systems and attempts to weave a synergistic approach to integrative medicine. Issues such as underlying mechanisms, scientific validation, educational initiatives, and clinical outcomes are discussed.

1:30pm - 1:50pm

**Lecture**

**INTRODUCTION TO TIBETAN MEDICINE: HISTORICAL  
BACKGROUND, THEORY, AND RESEARCH**

**PRESENTER:** *Jennifer Daubenmier, Ph.D*

This presentation will provide an introduction to the holistic approach of Tibetan Medicine. We will review major historical influences of Tibetan Medicine, discuss key principles of health and disease, diagnostic methods, and treatment modalities. We will also provide an overview of modern scientific research on Tibetan medicine from case studies to randomized controlled trials.

1:50pm - 2:00pm

**Q & A**

2:00pm – 3:30pm

**Explorations and Dialogues 1:****PAIN IN WESTERN AND TIBETAN MEDICINE:****CONCEPTS, DIAGNOSIS, AND TREATMENTS****PANELISTS:***Tracy Rydel, MD; Erica Weirich, MD;**Phuntsog Wangmo, Menpa; Kunga Wangdue, Menpa***MODERATED BY** *Sakti Srivastava, MBBS, MS*

Speakers in this session will introduce key concepts, diagnostics and treatment of acute and chronic pain from the perspective of each medical system, highlighting areas of synergy and tension between the two systems. Pathways and physiologies of pain as well as variation in individual response will be addressed. Speakers will present pharmaceutical treatments for pain management and alleviation, as well as diet, lifestyle and manual therapies. Mind-body modulation of pain will also be presented.

As we have witnessed with the opioid epidemic in the West, medication targeting pain neurophysiology exclusively is often ineffective. Likewise, Tibetan medicine rarely treats a condition for pain alone. However, focusing treatment on pain has become a major paradigm in Western medicine despite an understanding of contributing conditions such as sedentary lifestyles, obesity, poor diets, and excess mental and physical stress.

Acute and chronic disease have significantly different understandings in Western and Tibetan medical systems that consequently direct distinctly different approaches. Tibetan medicine tends to work from the gut level to all body systems using both nutrition and medication to access such pathways, as well as from external manual therapies that work from the outside in, applying therapies of moxibustion, cupping, massage and so forth. Whereas Western medicine often focuses on the pharmaceutical response, as well as some topical applications and physical therapy.

Likewise, medicine compounding in Tibetan medicine, though rich in neurochemically active species, uses principles of synergy to buffer effects. It cautions against highly purified compounds because of the potential cascade of deleterious side effects. Speakers will discuss the concept of synergy in drug discovery and formulation for each system and its benefits and drawbacks to single compound formulas.

3:40pm – 4:00pm

**COFFEE BREAK****RESEARCH POSTER SESSION**

4:00pm -5:30pm

**Explorations and Dialogues 2:****RESEARCH ON INTEGRATIVE MEDICINE AND INTEGRATIVE  
APPROACHES TO THE MANAGEMENT OF PAIN****PANELISTS:***Alejandro Chaoul-Reich, PhD; David Spiegel, MD; Debu Tripathy, MD;**Tawni Tidwell, Menpa; Yangdron Kalzang, LAc., Menpa***MODERATED BY** *Jennifer Daubenmier, Ph.D*

Pain is the most common reason for seeking care in the United States, where 30% of US adults report some form of chronic or severe pain. Between health expenditures and loss of productivity, chronic pain costs the US over 100 billion dollars every year. While surgical techniques and medications address some forms of pain, the potential dangers to patients such as side effects, medication dependence and surgical and anesthetic risks represent possible drawbacks. Integrative therapies including acupuncture through traditional Chinese and Tibetan Medicine, yoga, massage, and mindfulness have been the subject of increasing institutional research, some of which has demonstrated significant decreases in pain intensity, as well as improvements in function and in coping in patients with severe and chronic pain.

Over 60 academic centers, including Harvard, UCSF and Sloan Kettering, have joined in the Consortium of Academic Health Centers for Integrative Medicine in investing in research into integrative therapies. The National Center for Complementary and Integrative Health joins the Consortium in broadening the breadth and depth of research into integrative treatments. While evidence for and interest in integrative therapies grows, meanings and mechanisms are not always clarified through rigorous Western-style research. There is, increasingly, a need for new research models and methodologies to accommodate alternate or more holistic mechanisms for therapeutic benefit as providers work together to improve patient outcomes.

Panelists will explore these issues lending their own perspective and experience, as well as questions and comments from the audience.

5:30pm – 5:40pm

**Q & A**

5:40pm - 5:45pm

**DEDICATION MEDITATION****WITH** *Lobsang Partsang, Geshe Ngarampa*

5:45pm – 6:00pm

**CLOSING + GROUP PHOTOS**



9:10am – 9:50am

## TIBETAN YOGA, HEALING THROUGH BREATH

WITH Luke Karamol, AHC, RYT and Matthew Schmookler, Menpa

One of the oldest recorded systems of Yoga that exists in the world, for centuries Yantra Yoga was a closely guarded secret reserved for advanced yogic practitioners. In light of its universal benefits, Yantra Yoga was first introduced to the West in the 1970s by the famous Tibetan scholar and professor, Chögyal Namkhai Norbu. Synchronizing every movement with conscious breathing we find ourselves in a perfectly relaxed state. Yantra Yoga aims to guide the breath into a natural harmony with the mind and body, acting directly on the five winds in the fundamental theory of Traditional Tibetan Medicine.

10:00am – 10:15am

## WELCOME SPEECH

Yangdron Kalzang, Menpa, LAc. and Erica Weirich, MD

10:15am – 10:20am

## MINDFULNESS MEDITATION

WITH Lobsang Partsang, Geshe Ngarampa

10:20am – 11:00am

## Keynote:

### SHARED ENGAGEMENT IN INTEGRATIVE CARE

PRESENTER: Ronesh Sinha, MD

Modern life is causing humans to drift from their ancestral roots, leading to all types of physical and mental health issues in adults and children. Dr. Sinha will share insights from his consult practice, in addition to a combination of ancient wisdom and high-tech tools that can help individuals regain balance and optimal health in today's fast-paced world.

