

MANDALA

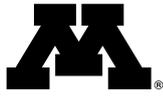


FALL 2022

Closing the Mental Health
Care Access Gap

The Path to Happiness

Dr. Lou Sportelli Receives
the Spirit of the Center
Award



Earl E. Bakken Center for
SPIRITUALITY & HEALING

UNIVERSITY OF MINNESOTA

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Dr. Cherie Kroh Joins Bakken Center as New Director of Integrative Health & Wellbeing Coaching Program

Cherie Kroh, EdD, FACSM, NBC-HWC, EP-C, PAPHS, CHWC, EIM Level II, has joined the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing as Director of the Integrative Health & Wellbeing Coaching Program.

"I am pleased to welcome Dr. Kroh to the Center," said Dr. Mary Jo Kreitzer, Center Founder and Director. "Her passion for supporting students from diverse backgrounds combined with her history in student success will ensure that our program continues to grow and thrive while reflecting the emerging needs of community populations. Dr. Kroh is highly experienced in program design and development, academic program management, teaching and instruction, and has extensive connections to national health coaching leaders. We are excited that through her leadership, the program will continue to innovate."

"Being a part of the team that created the first graduate program in health coaching is a true honor," said Kroh. "The Bakken Center's Integrative Health & Wellbeing Coaching Program has an impeccable reputation. Health coaching is a discipline that is primed for making a crucial impact on prevention, chronic disease rates, and improving health equity, and I wanted to be part of an organization and discipline that recognizes this."

Kroh earned an EdD in higher education administration at St. Cloud State University, where her dissertation focused on intercultural competence. She holds a MS in exercise and sports science from the University of Utah and a BS in physical education from Minnesota State University - Moorhead. She completed health coaching training through the Mayo Clinic and WellCoaches and is National Board for Health and Wellness Coaching (NBHWC) certified.

Kroh was previously employed by Western Governors University Academy where she held various roles as a manager of success coaching, academic programs, and the design and development team. Prior to this, she served as an associate

professor in the PhD of health science, health promotion, and wellness concentration at Rocky Mountain University of Health Professions. Kroh has also served as a behavioral health specialist and coach at CIGNA corporation and as an academic coordinator at the Mayo Clinic Health Systems.

Additionally, she is the owner of Wellness Coaching Elevated, where she writes and teaches digital courses leading to continuing education credits for NBC HWC wellness coaching professionals; developed a program to help students prepare for the NBHWC national exam through group coaching, study materials and practice tests; provides curricula to existing NBHWC accredited programs; and hosts webinars and events to advance the discipline of coaching.

The Bakken Center has been a leader in the health coaching field for more than a decade, and offers a master of arts degree in integrative health and wellbeing coaching and a post-baccalaureate certificate in integrative therapies and healing practices with a health coaching track. Both programs are Approved Programs of the NBHWC.



**Dr. Cherie Kroh, Director of the
Center's Integrative Health &
Wellbeing Coaching Program**

MANDALA

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Mandala is the Sanskrit word for "circle" and is a sacred symbol that mirrors a state of consciousness through a concrete pattern. Native Americans use mandalas as healing and transformational art in the sand; art therapists to facilitate healing; and Tibetans as visual representation of Buddhist beliefs. As a universal symbol of healing, the respective circles of the mandala capture the many diverse aspects of the Center's work: reflection, transformation, spirituality, creation, and lastly, the ongoing journey that continues to shape what we are to become.

There has never been a better time to invest in whole person health and wellbeing in your personal life and in the work of the Earl E. Bakken Center for Spirituality & Healing. What would you like to accomplish philanthropically that would be meaningful to you? **To begin the discussion around how to reach your charitable goals, contact**

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The Journey of Becoming

A new staff member recently asked me about the name of our news magazine. I explained that “mandala” is the Sanskrit word for “circle” and that mandalas appear in architecture, art, archeology, science, and within various spiritual and cultural traditions. As a universal symbol of healing, the circles or patterns within a mandala represent the many diverse aspects of our work: reflection, transformation, spirituality, creation, and the ongoing journey that continues to shape who and what we are to become.

This issue of Mandala gives more than a glimpse of the Center’s evolution over time – our own journey of becoming. The story “Flipping the Script” by Kevin Coss takes you deep into the work of our highly successful Integrative Health & Wellbeing Research Program’s community engagement work that is core to their mission and values. The moment of being challenged by the way they engaged communities in their work became a turning point for earlier, deeper, and more authentic partnerships that have significantly impacted how the team conducts research.

In “Closing the Mental Health Care Access Gap,” Heidi Wachter highlights the impact of stress, anxiety, and depression on community health and wellbeing and describes strategies that the Center is employing to make our programming accessible to all. Free and pay-what-you-can pricing removes barriers to participation. I am particularly thrilled to see that our community programs have enrolled participants from 76 of 87 counties in Minnesota!

I encourage you to take a close look at the article on student success by Asa Olson and Kely MacPhail, two team members from our Learning Resources Group. The Wellbeing Enhances Learning (WEL) Model that they present provides guidance on how to create environments that promote learning, creativity, and wellbeing. The Model incorporates anti-racist pedagogy and universal design principles that provide a blueprint that is applicable far beyond the classroom.

Dr. Miriam Cameron, the founder of the Tibetan Healing Initiative will retire at the end of the year. Suzy Frisch describes her brilliant career and the deep roots of Tibetan medicine and healing that Mim has established through her teaching, research, and scholarship. Mim and her husband, Mike Ormond, recently made a gift of \$1,000,000 to fund a professorship with hopes to raise additional funds to expand the impact of Tibetan healing in our community. Visionary, persistent, and audacious are words often used to describe Dr. Lou Sportelli, the recipient of the Center’s “Spirit of the Center” award. In a story about Lou, Katie Dohman captures his futuristic thinking and why he believes that supporting the Bakken Center for Spirituality & Healing is a solid investment.

A theme that runs through this issue is the Center’s focus on community wellbeing. Community wellbeing is shaped and influenced by many factors including social, economic, environmental, and cultural conditions that enable individuals and communities to flourish and fulfill their potential. Over the next couple of years, watch for stories about work we are embarking upon that will focus more on community wellbeing and the role of the arts in connecting, healing, and transforming communities.



Mary Jo Kreitzer, PhD, RN, FAAN
 Founder and Director
 Earl E. Bakken Center for Spirituality & Healing

FLIPPING THE SCRIPT

by Kevin Coss

Through community engagement, the Center's Integrative Health and Wellbeing Research Program is building trust and addressing disparities in clinical studies

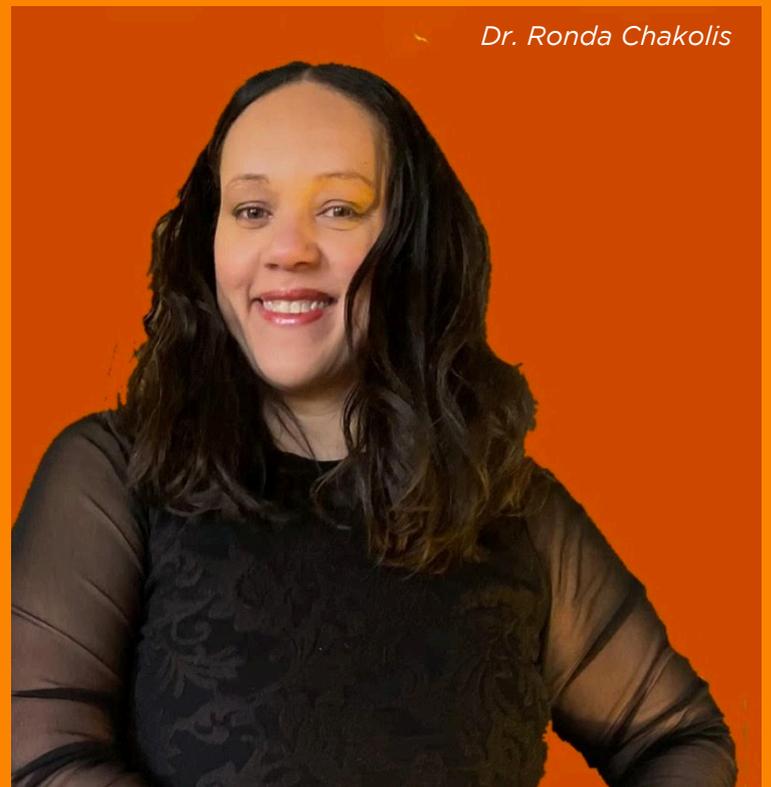
A **GROWING BODY OF RESEARCH SUGGESTS** that people who suffer from chronic pain and other health conditions can benefit from complementary and integrative health approaches. That's promising news - at least for the chunk of the populations to which the findings can be generalized. White Americans account for nearly 90 percent of clinical trial participants, although they make up only 61 percent of the population. People of color are underrepresented, which means researchers don't have the same understanding of how accessible and effective these health activities are for them.

