

Maryland University
of Integrative Health

Maryland University of Integrative Health

Alumni Association
NEWSLETTER

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Maryland University of Integrative Health
7750 Montpelier Road
Laurel, MD 20723

muih.edu

muih.edu/campus/alumni-affairs/

MUIH ALUMNI SPOTLIGHT



Success Story

Ann Swanson, MS, C-IAYT, LMT, E, RYT500
Yoga Therapy

Ann recently secured a book deal with DK/Penguin Random House for her book, Science of Yoga. Her work will be released in over 15 countries and languages. She teaches an evidence based Yoga for Arthritis to teachers across the country, offers one on one online sessions through Telehealth, among other offerings. To learn more about Ann, check out her [webpage](#).



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STUDENT VIGNETTE

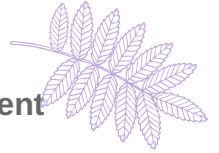


**Jennifer Hutchison, Student
Doctorate of Acupuncture Program**

“I didn’t realize how rewarding being a student practitioner would be until I began serving patients in the clinic. Each encounter teaches me something new about myself and about this beautiful medicine. The most challenging, yet necessary part of this experience is learning to be completely present with patients while keeping my cup filled through self cultivation. I’m also learning how I want to run my own practice - an opportunity which is soon approaching! I plan to have my own small integrative wellness center in Southern Maryland with herb and vegetable gardens as additions. I’m happy to know that I’ll be using my degree from MUIH as a stepping stone into a successful future as an acupuncturist.”

We would like to connect alumni who want to be mentors or mentees. Please email alumni@muih.edu if interested.

MEET THE OFFICERS



Cynthia Wilson, President
Master of Science in
Nutrition and Integrative Health
alumniprez@muih.edu



Cheron Hunt Garrison, Secretary
Master of Arts in
Health and Wellness Coaching
alumnisecretary@muih.edu

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[JOIN NOW!](#)



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FACULTY HAPPENINGS

Health and Wellness Coaching for Management of ADHD

A team of MUIH Health and Wellness Coaching (HWC) researchers recently published original research in the prestigious peer-reviewed The Permanente Journal. Based on the real-life experience of faculty member Dr. Elizabeth 'Liz' Ahmann, the Winter edition of the journal includes the article entitled '[Health and Wellness Coaching and Psychiatric Care Collaboration in a Multimodal Intervention for Attention-Deficit/Hyperactivity Disorder: A Case Report](#)'. Health and wellness coaching is gaining recognition as a client-centered behavioral intervention for the management of ADHD. Although stimulant medications are the most common treatment for attention-deficit/hyperactivity disorder (ADHD), a multimodal approach that included behavioral interventions yielded better outcomes for a student seeking coaching support to complete her graduate program. Liz was the Principal Investigator for the team of researchers who included faculty members Laurie Ellington, Rebecca Pille, and Katherine Smith.

Congratulations to MUIH Faculty, Sophia Kuziel, for passing her MCHES (Master Certified Health Education Specialist)!

MUIH NEWS

[Healthy Collab](#) is a free UNconference for health practitioners will be piloted by MUIH Alumni, Danielle Sigmon. At this participant-driven event, you'll get to collaborate with your colleagues about all things health, wellness, & business.

February 1, 2020

9:00 AM – 1:00 PM

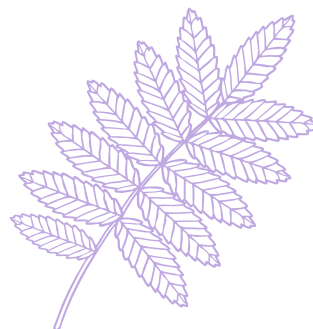
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SAVE THE DATE: Maryland University of Integrative Health

5th Annual Research Symposium

April 3, 2020

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7750 Montpelier Road
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INTEGRATIVE HEALTH NEWS & EVENTS

[CMS finalizes decision to cover Acupuncture for Chronic Low Back Pain for Medicare Beneficiaries](#)

The Academic Consortium for Integrative Medicine & Health
[2020 International Congress on Integrative Medicine and Health](#)
 April 28 - May 1, 2020
 Cleveland, Ohio

Remembering Ram Dass
[Statement from the Love Serve Remember Foundation on Ram Dass's Passing.](#)

[Ayurveda and Spirituality Conference](#)
 April 24-26, 2020
 Boone, NC

The American Society of Acupuncturists
[Annual Conference](#)
 May 2-4, 2020
 Washington, DC

INTEGRATIVE HEALTH NEWS & EVENTS (cont.)

