



# Maryland University of Integrative Health

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Maryland University of Integrative Health  
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[muih.edu](http://muih.edu)  
[muih.edu/campus/alumni-affairs/](http://muih.edu/campus/alumni-affairs/)

### MUIH ALUMNI SUCCESS STORY



### Success Story

Tiaa C. Hartley, MAc, LAc, ADS  
*Master of Acupuncture*  
*Post-Baccalaureate Certificate in Health and Wellness Coaching*

Tiaa is the owner of [Sage Chi integrative Wellness](#), licensed acupuncturist, herbalist, addiction detox specialist, and a health and wellness coach. She specializes in self-healing beyond trauma for women of color. During these times of uncertainty, she is developing ways to manage stress and teaches self-help tools to alleviate the pain that affects the mental, emotional and physical levels of the body. She recently facilitated a webinar on Selfcare during the COVID-19 Pandemic for the Women of Color in Community Development, a 501c3 organization based in Washington, DC. Tiaa is also currently working on her Doctorate in Oriental Medicine at MUIH which she is set to complete Fall of 2020.

LGBTQ RIGHTS IN MEDICINE TIMELINE



1957 Society for the Scientific Study of Sexuality was founded



1973 The American Psychiatric Association voted to remove homosexuality from the Diagnostic and Statistical Manual of Mental Disorders (DSM).



1977 The Bay Area Physicians for Human Rights was founded in San Francisco as the first support group for gay and lesbian medical professionals



1981 The Gay and Lesbian Medical Association was founded as the American Association of Physicians for Human Rights



1987 The diagnosis of Ego-dystonic sexual orientation was removed from the DSM.



1990 The WHO replaced its categorization of homosexuality as a mental illness with the diagnosis of ego-dystonic homosexuality.



1996 The US Department of Defense included homosexuality in a list of "mental disorders" in a document known as "directive 1332.38: physical disability evaluation."



2007 The US Food and Drug Administration re-affirmed its policy prohibiting men who have sex with men (MSM) from donating blood



2019 The American Psychoanalytic Association apologized for having treated homosexuality as a mental illness.

[Stonewall Forever](#)- A Documentary about the past, present, and future of pride.



# Maryland University of Integrative Health

## Alumni Association

### MUIH BUILDING COMMUNITY ACROSS DISTANCE

#### FREE MUIH VIRTUAL COMMUNITY OFFERINGS

In the spirit of joining together and supporting our community during this time, we're honored to offer the following ways to connect:

#### [MUIH VIRTUAL COMMUNITY WEB PAGE](#)

Use the above link to access our Virtual Community Resources page, dedicated to delivering you happenings occurring in the virtual space. At MUIH, we not only talk about community, we believe in the power of community and strive to function as a community. With the recent events taking place, we are asking our community members to submit materials, ideas, and suggestions to share with all members of our community. We would like to post the name of the submitter and the relationship to MUIH if you give us permission. Please use the form on the bottom of the page in the link above to submit your offerings.

[Click here](#) for MUIH's operating status

#### [MUIH MIXED TAPE PLAYLIST](#)

Check out the playlist with the link above. Feel free to submit songs [here](#).

**Questions? Feedback?**  
Contact Michelle Coleman  
at [studentsupport@muih.edu](mailto:studentsupport@muih.edu).

#### SPECIAL VIRTUAL EVENTS

#### MUIH Community Career Roundtable

July 9, 2020

#### [Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

### Maryland University of Integrative Health

#### Alumni Association

Become an active part of our ever-expanding alumni association community. Members will have access to perks and discounts, MUIH Email for Life, events, communities, and more!

[JOIN NOW!](#)



Maryland University  
of Integrative Health



Maryland University  
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Alumni Association

## Maryland University of Integrative Health and AOMA Graduate School of Integrative Medicine Partnership

MUIH's Acupuncture and Oriental Medicine (AOM) department is excited to announce its partnership with the AOMA Graduate School of Integrative Medicine in Austin, Texas. Through this partnership, students from both schools will broaden their clinical treatment strategies, and deepen their current clinical knowledge. This partnership will focus on the case study part of the AOM clinic with the potential to grow in other areas as well.

### How the Partnership Works

The case study section of the MUIH virtual clinic features two back to back cases. The case studies operate on Wednesdays from 10:35 AM -12:15 PM and Thursdays from 3:30 PM to 5:00 PM est. The clinic will end on July 2nd. The didactic section is organized to continue forward.

Students and professors from both institutions will collaborate in virtual breakout rooms for herbs or acupuncture and then reconvene for a full analysis.

### Benefits

The enhanced virtual clinic opens up new opportunities for learning for both institutions through collaboration and knowledge.

