

CHHA

The Newsletter of the Connecticut *Holistic* Health Association, Inc.
Healthcare & Wellness focused on the Body-Mind-Spirit

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Supporting a wide scope of holistic practitioners while promoting on-site education for and partnerships with conventional medicine, industry, academia and government agencies throughout Connecticut.

CHHA as a System of Holistic Systems

by Michael Basso, Ph.D., MBA, President



A system is often defined as having inputs that are processed into meaningful outputs, within the limits of its scope and purpose. In the case of CHHA, there are many subsystems working in harmony to produce many useful benefits. CHHA is many things to many people inside and

outside of the state. I will elaborate on a few important themes in the subsystems.

As a '**Community of Holistic Communities,**' CHHA is a hub connecting hundreds of individual and affiliate members, healing centers, and group practices in many meaningful and relevant ways. While CHHA is a great system for practitioner promotion and networking, CHHA is first and foremost a solid and well-established professional organization. Within a true, non-profit organization, our members are dedicated to educating the community, including a variety of special populations, such as youth, the elderly, and the disabled.

As a '**Balanced System,**' CHHA comprises an integrated group of alternative practitioners, clinicians (DCs, DMDs, DOs, MDs, NDs, PhDs, Nurses) scientists, researchers, educators, and students. As a synergistic mass, we continue to facilitate partnerships when we reach out to conventional medicine, hospitals, academia, industry and government—as consistently printed in our newsletter's masthead. We are making a huge difference that is not *unnoticed* as we make our mark as a trusted and well-balanced professional organization. Recent events in collaboration with Manchester Community College, UCONN, Stamford, the UCONN

Medical School, Quinnipiac University and Western Connecticut State University were hugely successful because of these attributes in a balanced system.

As an '**Open System,**' CHHA is continuously improving as a learning organization. We learn from immediate successes and from those things that later become successful! Over the last 3 years, CHHA has sponsored more than 100 significant events, while our members have conducted well over 1000 lectures, 'round-tables'/panels, workshops, seminars, conferences and other special meetings. The tremendous amount of learning during the CHHA progression over the last 10 years is helping to make us a very solid, sustainable, and special national model.

Please keep up the *great* work; stayed involved with CHHA as a member! Namaste, Michael

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- **Welcome New CHHA Branches!** •
- The Greater Norwich branch (led by Leslie •
- Fredrick), the Greater Storrs branch (led by •
- Holly Mc Haelen) and the Greater Litchfield •
- branch (led by Rosemary Roast) are coming •
- together nicely. These Branch Directors will •
- submit articles for the fall edition of this news- •
- letter to be published 1 October. Please visit •
- www.cthha.org often as several events are in •
- the planning stages. •
- **...and Newest Honorary Members!** •
- Judith Orloff, MD who lectured at WestConn •
- for us. We also welcome Guided Imagery Thera- •
- pists Patti Leviton, MA and Chuck Leviton, •
- EdD who recently presented their Intra-Personal-Imagery [IPI] for CHHA members in early •
- June. They are planning to return to CT in •
- September. (See editorial.) Nurses earn CEUs! •
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CHHA BRANCH REPORTS

GREATER DANBURY

CHHA, Danbury is sorry to have Dr Jeanette Tedesco step down as Branch Director. Jeanette was instrumental in developing the partnership between CHHA and the Health Promotion and Exercise Science Department of Western Connecticut State University. We are grateful that she will continue to serve on the CHHA Board of Directors.

The following slate of officers and board members were voted upon at the June meeting. The officers are Irene Mardal, director; Dr Jeanette Tedesco, treasurer; and Joanne Marcinek, secretary. The additional board members are Dr. Mike Basso, Rosemary Bouffard, Sharon Fein, and Dr. Tom Worden.

Plans are being developed for our 2005-2006 speaker program. The October 5 program will be a panel dealing with stress management.

On 14 June 05, CHHA Danbury presented "Homeopathy In Healthcare And Treatment" with Diana Gubbay. Dianna Gubbay, BA, MFA, CCH has maintained a family practice in classical homeopathy in New York City since 1996. Her homeopathic studies included completion of programs through the Devon School of Homeopathy, the National Institute of Classical Homeopathy and the Dynamis School for Advanced Homeopathic Studies. Currently, Ms. Gubbay is a faculty member at the School of Homeopathy in New York where she is also clinical supervisor. She is a registered member of the Society of Homeopaths and is certified by the Council for Homeopathic Certification. Dianna is also an artist who earned a Master of Fine Arts degree. In her study and practice of homeopathy, she has found a satisfying union of art and science.

GREATER HARTFORD

CHHA, Hartford sponsored an online survey of statewide CHHA members to determine what members are seeking from the statewide organization. The results will be used by all of the state branches to ensure that the leadership is working to provide activities and options that are up to date and of interest to all our members.

Members report that one of the important reasons why they belong to CHHA is to advertise in the CHHA Membership Directory. As a service to members, CHHA is in the process of streamlining and expediting membership renewal and the directory advertising process so that both can be done online.