Since 2019, researchers at the Bakken Center for Spirituality & Healing's Integrative Health and Wellbeing Research Program (IHWRP) have been working with community partners to change that. The research program's Community Engagement Initiative (CEI) fosters authentic relationships in communities that are often missing from clinical studies to build more trust and collaboration into the research process. Ultimately, the initiative aims to improve health equity in complementary and integrative health research for pain management and wellbeing. Community partners in the CEI include the YMCA's Equity Leader Institute, the Hue-MAN Partnership, and the University's Robert J. Jones Urban Research and Outreach-Engagement Center (UROC).

Studies may feel impersonal or even extractive to community members when researchers only approach them to gather data and leave them out of the other steps of the research. **"The CEI is an attempt to 'flip the script' and put communities in the forefront, engaging with them earlier and more frequently in the research process,"** says Roni Evans, DC, PhD, IHWRP director, who leads the CEI alongside Doug Kennedy, PhD, assistant professor. "We're connecting not only at the point where we need them to participate in our studies, but right from the very beginning."

Community engagement is a priority in health care. In back pain research, which is the main focus of the IHWRP, representation of Hispanic and Black patients has been 2 to 3.5 times lower than census population estimates. Studies show people who are Hispanic or Black also use fewer complementary and integrative approaches than their white counterparts, as do people with lower levels of income and formal education.

Dr. Ronda Chakolis



A Turning Point

A few years ago, while presenting the results of a study to a community partner organization, IHWRP researchers lamented the lack of diversity among study participants. What followed, Evans said, was a turning point for the research program. “One of the leadership team members asked what we had done to really engage people in the community to understand their needs, and then proceeded to point out why our efforts were inadequate,” she said. “They called us out and challenged us to think and do things differently. It was very uncomfortable at the time, but I’m very glad they did.”

The CEI was launched to form real interactions with the people they were trying to reach. Initially, the effort focused on intercultural competency training and coaching for IHWRP research team members with the YMCA of the North’s Equity Leader Institute. When they secured additional funding in 2020-2021, the IHWRP team expanded the initiative to spend more dedicated time out in local communities.

A Foundation of Trust

The research team’s community engagement work, guided by their Community Advisory Team (CAT), is making a difference. Evans said the team has been welcomed warmly wherever they show up, and people have appreciated the team’s desire to interact with them and listen to their experiences.

Evans sees many opportunities ahead for community engagement efforts. The team will co-present this fall with two community partners at an installment of UROC’s Critical Conversations series, a public discussion for urban-focused research, dialogue, and cultural events. They also plan to partner with UROC and some of the CAT members to launch a series of conversations called “Living Well With Pain,” which will foster conversations between community members, clinicians and practitioners, and researchers on how to empower individuals to better manage their pain. “We hope it sets the stage for building trust, initiating new research ideas, and bringing research results back to the community,” Evans said.

Connecting with Communities

A crucial part of the CEI effort is the Community Advisory Team. CAT members are trusted community leaders who work with the research team to bring fresh insights and a broader perspective than the researchers would have on their own. They also facilitate early and frequent connections with community members and organizations to help the team build relationships and understand cultural considerations that might affect the health activities studies involve.

“Community input at the beginning of the research process — and not just around the dissemination of results — is key to engagement,” said Makeda Zulu, UROC’s executive director and a member of the advisory team. “And engagement is key to building trust, a cornerstone to sustain a reciprocal and transformative community-University relationship.” The advisory team has helped design new culturally sensitive recruitment materials for two NIH studies. One of them, SUPPORT, received supplemental funding to dive deeper into the unique needs and barriers people who experience health disparities might face when trying to manage chronic back pain. The other study, PACBACK, explores drug-free alternatives to treating low back pain.

“This model really helps people want to be involved,” said Dr. Ronda Chakolis, PharmD, MPH, a member of the advisory team. “Having the opportunity to provide feedback that says, ‘hey, this message maybe doesn’t resonate well with my community. Can you do x, y, and z to change it?’ That’s very respectful and inclusive, and it makes people feel like they are part of the research.”

Similarly, CAT feedback helped the IHWRP’s Doug Kennedy improve a recruitment flyer to better appeal to members of the community. Zulu said this was an encouraging example of greater respect and trust in the research process. “People could see themselves in the flyer,” she said. “This type of engagement releases some of the pain of the past research done on so many, causing harm and leaving nothing for the sacrifice and stolen cells, lives, and sanity. There is so much more work left to do.”

In addition to forging connections with the community and advising on research activities, CAT members have also participated in developing and delivering training on topics related to diversity, equity, and inclusion.

“As researchers, the question we always ask is who is your target audience,” Chakolis said. “And so when you’re targeting a certain audience, it’s important to be mindful and say, ‘I need to have someone who is reflective of that target audience informing my research, my practice, and even helping to navigate those relationships.’”

We welcome the opportunity to explore with you how a financial gift can make a profound difference. **Help us train the next generation, foster innovation, or ensure the legacy of this groundbreaking work by establishing a Research Chair.** To begin the conversation, contact: Virginia Kaczmarek, Development Officer, at 612-624-1121.



Makeda Zulu



LIGHT WAVES

By Craig Blacklock

LIKE MANY ARTISTS, I spent much of the pandemic both observing what was happening to our planet and reassessing how my artwork related to our current world. Since 1976, my photography has followed in the tradition of American landscape photography, always with the dual purpose of sharing natural wonders along with an urgent plea to preserve the beauty of these wild places. Whether depicting a specific location, or species, nature photography has historically served the purpose of showcasing what was worth protecting, while motivating people to take action. My own photography has focused on the interface of land and water, specifically, Lake Superior. I did not want to see Superior's shores turn into strip cities like has happened along most of the other Great Lakes.

I was born in 1954, towards the end of the “baby boom.” While the birth rate has dropped since then, the actual number of people added to the planet each year has grown tremendously—far beyond what the planet can support. The ramifications of that are upending our planet and our lives faster, and more irrevocably than ever before, with climate change being one of the more pressing consequences. When we look around in our daily lives, things may look normal, but we sense they are not, and the daily news confirms our reasons for anxiety. I wanted my artwork to make a statement about where we are in this moment, our fears, and our continual need for nature and beauty in order to stay whole and healthy.

Two years ago, I began a project titled *Light Waves—Abstract Photographs of Reflections from Lake Superior*. The images are a response to the fracturing of our planet's ecosystems. The often-disorienting results mirror our difficulty in maintaining our equilibrium in a time of unprecedented change. I gathered images from around the lake and from its largest island, Isle Royale, unlocking a portal into an astonishing universe where light dances with water, creating the illusion of three-dimensional objects and spaces, simultaneously acknowledging our planet's horrors and loss, while also revealing the beauty remaining to be discovered within the shards, providing a place of refuge.

Craig Blacklock's book, LIGHT WAVES—Abstract Photographs of Reflections From Lake Superior is now available. An exhibition from the book is running at the Palm Beach Photographic Centre's Museum until the end of January 2023.

