

# UPMC Center for Integrative Medicine

*Dedicated to increasing knowledge about safe and effective complementary and integrative medicine approaches.*

## Mindfulness Meditation programs at the Center for Integrative Medicine are growing – MBSR Fundamentals Professional Training offered for the first time in Pittsburgh

By Carol M. Greco, PhD

“You can’t stop the waves but you can learn to surf”

—Jon Kabat Zinn

“Mindfulness meditation for stress reduction? Oh, I really need that class!”

That’s a pretty common response when someone learns about the MBSR, or Mindfulness-Based Stress Reduction, courses at the Center for Integrative Medicine.

Many of us are aware of feeling stressed, overwhelmed, and off-kilter in our daily lives. And many of us have the wish to *really feel* our own wholeness and completeness, and to accept ourselves fully. Often, when we hear the words *mindfulness meditation for stress reduction*, something inside wakes up to the possibility of healing. And the possibility of meeting ourselves and our stress in an entirely new way.

The MBSR program is an 8-week course that meets once per week. MBSR includes mindfulness meditation, gentle mindful movement, and discussion of stress, communication, and self-care. Typically, over time, MBSR participants find that they become less reactive to stress. They respond with greater wisdom and choice to the inevitable challenges and joys of daily life. Research evidence supports the benefits of MBSR and similar mindfulness-based courses for improving pain, anxiety, depression, and the stressful effects of living with chronic illness. The MBSR curriculum is taught all over the world, in medical settings, at universities and in community settings.

The UPMC Center for Integrative Medicine has offered the program for more than 12 years, and over 700 persons have participated. The Center also offers a similar program called Mindfulness Based Anxiety Reduction (MBAR). These courses are offered in fall, late winter, and early summer. MBSR and MBAR are very well attended and there is often a waiting list.

Because of the growing interest in mindfulness and meditation, the Center would like to offer more programs. But, this means there is a need for qualified teachers! The Center for Integrative Medicine is now offering a professional training program for people who are interested in teaching mindfulness in the future!

The new professional training program is called MBSR Fundamentals. It consists of a 10-week seminar along with attending the MBSR course as a participant-observer. Carol Greco, PhD, Certified MBSR teacher and research director at the Center completed a year-long *Train-The-Trainer* program through the UMass Center for Mindfulness ( <https://www.umassmed.edu/cfm/> ) and is qualified to teach MBSR Fundamentals here in Pittsburgh.

This summer she taught the first course. ( <https://www.upmc.com/services/integrative-medicine/classes/mindfulness-based-fundamentals-training-course> )

Meet the inaugural MBSR Fundamentals graduates!

Each of the summer 2018 MBSR fundamentals participants has a longstanding meditation practice and have attended silent, teacher-led meditation retreats.

**Kyoko Henson** is a school social worker at (Penn Hills?) school district in Pittsburgh. The middle school students at her school are often overwhelmed by personal and family stress. Kyoko finds that simple mindfulness practices such as attention to breathing sensations are very helpful to the kids! Her goal is to develop a Mindfulness Room at her school and make mindfulness and meditation available to all staff, students, and parents.

**Barbara Ivanko** is a licensed clinical social worker who just started a psychotherapy practice at the Center for Integrative Medicine. She is also the president of UPMC’s Family Hospice, and is a yoga teacher. Barbara teaches mindfulness workshops in Pittsburgh and in Washington, PA. As you can see, Barbara has a great deal of energy and skill! Her intention is to provide MBSR classes and other programs through the Center for Integrative Medicine.

“MBSR-Fundamentals allowed me to both deepen my practice and to increase my skill in holding an experiential learning space for others. This was a transformational and valuable experience “ ~B. Ivanko

**Ursula Lesic** is a human resources and learning and development professional, executive coach, and certified Yoga and Pilates instructor. She is also the adoptive mother of two young special needs twins. Many commitments! Despite her very busy schedule, Ursula was motivated to take the MBSR Fundamentals course both personally and professionally. The course has been a time to reflect and regroup for herself. She also has the intention to develop workshops and other programs for parents of special needs children.

**Jenny Smith** is a mathematics and computer science teacher with a very strong interest in Zen and Vipassana meditation. She regularly attends silent meditation retreats. Because meditation is so important in her own life, she would like to be able to offer meditation instruction to other people in a skillful way – and this is what brought her to sign up for the MBSR Fundamentals course.

We expect to offer more MBSR Fundamentals courses in the future – please check our website for more information, or email to [mindfulness@upmc.edu](mailto:mindfulness@upmc.edu)

And – heads up! The MBSR fundamentals graduates, Kyoko, Barbara, Ursula and Jenny, along with Carol Greco, will be offering a Meditation workshop at the Center in the near future! Please join us!

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# UPMC Center for Integrative Medicine

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## Please help us in welcoming our newest practitioners!