11:00am – 12:00pm

## Lecture:

### PREVENTING AND TRANSFORMING SUFFERING

PRESENTER: Tenzin Wangyal Rinpoche, Geshe

What role does compassion play in preventing and transforming suffering? In this talk, Tenzin Wangyal Rinpoche will speak about the difference between relative and absolute compassion and their role in healing.

Relative compassion arises from our personality, our ego, allowing us to feel empathy and the wish to see all beings free of suffering, including ourselves. This has an important role in healing. Although, in many cases when we feel our pain, we connect to it from our negative emotions, thoughts, and feelings, which causes our pain to increase.

Absolute compassion arises from pure awareness. From the point of view of dzogchen, the highest teachings in the Bön-Buddhist tradition of Tibet, as we are able to go beyond the ego and abide in the nature of mind—in pure awareness—and from there connect with our pain, the power of awareness can transform our suffering.

All experiences become the path to liberation.

12:00pm – 1:00pm

LUNCH BREAK

1:00pm – 2:20pm

## Presentations 1:

PAIN IN WESTERN AND TIBETAN MEDICINE:

AGING AND END OF LIFE CARE

### PRESENTERS:

Western Medicine: *Antoinette Rose, MD*

Tibetan Medicine: *Phuntsog Wangmo, Menpa*

**MODERATED BY** *Bob Fu-Yuan Lin*

All medical disciplines share the goal to improve the wellbeing of the patient, despite the knowledge that death is an eventuality for everyone. In approaching the end of life, it may seem that the views and goals of Eastern and Western medical traditions are at their most disparate. According to Traditional Tibetan Medicine, the doctor must understand the deeper nature of death and how to guide this normal life process for each patient. End of life is a special and a sacred time during which peace and harmony must be maintained. Here, profound care and true compassion from the healer can have strongest effect.

In the West, in modern times, deaths most often occur away from the public eye, perhaps deepening the sense that death is less a normal experience, is more mysterious and frightening, and is to be approached only when all efforts of avoidance have failed. Yet this is changing. The benefits of hospice care are increasingly acknowledged, and some states, including California, have made the decision to allow gravely ill patients to take an active role in their own end-of-life, with medical help. There may be increasing resonance in Eastern and Western disciplines in framing the end of life as part of a continuum of, rather than the end of, health.

Panelists will share their experiences with life, death and the paths between, along with their take on the role of the patient, family and healer in that journey.

2:20pm – 3:40pm

## Presentations 2:

### PAIN IN WESTERN AND TIBETAN MEDICINE: MENTAL, EMOTIONAL, AND PHYSICAL

#### PRESENTERS:

Western Medicine: *Erica Weirich, MD*

Tibetan Medicine: *Tawni Tidwell, Menpa, PhD Candidate*

**MODERATED BY** *James Lake, MD*

Pain in Tibetan medicine follows trajectories and pathways related to each nyepa in which it has its own characteristic manifestation according to location, quality, timing, and behavior. Because the three nyepa stem from their attendant afflictive emotions, we can see particular types of pain also stemming from each afflictive emotion. Such an understanding provides synchrony with Western neuroscience understanding of pain in that pain itself is a percept which is an elaboration of the sensory input and is modulated by the brain's abstraction.

Because understandings and definitions of pain in Western and Tibetan medicine are different, this presentation will begin by looking at the Western neuroscience classification of pain, and then map it into the Tibetan medical system and distinct nyepa pathways. The presentation will then re-approach understandings of "pain" from a Tibetan medical perspective, integrating the physical, mental and emotional dimensions.

3:50pm - 4:50pm

## Experiential Workshops

### WORKSHOP 1 @ Room LK101:

#### DIAGNOSTIC METHODS IN TIBETAN MEDICINE: PULSE READING, URINE ANALYSIS, TONGUE READING

**WITH:** *Kalsang Wangyal, Menpa; Adam Okerblom, LAc, Menpa;  
and Choeying Phuntsok, Menpa*

In this workshop, participants will learn about three important methods of diagnosis in Tibetan Medicine, including the pulse, urine, and tongue. This will be a hands-on workshop in which participants will learn key concepts and then be invited to examine one another's pulse, urine, and tongues. Participants will be invited to bring their morning urine to class for analysis.

### WORKSHOP 2 @ Room LK102:

#### TIBETAN YOGAS FOR HEALTH AND WELLBEING

**WITH:** *Alejandro Chaoul-Reich, PhD*

*Tsa lung Trul khor* is a contemplative practices from the Bon Mother Tantra (Ma rgyud), and the Dzogchen texts of Instructions of the A (A-khrid). This system, brought to the West by Tenzin Wangyal Rinpoche, engages our body, breath and mind and brings into balance the five elements by harmonizing our five vital breaths (rlung), as they are expressed in Tibetan medicine. During this workshop participants will learn some of the practices used in the research at MD Anderson Cancer Center in Houston, TX, applying these yogas for people with cancer and their caregivers.

(See Research Poster: A Couple-based Tibetan Yoga Program for Lung Cancer Patients and Their Caregivers)

### WORKSHOP 3 @ Room LK203/204:

#### DEPTH HYPNOSIS AND THE TREATMENT OF PAIN

**WITH:** *Joanna Adler, PsyD*

Depth Hypnosis is a spiritual counseling model that draws on the heart and mind in the treatment of pain. Depth Hypnosis is an innovative blend of ancient wisdom traditions and modern healing techniques developed by Dr. Isa Gucciardi, Founder of the Foundation of the Sacred Stream. Depth Hypnosis utilizes traditional hypnotherapy techniques, including age, prenatal, and past life regression, as well as the catalytic processes of energy medicine and earth-based traditions. The model also integrates Buddhist understandings of the nature of mind in a way that is easily accessed by westerners. The Depth Hypnosis process guides individuals to embrace greater levels of compassion and self-responsibility as they participate in understanding and alleviating their own pain, no matter whether the pain is experienced as physical, emotional, mental, or spiritual.

In this experiential seminar, participants will have the opportunity to learn about the spiritual counseling model of Depth Hypnosis, as it is used to treat pain. Recent research into the effectiveness of the model in the treatment of depression, anxiety, PTSD, and well-being will be discussed. Participants will also have the opportunity to experience connecting with their own inner resources, through a guided Depth Hypnosis process.