The three highest ranking recommendations for program meetings are: 1) Topics on marketing a practice, including expanding a practice, attracting new clients, and publishing articles for public relations; 2) Networking with other members with fun types of activities; and 3) Holistic topics. Some respondents said that meetings on weeknights conflict with their client appointments. Question: Would they prefer them on a Saturday or Sunday?

The CHHA, Hartford Planning Committee is using these recommendations to plan upcoming programs for 2005-2006. At this time, plans are being developed for a fall meeting that will cover a variety of practice marketing-related topics. This program will be offered on a Saturday. A holiday dinner

with a speaker on a holistic topic will be held in December. In April we will sponsor a half-day CHHA, Hartford networking meeting on a Saturday. Members will have the opportunity of meeting other members and sharing information about their services and how to refer clients to them. We will also sponsor a picnic for members and their families in June. Dates for these activities will be available in the Fall edition of this newsletter.

The CHHA, Hartford on-line auction was held over a three-week period in March and April. There were several thousand visits to the website which included over a hundred items, such as holistic services and products donated by CHHA members and supporters. The financial results showed a \$600 loss. The purpose of the auction was to raise money to sponsor a Cancer Expo in the spring of 2006. It would provide the opportunity for CHHA members to present their services to cancer patients and their families. CHHA, Hartford will continue to explore money-raising options to sponsor this event at a later date.

We would like to invite you to bring your ideas to our monthly planning meetings which are fun and productive. If you would like to learn more about joining the planning committee, contact CHHA Hartford's Branch Director, Dr Pat Barry at PatDBarry@aol.com.

GREATER NORWALK

The primary focus over the last quarter has been on continuously building public awareness and helping out within the Fairfield County community. CHHA information has been disseminated far and wide and has been well received. Our effectively designed professional directory has been welcomed by all ages!

CHHA continued to be a major, holistic health player and participated in the City of Bridgeport Health Fair. With more than 2500 attendees, this second annual fair was a huge success. CHHA has been very active in the community and has participated in several important events during the quarter, including the Norwalk Health Fair and another one at Southwest Community Center in Bridgeport. As part of the management team for this event, CHHA has become an integral part of a network of other non-profits which are devoted to a variety of healthcare issues ranging from Alzheimer's disease, cancer, and diabetes to sickle cell anemia.

There has also been lots going on behind the scenes throughout Fairfield County as we continue to build important holistic relationships with a variety of special interest groups, and multicultural populations. Even the idea of a Wellness Merit Badge has been broached with Scouting officials in the area! We assume that our CHHA newsletter editor, Dr Tom Laga [an Eagle Scout since age 17] might help design that merit badge!

A whole host of new event topics are being planned for the fall, including Spirituality and Health, ADHD, and Stress Management. Part 2 of the collaborative Stress Management Fair, with UCONN, Stamford, is planned for October. Stay tuned, as lots of great events are about to occur in Norwalk! Please join us. Visit www.cthha.com.

Editorial

Guided Imagery Therapy & Intra-Personal-Imagery [IPI]

by Dr Tom [Tom Laga, PhD]

Nutrition - Fitness - Stresscare Counselor

When was the last time you took a seminar or workshop in Guided Imagery? For me, it was about 30 years ago when working on the Stresscare component of my holistic doctorate. In "those days," the big names in guided imagery were Shakti Gawane and Emmett Miller, the mellifluous-voiced MD who loved audio-taping a variety of guided imagery for relaxation.



In mid-May 05, I received an e-mail addressed to CHHA members stating that Patti Leviton, MA [certified hypnotherapist] and Chuck Leviton, EdD [licensed Marriage & Family Therapist] were presenting a 3 day, somewhat experiential, weekend seminar on guided imagery here in central Connecticut.

The first paragraph of the e-mail from the Levitons' Synergy Seminars stated that modern science is utilizing guided imagery in "pain control, reducing the side effects from meds and treatments, fortifying the immune system and fostering greater relaxation to allow the bodymind to heal." Also noted were personal growth, spiritual empowerment, prior trauma and symptom removal. Wow! While a little skeptical, I liked the possibilities for IPI certification and implementation of same into my practice.

Weekend One focused on An Introduction To Guided Imagery: The Journey Into Self. Weekend Two: A Personal Experience In Guided Imagery. Weekend Three: An Experiential Hands-On Training. And a One Day Seminar: Creating Your Own Imageries. Hmmmmm. Maybe.

Then I read the comments by 3 MDs [Bernie Siegel, Emmett Miller, Steve Brewer] and a clinical psychologist [Owen Ward, PhD] about the Levitons and their work in guided imagery. Very commendable. Impressive.

I felt even more encouraged to study with them.

In the first weekend of June, I undertook the first weekend of my journey into self via the Levitons' Intra-Personal Imagery, which is their "name" for their pentagonal approach to Guided Imagery. IPI encompasses: Diagnosis, A Safe Place, Understanding Cause & Effect, Acceptance & Forgiveness, and Transformation.

I look forward to their next weekend. They are such a holistic team -- humorous, intelligent, compassionate. In the kindtime, I'm reading two of their books: *The Conflict Between Us Is The Conflict Within Me* and *The Miracle Of Words*.

