

**UCLA**

**David Geffen School of Medicine**

**UCLA**

**Health**

# **An Integrated U: Novel Approaches in Integrative Medicine**

***An In-Person and Live Virtual Activity***



**Friday, November 3, 2023**

**UCLA Carnesale Commons – Palisades Ballroom  
251 Charles E. Young Drive West  
Los Angeles, California 90095**

# An Integrated U: Novel Approaches in Integrative Medicine

## Course Description

Integrative medicine combines conventional medicine with evidence-based therapeutic approaches to support healing by addressing the physical, emotional, mental, social, spiritual, and environmental factors that impact whole health. “An Integrated U: Novel Approaches in Integrative Medicine” is a one-day conference where faculty experts will highlight best clinical practices and review the latest research and scientific developments in psychedelic medicine, sleep medicine, digital technology and the gut-brain-microbiome.

## Target Audience

This course is designed for primary care physicians, specialists, mental health providers, nurses, dietitians, and other healthcare professionals interested in integrative medicine.

## Learning Objectives

At the conclusion of the program participants will be able to:

- Discuss the history and current landscape of psychedelic medicine in research studies and clinical care.
- Recognize the native, indigenous, and traditional use of psychedelic medicine in whole-person care.
- Identify the impact of circadian rhythm disorders on brain health and function.
- Realize how sleep and sleep patterns influence biologic rhythms in health and disease.
- Identify the role of digital wearable technology in integrative clinical care.
- Identify the limitations and benefits associated with technologies used to measure lower urinary tract symptoms outside of the clinical setting.
- Realize the impact of the brain-gut-microbiome axis on health and disease.
- Understand relationships between societal stressors and gut microbiome and their impact on health and disease.
- Recognize the importance of lifestyle factors in maintaining optimal digestive and brain health.

## General Information

**Friday, November 3, 2023**

**7:00 am – 5:00 pm**

### Location:

UCLA Carnesale Commons  
Palisades Ballroom  
251 Charles E. Young Drive West  
Los Angeles, California 90095

### Self Parking:

Parking is available at Sunset Village (SV) parking structure located at 200 De Neve Dr., Los Angeles, CA. Parking fee is \$15. Guests will be able to pay for parking at the pay-by-space machines located in the Sunset Village (SV) parking structure. Directional signs will be provided to guide you to the program.

## In-person attendees will be provided breakfast, lunch, and reception at the meeting site.

The conference will also be available through a live virtual meeting web platform.

- Attendees who choose to attend the live virtual activity will receive a virtual meeting link and password to access the live virtual conference.
- All registrants (live or virtual) will be provided the opportunity to review recorded sessions up to 3 weeks following the conference.
- Attendees will be awarded CME credit commensurate with the extent of their participation in the live activity (either in-person or virtual). The recorded sessions are not certified for CME credit.

# An Integrated U: Novel Approaches in Integrative Medicine

## *An In-Person and Live Virtual Activity*

**Friday, November 3, 2023**

### AGENDA

7:00 **Registration & Breakfast**

8:00 **Introduction & Welcome**

#### **Session I: Innovations in Psychedelic Medicine**

**Moderator:** Helen Lavretsky, MD, MS

8:15 **Modern Medicine's Rediscovery of Psychedelics: Historical Context, Therapeutic Potential, and Regulatory Implications**

*Walter Dunn, MD, PhD*

9:00 **Insights into Plant Medicine from the Perspective of Native American Shaman**

*Sara Eaglewoman, Urban Shaman & Healer*

9:30 **Panel Discussion**

9:45 **Break & Exhibitors**

#### **Session II: Circadian Rhythm & Sleep Medicine**

**Moderator:** Dan Silverman, MD, PhD

10:15 **Circadian Arrhythmia: Mechanisms of Disease and the Role in Brain Health**

*Christopher Colwell, PhD*

11:00 **Sleep: Harmonizing Rhythms for Health**

*Ravi Aysola, MD*

11:30 **Panel Discussion**

11:45 **Lunch & Exhibitors**

# **An Integrated U: Novel Approaches in Integrative Medicine** *An In-Person and Live Virtual Activity*

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## **AGENDA (continued)**

### **Session III: Technology in Integrative Medicine**

- 12:30 **Wearable Technology in Clinical Integrative Medicine**  
*Rashmi Mullur, MD*
- 1:00 **From Research Lab to Home Base: Technologies Changing the Way We Think About and Measure Lower Urinary Tract Symptoms**  
*Lynn Stothers, MD*
- 1:30 **Break & Exhibitors**
- 1:45 **Presentation of the Ka-Kit Hui Award for Excellence in Integrative Medicine**  
*Ka-Kit Hui, MD & Suzanne Smith, MSN, NP, CMT-P*

### **Session IV: The Mind Gut Microbiome Connection**

**Moderator:** Elizabeth Ko, MD

- 2:00 **Understanding the Mind-Gut-Microbiome System – Implications for Integrative Medicine**  
*Emeran Mayer, MD*
- 2:45 **How Adversity Gets under the Skin to Impact Health: Perspectives from the Brain-Gut-Microbiome**  
*Arpana Gupta, PhD*
- 3:15 **Empower the Mind and Gut with Healthy Behaviors**  
*Suzanne Smith, MSN, NP, CMT-P*
- 3:45 **Panel Discussion**
- 4:00 **Networking Reception – All attendees are welcome to attend**
- 5:00 **Reception Adjourns**