3:50pm - 4:50pm

## Experiential Workshops

### WORKSHOP 4 @ Room LK205/206

#### MIND TRAINING

**WITH:** *Lobsang Partsang, Geshe Ngarampa*

Meditation is a powerful practice offering new tools for individuals to walk more in balance and reduce the mental, emotional, and physical impact from one's daily lives. This practice also opens the door to self-healings and improved management of negative emotion. It can help someone who's having difficulty overcoming the wounds from the past. This particular mindset meditation is very unique for Tibetan Buddhism.

### WORKSHOP 5 @ Room LK208:

#### STRESS REDUCTION AND COMFORT CARE: HOR-MEY THERAPY (WARM OIL THERAPY)

**WITH:** *Matthew Schmookler, Menpa and Sanggee Bohm, Menpa*

As we all struggling with high stress and anxiety with high demand by usage of new technology and devices in order for us get things done instantly, we constantly struggle with high stress, lack of sleep or not enough sleep, loss of concentration, anxiety and fast heart beats, then we end up taking anti-depressant with lots of side-effects.

Hor-mey therapy (ཁྲོ་མེ) is a simple, cost effective, and powerful drug-free therapy used in traditional Tibetan Medicine. This external therapy uses heated herbal oil to heal by placing herbal poultices that have been warmed in sesame oil or ghee (clarified butter) on the various "rlung" (རླུང) (pronounced loong) or "wind" points located throughout the body. This practice acts to reduce mental and physical stress, boost the immune system, and increase the quality of sleep.

### WORKSHOP 6 @ ALWAY M112:

#### FOOD HEALING

**WITH:** *Tracy Rydel, MD and Yangdron Kalzang, Menpa, LAc.*

In modern times, all of us, such as those who live here in the Bay Area and Silicon Valley, are living such a rushed and fast pace lifestyle that we have high levels of stress, anxiety, moodiness, and fatigue. There is often no time to cook our own food, and many turn to eating junk food and frequently eating out in restaurants and fast-food chains leading to high consumption of fat, sugar, salt, and TV dinners. These days, most of our growing young adults and college students do not even have much experience in the kitchen, let alone know how to make home-cooked meals. They are raised eating TV dinners and fast food meals at McDonalds, Burger King, Panda Express, and Chipotle. Since both presenters are full-time workers and moms, this presentation aims to describe how to reintroduce homemade meals back into our college kids' lives and the busy bee communities in which we live. We describe simpler and easier versions of home-made meals compared to cumbersome and complex recipes that discourage the joy of cooking through time- and ingredient-intensive approaches. From today on, we believe you all can start making homemade healthy food even if you have busy schedules. We believe food is healing, and healing with food eases and calms your mind and body.

4:50pm – 6:00pm

## WORKSHOP PANEL

### PANELISTS:

*Kalsang Wangyal, Menpa; Adam Okerblom, LAc, Menpa; Choeying Phuntsok, Menpa; Alejandro Chaoul-Reich, PhD; Joanna Adler, PsyD; Lobsang Partsang, Geshe Ngarampa; Matthew Schmookler, Menpa; Sanggee Bohm, Menpa; Tracy Rydel, M.D; Yangdron Kalzang, Menpa, LAc.*

**MODERATED BY** *James Lake, MD*

Following brief remarks by the workshop leaders about important take-home points in the respective workshops, a panel discussion will provide opportunities for conference participants to comment on their own experiences using Tibetan or Western therapies for pain. The moderator will facilitate dialog between participants and the panel aimed at exploring both theoretical and practical issues pertaining to specialized diagnostic methods used in Tibetan medicine, Tibetan yoga, depth hypnosis, mind training, Hor-may, and the role of food in health and healing. An important goal of the panel workshop will be exploration of novel approaches to pain management integrating Tibetan and Western treatments. In an effort to 'plant seeds' for next year's conference on Tibetan and Western approaches to mental healthcare, the moderator will invite participants and the panel to comment on opportunities for integrating biomedical and Tibetan approaches for both maintaining optimal well-being and functioning, and alleviating mental and emotional suffering.

6:00pm – 6:15pm

## CLOSING REMARKS

*Yangdron Kalzang, Menpa, LAc. and Erica Weirich, MD*

6:15pm – 6:20pm

## DEDICATION MEDITATION

**LEAD BY** *Lobsang Partsang, Geshe Ngarampa*

6:20pm – 6:30pm

## GROUP PHOTOS

### EXPLANATION OF DEGREES:

AHC = Ayurveda Health Counselor  
DAOM = Doctorate of Acupuncture and Oriental Medicine  
Geshe Ngagrampa = Doctor of Tantrayana Buddhist Philosophy  
LAc. = Licensed Acupuncturist  
MBBS = Bachelor of Medicine, Bachelor of Surgery

MD = Doctor of Medicine  
Menpa = Doctor of Tibetan Medicine  
MPH = Master of Public Health  
MS = Master of Science  
MTCM = Master of Traditional Chinese Medicine  
RN = Registered Nurse  
RYT = Registered Yoga Teacher

# Presenters, Panelists, Instructors and Moderators

## Adam Okerblom, LAc, Menpa



Adam is a Licensed Acupuncturist (LAc), Tibetan Medicine Practitioner and Certified Massage Therapist (CMT). He offers holistic health consultations and treatments in the San Francisco Bay Area.

Adam is a graduate of the Acupuncture and Integrative Medicine College in Berkeley, and the Shang Shung Institute School of Tibetan Medicine. He has trained and interned at the Tso Ngon Tibetan Medicine Hospital in Amdo, Tibet. Adam has treated thousands of patients and worked with many esteemed senior Physicians of Tibetan and Chinese Medicine.

## Alejandro Chaoul, PhD



Assistant Professor, Director of Education  
Integrative Medicine Program

Alejandro Chaoul is an assistant professor and Director of Education, Integrative Medicine Program, Department of Palliative, Rehabilitation and Integrative Medicine at The University of Texas M.D. Anderson Cancer Center. He conducts

research using mind-body techniques with cancer patients, holds group meditation classes for cancer patients and their support system, has a meditation clinic consultation as part of the Integrative Medicine Center, and directs the education programs. He is also an associate faculty member at The McGovern Center for Humanities and Ethics, where he teaches medical students in the areas of spirituality, complementary and integrative medicine, and end of life care.

His research and publications focus on mind-body practices in integrative care, examining how these practices can reduce chronic stress, anxiety and sleep disorders and improve quality of life. He has published in the area of religion and medicine, medical anthropology and the interface of spirituality and healing, and his upcoming book is on "Tibetan Yogas for Health and Wellbeing" (Hay House, 2018).