The International Association of Yoga Therapists
[SYSTAR](#)
 June 11-14, 2020
 Lincolnshire, IL

Academy of Nutrition and Dietetics
[Food & Nutrition Conference & Expo](#)
 October 17-20, 2020
 Indianapolis, IN



“Before the stroke, I was on a very spiritual plane. I ignored my body, took it for granted. When I look at my life, I see that I wanted to be free of the physical plane, the psychological plane, and when I got free of those, I didn’t want to go anywhere near them. But the stroke reminded me that I had a body and a brain, that I had to honor them.”

- Ram Dass



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MUIH PROFESSIONAL AND CONTINUING EDUCATION



Happy 2020! the perfect time to revisit your personal and professional goals for the year ahead – we invite you to consider MUIH’s Professional and Continuing Education (PCE) offerings to expand your knowledge, skills and credentials. Stay up-to-date with latest PCE releases and learn more about PCE Alumni discounts at www.muih.edu/ce, or email ce@muih.edu for more information.

AOM Visiting Scholar: **Alaine D. Duncan.** Integrating Acupuncture and Asian Medicine with Neurobiology to Revolutionize Healing from Traumatic Stress

Date/Time: February 22-23, 2020 9:00am-5:30pm

*Discounted Alumni Rate with Promo Code:

AOMVSSPRING2020

[LEARN MORE AND REGISTER](#)

From Burnout to Resilience: Science-Backed Tools for Thriving in the Face of Stress

Date/Time: March 11, 2020 8:30am-4:30pm

*Discounted Alumni Rate with Promo Code:

BURNOUTMUIH

[LEARN MORE AND REGISTER](#)

WESTERN DISPENSARY



As an MUIH Alum, you can order herbs for yourself from the Western Herbal Dispensary! In addition, if you graduated from the Herbal Clinical program, you can send us your client orders! The MUIH Dispensary uses exceptionally high-quality herbal products. Our herbal suppliers practice fully documented quality control standards, meeting FDA GMP’s and providing a certificate of analysis demonstrating the authenticity of the herbs we order. Herbs we purchase are wild crafted or certified organic. You can view a list of our herbs and extracts [here](#).

Email or call us to place your order.

herbs@muih.edu

410-888-9048 x6676

We must strive to see people not only as they present themselves in illness, but more importantly as they would be in perfect health and balance, in full discovery of their true nature, unique in body, mind and spirit.

- J. R. Worsley

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CAREER SERVICES



Career Services is pleased to announce that the **first annual Virtual Career Fair** will be held on **Thursday, March 19th, 2020** from **7-10pm eastern time**.

Save the Date and stay tuned for more details if you are looking for opportunities or looking to hire MUIH students/alumni.

In the meantime, **please contact me at rbrooks1@muih.edu if you need career assistance or if you are in a position to hire our students/alumni.**

Regards,
Rob Brooks
Associate Director of Career Services

Maryland University of Integrative Health

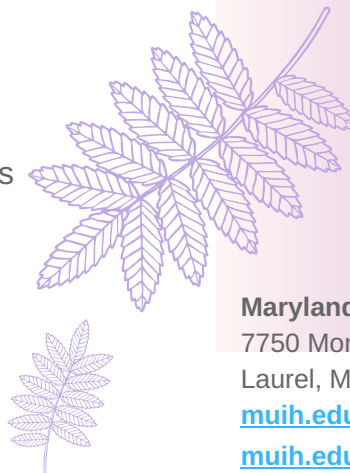
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