More information at: craigblacklock.art



Dr. Lou Sportelli Receives Spirit of the Center Award

By Katie Dohman

In April 2022, Dr. Lou Sportelli, *a renowned chiropractor for more than five decades and director of the NCMIC Foundation*, received the Spirit of the Center Award from the Earl E. Bakken Center for Spirituality & Healing. This award is only the fourth given in the history of the Center, and recognizes the embodiment of the values **courage, curiosity, compassion, tenacity, and vision.**

Dr. Mary Jo Kreitzer, founder and director of the Center, broached the idea to the team to nominate Sportelli, in recognition of his support of the Center and his multidecade, multi-hyphenate, storied career. It was a unanimous yes from the team, not least because through his directorship with the NCMIC Foundation, he helped support the inception of the Integrative Health & Wellbeing Research Program at the Center in 2014. “We wouldn’t be here at the University of Minnesota without their support,” says Dr. Roni Evans, research associate professor and director of the Integrative Health & Wellbeing Research Program. “They provided a critical platform for studying complementary and integrative approaches, including chiropractic for pain management and wellbeing.

Since 2014, our team has grown from 3 members to nearly 20, and we have secured more than \$20 million in NIH research funding.”

Not only has that been a win for the Center, this influence and support has created a ripple effect for chiropractic clients as this knowledge and training is passed along to students and helps legitimize the field. Dr. Sportelli authored a textbook, now in its thirteenth edition. According to Evans and many others, his evidence-based, scientific approach has helped breach the gap between western medicine schools of thought and “complementary” ones, bringing together the cream of the crop at major land-grant universities, as well as other schools.

“The chiropractic profession has a long history of being cast aside and marginalized by other health professions, *which has been a detriment to patients who could benefit from their care*,” says Evans. “With a focus on non-drug approaches to managing pain and supporting healthy lifestyle behaviors, *chiropractors play a pivotal role in addressing our country’s pain management and opioid crises, and helping people regain function and live well*. For much of his career, Dr. Sportelli has been a tireless advocate for patients, chiropractic, interprofessional collaboration and research; NCMIC Foundation’s support of the Integrative Health & Wellbeing Research Program is a shining example of his leadership and vision.” His caring and fact-based approach has also exerted influence at the National Institutes of Health, Veterans Administration, and many other “first-of-kind research” initiatives across the country.

Sportelli, who has been a doctor of chiropractic since 1962, says that he was “totally blown away” when he was called and told he’d be the recipient of this year’s Spirit of the Center award, but he has always found a kinship with the Center since its inception. “I was intrigued,” he says of hearing of the Center. “As a doctor of chiropractic, the way the Center approaches wellbeing is how we view the world and the health care.

In health care, we’ve become so mechanistic—we’ve tried to separate mind, body, and spirituality, and it just doesn’t work that way. Wellness and healing and all of that are integrated. I was fascinated by the fact they are moving from kind of a mechanistic world to an integrated one.”

Kreitzer calls him a true national treasure. “*He’s deeply devoted to interdisciplinary work*,” she says, and has moved his discipline forward through many lenses: education, research, clinical work, and policy in integrative health and medicine. “*when he had the opportunity to support the Center, he was all in.*”

In a Zoom ceremony celebrating this honor, Evans said, addressing Sportelli: “With your tireless persistence, generous heart, and a dash of audacity now and then, you have helped transform the health care landscape for the better and inspired others do the same.”

By empowering and sustaining integrative health researchers at the University and elsewhere, his pursuit of alleviating pain and caring for patients will leave a lasting legacy. In fact, his mentees are now acting as mentors to others, and he is now in the audience at conferences where his mentees are presenting.

Sportelli says the Center is a leader with vision, too: “The University really is on the cutting edge of a paradigm shift,” he says. “We’re starting now to see an awakening. I think there is a ... realization that what we’re doing just isn’t working. Dr. Kreitzer has been pounding this message for 28 years—and, all of a sudden, you kind of reach that tipping point. This is no longer thought of as foo-foo or strange ...this is the fundamental basis for how we’re going to achieve wellbeing.

It’s going to be through mindfulness, spirituality, and restoration of the way in which we think.”

Celebrating *a Legacy of Leadership*

New Endowed Chair Named To Honor Dr. Mary Jo Kreitzer

By Katie Dohman

Dr. Mary Jo Kreitzer founded the Earl E. Bakken Center for Spirituality & Healing, she is currently its director, and now her name will be attached to the Center's future, owing to the latest and well-deserved accolade: the Mary Jo Kreitzer Chair for Health and Wellbeing Leadership, an endowed chair that will help fund and advance the Center's work.

When the Center received the donor legacy gift, the interest of which will help fund innovation and will fuel innovation and insure sustainability, the question arose: How—or maybe more accurately, who—to name the chair? All it took was a quick conversation amongst the leadership team: Clearly, the only option was Mary Jo Kreitzer.

Honoring a Pioneer

“She is an internationally recognized pioneer in the field. There’s no question that the Bakken Center would not be flourishing as it is today without her leadership,” Pamela Cherry, administrative director at the Center, says. “Not surprisingly, the only person who needed convincing was Mary Jo.”

Mary Jo is an incredibly strategic thinker. We were one of the first institutions to receive a grant from the National Institutes of Health (NIH) to implement curriculum in integrative therapies and healing practices; that put us in a league of premier institutions working in this area. However, we were one of the only, if not the only, truly interprofessional/interdisciplinary program” Cherry continues. “Over the last 20 years, many of those organizations have contracted while the Center continues to grow. Through Mary Jo’s insight, strategic direction, and deep commitment to interdisciplinary work, the Center has emerged as one of the leading innovators in the field.”

“I truly feel really honored and a deep sense of gratitude,” says Kreitzer of the recent naming. Endowed chairs provide a corpus of money—a permanent source of funding—that can use the interest to support the Center, helping with future sustainability. When they get established, it’s a sign of how important that area is. “In general, endowed chairs are one of the best ways to assure long term growth and sustainability,” she says, acknowledging that the honor recognizes her role in both being the founder and the director of the Bakken Center for nearly 30 years, and the leadership she’s shown on a global scale for integrative health and wellbeing.



Leading and Widening Influence

Dr. Connie Delaney, Dean of the University's School of Nursing, says that Kreitzer's leadership was one of the major reasons she was attracted to the University when she was hired. "It was absolutely cutting edge, for a public university to be deeply engaged in this space ... the welcoming breadth of what health is about," she says.

After founding the Center, Kreitzer has helmed it for three decades and counting, overseeing nearly 23 consecutive years of National Institutes for Health-funded projects, 2 million global visitors annually to the Taking Charge of Your Health & Wellbeing website, first-of-its-kind curricula, and innovative certifications. Penny George calls her an "icon" who has advanced the whole field of integrative health and pulled in more than \$20 million from the NIH in funding.

Delaney says Kreitzer was deserving of the honor for myriad reasons. "Mary Jo is unwavering in her identifying, exploring, and cultivating all types of relationships," she says. "One is the area of where health and healing can be advanced: in corporate systems, health, academic systems, community endeavors. She is always very astute and sensitive and open to exploring where there's a need for integrative health and healing, mindfulness, and wellbeing."

Secondly, Delaney says, she cultivates the people who bring teaching expertise to the Center, which ripples into an even wider influence: cultivating the field.

And third, Delaney says, is that "from local to international perspectives, she is a strong voice, and one might say

activist, innovator in expanding the acceptance and the growth of this area of integrative health and healing."

A Worldwide Contribution

Speaking on her international influence at the April 6 celebration event, Professor Michael Shannon, Dean, Faculty of Nursing and Midwifery at RCSI Ireland, called her life's work and the naming of this chair "a remarkable achievement."

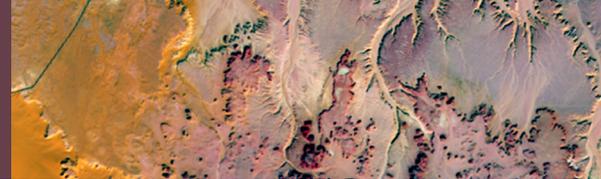
"Your contribution to integrative health care, nursing science, and clinical practice has been outstanding and I know personally in Ireland we are very, very proud of you and thank you for all of your guidance," he said. "Not just from an Irish context or American context, but worldwide context where your contributions have been absolutely phenomenal."