## Antoinette Rose, MD

Dr. Antoinette has been – and continues to be - a practicing Internal Medicine physician at Palo Alto Medical Foundation, for the last 23 years. She feels honored to be part of her patients' lives, from adolescence to advanced age. She also loves writing, and feels privileged to have many writing opportunities, in her role as Medical Director for the Office of Communications at PAMF. Past experiences have included working as a journalist for a small-town newspaper in Massachusetts, teaching The Healers' Art course at Stanford Medical School, and volunteering in many venues for people in need. She is married with two young adult children.

Dr. Antoinette has been – and continues to be - a practicing Internal Medicine physician at Palo Alto Medical Foundation, for the last 23 years. She feels honored to be part of her patients' lives, from adolescence to advanced age. She also loves writing, and feels privileged to have many writing opportunities, in her role as Medical Director for the Office of Communications at PAMF. Past experiences have included working as a journalist for a small-town newspaper in Massachusetts, teaching The Healers' Art course at Stanford Medical School, and volunteering in many venues for people in need. She is married with two young adult children.



## Bob Fu-Yuan Lin 林富元(源)

Bob Lin is the founder of Multi-Dimensional Venture Partners, an angel venture group from Silicon Valley and Chairman of Healthlink Services, a nation-wide medical assistance company in China. He also co-founded and served as General Partner for Acorn Campus and Acorn Angels since late 90's. Bob has more

than 25 years of angels and venture investment expertise with multiple IPOs. He also serves as a partner in PHYCOS Consulting, a very prestigious consulting firm for high level businesses, entrepreneurs, and government. He is also the author of four top selling books in Asia and a leading columnist for many business/ investment newspapers.

Bob served as Chairman of Global Monte Jade Association, considered one of the most influential Chinese hi-tech executive associations worldwide. He was the Chairman in Chinese Association of International Trade (CAIT) twice in a row and a Board member of Taiwanese Chamber of Commerce twice. He has also served both as the Commissioner and the Chairman of Santa Clara County – HsinChu County Commission. Bob has a MSEE degree from University of California at Santa Barbara. He has been very active in community services.

# Presenters, Panelists, Instructors and Moderators



**Choeying Phuntsok, Menpa**  
ལྷན་པ་ཚོས་དབྱིངས་ལུན་ཚོགས།

Menpa Choeying Phuntsok studied at Derge Medical College in Kham, Tibet. He then pursued his Menpa Kachupa, equivalent to a Bachelor of Medical degree, at the Tibetan Medical & Astrological Institute (TMAI) in India. He also received specialty training in Tibetan Pharmacology there. Since then, he has worked as

a physician for the Tibetan Regiment in the Indian Army, the Chief Medical Doctor at Tibetan Medical Institute in Paonta Tibetan Settlement, and Deputy Director of Pharmaceutical Department at TMAI. He now serves as the Senior Tibetan Physician, Advisor, and Consultant for the Meridian Medical Group, PC in New York.

One of his unique achievements has been producing the Nyida Khajor, a medicinal therapeutic massage formula that is still manufactured in Dharamsala. In the United States, he has established one of the first authentic Tibetan medical practices under the auspices of the Institute of East-West Medicine, a non-profit organization affiliated with the Meridian Medical Group, PC. Moreover, he has participated in a research project with Warren Kurtz, PhD at the Institute of East-West Medicine to understand the correlation between electromagnetic fields and the classical Tibetan pulse diagnosis. Lastly, he has participated in numerous conferences throughout the years and is fluent in Tibetan, Hindi, Mandarin Chinese, and English.



**David Spiegel, MD**

Dr. David 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, and was Chair of

the Faculty Senate from 2010-2011. Dr. Spiegel has 40 years of clinical and research experience studying psycho-oncology, stress and health, pain control, psychoneuroendocrinology, sleep, hypnosis, and conducting randomized clinical trials involving psychotherapy for cancer patients. He has published twelve books, 383 scientific journal articles, and 167 book chapters on hypnosis, psychosocial oncology, stress physi-

ogy, 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 Integrative Health, the John D. and Catherine T. MacArthur Foundation, the Fetzer Institute, the Dana Foundation for Brain Sciences, and the Nathan S. Cummings Foundation. He was a member of the work groups on stressor and trauma-related disorders for the DSM-IV and DSM-5. He is Past President of the American College of Psychiatrists and the Society for Clinical and Experimental Hypnosis, and is a Member of the National Academy of Medicine.

**Debu Tripathy, MD**



Dr. Tripathy is Professor of Medicine and Chair, Department of Breast Medical Oncology at the University of Texas MD Anderson Cancer Center. His clinical research focuses on the evaluation and development of novel therapeutics in breast cancer, specifically, growth factor receptor pathway targeting as well as biomarkers that predict sensitivity and resistance. He

has also developed and conducted trial to assess integrative medicine including natural products for the treatment of breast cancer and symptom management. Dr. Tripathy has published numerous original laboratory and clinical research articles in the area of breast cancer and serves on several editorial boards, study sections, and societies as well as Editor-in-Chief of CURE Magazine and The American Journal of Hematology/Oncology. He has previously served as the Presidents of the American Society of Breast Disease and the Society of Integrative Oncology.



**Erica Weirich, MD**

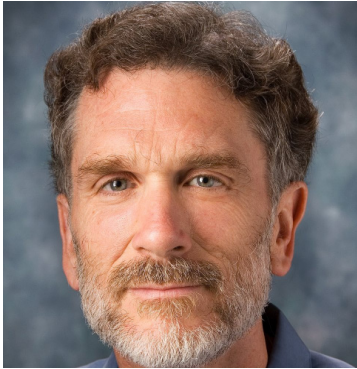
Dr. Erica Weirich is the founder and director of Global Health Research Foundation (GHRF). She is in her 17th year of practice in Family Medicine at the Palo Alto Medical Foundation, and serves as Adjunct Clinical Professor of Medicine, Family and Community Medicine, at Stanford University School of Medicine. Prior to graduating

from Stanford 1998 with Doctor of Medicine and Masters in International Development Policy degrees, Dr. Weirich worked with traditional birth attendants and community health workers in Northern Pakistan, worked on health access for refugees as



# Presenters, Panelists, Instructors and Moderators

a Graduate Scholar in London, and on rising maternal mortality as a Traveling Scholar in the country of Georgia, together with Stanford and the Zhordania Institute of Human Reproduction. Dr. Weirich co-founded GHRF in 2007 with Dr. Christopher Traver, with the mission to provide key sustainability support to health providers working in medically underserved areas. Collaboratively with local and academic partners, GHRF programs facilitate the integration of appropriate technology and process toward community-identified health and eco-health goals.