### LuAnn Scarton, RDN, LDN, CLT

LuAnn is our *Integrative Nutrition Counselor*. She is a registered and licensed dietitian, specializing in functional/integrative nutrition. She has been working towards a master's degree in Human Nutrition & Functional Medicine from the University of Western States, and has a bachelor of science in Clinical Dietetics & Nutrition from the University of Pittsburgh. She has over 20 years of experience in the field of nutrition. She works with adults and children with autoimmune diseases and other health conditions, who are struggling and looking for a new way to manage their health. She helps people improve their health, and relieve autoimmune symptoms like exhaustion, brain fog, bloating, and joint pain.

### What is *Integrative Nutrition*?

*Integrative nutrition* views food, eating, wellness, and exercise not just in terms of calories or weight loss, but in physical, emotional, mental, and spiritual terms. An integrative nutritionist uses a variety of nutrition therapies including whole foods, tailored supplements, and mind/body modalities to uniquely treat the patient. Though integrative nutritionists can and do help with weight loss, they can also help with anti-inflammatory diets, diabetic diets, food elimination diets, and diets to extend a person's longevity.

### Meet LuAnn

"I've always wanted to help people. I wanted to help them achieve health through good nutrition and a healthy lifestyle. Growing up in an Italian household, I had a passion for good cooking and educating others about food. So I pursued a bachelor of science degree in Clinical Dietetics & Nutrition from the University of Pittsburgh and became a registered dietitian. I worked in hospitals, nursing homes, and outpatient settings providing nutritional counseling and support for people with Diabetes, heart disease, weight management issues, and much more on my journey to help others."



### Barbara Ivanko, LCSW

*Barbara is a Psychotherapist, MBSR Teacher, and Yoga Instructor*

Barbara has been an LCSW for more than 20 years, and has been teaching MBSR since 2012. She received her master's degree in Social Work from Stony Brook University in 1994, and has a post-graduate certificate in East/West



Psychology. She is also a 200-hour yoga instructor. She uses cognitive behavioral therapy, EMDR, dialectical behavioral skills (DBT), and mindfulness in her approach with clients effected by depression, anxiety, ADD, addiction, grief and loss, stress, and trauma. Barbara helps her clients uncover the strength and goodness within themselves, while teaching skills that allow them to live a life that feels meaningful, capable, and content.

### What exactly is *CBT*, *DBT* and *EDMR*?

*Cognitive behavioral therapy* (CBT) is a form of psychotherapy that restructures patterns of thinking. It raises to a conscious level thought patterns that can be the basis of many physical and emotional problems.

*Dialectical behavioral therapy* (DBT) helps people suffering from borderline personality disorder. It has also been used to treat mood disorders, as well as those who need to change patterns of behavior that are not helpful, such as self-harm, suicidal ideation, and substance abuse. This approach works towards helping people increase their emotional and cognitive regulation, by learning about the triggers that lead to reactive states and helping to assess which coping skills to apply in the sequence of events, thoughts, feelings, and behaviors to help avoid undesired reactions.

*Eye Movement Desensitization and Reprocessing* (EDMR) borrows components from other effective and well-established psychotherapies; it is an innovative combination of emotional, somatic, sensory, and cognitive elements. In EMDR, a disturbing issue is recalled together with associated affective, somatic, and cognitive components. While the disturbing event is recalled, a person is briefly exposed to bilateral stimulation (such as rapid alternating eye movements). He or she is able to control the pace of the recall of the disturbing event.

Continued...

## Naturopathic Medicine and Health Coaching



**Khara Lucius, ND,  
FABNO**

Khara is our newest naturopathic doctor. She completed her bachelor of science degree in Biological Sciences at Ohio University in Athens, Ohio. After earning her doctorate

degree in naturopathic medicine at Southwest College of Naturopathic Medicine in Tempe, Arizona in 2011, she started a general naturopathic medical practice in Manchester, New Hampshire, where she practiced for six years. She also spent three years on staff at the Mental Health Center of Greater Manchester, seeing patients with psychiatric and mood conditions.

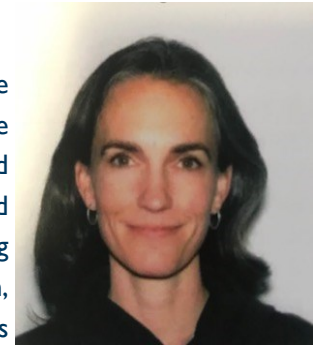
In 2011, she joined the naturopathic staff at Cancer Treatment Centers of America at Midwestern Regional Medical Center, where she specialized in integrative care for oncology patients. She has been a Fellow of the American Board of Naturopathic Oncology since 2013. After working in integrative cancer care for the last seven years, she's thrilled to bring her practice back to seeing patients of all ages and with varied health concerns. She is well-versed in integrating care with medical doctors, counselors, dietitians, chiropractors, massage therapists, and other healthcare providers to achieve the best outcomes for her patients.

Khara is a past board member of the New Hampshire State Board of Naturopathic Examiners, as well as the Illinois Association of Naturopathic Physicians. She is a member of the Oncology Association of Naturopathic Physicians.

### **What is Naturopathic Counseling?**

Naturopathic counseling emphasizes the body's potential to heal itself and focuses on prevention and balance. Practitioners explore options including botanical supplements, nutritional counseling, and treating environmental toxicities.

