

## **WORKSHOP 16**

### **An Experiential Workshop on Transpersonal Integrative Medicine for Adults and Children: Supporting the Human Spirit Allows the Body to Optimally Accept Contemporary Medicine**

105 minutes

*Health requires balance in body, mind, emotions, and spirit. Modern medicine is effective in addressing the body's needs and psychology/psychiatry address many intellectual and emotional needs. Spirituality is a universal experience independent of theology or religion for many of our patients. We have developed an approach known as Transpersonal Integrative Medicine (TIM), which emphasizes supporting the human spirit to allow the body to optimally accept Western medical treatment. TIM may utilize mindfulness and traditional tools like drums, Native American flute, and rattle. This workshop uses lecture, demonstration, videoclips, and attendee experiential teaching. Duration is 105 minutes with four presenters.*

1. (5 min) Introduction
2. (5 min) Centering activity
3. (10 min) Background of Transpersonal Integrative Medicine collaboration
4. (5 min) Benefit of drumming video
5. (10 min) Drumming experience
6. (5 min) Sharing experiences; Q&A
7. (15 min) Case presentations - Adults and children
8. (10 min) Native American (NA) healer and counselor – NA philosophy of healing
9. (5 min) Native American flute experience
10. (5 min) Sharing experiences; Q&A
11. (8 min) Healing Quest video
12. (10 min) African chaplain/shaman – Kenyan spiritual concept of health/illness
13. (10 min) Final Q&A

## Speakers

- **David Steinhorn**, MD - Capital Caring Health, Washington, DC. USA
- **Jana Din**, BA – Tao Center for Healing, Sacramento, CA. USA
- **Al Striplen**, BA MA – NaEve American Counselor, Sacramento, CA. USA
- **Chagala Ngesa**, MDiv – Kenyan Chaplain and Shaman, Kisumu, Kenya  
Africa