**James Lake, MD**

Dr. Lake is a Board certified psychiatrist. 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 found-

ing 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."



**Jennifer Daubenmier, Ph.D.**

Assistant Professor, Institute for Holistic Health Studies, Department of Health Education, San Francisco State University

Dr. Daubenmier is Assistant Professor in the Holistic Health Studies program in the Department of Health Education at San Francisco State University. She has conducted research in the field of integrative medicine for the past 15 years. Her primary interest has been to understand the impact of mind-body practices including meditation and yoga on health outcomes among individuals with chronic

diseases. Her NIH-funded research focuses on the development and evaluation of mindfulness-based lifestyle interventions to improve metabolic health in individuals with obesity. More recently, she is interested in traditional Asian medical approaches to holistic health. In 2015, she was awarded a U.S. Fulbright Senior Research Scholar Award to study Tibetan Medicine and Buddhist approaches to mind-body health in India. She is now teaching courses on Eastern health perspectives and Tibetan medical and meditation approaches to health to undergraduate students at San Francisco State University.



**Joanna Adler, PsyD**

Joanna Adler PsyD is a Licensed Clinical Psychologist, and has specialized in working with individuals and groups in business and private settings since 1993.

Joanna studied Romance Languages at the undergraduate level at Colorado College, and earned her doctorate in Clinical

Psychology from the California Institute of Integral Studies, with an emphasis in Transpersonal Studies. She has gone on to study and teach in the field of Transpersonal Psychology, is certified as a Depth Hypnosis Practitioner, and serves on the faculty at the Foundation of the Sacred Stream. Joanna is also an executive coach with Leadership Landing Inc.

Joanna has 25 years of training in Buddhist Psychology and advanced meditation techniques, and was the Principle Investigator for a two-year quantitative research study on the spiritual counseling model of Depth Hypnosis. Joanna has taught symposia at the national and international levels on Depth Hypnosis, including at the UC San Francisco Medical Center and the International Symposium of Contemplative Studies with Mind and Life among others.



**Kalsang Wangyal, Menpa**

ལྷན་པ་སྐལ་འཕེལ་འཕེལ་བློ་ལྷན་པ་

Menpa Kalsang Wangyal was born in 1966 in Ringpung Yakdey in central Tibet. Menpa Wangyal became a Buddhist monk and studied at the Jokhang monastery in Lhasa, Tibet. He graduated from the prestigious Tibetan Medical and Astrological Institute in Dharamsala, India in 1994 and was

awarded an honorary degree of Menrampa (T.M.D) in 2004.

# Presenters, Panelists, Instructors and Moderators

He is also one of the few Tibetan doctors who is certified to prepare Tsothel in Tibetan “Precious Pill”, which requires a complex formula forming an integral part of traditional medical practice.

Since completing his studies, Menpa Wangyal has pursued a clinical practice at several clinics in India and Nepal and has also specialized in pharmacology. Menpa Wangyal is also an expert in the use of Precious Jewel Medicines – the most unique medicine in the Tibetan pharmacopoeia. Menpa Wangyal has traveled extensively around the world, participating in medical conferences, seminars and exhibitions and treating patients in Kazakhstan, Poland and Germany. At UCSF, he gave a case-based presentation at Osher Center for Integrative Medicine. He currently resides in Berkeley, CA.



**Kunga Wangdue, Menpa**  
ལྷན་པ་ལུན་དགའ་དབང་འབྲས།

Menpa Kunga Wangdue was born in Tibet, and began his Buddhist studies at the ripe age of eight and studied Tibetan Language and Buddhist Philosophy at Drapung Monastery in Lhasa. Menpa Wangdue then began his extensive study of Tibetan Medicine and graduated from Tibetan Medical

and Astrology College in India in 1996. He had the privilege of completing a year-long internship under Senior Menpa Kunga Gyurme. From 1998 to 2002, he served as a clinical practitioner in Nepal and Spain. Menpa Wangdue has been practicing Tibetan Medicine in New York, and he is the Vice President of Traditional Tibetan Medical & Astro Association New York.



**Lobsang Partsang, Geshe Ngarampa**  
དལེ་བཞེན་ལྷོ་པ་ཟུང་ལྷེ་རྟེན།

Geshe Lobsang is a Tibetan Medicine practitioner and a candidate of Traditional Chinese Medicine at University of East West Medicine in Sunnyvale, California. Lobsang studied Tibetan medicine at the International Academy for Tibetan Traditional Medicine and

he has been practicing in Kunde Institute's clinic in South San Francisco. Having completed over 20 years of study in Buddhism, he received his Geshe Ngarampa degree at Gyudmed Tantric Monastic University in South India. More recently, however, he has been serving as a Buddhist Chaplain at Santa

Clara County Jail since 2011, teaching mindfulness sessions. He teaches Buddhism, meditation and the art of compassion.



**Luke Karamol, AHC, RYT**

Luke has been studying and practicing yoga for over 18 years and teaches Tibetan Yantra Yoga, Hatha yoga and Harmonious Breathing. He was authorized to teach Yantra Yoga through the Dzogchen teacher Chögyal Namkhai Norbu in 2013. Luke is also a California licensed massage therapist and nationally certified

Ayurveda Lifestyle Counselor with a bodywork practice utilizing tui na, energetic and orthopedic manual therapy techniques. He lives in Oakland, California.



**Matthew Schmookler, Menpa**

Matthew's focus is on natural mental health with Tibetan Medicine and Tibetan Yantra Yoga. As a graduate of Shang Shung Institute, completing internship and exams at the Qinghai Medical College and Hospital in Tibet, he is one of the few certified Traditional Tibetan Medicine practitioners and Yantra Yoga instructors in the US. Matthew is

co-founder of Sowa, a Tibetan Medicine partnership offering in-home therapeutic wellness treatments and Tibetan Kunye Massage as well as Corporate Wellness programs throughout the Bay Area. In his free time Matthew leads Khaita Joyful Dances to modern Tibetan tunes.