MUIH and AOMA are two of the few regionally accredited institutions for acupuncture. Alexandra York, MUIH's interim department chair for AOM, states "the shared experience of learning hasn't fully developed yet, between acupuncture institutions as it currently exists in other health professions, and this partnership between our schools will allow us to facilitate a more collegial spirit."

Janice Campbell, director of AOM Clinical Education stated "Chinese Medicine is an environmentally influenced medicine, and it affects how we approach things." For example, Austin is regionally dry and hot while Maryland is muggy, warm, and damp. These environmental factors change the types of cases each clinic sees and will provide the students with a greater variety in clinical contexts to deepen their studies.

### Points of Contact

#### MUIH

- Alexandra York, MS, Interim Department Chair, AOM
- Janice Cambell, DOM, LAc, ADS, Director of Clinical Education, AOM

#### AOMA

- Phil Garrison, DAOM, LAc, Director, Masters and Professional Doctorate Programs



## The Five Elements in Nature A Healing Mandala for Crisis in Real Time

Nature offers a path...a way to think and feel our way through upheaval.  
The Elements serve as a guide to bring us to Wholeness even in the midst of crisis.



**Water:** When feeling overwhelmed Water brings us the gift of listening. "Start close in...", listen deeply to yourself. Begin with what you have. Do you have food, shelter; someone to call if you need a place to stay? Settle into the peace of knowing that you do have these fundamental needs taken care of. Once you have settled, allow rest. Uncertainty can leave us exhausted. When ready take stock of what is not certain for you in this moment and move yourself to the next element...  
Wood



**Wood:** When feeling confused Wood brings the gift of direction. Strategize around your uncertainties then take a step into action. When finances are a concern, call your bank, credit card company, landlord. The world has been turned upside down and everyone now must bend even those you think most unlikely. Methodically work through your list until you can say that there is a plan for at least the next month. See with your eyes the beauty in nature, the flowering trees still blooming and imagine a transformed landscape, the world as you would like it to be.....and move yourself to the next element...Fire



**Fire:** When feeling lonely, Fire brings the gift of partnership. Make a practice of keeping in touch. Do not isolate underneath the weight of covered faces, hands and six- foot distances. While it is true we need social distancing, maintaining relationships and community are essential for keeping the spirit in your heart alive. Love crosses boundaries and is the one medicine we can spread to help us all. Form a web of trusted friends and express your love more freely; allow yourself to feel the warmth of their hearts when you are most alone and move yourself to the next element...Earth



**Earth:** When feeling worried Earth brings the gift of present contentment. Sheltering in place is a call to this element and for many of us a step in our lives that may have been missing. Relish this time. Sink into home life without all the distractions. Nest in a blanket; prepare home cooked meals; savor their taste. Keep walking as it not only supports your body but frees the mind of worry and pre-occupations, an easy snag in the midst of it all. Find satisfaction in your day...that walk, that meal, or the person in the grocery line who needed your help. Once grounded in the present moment.....move yourself to the next element...Metal



**Metal:** When feeling forlorn metal brings the gift of rhythmic return. Inhale and exhale. The BMS thrives on rhythm. If you find yourself floundering through unnamed days and hours establish a routine as soon as possible....a regular rising and sleeping. Bow to life exactly as it is now, the plans, the disappointments, the dreams that are now delayed. Give yourself time to feel and absorb the losses; then honor their truth as an inevitable part of living. For this you will grow immeasurably rich, in service to all of humanity.

You have now come full circle. May you and yours be safe, blessed and whole.

**Linda A. Simons MAc RN, Assistant Professor**  
Department of AOM, MUIH

**Jane Grissmer, M.Ac.**  
Former Professor and Chair of AOM Theory Division



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### MUIH NEWS & EVENTS

#### MUIH Community Career Roundtable

July 9th, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:30 PM EST

[MUIH Announces Educational Partnership with the Maryland Naturopathic Doctors Association](#)

[MUIH Announces Partnership with the American Institute of Stress](#)

Post-Baccalaureate [Certificate in Cannabis Science: Therapeutics, Product Design, and Quality Assurance](#)

Program is pending Maryland Higher Education Commission approval.

[President's Statement of Solidarity with Black Lives Matter Movement](#)

Beth Romanski, MUIH Director of Professional and Continuing Education, interviewed Camille Leon, [Founder of the Holistic Chamber of Commerce \(HCC\)](#) on her podcast, Wellness Warriors Radio.

Tune in to the episode to learn how the HCC can benefit you as an integrative health practitioner!  
EXCLUSIVE LIMITED TIME OFFER FOR MUIH ALUMNI: [Join the HCC as a Member](#) June 27 – July 13 and waive the \$35 processing fee with the promo code: MUIH2020!

"Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time"  
~Jon Kabat-Zinn



### MUIH ALUMNI ASSOCIATION OFFICERS



**Cynthia Wilson, President**  
Master of Science in Nutrition and Integrative Health  
[alumniprez@muih.edu](mailto:alumniprez@muih.edu)



**Cheron Hunt Garrison, Secretary**  
Master of Arts in Health and Wellness Coaching  
[alumnisecretary@muih.edu](mailto:alumnisecretary@muih.edu)





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### INTEGRATIVE HEALTH NEWS & EVENTS

#### [CCAOM Clinic Infection Control Advisory](#)

#### [Advanced Applications in Chronic Digestive Illness](#)

August 21-23, 2020  
Scottsdale, AZ

#### [10th Annual Integrative Medicine for the Underserved \(IM4US\) Conference](#)

August 27-29, 2020  
Virtual Conference

#### [International Conference on Traditional Medicine](#)

September 14-16, 2020  
Melbourne, Australia

#### [AIHM 2020 People, Planet, Purpose Annual Conference](#)

September 17-20, 2020  
San Diego, CA

#### [Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo](#)

October 17-20, 2020  
Indianapolis, IN

#### [2nd World Congress on Complementary and Alternative Medicine](#)

February 5-6, 2021  
Paris, France

### NATURAL CARE CENTER

#### Offering Telehealth Services

For more than 40 years, the [Natural Care Center](#) at Maryland University of Integrative Health has provided powerful, meaningful, and effective healing experiences for patients and clients that arrive with a wide array of health challenges.

### WESTERN HERBAL DISPENSARY

#### Closed until further notice



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



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### MUIH PROFESSIONAL AND CONTINUING EDUCATION



### CONVENIENT, ONLINE LEARNING OPPORTUNITIES:

Looking for a convenient way to refresh your skills and add to your credentials? MUIH Professional and Continuing Education (PCE) offers a portfolio of online educational opportunities so you can learn and earn CEUs from anywhere in the world at your own pace! Stay safe and well and join us as a PCE learner! Alumni discounts available on many offerings! Learn more and explore: [www.muih.edu/ce](http://www.muih.edu/ce)

### FEATURED PCE OFFERINGS:

**Collaborations and Communications in Healthcare Masterclass**  
Now more than ever as we support our clients and patients through COVID-19, complementary and integrative health practitioners must be prepared to communicate and collaborate with conventional healthcare providers. Learn how to form beneficial partnerships in this online, self-paced course. Earn CEUs and gain the framework you need to implement in your practice! [Learn more and enroll!](#)



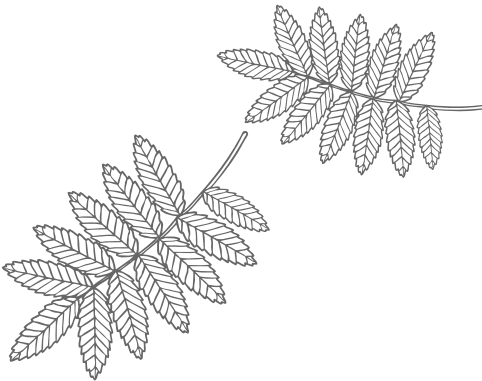
MUIH is proud to offer this exclusive partnership with Daocloud to all MUIH Alumni.

[DaoCloud](#), the largest network of vetted wellness practitioners, and MUIH have joined together to amplify our combined missions.

[Click here](#) to learn more and create an exclusive complimentary practitioner profile to utilize this client building software.

**"The life of the nation is secure only while the nation is honest, truthful, and virtuous."**

**~ Fredrick Douglas**







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### CAREER SERVICES

The MUIH Career Services Center is pleased to announce the launch of our two new job portals:

- [Our MUIH Community Job Board](#) features career opportunities that employers posted solely for the MUIH students and alumni. Employers and Alumni can also post career opportunities at the link above for free.
- [Our Integrative Health Job Board](#) is for integrative health employers and practitioners worldwide, and we hope it will become a destination for anyone trying to post or find opportunities in the field. This portal will be publicized by our vendor, YM Careers. Employers who post on this site will be charged a fee, and employers posting on the free MUIH Community site will be given a discount if they choose to post on both sites.

We hope you'll find the new portals helpful with your career development and/or recruiting needs. Please let me know if you have any questions or need any assistance.

Please contact me at [rbrooks1@muih.edu](mailto: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

### SHERMAN COHN LIBRARY AT MUIH

Closed until further notice



Alumni are welcome to visit Sherman Cohn Library in person where they can use the on-site computers or their personal mobile devices to access the library's electronic resources. Alumni may also apply for a library borrowing account to borrow physical library materials, such as books or DVDs, etc. Alumni may borrow up to 3 items at a time from the regular or sequestered collections. Due to licensing restrictions, off-campus access to subscription electronic resources is limited to currently enrolled students, faculty, and staff.

Sincerely,

Carissa M. Hernandez, MLIS  
Head Librarian  
Sherman Cohn Library @ MUIH

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