Dr. Sian Cotton at the University of Cincinnati has known Kreitzer since 2009 when she joined the Academic Consortium for Integrative Health and Medicine. "She's a colleague, friend, and advisor," Cotton said in her remarks at the celebration event. "I tell people, 'I want to be Mary Jo Kreitzer when I grow up.' There's nobody better for me to model. I can't imagine doing the work of integrative health without her."

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Bakken Center Hosts **FOURTH ANNUAL INTERNATIONAL INTEGRATIVE NURSING SYMPOSIUM**

By Aegor Ray

The University of Minnesota's Earl E. Bakken Center for Spirituality & Healing hosted the Fourth Annual International Integrative Nursing Symposium from April 27th – April 29th, 2022. Integrative Nursing is an approach to nursing that emphasizes holistic, relational, and person-centered practices and frameworks that support whole person and whole system healing. Integrative nursing returns nursing to its roots, focusing on connecting with patients and offering healing in ways that consider a person's entire context. The theme of this year's Symposium was "Leading Systems Change" — a dynamic subject that was equally a call to action for attendees.

Dr. Mary Koithan, the Professor and Dean of the College of Nursing at Washington State University, co-chaired this year's Symposium with the Bakken Center Director Dr. Mary Jo Kreitzer. Dr. Koithan spoke to the importance of diversity in this year's Symposium, and how that informed the team's thought process behind inviting speakers.

This year's speakers were chosen for their alignment with the Symposium's theme, and for their ability to speak on complex and intersecting topics such as dismantling racism, health equity, and planetary health. "Leading Systems Change" as a theme illustrates the urgency for integrative practices to shepherd the field of nursing in this complex transitional moment. Integrative nursing focuses on the personhood of

the patient, which intentionally sees a person within the systems that affect them and the environment in which they exist. "Intentionality," says Koithan, "is a central tenet of integrative care — intentionally attending to those aspects of knowing, being, doing that are often ignored. If you think about what we teach — pay attention to breath, pay attention to words, pay attention to thoughts and emotions that you send into the environment, we should equally pay attention to the people we invite to the table." Speakers brought a level of care and courage to their talks, and emphasized that the agency and actions of participants is not just a drop in the ocean; instead, the efforts of many individuals working in integrative care collectively ushers in the waves of change that health systems — and the planet — need right now.

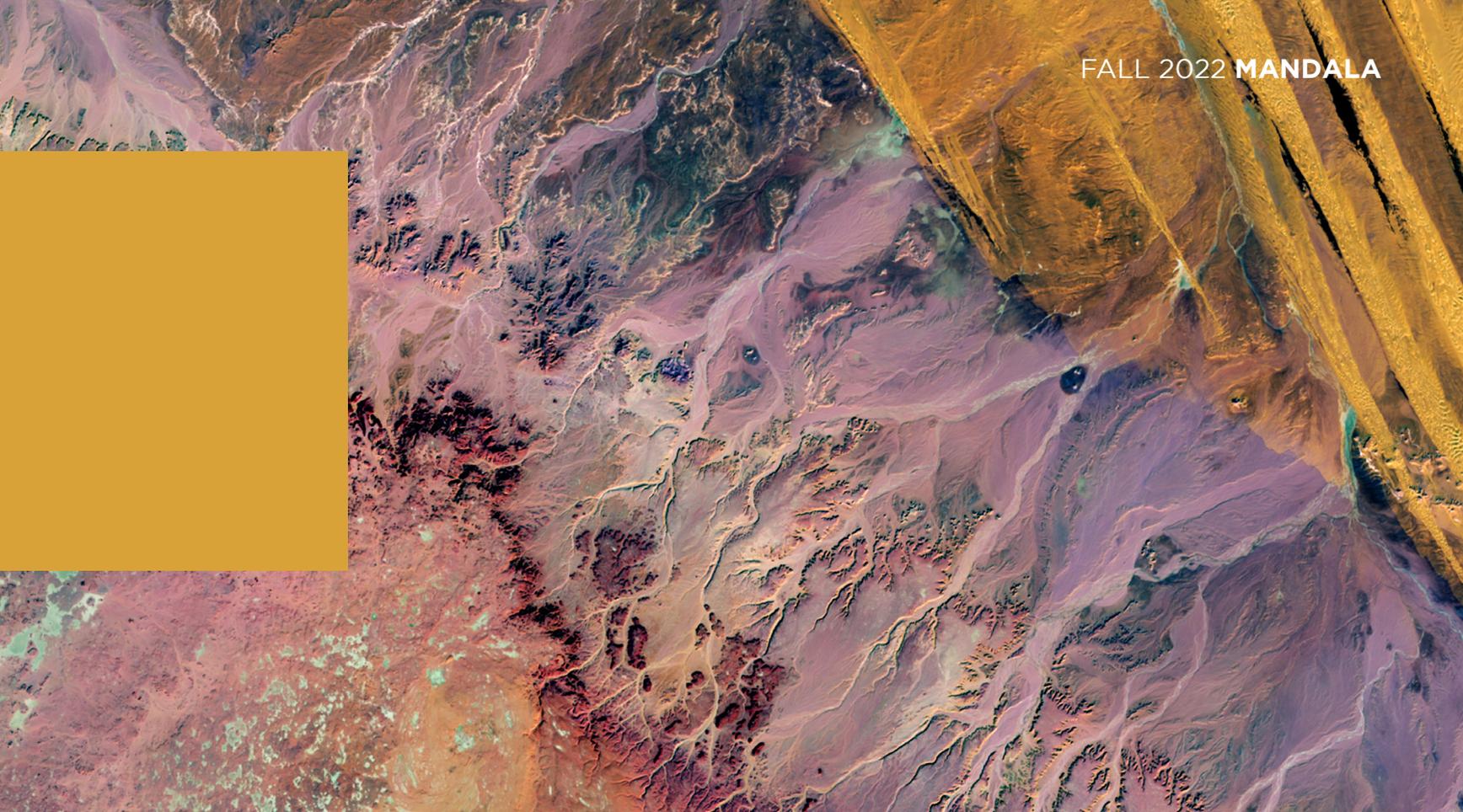
Dr. Teddie Potter spoke in her keynote about the necessity of health care workers to support environmental activism and stand up for the planet. "For me, integrative whole person/whole systems care is underpinned by a belief that we are all ONE and that nurses have a moral commitment to planetary health. Teddie's keynote brought our philosophical and moral commitments full circle to action," stated Dr. Koithan, grounding the individual actions of health care professionals in a global system that includes not only people but animals, ecosystems, weather patterns, water, and the Earth. In many ways, the Symposium offered methods of empowering nurses



and other health care professionals to extend themselves relationally into fields that are intimately involved in whole-person wellbeing, but have been fragmented in our current system.

This year, the Symposium was held online, an intentional choice that offered wider accessibility for participants. "I personally believe that virtual conferences and events increase inclusivity and make our work more accessible to nurses who may not have the funds, time, or work/family situations that allow them to travel for several days. All in all — I think that this conference modeled whole person/whole systems thinking and behaviors," says Koithan.

Molly Buss, the Bakken Center's Community Relations Program and Event Manager agreed, noting that "the online format was super helpful to participants because they could fit in reviewing the content when their busy schedules allowed." The decision to hold the Symposium online was, in a sense, a direct mapping of the values and intentions of Integrative Nursing onto the very format of the event itself. The last time that this Symposium was held in person, the world looked very different —



being able to adapt the program without sacrificing the integrity of the message illustrates the level of commitment that the Bakken Center carried into seeing the Symposium through.

“Nurses and other health professionals have been through so much over the past few years. The principles of integrative nursing resonate now more than ever because they call out the importance of focusing on the health and wellbeing of caregivers in addition to the people they serve,” says Dr. Mary Jo Kreitzer, Director of the Bakken Center and co-chair of the Symposium. Indeed, the emphasis on the care of the caregivers was a notable thread throughout the Symposium’s Opening Day Mosaic. Johanna Gaskins, DNP, APRN, AGNP-C, spoke of the ways that the principles of integrative nursing supported managing her own self-care. She noted Principle 6, which explicitly focuses on the health and wellbeing of caregivers, and also the broader goals within the practice to keep nursing as a person-centered and relationship-centered field. The isolation of the last few years due to the Covid-19 pandemic, and the ongoing struggles for racial justice, health equity, and planetary health

have compounded the frustration and anxiety of all people, including those on the frontlines of health systems and care labor. Gaskins stated that she prides herself on creating relationships, and that relationships have been a lifeline through the tumult of the last few years.

