



Complementary and Integrative Physicians

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Devoted to the advancement of excellence in complementary and integrative patient care, by promoting education, research and sharing of information and knowledge.

EDITORIAL

Dear ACIPBC members,

Though our organization is going through a period of change, its core principles remain and interesting developments continue to keep members busy and motivated.

The most exciting upcoming event is without a doubt the 2nd inter-disciplinary complementary-integrative health conference, or Body Heals Conference, to be held in Victoria May 25–27, 2007.

The Roger's prize will also serve as an excellent award for those putting complementary medicine into practice effectively and with their heart.

I hope this newsletter keeps you up-to-date with current and recent past ACIPBC activities and serves as a forum for further discussion.

Ashoka Krishnamurthy
ACIPBC NEWSLETTER EDITOR

Hello ACIPBC Members!

This is the first newsletter we've sent out in a very long time, and so our first order of business is to apologize for the long delay in publishing this document. We thank every one of you for your patience and plan to work hard to make this long gap between communications a thing of the past.

Here follows a series of comments, news items and documents which we hope will bring you all up to date both on what has happened in the past year or more, as well as what is going on with our organization now. We also hope to give you an idea of where we're going in the short and medium-term future.

Warren Bell, President, ACIPBC

A Word from the ACIPBC President President's Report

Warren Bell, MD

At the AGM on January 13, 2007, I had an opportunity to summarize the previous year's events. Here is an edited and updated summary of that report.

This past year has been a very interesting and challenging one, involving a sea of change in the state of our organization.

First, regular monthly meetings were convened through the spring of 2006 and unlike in previous years, attendance was sparse. Second, a successful workshop was held at the Hollyhock Centre on Cortez Island in May 2006, entitled "Doctors in Transition", led by Stephen Faulkner, Ron Puhky and myself. We held a retreat in the fall, to probe ACIPBC's future. Consensus was equally in favour of 1) continuing a support role for our membership, and 2) engaging in "outreach" into the community, the medical establishment and the world of policymakers.

As a background to these specific events, the success of our first conference, "When the Body Forgets to Heal", led to planning for a second throughout the latter part of 2005, and into the first half of 2006, entitled "Integration: the best model for health care". We enlisted Candace Pert and Norman Shealy as major keynotes. In September, the name of David Suzuki came up as a possible third keynote and he agreed to take on the task. Given the current media attention to environ-

mental issues, his participation highlights the crucial link between environment and health.

Steve Kleinman, ACIPBC treasurer, began making warning noises in the early summer about the state of our finances, and by the late summer and fall of 2006 it was apparent that we could not pay Nicole Moen's salary both as our executive director and conference organizer. After we reduced her operational work to

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a bare-bones level, Nicole—after much soul-searching—resigned as our executive director on November 1, 2006. After a brief and helpful period with a volunteer office manager, we are now managing with part-time secretarial assistance.

Just before Christmas, to our great dismay, a significant portion of our pre-conference funding was withdrawn, as a result of our engaging David Suzuki as a keynote speaker. The shock generated by this decision was widespread. Urgent stop-gap measures were undertaken—personal loans, where possible, from executive and committee members, and a very generous interest-free personal loan of \$10,000 from the president of the Health Action Network Society, Bayne Boyes. David Suzuki generously reduced his fee by half. Although the toll was significant, we were able to carry on. We are still in a financial crunch, but the conference has taken shape, slowly and steadily, under the capable and inspired guidance of Geoff Gosson and Nicole.

Through all this, we have been working, off and on, on three projects for the past two years.

These are:

- 1) the development of a model for a truly integrated clinical setting;
- 2) outreach to UBC's Faculty of Medicine to introduce to undergraduate training concepts we hold dear; and
- 3) engaging the provincial government, currently under siege regarding unsustainable health care trends, in a dialogue leading to genuine integration of the health care system on a broad scale. We will revisit them after the conference.

I want to close by saying that I believe strongly in the course that ACIPBC is embarked on. We have an important role to play both as agents of change in health care, and as a supportive nucleus for creative and innovative practitioners and concepts.