**Angie Phares, PA**



Angie is a certified integrative health coach from Duke University, and is also trained as a physician's assistant and yoga instructor. By partnering with patients as a health coach, she motivates and supports health behavior change through

a structured process involving inquiry, personal discovery, and accountability. Health Coaching is not just about physical well-being or lab results, it is about the whole person: values, goals, work, relationships, fulfillment, and life purpose.

### **What is Integrative Health Coaching?**

- Coaches work with the whole person. They list to your concerns and ask powerful questions to help motivate you to make the changes you desire.
- Coaches spend time exploring what is more important to you in your health and allow you to choose your course of action
- Coaches guide you through a process to maximize the possibility of your success
- You and your coach work in partnership to identify obstacles and create strategies for moving toward your goals.
- Coaches support you in tracking your weekly progress and hold you accountable for your commitments.
- Coaches provide additional resources for making health behavior changes.

### **What are appropriate topics?**

Any concern that gets in the way of taking care of your health is the perfect subject with which to begin coaching. Therefore, any topic that you think will contribute to your optimal health is an appropriate topic for integrative health coaching.

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## Remembering James Donnelly

1942-2017

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou

Jim Donnelly, the senior psychologist at the Center for Integrative Medicine, died peacefully with family in December of 2017, a short time after being diagnosed with cancer. Jim joined a core group of holistically oriented clinicians in 2001. He was respected and cherished by his colleagues, patients, family, the larger community, and he is missed by all. Although he was skilled in the use of a number of therapy approaches, what came across most was his deep listening, care, and compassion. His patients were touched that he called them from his hospital bed to let them know of his illness and to help them plan for their care in his absence.



In a memorial program, held at the Center, 35 patients and colleagues shared stories of their experience in knowing and working with Jim. Each person conveyed how Jim touched and changed their lives. One often-repeated theme was that Jim could say something profound, but also might be difficult to hear. Knowing that it came from a place of love and compassion, it helped his clients to use those insights to effect change in their lives. Jim regularly helped individuals process concerns in two areas, which we can all relate to – anger and forgiveness; and loss and grieving.

Shortly before the cancer was diagnosed, Jim and his wife Judith had a chance to reconnect with nature in one of the most beautiful settings in our country: Arches National Park. Theodor Reik, a student of Freud, discussed the concept of *Listening With the Third Ear*, referring to attending to language and communication on a deeper level. May we all be better listeners and more compassionate from having known Jim.

## 2018 Classes at the UPMC Center for Integrative Medicine

Mondays 9/17-11/5	6:30-9:00	Mindfulness-Based Stress Reduction (8 classes)	\$325	Kelly Beck, PhD
Tuesdays 9/18-10/31	12:00-1:30	Mindfulness-Based Anxiety Reduction (8 classes)		Dinnie Goldring, LCSW
Monday, October 1	6:30pm	Ayurveda and Nutrition Workshop	\$10	Kerry Harling,
Thursday, October 4	1:00-2:00	Sleep Matters: How to Sleep Better	Free	Khara Lucius, ND
Thursday, Nov. 1	1:00-2:00	Mindfully Managing the Holidays	Free	Barbara Ivanko, LCSW

## UPMC Center for Integrative Medicine Team

### **Administration**

Brittany Kail, BSBA  
Administrative Manager  
Kathy Hecht  
Administrative Assistant  
Rhonda Mason  
Administrative Assistant  
Heather Vardzel  
Administrative Assistant

### **Research**

Carol Greco, PhD  
Research Director, Associate  
Professor of Psychiatry,  
Certified MBSR Instructor  
Christine McFarland  
Research Coordinator

### **Practitioners**

Kelly Beck, PhD  
MBSR Instructor  
Sari Cohen, ND  
Naturopathic Doctor  
Deborah Grice Conway, PhD  
Psychotherapist  
Dinnie Goldring, LCSW  
Meditation Instructor  
Karen Tombs-Harding  
Ayurveda Therapist  
Karl W. Holtzer, MD, MS  
Functional Medicine Physician

Barbara Ivanko, LCSW  
Psychotherapist, Yoga Instructor  
John Laird, ND  
Naturopathic Doctor  
Jessie V. Larson, LMT  
Massage Therapist  
Khara Lucius, ND  
Naturopathic Doctor  
David Lesondak, BCSI  
Structural Integrator,  
Myofascial Specialist  
Dan Miller, DC  
Chiropractor  
Angie Phares, PA  
Heath Coach

LuAnn Scarton, RDN, LDN,  
CLT  
Registered Dietitian Nutritionist  
Kate Sherman, LPC, MSCP  
Shiatsu Massage Therapist  
Erin Simon, LMT, LLCC  
Massage Therapist  
Tricia Smith, LAc, MAC  
Acupuncturist  
K.K. Teh, LAc, MAC  
Acupuncturist/Chinese Herbalist  
Alicja W. Walczak, MS, CRS  
Biofeedback, Yoga Instructor