Participants in the Symposium left overwhelmingly positive feedback about the experience. More than 80% of participants said that they could identify at least one strategy to improve equity, diversity, and inclusion in their organization, and 92% of participants shared that they would like to commit to the application of at least two new integrative nursing strategies in the delivery of patient care, educational programming, or institutional leadership. Additionally, more than half of the participants preferred the online format — bolstering the decision on the part of the Bakken Center to be adaptive to the changes in access and work-life balance for nurses and other health care professionals in the last several years.

“When we made the decision to hold the symposium online, it was clearly the right decision at the time. Still, having experienced the sense

of community among participants in Ireland, I was concerned that the virtual platform wouldn’t provide a meaningful experience. We keep that concern at the center of our planning. When more than 325 attendees from 17 countries and five continents gathered together, the live Q&A sessions and 58 poster and oral abstract presentations created opportunities for rich dialogue. I won’t say that I didn’t miss the in-person connections but I am excited about the increased accessibility and venues for deep connections that are still possible in an intentional, online environment.” Pamela Cherry, the Center’s Administrative Director

As the Bakken Center moves forward to shape more discussions and practices in the field of Integrative Nursing, the Fourth Annual Integrative Nursing Symposium will provide ample material for future gatherings. Leading with conscientiousness and care may require more effort, but ultimately fosters a supportive environment for nurses, health care professionals, and all individuals to see themselves as agents of change.

Closing the Mental Health Care Access Gap

By Heidi Wachter

Mental health is an essential part of our wellbeing. Yet, we often don't think much about it until we're experiencing a crisis — and these days, the number of people experiencing mental health issues has become a worldwide epidemic.

Consider these numbers: one in four American adults has a diagnosable mental disorder in a year. In 2019, 970 million people were living with a mental disorder worldwide — anxiety and depressive disorders being the most common.

“According to the World Health Organization, the pandemic triggered a 25 percent increase in depression and anxiety around the globe,” says Sue Nankivell, Director of Business Development and Community Relations at the University of Minnesota's Bakken Center for Spirituality & Healing.

Add the weather-related events of the global climate crisis, a war in Ukraine, racism, poverty, and concerns about rising inflation, and it's little wonder people are feeling depressed, anxious, and stressed.

While the need for support is growing, the gap between those needing care and those who can access it is also widening.

People of color, for example, are more likely to live below the poverty line and less likely to have insurance or the means to afford mental health treatment. Other access challenges people cited include not knowing where to find services and not having the time to seek care.

Since its founding, the Center has worked to provide mental health-promoting programs and resources to close the access gap.

“One of the six dimensions of the Center's Wellbeing Model is health, which of course includes mental health,” explains Nankivell.

“It's essential for us to offer these resources to our on-campus community and beyond,” explains Mary Jo Kreitzer, PhD, RN, FAAN, founder and director of the Center. “Especially given the data from a recent survey conducted by Boynton Health in which 33 percent of the students reported being diagnosed with depression within their lifetime.”

“Another stunning statistic from the report is that, among Twin Cities students, 51.7 percent report being diagnosed with at least one mental health condition within their lifetime,” Kreitzer adds.

The Bakken Center offers a variety of free or pay-what-you-can resources and programming to students and the larger community, including online mindfulness programs, free wellbeing webinars, and more.

“Our free Mindful Mondays programming offers a supportive community and weekly respite while providing an opportunity for participants to engage in helpful mind-body practices,” Nankivell notes. “Hundreds of individuals from all our campuses and beyond join us each week,” she says. “We've had participants from 76 of 87 Minnesota counties over the past year.”



The Center's Taking Charge of Your Health & Wellbeing website also offers mental health resources. The virtual nature of the site expands access to mental health information to a statewide and even global audience.

To address the demand for and interest in practical, low-cost mental health services, the Center began collaborating with the University's Psychiatry Department to bring therapeutic methods from integrative psychiatry to the community. The sessions included a training session for physicians co-sponsored by the American Academy of Neurology, mind-body workshops, and yoga.

"This latest collaboration of workshops that focus on mental health using tools from integrative medicine was very much a response to the pandemic," Kreitzer says.

"We wanted to offer tools to help address anxiety, to manage difficult emotions, and to support focus —

three things highly impacted by the pandemic," says Lidia Zylowska, MD, Associate Professor in the University of Minnesota's Department of Psychiatry and Behavioral Services and an expert in treating individuals with adult attention deficit hyperactive disorder (ADHD).

Integrative mental health takes a whole-person approach to address mental health conditions. It looks at an individual's physical, psychological, social, and spiritual health.

"Integrative therapies brings other tools to thinking about and treating mental health," says Zylowska. "It adds mind-body practices, mindfulness, and lifestyle changes to conventional approaches such as psychotherapy and prescription medications."

For example, interventions such as keeping a gratitude journal and imagining your "best possible self" can reduce stigma and empower individuals to look at "what's right" about themselves rather than focusing on "what's wrong."

Integrative psychiatry also helps individuals develop internal and external sources of strength — such as spirituality, a connection to nature, or mentorship — that they can turn to when they're feeling stressed, overwhelmed, or anxious. The goal is to help them feel a part of something greater. This more profound sense of connection can create a sense of feeling more purposeful.

Self-compassion practices are also powerful tools for supporting mental and emotional health. "Whether you're feeling depressed or like you're not measuring up during daily life, if you can respond with self-compassion rather than doing something to numb or avoid how you're feeling, it can shift your emotional and mental state toward positive coping," Zylowska explains.

"For example, when you make a mistake and can have compassion toward yourself, research shows you're more likely to admit your mistake," explains Zylowska. "This can promote learning and growth and help you reach out to others to repair the damage." Making amends can strengthen social bonds important for supporting mental health.

"We've heard from students, faculty, staff, and the broader community that these resources have positively impacted their mental health and wellbeing, which is core to our mission," Nankivell says.

Knowing that the need for mental health support isn't likely to end any time soon, the Center plans to continue its mission of expanding access to low-cost and free options.

"We have plans to expand our nature-based therapies and arts and healing programming in the coming year to support individual and community health and healing," Nankivell says.

Help close the gap. The need for mental health support is growing. You can make a difference by helping us provide mental health-promoting programs and resources. Consider making a donation in support of free, pay-what-you-can resources, programs and webinars by visiting z.umn.edu/CSHgive

Supporting Student Success

Through the Wellbeing Enhances Learning Model

Asa Olson & Kely MacPhail, and Bakken Center Learning Resources Group

MUCH HAS CHANGED in our world over the past few years. We've been living through a global pandemic as well as intense reckoning with racial injustice, human rights, and planetary health. Wellbeing has emerged as a **top priority** as individuals, organizations, and communities continue to navigate through these seismic shifts and experience increased levels of burnout, stress, and isolation.

In many ways, the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing was prescient in its focus on student wellbeing. Our faculty and staff have always recognized that student wellbeing is important and that it affects every aspect of their lives, including their learning. Dating back to 2013, our instructors collaborated to identify key instructional practices that could contribute to student wellbeing, aligning them with the six dimensions of the Center's Wellbeing Model (health, relationships, security, purpose, community, and environment). Principles of transformative learning, contemplative pedagogy, and social/emotional and collaborative learning were all given consideration in this process. This effort resulted in the creation of a model called the Bakken Center's Unifying Framework for Teaching and Learning.

While we have been operationalizing this framework for nearly a decade, there are few projects like it, and the research has really only started to take off. Research on the workplace indicates that wellbeing can enhance engagement as well as productivity and less turnover (Gallup). Although the workplace is a different environment with different goals than an educational setting, the analog has always begged a valid question: how does wellbeing relate to student engagement, performance, learning, and retention?