# David Geffen School of Medicine at UCLA

## COURSE CO-CHAIRS

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### **Elizabeth Ko, MD, FACP**

Assistant Clinical Professor  
David Geffen School of Medicine at UCLA  
Medical Director,  
UCLA Health Integrative Medicine Collaborative

### **Rashmi Mullur, MD**

Associate Clinical Professor  
Director of Integrative Medicine Education  
David Geffen School of Medicine at UCLA  
Division of Endocrinology, Diabetes and Metabolism  
Chief of Telehealth  
VA Greater Los Angeles Healthcare System

## PROGRAM COMMITTEE

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### **Helen Lavretsky, MD, MS**

Professor in Residence  
Department of Psychiatry  
Director, Integrative Psychiatry Program  
Director Post-COVID Clinic  
Research Pillar Lead, UCLA Health Integrative Medicine  
Collaborative

### **Eric Rice**

Administrative Director, UCLA Health Integrative Medicine  
Collaborative

### **Dan Silverman, MD, PhD**

Head, Neuronuclear Imaging Section  
Ahmanson Translational Imaging Division  
Director, UCLA Brain Wellness and PET Consultation  
Services  
Professor, Department of Molecular and Medical  
Pharmacology  
David Geffen School of Medicine at UCLA

### **Suzanne R. Smith, NP (she/her)**

Vatche and Tamar Manoukian Division of Digestive  
Diseases  
David Geffen School of Medicine at UCLA  
eimer Center for Neurobiology of Stress & Resilience

### **Lynn Stothers, MD**

Professor in Residence  
UCLA Departments of Urology and Gynecology (FPMRS)

### **Alicia Trocker, MS, RDN, IFNCP**

Outpatient Heart and Lung Transplant Dietitian  
UCLA Heart and Lung Transplant Program

## FACULTY

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### **Ravi Aysola, MD**

David Geffen School of Medicine at UCLA  
Clinical Professor of Medicine  
Chief, Sleep Medicine Section  
Division of Pulmonary, Critical Care and Sleep Medicine  
Director, UCLA Sleep Disorders Center  
Director, UCLA Santa Monica Pulmonary & Sleep Medicine  
Clinic  
Senior Quality Officer, UCLA Health  
Chief, Integrative Medicine at Greater Los Angeles VA

### **Christopher Colwell, PhD**

Professor-in-Residence  
Psychiatry and Biobehavioral Sciences  
University of California Los Angeles

### **Walter Dunn, MD, PhD**

Health Sciences Assistant Clinical Professor  
UCLA Department of Psychiatry  
Co-Director, UCLA Psychiatry Residency Neuromodulation  
Program  
Associate Psychiatry Director, UCLA Operation Mend  
Greater Los Angeles VA  
Section Chief, Mood Disorders  
Director, Interventional Psychiatry Service  
Director, Mood Disorders Clinic

### **Sara Eaglewoman**

Urban Shaman/Medicine Woman  
Los Angeles, California

### **Arpana “Annie” Gupta, PhD**

Co-Director, Goodman-Luskin Microbiome Center  
Director, Neuroimaging Core, G. Oppenheimer Center for  
Neurobiology of Stress and Resilience  
Ingestive Behavior and Obesity Program  
Associate Professor  
Vatche and Tamar Manoukian Division of Digestive  
Diseases  
David Geffen School of Medicine at UCLA

### **Emeran A. Mayer, MD**

Distinguished Research Professor of Medicine  
Director, G. Oppenheimer Ctr for Neurobiology of Stress  
& Resilience  
Founding Director, Goodman Luskin Microbiome Center  
UCLA Vatche & Tamar Manoukian Division of Digestive  
Diseases, UCLA

Course Title and Number	
<b>An Integrated U: Novel Approaches in Integrative Medicine</b> <i>An In-Person and Live Virtual Activity</i>	<b>C07601</b>
<b>In-Person Attendance</b> MDs, DOs and Health Care Providers: (\$150) Trainees and Students: (\$50)	
<b>Live Virtual Attendance</b> MDs, DOs and Health Care Providers: (\$150) Trainees and Students: (\$50)	
<b>In-person registration</b> includes access to the course materials, breakfast, lunch and reception at the meeting site. <b>Virtual registration</b> includes access to the live stream virtual conference. All registrants (live or virtual) will receive access to the conference recordings up to 3 weeks following the program.	

We accept Visa, MasterCard, American Express, and Discover credit cards.

To register using a credit card or ACH/electronic transfer, please visit <https://events.medschool.ucla.edu/event/integratedU>.

\*Credit card and check payments via phone, fax, or mail are no longer accepted.

### Refunds

Cancellations must be received in writing by October 16, 2023 and will be subject to a \$25 processing fee. Please submit refund request to [ccpd@mednet.ucla.edu](mailto:ccpd@mednet.ucla.edu). A full refund will be provided if for any reason the course must be canceled or rescheduled.

### Questions

If you have questions about enrollment, please call (310) 794-2620 or email: [ccpd@mednet.ucla.edu](mailto:ccpd@mednet.ucla.edu).

### Accreditation Statement

The David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The David Geffen School of Medicine at UCLA, designates this live activity for a maximum of 6.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California State Board of Registered Nursing accepts courses approved by the *AMA PRA Category 1 Credits™* as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

### Disclosure Statement

The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manage all identified potential conflicts of interest prior to the program. UCLA fully endorses the letter and spirit of these concepts.