**Phuntsog Wangmo, Menpa**  
ལྷན་པ་ལུན་ལྷོ་པ་ཟུང་ལྷེ་རྟེན།

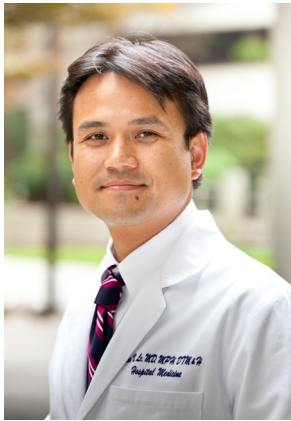
Menpa Phuntsog Wangmo is the Academic Director of the Shang Shung School of Tibetan Medicine, located in Conway, MA. Menpa Phuntsog received her advanced degree in Tibetan Medicine from Lhasa Tibetan Medicine College (Men-Tsee-Khang) and trained with two of Tibet's foremost

doctors (Khenpos Troru Tsenam and Gyaltsen). Menpa Phuntsog had the exceptional opportunity of extensive clinical train-



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ing under Khenpo Troru Tsenam for four years. Since 1996, Menpa Phuntsog dedicated many years of work as a doctor in the Eastern Tibet where she collaborated and directed the implementation of A.S.I.A (Association for International Solidarity in Asia), a non-profit organization founded by Chögyal Namkhai Norbu and dedicated to serving the Tibetan people in the sectors of education, health, training, disaster relief, and sustainable economic development. She has been practicing Tibetan Medicine for over 30 years and she speaks and lectures regularly throughout the US, Europe and Russia.



**Phuoc V. Le, MD, MPH, DT-M&H**

Phuoc Le graduated from Dartmouth 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. He completed a combined residency in Internal Medicine, Pediatrics, and Global Health Equity at Har-

vard'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.

Currently, Phuoc is an Associate Clinical Professor of Medicine and Pediatrics at UCSF, where he is a hospitalist splitting his time between both departments. He co-directs the Global Health-Hospital Medicine Fellowship at UCSF, directs the Global Health Pathway for the Pediatric Residency, and is director of international rotations for the Internal Medicine Residency. He is also an Assistant Professor at the University of California, Berkeley School of Public Health, where he directs the Interdisciplinary Masters of Public Health Program. Most recently, he co-founded the HEAL Initiative, an interprofessional 2-year global health delivery fellowship.

**Ronesh Sinha, MD**



Dr. Ronesh Sinha is an internal medicine physician in Silicon Valley who works for the Palo Alto Medical Foundation and leads their division for corporate wellness services. He has designed successful health education and wellness programs, in addition to onsite clinical services for over 16 major Silicon Valley companies. He co-created the South

Asian medical consult program at PAMF and the PRANA South Asian website.

Dr. Sinha is passionate about engaging patients from diverse cultural backgrounds about health. He is the author of the South Asian Health Solution, a groundbreaking book being used around the world to help high risk individuals optimize their health through the use of culturally tailored lifestyle changes and the use of technology and apps to connect readers to their healthier ancestral roots.

Dr. Sinha's work was featured in a recent Fortune magazine cover story and he received the 2013 Excellence in Healthcare Award by the Silicon Valley Business Journal for his work with diverse employees in Silicon Valley. He is a 2-time TEDx speaker, blogs actively at culturalhealthsolutions.com and co-hosts a popular weekly radio show on South Asian health at KLOK 1170 AM.



**Sakti Srivastava, MD**

Dr. Sakti Srivastava trained as an orthopedic hand surgeon and is currently an Associate Professor in the Department of Surgery at Stanford University. He has had a long-standing interest - both personal and professional - in Integrative Medicine and Wellness. Dr. Srivastava has been part of several research teams that have studied techniques of

diagnosis and treatment in a range of Integrative Medicine disciplines. He currently serves as Chief of the Clinical Anatomy Division, and Director of the new global online medical education initiative - Digital MEDIC.

**Sanggee Bohm, Menpa**

ལྷན་པ་སངས་བློ་བུམ།



Menpa Sanggee Bohm is Tibetan Medical Doctor of Tso-Ngon Provincial Tibetan Medical Hospital and he is currently a visiting instructor of Medicine at the University of Virginia School of Medicine. Born and raised in a traditional Tibetan farming family in Amdo region of Northeastern Tibet (Tso-Ngon Province, P.R. China,) he graduated from Tso-

Ngon University Tibetan Medical College in 2012. Menpa Sanggee provides wellness and healing evaluations and Therapies such as Kunye, Horney, and Moxibustion to improve conditions



# Research Abstracts

## THEME: Integrative Medicine and Integrative Approaches to Care

### SELECTED RESEARCH ABSTRACTS:

#### **A Couple-Based Tibetan Yoga Program For Lung Cancer Patients Undergoing Radiotherapy And Their Caregivers**

Alejandro Chaoul, Kathrin Milbury, Rosalinda Engle, Zhongxing Liao, Chunyi Yang, Cindy Carmack, Vickie Shannon, Amy Spelman, Tenzin Wangyal, Lorenzo Cohen  
Integrative Medicine Program, Department of General Oncology, The University of Texas MD Anderson Cancer Center, Houston, Texas

#### **A Phase I Trial Of Tibetan Medicine For Advanced Breast Cancer**

E. Leemann, Y. Dhonden, M Woolf, L Tenzig, M. Tagliaferri, H Rugo, M. Kenzer, D. Tripathy  
University of California, San Francisco and Alternative Resources, Seekonk, MA.