Research is beginning to seek answers to this question in areas such as mindfulness-based interventions and positive education. The body of literature about the positive relationship between student wellbeing and academic performance is growing. One study identifies a reciprocal relationship between student

wellbeing (i.e., a student's health awareness and health behavior) and a student's academic performance (El Ansari, Stock 2010), and a review on positive psychology interventions in higher ed highlights promising results, not only in terms of student wellbeing but also in terms of academic outcomes and teacher wellbeing (Shankland, Rosset 2017). There is also a substantial body of literature on specific teaching practices' contribution to wellbeing.

In Fall 2020, the Center's Learning Resources Group (LRG) recognized the urgency to build on the existing Unifying Framework for Teaching and Learning and to incorporate the growing body of literature about wellbeing, engagement, and performance, along with new practices drawing from Universal Design guidelines and anti-racist pedagogy. We presented the revised framework to various University partners for feedback, and also conducted surveys and focus groups with our instructors to learn more about the ways they cultivate student wellbeing through their teaching and what additional practices would be useful for them to incorporate. Our conversations and our outreach were met with excitement, and helped the CSH Unifying Framework for Teaching and Learning blossom into its newest form, the Wellbeing Enhances Learning (WEL) Model.

The WEL Model theorizes that student wellbeing improves engagement and learning. It identifies key goals toward enhancing student wellbeing and supplies a list of practices that contribute to each goal. These practices are descriptive rather than prescriptive, and *instructors can adapt them* based on the needs, aims, and contexts of their courses. To help instructors implement these practices, the WEL Model suggests several strategies for each practice, and each strategy also has an example. Some of the strategies include mindfulness or movement-based interventions, but most of them connect existing teaching strategies to specific dimensions of wellbeing, such as the role of inquiry-based learning activities in discovering personal relevance and purpose. Instructors can browse the Model for new practices, use it as a reflective tool, or follow the five steps that we suggest in the toolkit.

Based on the Center's strategic plan to promote academic excellence and rigor through courses that promote accessibility and student success, the WEL Model has become one of the top initiatives for the LRG. We have presented it at local and international conferences, shared it with University partners, and hosted several trainings and workshops around it. We recognize that the Model's positive reception is due in part to state of the world and the challenging times in which we live, and we are hopeful the WEL Model can have a positive impact in this context and beyond, in a world where the burdens of the pandemic, we hope, have lightened.



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The Wellbeing Enchances Learning (WEL) Model

Overview and Goals



ENVIRONMENT

Maintain a setting and culture that cultivates empathy, inclusion, and equity to reduce stress and enhance cognition

- Connect with nature and care for the planet
- Share perspectives and experiences that are diverse or novel
- Appreciate and create beauty, art, and literature
- Create a culture of compassion that allows for mistakes and fosters growth

COMMUNITY

Facilitate connection, connectedness, and a sense of belonging

- Co-create class guidelines and share responsibility for reinforcing those guidelines
- Hold space for multiple truths and multiple voices (normalize multiculturalism)
- Model and teach empathic listening
- Reinforce curiosity as contrasted with judgment
- Stay open to new ideas and to the creativity of others
- Introduce and welcome challenging conversations and exchanges
- Encourage students to ask peers and teachers for support

PURPOSE

Create meaning through values, spirit, and intention

- Welcome and invite moments of silence
- Create reflective opportunities that inspire self-knowledge and growth
- Set goals that are relevant and useful for students and encourage personal goal-setting
- Notice and embrace “spirit-filled” moments
- Introduce and welcome deep and provocative thoughts and questions
- Foster the integration and synthesis of new wisdom
- Teach flexible and diverse content that students can find culturally or socially relevant

HEALTH

Address factors that contribute to whole person health

- Start with centering or grounding
- Model and support skills for self-care and coping
- Normalize emotional experience
- Invite students to explore how their identity and values contribute to the class

RELATIONSHIPS

Build relationships by fostering respect, empathy, authenticity, and trust

- Explore personal experiences and potential bias
- Accept where others are in their life journey
- Include activities that promote equity, trust, and connection
- Assess and attend to the personal development needs of each student
- Speak and act from a place of fairness, respect, and openness
- Seek and accept feedback from students

SECURITY

Create a safe place to teach, learn, reflect, and delve into the unknown

- Establish clear expectations of learners and clear guidelines for assessment and grading processes
- Expect and reinforce behaviors such as fairness, respect, and compassion throughout the learning experience
- Model appropriate levels of vulnerability and risk-taking
- Provide feedback that reduces mistrust and focuses on student improvement
- Maintain privacy and confidentiality as needed
- Share a diversity of perspectives so that students can feel safe to be themselves and speak to all of their identities

10 Wellbeing Series Celebrates 10 YEARS

For 10 years, the Wellbeing Series has introduced fresh concepts and sown new ground in wellbeing through world-class speakers.

By Suzy Frisch

It's not surprising that it was a visit from His Holiness, the 14th Dalai Lama, that inspired the Wellbeing Series at the Bakken Center for Spirituality & Healing. The Center was honored to co-host His Holiness at the University of Minnesota in 2011 with the Tibetan American Foundation of Minnesota. There was a deep and wide convening of people focused on wellbeing, including students, faculty, staff, community members, and supporters. "We were energized by the connection, partnership, and level of engagement we felt during these events and wanted to keep it going," says Pamela Cherry, the Center's Administrative Director and lead organizer for the 2011 events. The Wellbeing Series emerged as a way to continue to foster this fruitful sharing of ideas and knowledge again—and more often.

Center Director Mary Jo Kreitzer, PhD, RN, FAAN, and other Center leaders envisioned creating a more structured way to highlight the research and expertise of Center scholars and worldwide wellbeing experts to educate constituents from across the University and the community. Speakers would introduce fresh thinking and resources in a broad swath of wellbeing topics, covering the dimensions of wellbeing, including relationships, security, purpose, community, and the environment. Community members who attended lectures would gain opportunities to engage with the speakers and others who were passionate about wellbeing.

"The Wellbeing Series is really an opportunity for the Center to bring in national and international thought leaders to inform our work

and to also share their knowledge and expertise with the broader community," says Molly Buss, Community Relations Program and Event Manager. "It's a unique opportunity because while we have a lot of expertise within our own faculty and stakeholders, we get to bring in these speakers who challenge our thinking and really challenge the community thinking as well."

A Decade of Learning

The Wellbeing Series launched in 2012. It has attracted renowned speakers and brought thousands of people to the University each year to hear experts cover topics like mindfulness, integrative healing, music and healing, and the science of positivity. The Covid-19 pandemic prompted the Center to shift the series online so that the learning and dialogue could continue during social distancing.

Though many people miss the in-person events, the benefit of shifting online is that more people can participate, says Sue Nankivell, Center Director of Business Development and Community Relations. People from 76 out of 87 Minnesota counties have attended virtually, as well participants from across the country and around the world.

In addition, the Wellbeing Series is now free, and speaker presentations are recorded so that anyone can watch them later. "Having people attend for free is in alignment with our mission to make sure our programs are accessible to everyone," Nankivell says. "Our mission also is to enhance wellbeing in individuals, organizations, and communities, and we want to provide wellbeing

resources for everyone. The Wellbeing Series helps us connect with people who may not be familiar with our work and are interested in the topics. It expands our reach and gets new people informed about the Center and the work we're doing."

The Center developed a sponsorship model where 15 schools and colleges at the University, as well as outside donors, support the Wellbeing Series, Buss says. This model helps the Center build closer ties across the University and opens doors for sponsors' employees to learn about different aspects of wellbeing that can help them personally and professionally.

The Wellbeing Series' speakers remaining in 2022 and scheduled for 2023 will present virtually, with Center leaders continuing to evaluate the best format for the future. "Whether the Series returns in person or stays online, one constant will be its commitment to bringing in scholars who delve into components of wellbeing and/or address currently relevant topics like systemic racism or planetary health," says Cherry.

"We really see ourselves as a convener and not always a subject matter expert," Cherry says. "All of these issues impact the health and wellbeing of individuals, organizations, and communities. We want to connect with our community collaborators, our sponsors, and our audience on these pressing social issues and wellbeing."