If you are interested in the possibility of studying Guided Imagery/IPI with the Levitons, you might visit their web site: www.synergyseminars.com

Holistic Practitioner Groups

Holistic practitioner groups are an opportunity for area practitioners to **come together informally to network, share experiences and create community**. Although not specifically CHHA functions, many CHHA members attend and CHHA members coordinate five of the seven groups. Most groups send e-mail notices of events. So send your e-mail address to the contact person to be put on the list of your choice.

Groups are easy to setup and require minimum effort to coordinate. If you would like information on starting a group in your town, contact JON ROE, (860) 875-4101 or email anopendoor@aol.com, for suggestions. Don't be intimidated by location. Just go to www.mapquest.com to get directions from your home or your office to the meeting places. All addresses are stated below.

Here are the meeting times and co-ordinators for the groups starting in January 2005. So mark your calendars now while you're thinking about it!

MANCHESTER - First Thursday evening 6-8 PM monthly at the **Center For Progressive Therapies**, 192 Hartford Rd. JIM COWLES at 860-649-9600, info@c4pt.org or visit www.c4pt.org. [Note that this **the only evening meeting** of the 7 groups listed.]

MANCHESTER - Third Wednesday breakfast, 9-10:30 AM at Natural Rhythms, 964 Main St. JERI REID, 860-463-5109, or email: jerireid@hotmail.com

MIDDLETOWN - Third Thursday lunch, 12-1:30 PM at It's Only Natural in the clock tower, 386 Main St. DWIGHT NORWOOD, 860-344-8733, or email: intuition_ABC@comcast.net

NORWALK - Healthcare Professionals' Networking Breakfast. First Tuesday 8:30-10 AM monthly at the **Total Life Care Center**, 152 East Ave., Norwalk, just off I-95, Exit 16. RSVP: BETH LEAS at 203-853-4852 or email TLCCenter@aol.com. [Note: The Norwalk group usually has a speaker.]

TORRINGTON - First Friday, breakfast at Hannah's Bakery, 21 Main St. 9-10 AM. ROSEMARI ROAST, walkinthewoods@5pillars.com, 860-738-1608.

VERNON - First Friday 9-10:30 AM, monthly at **Charlie's**, 520 Hartford Tnpk (Rte 30). JON ROE at 860-875-4101 or email anopendoor@aol.com.

WETHERSFIELD - Third Friday breakfast, 8:30-10:30 AM monthly at **Max Bibo's**, 691 Silas Deane Highway. MARIE MAMMONE, ND at 860-529-1200 or email MarieMND@cs.com.

WILLIMANTIC - Second Thursday 12-1:30 PM, monthly at **Oobahs Deli**, 861 Main St. DAWNA MARTIN 860-822-0880 or The Wellspring Center 860-423-6235 or email dawna@thewellspringcenter.net.

WINDSOR - Fourth Friday 8:30-10:30 AM, monthly at **Centre Coffee Bar**, 20 Union St. JON ROE at 860-875-4101 or email anopendoor@aol.com.

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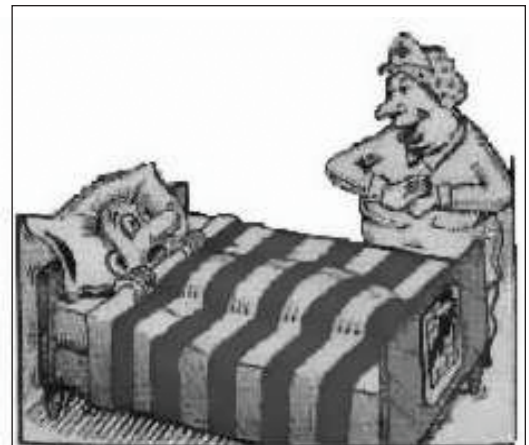
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ANNOUNCEMENTS

- 1) The 2005 recipient of the CHHA Annual Award for Academic Excellence in holistically-oriented student research is **Sharon M. Hamilton** at the Yale School of Nursing The focus of her study? Dealing With Death and Dying with Dignity —from a broad, holistic perspective.
- 2) If any CHHA member has any interesting holistic healthcare links, please e-mail them to webmaster@cthha.org for consideration. This may be an expanded feature on our website.
- 3) The long awaited **automated system for membership, workshop listings, and directories** should be in full operation by the time you receive this newsletter. Under the new system, it will be much easier to enroll, renew, sign up for directories and to post your workshops –and very difficult to make online mistakes! *You will be able to check and edit your own listing and to pay online using major credit cards.*
- 4) The CHHA Speakers Bureau is currently being upgraded for the benefit of all.
- 5) The first edition of the **Journal of the Connecticut Holistic Health Association** will be posted very shortly. This professional journal is expected to have significant social relevance.

Editor’s Note: Dr Tom would prefer calling it the Connecticut Holistic Health Association Journal because it’s much easier to *abbreviate* it as...**The CHHA Journal**. Comments?!



I'm sorry, Mr. Jones, but your HMO does not pay for enemas. I'm going to have to slap the @\$!# outta you.



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