To make our vision come into being, we must follow certain principles. We must be kind and tolerant of one another, both as individuals and as a group, while at the same time encouraging one another, and the group as a whole, to move forward and engage in positive change. We must not be afraid to take on challenges in the future, as we have done in the past. We must continue to develop sound internal practices and approaches, so that we can function efficiently and effectively within the limits of our modest material resources.

And despite those material limits, we must also allow ourselves to speculate and visualize in expansive and generous ways. We must direct our creative energy to truly transform ourselves, our patients, the broader health care community, and the society in which we live. In so doing, we can fulfill our true destiny as healers. ♦



CONFERENCE

Integration: the best model for health care

Geoff Gosson

ACIPBC's bi-annual Body Heals Conference is underway. Entitled, *Integration: The Best Model for Health Care—Returning to Holism*, this second conference promises to be an outstanding success. The conference planning committee has been working hard to select from the diversity of excellent submissions. This year's conference will include an expanded pre- and post-conference workshop program to extend the professional development opportunities for our colleagues. ♦

Check out the detailed conference program at: www.bodyheals.ca

Direct program and registration enquiries to: info@bodyheals.ca

WORKSHOP

Hollyhock: Doctors in Transition

From May 31 to June 4, 2006, ACIPBC members Stephen Faulkner, Ron Puhky and Warren Bell coordinated a workshop at the Hollyhock Retreat Centre on Cortes Island entitled "Doctors in Transition: Self-Care and Deepening Integrative Practice." Conceived initially by Stephen, the workshop was designed to give doctors and other health professionals an opportunity to reflect on what their practices meant to them and consider opening both their hearts and their professional lives to broader approaches to healing.

Five physicians, a nurse and an imaging technician came together for five days of sharing, dialogue, ritual and wonderful organic food in the midst of the spectacular Gulf Islands ecosystem of tall cedars and soaring eagles, seals, ravens and a near constant sea breeze. Participants came from all over North America and clearly felt nurtured and secure allowing them to focus intimately on change, moving forward, and sometimes healing old wounds from bruising contacts with unsympathetic orthodoxy.

The workshop experience was enhanced by contacts with participants in a parallel workshop entitled "Veterinarians in Transition", facilitated by the well-known and warm-hearted veterinarian and best-selling author, Dr. Allen Schoen.

One indication of how meaningful the time was at Hollyhock: the group still maintains email contact nearly a year later. Another indication of the solid professional significance of this workshop is the fact that it garnered 18 hours of CME credits for the physician participants.

Will there be future workshops? Stay tuned! ♦

www.acpbc.org

Hecht foundation announces major CAM prize

Warren Bell

On January 29th, the Lotte and John Hecht Foundation, long-time supporter of complementary and alternative medicine, announced a very substantial award for a clinician practicing CAM. For the first time, a major cash prize is being offered to a researcher or practitioner working in the field of complementary and alternative medicine in Canada.

The *Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine* will be awarded to a health researcher or practitioner who has demonstrated vision, leadership and integrity and who has made a significant contribution to the field of Complementary and Alternative Medicine.

The \$250,000 prize, funded by Vancouver's Lotte and John Hecht Memorial Foundation, will be awarded biennially starting this year. The Dr. Rogers Prize is the largest of its kind in North America. Nominations will be accepted this spring and an independent jury of international experts will select the winner.

The prize is named for Dr. Roger Rogers, a UBC Clinical Associate Professor emeritus who is also a recog-

nized Canadian leader in CAM. Dr. Rogers began offering alternative treatments in the mid-1970s and eventually co-founded the *Centre for Integrated Therapy* in Vancouver in 1992, which later evolved into the present-day *Centre for Integrated Healing*. The Centre was set up for cancer patients who had little or no success with traditional medical treatments.

Dr. Rogers believed that "people have a right to try before they die", underlying his belief that mainstream or traditional medicine could be complemented by other treatments. Despite being dismissed by some a couple of decades ago, much of Dr. Rogers' groundbreaking work has now been documented by research as having merit.