A Rich History

There have been many high points for the Wellbeing Series over its decade in existence, launching with Walter Willet, MD, PhD, a Harvard epidemiologist who was instrumental in developing the Healthy Eating Plate. The Center hosted Jon Kabat-Zinn, PhD, a founder of the Mindfulness-Based Stress Reduction program, to discuss using the meditative practice to experience life. Michael Pollan, a prolific writer about food and the intersection of the human and natural worlds, spoke about cooking and his approach to eating.

More recently, Nicole Cardoza, a social entrepreneur and influential voice in wellbeing, equity, and diversity, delivered the talk, "Anti-Racism: Dismantling Your Practice," an especially timely message for Minnesota.

The Center often identifies potential speakers by asking for ideas from audience members, University faculty, and other constituents. "The Wellbeing Series regularly attracts well-known speakers because they are given wide leeway to engage audiences however they see fit," Nankivell says. "We have often heard people say that they've never spoken with a group whose audience is so diverse, so broad," she says. "They might not position their work through that wellbeing lens, but it makes sense to them and they find it really unique."

In early November, epidemiologist Monica Sharma, MD, presented her model of radical transformational leadership. Sharma worked at the United Nations for 20 years, serving as director of leadership and capacity development at UNICEF and the United Nations Development Programme, where she designed and directed programs for whole-systems transformation worldwide. Sharma embraces individuals' capacity and power to effect change and solve problems by relying on the universal values like dignity, compassion, and fairness.

"Dr. Sharma's position that everybody can be a transformational leader and everybody can change the world is really moving and inspiring," Nankivell says. "In many ways her work is about healing and spirituality—it's about connectedness and purpose and community—and all of that is really critical right now."

Future Talks

In 2023, the Wellbeing Series will welcome Sará King, PhD, a neuroscientist, medical anthropologist, and meditation teacher. Funded by the National Institute of Health's National Center for Complementary and Integrative Health, King is a postdoctoral fellow at Oregon Health & Science University who integrates science, social justice, and mindfulness as a way to heal trauma and instigate social change. She uses a framework called the "Science of Social Justice," incorporating mindfulness practices like compassion, loving-kindness, and forgiveness to address intergenerational trauma for individuals and larger societal groups.

Other speakers for 2023 include Lexie and Lindsay Kite, PhDs. The Kites are identical twins who co-wrote the book *More Than a Body: Your Body is an Instrument, Not an Ornament*, based on their research, and founded the nonprofit "Beauty Redefined." They will educate participants about how to increase their media literacy related to body image, such as critically questioning and deconstructing media messages, while teaching strategies for developing body image resilience.

Medical musician Andrew Schulman, a professional guitarist and author of *Waking The Spirit: A Musician's Journey to Healing Body, Mind, and Soul*, rounds out the speakers for 2023. Schulman, who has made multiple appearances at Carnegie Hall and Lincoln Center, became the first musician to join the Society of Critical Care Medicine as a professional member. After his own near-death experience and recovery, Schulman started the nonprofit Medical Musician Initiative to help incorporate music into healing for critical care patients.

"I'm really excited about our upcoming lectures. We have a fantastic line-up in 2022 and we're looking forward to 2023," Buss says. "The speakers are relevant to current and new audiences for the Center as well as students."

Registration for many of our online programs is now available at csh.umn.edu



Dr. Sará King, PHD



Drs. Lexie & Lindsay Kite, PHDs



Andrew Schulman

THE PATH TO HAPPINESS By Suzy Frisch

A webinar series focused on Tibetan Medicine teaches people how to find joy through a healthy mind and body.

The guiding principle of Tibetan Medicine— that the purpose of life is to be happy— couldn't have been more timely than during the Covid-19 pandemic. The stress, worry, and isolation of this momentous time prompted the Bakken Center for Spirituality & Healing to find ways to spread messages of hope, healing, and empowerment. What better method to help people take charge of their health and happiness than through Tibetan Medicine?

Fortunately, the Bakken Center is rich with resources and experts who share their research and wisdom, thanks to its Yoga and Tibetan Healing Initiative (THI) focus area. Center Director Mary Jo Kreitzer, PhD, RN, FAAN, and Sue Nankivell, Director of Business Development and Community Relations invited Miriam Cameron, PhD, RN, graduate faculty member and lead faculty of THI, and Tenzin Namdul, PhD, a Tibetan medicine physician and graduate faculty member, to develop a series of webinars. They aimed to help participants explore the science, psychology, and healing philosophies of Tibetan Healing.

The Center released the free, three-part Joyful Living! webinar series in April and May 2022, featuring presentations by Cameron and Namdul on how to create a healthier mind and body by embracing happiness. Yongey Mingyur Rinpoche, a world-renowned meditation teacher, taught the third webinar about transforming fear into joyful living. Through the series, Namdul and Cameron provided an understanding of Tibetan Healing and practical, valuable tools people can use to care for themselves, others, and the planet—and be happy.

“If I'm happy, I'm more likely to reach out and help others. If I'm unhappy, I'm needy and I want people to do things for me,” Cameron explains. “The way to have a better life is to be happy and do what you can to make other people happy. The Dalai Lama uses an example: Even if there is a storm on the surface of the ocean, it's calm deep down. So how can we stay calm deep down even if we're feeling rocky on the surface?”

Deep roots at the Bakken Center

Cameron joined the Center faculty in 2001 and soon after published her book, *Karma & Happiness: A Tibetan Odyssey in Ethics, Spirituality, and Healing*, with a forward by His Holiness, the 14th Dalai Lama. A nurse for two decades, Cameron had been practicing yoga for years when she got interested in Tibetan medicine in the late 1990s. She launched the Tibetan Healing Initiative at the Center to share this system of whole-person health through teaching, research, and outreach. Throughout the years, Cameron created four courses at the Center, including topics such as traditional Tibetan Medicine and Tibetan Medicine, Ayurveda, and yoga in India.

Namdul and Cameron began collaborating on research in 2001 when he still lived in India. Together, they wrote *Tibetan Medicine and You: A Path to Wellbeing, Better Health, and Joy*. Director of the clinical research department at Men-Tsee-Khang, the famous Tibetan Medical Institute in India, Namdul earned his doctorate in cultural anthropology from Emory University. He joined the University of Minnesota faculty in 2020 and recently completed post-doctoral research in the School of Public Health, Division of Epidemiology and Community Health.

During the webinars, Cameron and Namdul teach fundamental Tibetan Medicine concepts. For example, they stress the importance of shifting one's focus from the self to the macro society, stemming from the core belief that people are all interconnected and rely on each other.

"In Tibetan Medicine, one of the best tools for addressing any situation that impacts the individual as well as society is to shift that gaze from the individual to the larger community. The key root cause of illness or suffering is really having so much focus on oneself," Namdul says. "We wanted the Tibetan Medicine webinar series to speak to our day-to-day life and our current situation. During the pandemic, it was even more pronounced that we can't be self-centered because in order for me to be able to lead a more normal life, I need to care for people in my society."

Namdul and Cameron also introduced webinar participants to a central concept of Tibetan Medicine that everyone is born with a unique constitution comprised of three primary energies. Following Sowa Rigpa, the Tibetan science of healing, they developed the Constitutional Self-Assessment Tool and the Lifestyle Guidelines Tool. These tools help people evaluate their individual natures and discover ways to be healthier by living in harmony with them.

Wider purpose

The Bakken Center saw the Tibetan Medicine webinar series as a way to meet the moment by sharing Cameron and Namdul's expertise with the larger community, says Sue Nankivell, Director of Business Development and Community Relations at the Center. "The premise of Tibetan medicine, that the purpose of life is to be happy, is really timely because we've been collectively in such a world of hurt. How do we provide our audiences with information on ways for people to take care of themselves and grow and have tools to enhance their wellbeing? That's our mission," Nankivell says. "The underlying theme was to offer some hope and some light and empower people to take charge of their wellbeing in an integrative way."

