

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 SUCCESS STORY



Success Story

Lauren Kingsland

Master of Arts in Applied Healing Arts

Lauren is an Artist in Residence for the Arts and Humanities Program at the [Georgetown University Hospital Lombardi Cancer Center](#). As a fiber artist and a practitioner of healing arts, she provides hand-on creative engagement projects and mindfulness activities to patients, caregivers, and staff. The needle is an important tool in her work which includes sewing, quilting, crochet, beaded bracelets, origami cranes, and prayer flags. Lauren now uses online classes and videos to continue to offer this connection and support through the AHP during the pandemic.

Lauren teaches fiber arts techniques as tools for mindfulness and connection through the [Smithsonian Associates Studio Arts program](#), now online through Smithsonian Associates Streaming. She maintains a private studio in Washington Grove, MD for commissions and individual instruction, these days through Zoom. She received her BA from Stephens College in Classical Greek and Mathematics, as well as training in painting and design.

You can check out her Healing Journey Project, a collection of art quilts inspired by stories of patients, caregivers and medical staff and their experiences with cancer [here](#).

HEALING JOURNEY QUILTS



Love Rings



Garden of Eden



Red Hot!

Quilted Mementos Project

[Lauren Klingsland](#)

Supported by a grant from the Montgomery County Arts & Humanities Council, Garden of Eden, Red Hot! and Love Rings.



"Love Notes"

Exhibit at the S. Dillon Ripley Center at the Smithsonian Mall in early 2020.



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MUIH BUILDING COMMUNITY ACROSS DISTANCE

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

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.

[RECIPES](#)

[WELLNESS BLOG](#)

[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.

SPECIAL VIRTUAL EVENTS

MUIH Community Career Roundtable Podcasting to Grow Your Integrative Health Practice

August 6, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:00 PM EST

Maryland University of Integrative Health

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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!](#)



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MUIH NEWS & EVENTS

MUIH Community Career Roundtable

August 6th, 2020

[Virtual Zoom Event](#)

8:00 PM - 9:30 PM EST

[MUIH Recognized at the Silver Level by the Healthiest Maryland Business Collaborative](#)

[MUIH's Natural care Center is Providing Telehealth Services Amid Covid-19 Pandemic](#)

[MUIH President Declares Juneteeth an Official University Holiday Beginning in 2021](#)

[MUIH Announces Educational partnership with the Maryland Naturopathic Doctor's Association](#)

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

Program is pending Maryland Higher Education Commission approval.

[OTHER MUIH EVENTS](#)

"When the Ten Thousand things are viewed in their oneness, we return to the Origin and remain where we have always been."

~Sen T'sen

ALUMNI PUBLICATIONS

Nazaahah Amin

Master of Science in Yoga Therapy

[Yoga Therapy for Grief in Homicide Survivors: Part 1](#)

[Yoga Therapy for Grief in Homicide Survivors: Part 2](#)



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.

MUIH ALUMNI ASSOCIATION 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
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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

FEATURED PCE OFFERING: Scientific writing for Integrative Health

Translating evidence-based health information is difficult, even for experienced health practitioners. Join us in this comprehensive six-module online course with the support of an experienced mentor, and we'll get you started in creating evidence-based compositions that you will be proud to share with your clinical community. [Learn more and enroll now!](#) Alumni discounts available!

Blog Article: Trusting the Experts – 3 Tips to Evaluating Integrative Health Information

Author: Daryl Nault, Professional and Continuing Education Faculty

If you have ever attended an educational seminar, clinical workshop, or read an editorial written by a clinical professional, you've likely been exposed to expert advice. More than ever, experts may also share information online through blogs, vlogs, and even social media. Policymakers and the general public also place stock in expert advice, so it can also have considerable influence on public health measures too. Expert advice (or opinion) generally refers to evidence, information, or guidance given by someone who's work has made them an authority in their field. Clinical experts could be academics, specialists, or practicing clinicians, who have spent a considerable amount of time studying one area of interest. However, that doesn't mean that everyone calling themselves an expert truly meets these criteria. **So, how do you know whether a piece of so-called expert advice is worth implementing in your practice?**

[Read the full article](#) and hone your skills in PCE's NEW Scientific Writing for Integrative Health online course!

[Enroll Now!](#)

"In those respects in which the soul is unlike God, it is also unlike itself."

~ Saint Bernard of Clairvaux





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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 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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