#### **Can Depth Hypnosis Heal Mood Disorders? A Pilot Study**

Joanna Foote Adler, PsyD, Isa Gucciardi, PhD  
Foundation of the Sacred Stream, Berkeley CA

#### **Diagnosis Of Rlung Associated Headache (Mgo Rlung); Rationale Behind Its Primary And Secondary Signs And Symptoms And Their Significance (In Tibetan)**

Guru Dorjee, Ph. D. Candidate  
Tso-Ngon Tibetan Medicine School, Amdo, Tibet 2016

#### **Exploring The Effects Of Tibetan Yoga (TY) On Patients' Quality Of Life And Experience Of Lymphoma: A Mixed Methods Analysis**

Belita Leal, Joan Engebretson, Alejandro Chaoul, Lorenzo Cohen  
Integrative Medicine Program, Department of General Oncology, MD Anderson, Houston, TX

### EXISTING RESEARCH PAPERS:

#### **A Study Of Graduate Nursing Students' Reflections On The Art Of Tibetan Medicine**

Steven L. Baumann, RN; PhD, Denise C. Murphy, RN; Dr PH, and Christine Anne Ganzer, RN; PhD  
Nursing Science Quarterly 2015, Vol. 28(2) 156–161

#### **Acupuncture For Chronic Pain**

Vickers AJ Linde K.  
JAMA 2014 ; 311 (9): 955 – 6

#### **Associations Between End-Of-Life Discussions, Patient Mental Health, Medical Care Near Death, And Caregiver Bereavement Adjustment**

#### **Female Body And Gynecological Disorders (In Tibetan)**

Shawo Drugmo, Ph. D. Candidate  
Tso-Ngon Tibetan Medicine school, Amdo, Tibet 2016

#### **Personality Types (Rang Bzhin); Their Identification And Meaning (In Tibetan)**

Sonam Tseten, Ph. D. Candidate  
Tso-Ngon Tibetan Medicine School, Amdo, Tibet 2016

#### **School-Based Oral Health Education, Tooth-Brushing And Sodium Fluoride Mouth Rinse Programme In 3 Regions**

Samdrup R Wangchuk; Dorji Phurpa; Thubten Dorji; Suk Bahadur Tamang  
Jigme Dorji National Referral Hospital, Thimphu, Bhutan, Mar 2017

#### **Tibetan Meditation Group Classes Improve Cancer Patient And Caregiver Symptom Distress**

Alejandro Chaoul, Gabriel Lopez, Kathrin Milbury, Amy R. Spelman, Yousra Hashmi, Anne M. Alcalá, Sanobar S. Ajani, Qi Wei, Rosalinda Engle, Lorenzo Cohen.  
Department of Palliative, Rehabilitation and Integrative Medicine, Section of Integrative Medicine, The University of Texas, MD Anderson Cancer Center, Houston, TX, USA

#### **Treatment Of Fibromyalgia Pain In Tibetan Medicine**

Nashalla G. Nyinda Menpa, TMD, Adjunct Professor  
Naropa University Mar 2017, Tibetan Medicine & Holistic Healing Clinic

Wright AA1, Zhang B, Ray A, Mack JW, Trice E, Balboni T, Mitchell SL, Jackson VA, Block SD, Maciejewski PK, Prigerson HG.

JAMA. 2008 Oct 8;300(14):1665-73. doi: 10.1001/jama.300.14.1665.

#### **Bridging The Gap Between Science And Traditional Medicine: Microscopic And Macroscopic Agreement Of Three Nyes Pa Descriptions Of Multiple Sclerosis. Husted C. and Dhondup L.**

In Mingji Cuomu, Sienna Craig, Francis Garrett and Mona Schrempf (eds.), Studies of Medical Pluralism in Tibetan History and Society. (Proceedings of the 11th Seminar of the Inter-



## Research Abstracts

national Association for Tibetan Studies, Bonn 2006). Andiastr: International Institute for Tibetan and Buddhist Studies GmbH (IITS), 2011.

### **Cancer Survivors' Disclosure Of Complementary Health Approaches To Physicians: The Role Of Patient-Centered Communication**

Stephanie J. Sohl, PhD; Laurel A. Borowski, MPH; Erin E. Kent, PhD; Ashley Wilder Smith, PhD, MPH; Ingrid Oakley-Girvan, PhD, MPH; Russell L. Rothman, MD, MPP; and Neeraj K. Arora, PhD

### **Estimates Of Pain Prevalence And Severity In Adults: United States, 2012**

Nahin RL, J Pain. 2015 Aug;16(8):769-80. doi: 10.1016/j.jpain.2015.05.002. Epub 2015 May 29.

### **Health Care Costs In The Last Week Of Life: Associations With End Of Life Conversations.**

Zhang B, Wright AA, Huskamp HA, et al. Arch Intern Med. 2009;169:480–8

### **Massage Therapy For Osteoarthritis Of The Knee: A Randomized Controlled Trial**

Perlman AI Sabina A Williams A , et al. Arch Intern Med 2006 ; 166 ( 22 ): 2533 – 8

### **The Prevalence Of Chronic Pain In United States Adults: Results Of An Internet-Based Survey**

Johannes CB1, Le TK, Zhou X, Johnston JA, Dworkin RH. J Pain. 2010 Nov;11(11):1230-9. doi: 10.1016/j.jpain.2010.07.002. Epub 2010 Aug 25

### **Tibetan Medicine: A Unique Heritage Of Person-Centered Medicine**

Paolo Roberti di Sarsina & Luigi Ottaviani & Joey Mella EPMA Journal (2011) 2:385–389 DOI 10.1007/s13167-011-0130-x

### **Variation In Pain Medication Use In End-Of-Life Care.**

Zerzan J1, Benton K, Linnebur S, O'Bryant C, Kutner J. J Palliat Med. 2010 May;13(5):501-4. doi: 10.1089/jpm.2009.0406

### **Weight Reduction In Patients With Coronary Artery Disease: Comparison Of Traditional Tibetan Medicine And Western Diet**

Stephan von Haehling a, Konstantinos Stellos b,1, Namgyal Qusar c, Meinrad Gawaz b, Boris Bigalke b,d, International Journal of Cardiology IJCA-16599; No of Pages 7

## Research Committee

**Erica Weirich, MD**

**James Lake, MD**

**Kunchok Gyaltsen, Menpa, Ph.D.**

ལྷན་པ་དགོན་མཚོག་རྒྱལ་མཚན།

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.

**Tashi Dorjee, Menpa**

ལྷན་པ་དགོན་མཚོག་རྒྱལ་མཚན།

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.

**Yangdron Kalzang, Menpa, LAc.**

ལྷན་པ་སྐལ་བཟང་དབྱེས་ལྷོ་ལྷོ།

## Planning Team

**Arthur V. Johnson, PhD**

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

Dr. Johnson is one of the coordinators for this conference, he is the Program Officer for Family & Community Medicine, Stanford School of Medicine. He has had an interest in Integrative Medicine for decades. He has degrees from the University of Washington, Antioch University and the Institute of Transpersonal Psychology. He completed his Ph.D. in psychology researching an intervention for cancer survivors based upon a model that considers the survivor's personal physical, emotional and spiritual needs.