"Another goal in sharing the guiding principles of Tibetan Medicine was to encourage people to use any tool available, from a rich diversity of cultures, to promote their health and wellbeing and advocate for themselves," Kreitzer says. "Integrative health means both bringing in complementary practices from outside Western medicine as well as incorporating healing systems from around the world."

"It's really important to understand culturally based healing traditions and practices. There is so much we can learn. In Minnesota, indigenous Native American practices are certainly important, and so is

understanding Tibetan healing," Kreitzer adds, noting that Minnesota has one of the largest Tibetan populations in the United States.

With its whole person approach to health—mind, body, and spirit—Tibetan medicine reflects the Center's work to promote individual wellbeing and give people who work in health care tools to share with their patients, Kreitzer says. Community-based healers, physicians, nurses, psychologists, and others regularly participate in the Center's Yoga and Tibetan medicine courses, along with offerings in Ayurveda from India and other holistic health traditions like Hawaiian, African, and Asian healing.

"Understanding culturally based healing is of enormous value because in Minnesota we are becoming more heterogenous," Kreitzer says. "It's really important for health care providers to understand how you support people who come from different traditions."

Changing Lives

Whether Cameron is teaching a class or giving a presentation about Tibetan medicine, she has seen time and again the impact it has on people. It is an expansive subject, she says. Yet Tibetan medicine's central principles of finding balance between a healthy mind and body, practicing loving-kindness, and being compassionate towards the self and others are universal and easy to incorporate into daily life.

"Tibetan medicine is empowering because it shows what people can do to create a happy life. There are practices that are practical and can be integrated into their self-care and other health practices," Cameron says. "It changes students' lives."

Learn more about Tibetan medicine by viewing the webinar series on our website at csh.umn.edu. You may also use the free Constitutional Self-Assessment Tool and the Lifestyle Guidelines Tool, and explore our academic courses in Tibetan medicine and the Hatha Yoga Teacher Training.



Tenzin Namdul, PhD

Tibetan medicine
Assistant Professor,
THI physician and
graduate faculty
member



**Miriam Cameron,
PhD, RN**

Graduate faculty member
and lead faculty of THI,
founder of THI at the
Center

Support the Future of the Tibetan Healing Initiative

Flourishing in life requires a healthy mind. The ancient, timely wisdom of Tibetan healing supports self-care practices that can help you to cultivate a healthier mind and body. Tibetan healing teaches you to bring your mental and physical energies into balance thereby reducing suffering and fostering a healthy, happy life. Since a trip to Lhasa in 1997, Dr. Miriam Cameron (Mim) has been visioning and leading the Tibetan Healing Initiative (THI) at the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing. Mim, Dr. Tenzin Namdul, and colleagues have published books and articles on Tibetan healing, conducted research, and educated more than 1,500 students, many of whom describe the experience as transformative. As a registered nurse, Mim was aware of suffering in the world and had a vision that bringing Tibetan healing to the University of Minnesota would be a powerful way to heal suffering, create happiness, and promote compassionate care for people, communities, and the planet.



TIBETAN HEALING INITIATIVE

launching a campaign to expand and sustain the work of THI long into the future. We hope that you will consider making a gift or pledge to support THI. Many more donations are needed to establish an endowed chair in Tibetan Healing and a fund that will generate support for research, scholarships, and additional coursework in Tibetan healing. As Tibetans say, "May THI benefit all beings!" Minnesota, an anchor for Tibetan healing, is home to the second largest Tibetan community in the United States,

second only to New York. The Earl E. Bakken Center for Spirituality & Healing is a longtime advocate and champion for Tibetan healing. Since 2001, the Bakken Center has collaborated with the Tibetan American Foundation of Minnesota to host visits of His Holiness the Dalai Lama and, together with the Tibetan Medical Institute in Dharamsala, India, has conducted international conferences about Tibetan healing.



His Holiness the 14th Dalai Lama and the Bakken Center's India Group in Dharamsala



Dr. Miriam Cameron and Mike Ormond in the Himalayas above Dharamsala.

Recently she and her husband, Michael Ormond, pledged \$1,000,000 to establish a Tibetan Healing Professorship, a gift they made in honor of His Holiness the 14th Dalai Lama. The Bakken Center is

About **Dr. Tenzin Namdul**

Dr. Tenzin Namdul, Assistant Professor, medical anthropologist, and Tibetan medicine doctor, studies the mind-body relationship, focusing on aging and memory through the lens of biocultural and Tibetan medical paradigms. Incorporating translational science, he examines how cultural values and practices shape the ways in which individuals age, die, and care for others who are dying. For his PhD dissertation research, Dr. Namdul examined how Tibetan medical doctors', Buddhist practitioners', and lay people's perspectives about death and dying translate into their care for dying individuals and their own dying process. Using ethnography, Dr. Namdul explored how tukdam, a Tibetan Buddhist advanced meditative practice after clinical death, informed and shaped the sociomoral fabric of life and sense of wellbeing at the time of dying among Tibetan refugees in southern India. Dr. Namdul's current research investigates factors associated with cognitive and physical resilience and how they influence aging, Alzheimer's disease, and related dementias among Tibetan Buddhist monks in southern India.



To explore how a gift of any size can make a profound difference in ensuring that THI thrives at the Bakken Center and benefits community members and our health system, contact:

Virginia Kaczmarek, Center Development Officer, at virginia@umn.edu or 612-624-1121.

Study Integrative Healing and Wellbeing

FALL 2022 MANDALA



Earl E. Bakken Center for
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UNIVERSITY OF MINNESOTA

- CSPH 1001: Principles of Holistic Health & Healing (2)
- CSPH 1101: Self, Society and Environment: An Interconnected Worldview (3)
- CSPH 1202: Music for Wellbeing in Times of Stress and Anxiety (1)
- CSPH 3001: Introduction to Integrative Healing (3)
- CSPH 3101: Creating Ecosystems of Wellbeing (2)
- CSPH 3202: Introduction to Mindfulness-Based Stress Reduction (2)
- CSPH 3211: Living on Purpose (2)
- CSPH 3301: Food Choices: Healing on the Earth, Healing Ourselves (3)
- CSPH 4311: Foundations of Hatha Yoga: Alignment & Movement Principles (3)
- CSPH 4312: Hatha Yoga Philosophy, Lifestyle, & Ethics (3)
- CSPH 4313: Hatha Yoga Teaching Principles & Methodology (2)
- CSPH 5101: Introduction to Integrative Healing Practices (3)
- CSPH 5102: Personal Wellbeing: The Journey to Self-Care (1)
- CSPH 5111: Ways of Thinking About Health (2)
- CSPH 5115: Cultural Awareness, Knowledge, and Health (3)
- CSPH 5118: Whole Person, Whole Community: The Reciprocity of Wellbeing (3)
- CSPH 5121: Planetary Health and Global Climate Change: A Whole Systems Healing Approach (2)
- CSPH 5201: Spirituality & Resilience (2)
- CSPH 5212: Peacebuilding Through Mindfulness: Transformative Dialogue in the Global Community (3)
- CSPH 5215: Forgiveness and Healing: A Journey Towards Wholness (3)
- CSPH 5225: Meditation: Integrating Body and Mind (2)
- CSPH 5226: Advanced Meditation: Body, Brain, Mind, and Universe (1)
- CSPH 5303: Pain Management and Evidence Based Complementary Health Approaches (3)
- CSPH 5305: Introduction to Integrative Mental Health (2)^
- CSPH 5313: Acupressure (1)^
- CSPH 5315: Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
- CSPH 5317: Yoga: Ethics, Spirituality, and Healing (2)
- CSPH 5318: Tibetan Medicine, Ayurveda, and Yoga in India (4)^*
- CSPH 5319: Yoga & Ayurveda in India (4)^*
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- CSPH 5555: Introduction to Body and Movement-based Therapies (2)
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- CSPH 5807: Mindfulness in the Workplace (2)
- CSPH 5905: Food Matters: Cook Like Your Life Depends On It (1)
- CSPH 8701: Health Coaching Capstone (2)*

* Available only for those enrolled in the Integrative Health and Wellbeing Coaching program

^ Sections available in Hawaii

^^ Travel abroad

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