Dr. Roger Rogers retired in 2001, but the *Centre for Integrated Healing* continues his work. In recognition of his pioneering role in the advancement of CAM, the Dr. Rogers Prize is being awarded to advance research in the field and to help increase the availability of CAM to patients wishing to explore additional treatment options for cancer and other diseases. ♦

HANS—a friend in need, and deed

Warren Bell

The Health Action Network Society (HANS) has been an ally to our organization for many years. It has been speaking out, from a consumer and patient perspective, on issues of health and CAM for over 20 years. However, in the last few months, HANS has really stepped up to the plate. Most significantly, however, when ACIPBC was in its darkest hour regarding cash flow deficits just before Christmas, HANS president Bayne Boyes offered and then gave us a \$10,000 personal

loan to tide us over the financial dol-drum. We are pleased to record some of HANS achievements here, and to invite members to visit their website at www.hans.org for more information. We would also invite members who wish to do so to consider registering in HANS' Practitioner directory, or even better, taking out a membership in HANS itself. There can be no better way to express solidarity with the ordinary citizens of B.C. and their yearning for a truly integrated health care system. ♦

A final word—and a call to action

Warren Bell

As president, this past year has been tumultuous and required a major input of time and energy. I value the role of ACIPBC and have worked hard, along with other members of our core group, to help this organization emerge from under the weight of change and transformation that has been a major feature of its history in the last 12 months.

But neither I, nor the other members of the executive, have inexhaustible stores of energy. We cannot bear the burden of ensuring that ACIPBC remains a viable entity on our own. We need help.

I am therefore closing with an urgent request to all members—current, past, or potential.

Now is the hour! If you want the ACIPBC to progress, we ask that you come forward and contribute energy to its sustenance. ACIPBC is surviving on a wing and a prayer at present, with a very small number of people (basically two, with additional help from three or four others) doing almost all the work of keeping it going. This is neither sustainable, nor healthy.

So if you have ever considered that you had a yen to help out, now is the time to speak up and come forward. ACIPBC needs you, and needs you now, not in a year or six months. You can make a difference in bringing true integration to health care if you do. ♦



Association of Complementary and Integrative Physicians of British Columbia

Devoted to the advancement of excellence in complementary and integrative patient care, by promoting education, research and sharing of information and knowledge.

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Executive Committee

President *Warren Bell, MD*
Vice-President *pending*
Secretary-Treasurer *Steven Kleinman, MD*
Past President (ex officio) *Ron Puhky, MD*

Committees

Medical Student Education *Christopher Lam, MD*
Vancouver Chapter *Jack Sniderman, MD*
Director for the Interior *Warren Bell, MD*
Newsletter *Ashoka Krishnamurthy, MD*
Office Manager (interim) *Janie Nelson*

The ACIPBC is grateful for the support of the Lotte and John Hecht Memorial Foundation.

ACIPBC Membership Application Form for Medical Doctors

Please print clearly. See www.acpbc.org for membership eligibility.

Name _____	Hospital Affiliations _____
Birth Date _____	Post-graduate Training _____
Office Address _____	_____
_____	_____
Home Address (optional) _____	Type of Current Practice _____
_____	_____
Phone Work () _____	_____
Home () _____	Medical Organization Memberships _____
Cell () _____	_____
E-Mail _____	Publications (enclose extra sheet if required) _____
Fax _____	_____
Medical School – Year _____	_____
_____	_____
Internship _____	My name and the city of my practice may be available to the public Yes / No
Residency – Specialty _____	Details of my practice may be listed in a printed Directory Yes / No
_____	Above information may be listed on the ACIPBC Web Site Yes / No
Canadian Licensure (province & number) _____	I am willing to serve on any ACIPBC or CCMA committees Yes / No
_____	If Yes, what are your areas of interest? (e.g. social events, education, newsletter, board member, etc.) _____
ACIPBC Membership Fee Schedule	Would you like to share your expertise at educational meetings? Yes / No
Practicing MD \$100.00/year*	If Yes, what topics would you like to present/facilitate? _____
Medical Student/Resident/ Retired MD \$30.00/year	_____
Fees are due in January of each year.	_____
*Note: ACIPBC membership automatically confers membership to the Canadian Complementary Medical Association. \$25.00 of your ACIPBC annual fee is remitted on your behalf to this national organization.	Your fees may be paid by cheque to the Association of Complementary and Integrative Physicians of BC. Please mail it to: ACIPBC, Box 526, 185-911 Yates St., Victoria, BC V8V 4Y9
Signature _____	Date _____