



PRESS RELEASE

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To Register Online: https://umarket.utah.edu/healthpromoandedu_conferences/

“Integrative Health and Complementary Medicine: The Evidence, the Experience, the Application”

Complementary Medicine and Integrative Health are destined to become part of mainstream medicine as predicted by the Centers for Disease Control. Health care costs are skyrocketing. Eighty percent of all doctor’s office visits for illness have stress as one of the causes. Patients that practice complimentary medicine skills such as meditation prevent illness and speed healing following treatment or surgery.

The Department of Health Promotion and Education at the University of Utah will be bringing together members of the community to meet with experts at an upcoming conference at the University of Utah Guesthouse on September 7-8, 2012. Expert speakers will represent the Health Science Center (Medicine Nursing, Pharmacy and Health), Huntsman Cancer, as well as professors from the Behavioral and Educational Sciences (Social Work, Psychology, Educational Psychology and Communication). Local integrative health practitioners will also make presentations.

There will be a total of five keynote speakers, including Senior Vice President for Health Sciences Dr. Vivian S. Lee, who will address integrative health and appeal to all audiences. There will also be 25 breakout sessions that will teach skills, increase awareness, and present research. Some sessions will be geared to appeal to the consumer such as Music Therapy, Mindfulness Based Stress Reduction, Intuitive Exercise, Chinese Medicine and Acupuncture, Therapeutic Touch, the role of Spirituality in Healing, and Tai Chi. Other concurrent sessions will deal with the research and science of integrative health practices including The Science behind Self Hypnosis and Hypnosis, Gut Health, Making Sense of How Placebos Work, the Science of Meditation, Integrative Biomedicine, Environmental Health Issues, and Dietary Supplements for Diabetes. Still other breakout sessions will help attendees become aware of integrative health services offered at the Huntsman Cancer Institute, the University, and in the community.

The concluding session will be an interactive discussion of collaboration with the community, practitioners, and academics to better educate Utah residents, conduct interdisciplinary integrative health research, and improve lines of communication between the University, practitioners, and the residents of Utah.