**Erica Weirich, MD**

Executive Director  
Global Health Research Foundation

**Sakti Srivastava, MBBS, MS**

Associate Professor (Teaching) of Surgery  
and (by courtesy) of Bioengineering  
Stanford University School of Medicine

**Tracy Rydel, MD**

Clinical Assistant Professor,  
Director of Family & Community Medicine Core Clerkship  
Stanford University School of Medicine

**Lobsang Partsang, Geshe Ngarampa**

དགེ་བཤེས་ལྷོ་བཟང་ཆེ་མོ།  
Program Director  
Kunde Institute

**Yangdron Kalzang, Menpa, LAc.**

Founder & Executive Director  
Kunde Institute

**Yangzom Gesang, MS.**

སྐལ་བཟང་གཡང་འཇོ་མས།  
Program and Development Manager  
Kunde Institute

Yangzom 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 Institute. She helped to organize the 3rd Annual Symposium on Western and Tibetan Medicine in 2016 at Stanford University. 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.

## Sponsors

**We offer special thanks for the generosity of our sponsors:**

Ann Down  
Global Health Research Foundation (GHRF)  
American Tibetan Medical Association (ATMA)  
Family & Community Medicine, Stanford University School of Medicine

**We offer special thanks for the generosity of our collaborators:**

Arura Medicine of Tibet, VA  
Shang Shung Institute School of Tibetan Medicine, MA

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

# Organizers

## 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.

## Global Health Research Foundation



GHRF is a nonprofit providing tools of technology and IT expertise to create sustainable health development in medically resource poor areas throughout the world. GHRF provides IT tools, including rapid data analysis training, mobile technology and data utilization tools, to support sustainable health development. With a focus on rapid return of health outcomes, GHRF targets expertise to ensure programs have access to and are able to use their own data, allowing resources to be effectively aimed, working solutions supported and nonfunctioning efforts eliminated.

## Kunde Institute



Kunde Institute (pronounced: kün-dey, spelled: ཀུན་བདེ།), a center for Tibetan wellness and healing, offers an integrative and holistic form of wellness and healing in San Francisco (Bay Area). Kunde promotes overall wellness through mind and body balance and moderation. Kunde 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, including herbal medicines, Tza-chug (channel hot oil therapy), Hor-mey (medicinal hot oil therapy), Ku-nye (therapeutic body treatment), Sang-bom (copper cupping), Acupuncture, Mind and Body Healing. Offices are located in Daly City and Berkeley.

## An Impact Story

### 12:50pm on Saturday:

Tamdin Wangdu, the founder and executive director of Tibetan Village Project (TVP) will share a collaborative story of a Tibetan Medical Clinic in near Lhasa that harvests and produces Tibetan herbal pills to treat thousands of patients in each year. Kunde Institute is committed supporting preservation of traditional Tibetan Medicine, and people will have opportunities to participate in a planned Tibetan medical mission to Tibet.





## Stories from the Medical Students

Menpa Yangdron Kalzang has been receiving medical students from Stanford University School of Medicine for clerkships since 2008, these experiences are shared by students after shadowing Menpa Yangdron at the clinic.

"After shadowing in your clinic, I agree with your statement that American and Eastern medicine are not in opposition with each other, but rather can coexist and complement each other in practice... In our practice, we are very good at finding the root cause of a chief complaint through expensive radiographic and laboratory tests, but we are not as good at seeing the chief complaint in the greater context of our patient's complex social and emotional lives..."

**Zack Medress | Stanford MS4**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)

"I'm not surprised that the most common ailments seen in your clinic include chronic MSK pain and stress/anxiety-related conditions. Efficacy for treating these types of illnesses are dismally poor in "Western medicine" compared to other diseases, and so I'm glad to see that Tibetan medicine works for many patients for whom Western medicine has failed to bring relief. The science, logic, and tradition behind Tibetan therapies was fascinating to me...Although there will always be a need for Western medicine and surgery, there's a lot that we can learn about how Tibetan Menpas heal patients..."

**Frank F. Yang**

**Stanford School of Medicine | MD Candidate**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)



"Time and time again, I hear people talking about the efficacy of alternative therapies, such as acupuncture, herbal medicines, etc...Here, I begin to struggle, because the kneejerk reaction to "know why they work" is a reflex. Perhaps it's placebo?...[But] I'm not sure if "why it works" really matters, in the end. In fact, the mechanisms of so many things that Eastern medicine prescribes / advocates for on a regular basis is not yet elucidated. Yet, why does it matter, if we know how it works and can control the therapy?...It helps people. I've seen people who have come in sick and who leave healed..."

**Ray**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)

"Each patient came to you with pain that was intractable and left feeling healthy, renewed, and hopeful... I was surprised to find that several of the patients that we saw together were complaining of plantar fasciitis...Your approach to treating the heel and foot pain was very holistic: acupuncture to reach the pressure points that were causing the most pain, herbal ointment to sooth the muscles and relieve tension, careful attention to what the patients were eating and how they were walking.Your approach was a much more complete way to treat the pain, as compared to the Western solution of anti-inflammatory medications and physical therapy appointments..."

**Victoria L. Boggiano**

**Stanford School of Medicine, Class of 2018**

[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)

## CONTACT INFORMATION:

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www.ghrf.org

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### Family & Community Medicine Stanford School of Medicine

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Please visit our website for more information:  
[westernandtibetanmedicine.weebly.com](http://westernandtibetanmedicine.weebly.com)

"Whether it was the patient with diffuse tingling and burning sensations over his body or the lady visiting you to assist with management of her cancer and chemotherapy, they all had stories of complex health needs that were not addressed by the doctors they had previously seen. You were able to talk to these patients at length about their concerns and identify methods to alleviate their stress and imbalances that may be at the root of their problems, and your patients all seemed very happy with the results they have achieved while working with you."

Tom Roberts

MD/MBA Candidate | Stanford University

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"As Western medical students, our education is heavily focused on studying the physiology of disease and the mechanisms of action of the treatments we give... What you reinforced today, however, was the connection between the physical, emotional, and mental parts of our being... Today, I saw you use acupuncture, hot oils, and herbs to treat physical ailments, but I also saw you use them to directly address the anxieties, stressors, and worries that contributed to the physical pains that were plaguing your patients..."

Michael

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