The Handbook of Wellness Medicine
The Handbook of Wellness Medicine

Edited by

Waguih William IsHak
Professor and Clinical Chief of Psychiatry, Cedars-Sinai Medical Center and Clinical Professor of Psychiatry, David Geffen School of Medicine, University of California Los Angeles (UCLA), Los Angeles, California, USA
To my love Asbasia (Hanan) Mikhail-IsHak, MD, FACEP, our sons William and Michael, our parents William Makram IsHak, MD, Nawara Yacoub Dawoud-IsHak, MD, Mr. Aboelkhair Mikhail and Mrs. Aziza Mikhail, and our siblings Rafik William IsHak, MD, FRCS, Albert Mikhail, MD, and Mrs. Lamia Maalouf. For their inspiration, encouragement, and love.
Contents

List of Contributors page xi

Part I Approach to Wellness
Part I aims at introducing the concept of wellness by detailing the definitions, screening/assessment/measurement methods, and the formulation of wellness plans.

1 Defining Wellness 1
Waguih William IsHak, Amy Mann, Vicki Manoukian, Sarin Pakhdikian, Monika Chaudhry, Angela Liu, and Ryan Bart

2 Screening and Assessment Methods for Wellness 13
Jared M. Greenberg, Enrico G. Castillo, Waguih William IsHak, and Kenneth Wells

3 The Biopsychosocial Assessment 23
Lubna Somjee and Sabrina A. Esbitt

4 Wellness Measurement 37
Timothy P. Melchert

5 The Wellness Treatment Plan 45
Dilani M. Perera and Jeffry Moe

Part II From Illness to Wellness by Organ Systems/Disorders
Part II aims at detailing wellness plans for patients with major illnesses categorized by organ system/disorders. Scientific evidence for specific wellness interventions in each disease state is presented.

6 The Concept of Wellness in Psychiatric and Substance-Use Disorders 57
A. George Awad

7 Neurological and Neurosurgical Disorders and Wellness 66
Kevin Ding and Isaac Yang

8 Cardiovascular and Pulmonary Wellness 79
Waguih William IsHak and Nathalie Herrera

9 Gastrointestinal System and Wellness 87
Lori A. Robbins and Edward J. Feldman

10 Wellness and the Genito-Urinary System 98
Karyn S. Eilber and Una J. Lee

11 Reproductive System: Pregnancy and Postpartum Wellness 116
Dotun Ogunyemi

12 Allergic, Infectious, and Immunological Processes 135
Ossama Riaz, Sylvester Orimaye, Thabit Al-Khateeb, Patrick Sodeke, Adeola Awujoola, and Karl Goodkin

13 Wellness in Endocrine and Metabolic Disorders 160
Steven Clevenger, Lidia Eskander, Tiffany Lin, and Waguih William IsHak
Part III Special Populations and Special Topics
Part III aims at detailing what assessment methods and interventions could be utilized to improve wellness in each of the specific populations or settings, using scientific evidence.

14 Wellness Interventions in Patients Living with Chronic Medical Conditions 177
Alexander J. Steiner, Leslie Aguilar-Hernandez, Demetria R. Pizano, Julieta Dascal, and Waguih William IsHak

15 Wellness in Older Individuals 188
Allison M. Mays, Elizabeth Whiteman, and Sonja Rosen

16 Wellness in Children and Adolescents 199
Cassidy Zanko and Margaret L. Stuber

17 Wellness in Pain Disorders 209
Charles Louy, Chona Sweet, Gabriel Pollock, Catherine de Zagon, Zara Louy, Jeanne M. Weiss, and Dermot P. Maher

18 Wellness in Cancer and Neoplastic Diseases 225
Luma Bashmi and Waguih William IsHak

19 Wellness in Terminal Illness 237
Monika Chaudhry, Alex Gordon, Emile Tadros, Carrian Sun, Gabriel Tobia, and Waguih William IsHak

20 Wellness Interventions in the Workplace 248
Robert A. Chernoff

21 Wellness Interventions for Physicians and Healthcare Professionals 258
Matthew Goldenberg and Itai Danovitch

Part IV Wellness Interventions
Part IV aims at describing in detail each intervention, including the scientific evidence behind it and its practical application.

22 Nutrition 271
James Lundy

23 Nutraceuticals and Wellness 292
Dax Volle and Katrina DeBonis

24 Pharmaceuticals and Alternatives for Wellness 302
Thomas Parisi, Blaire Heath, Raymond Wen, and Waguih William IsHak

25 Exercise, Dance, Tai Chi, Pilates, and Alexander Technique 315
Ziya Al tug

26 Sleep, Rest, and Relaxation in Improving Wellness 324
Ashley Ngor and Waguih William IsHak

27 Sex, Intimacy, and Well-Being 332
Kailee Marin, Gabriel Tobia, Atef Bakhour, Lancer Naghdechi, Samuel Korouri, and Waguih William IsHak

28 Mindfulness, Meditation, and Yoga 345
Kayse Budd

29 Forgiveness, Gratitude, and Spirituality 357
Sindhu A. Idicula, Natasha Thrower, and James Lomax

30 Positive Neuropsychology, Cognitive Rehabilitation, and Neuroenhancement 365
Patricia A. Pimental, John B. O'Hara, Jennifer M. Christopher, and Anna M. Ciampelli
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>Acupuncture, Herbs, and Ayurvedic Medicine</td>
<td>378</td>
</tr>
<tr>
<td></td>
<td>Lucy Postolov and Suzanne Gilberg-Lenz</td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>The Role of Aesthetics in Wellness</td>
<td>394</td>
</tr>
<tr>
<td></td>
<td>Asbasia A. Mikhail and Ashley Ngor</td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>Massage, Humor, and Music</td>
<td>403</td>
</tr>
<tr>
<td></td>
<td>Soo Liang Ooi and Sok Cheon Pak</td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>Nature and Pets</td>
<td>413</td>
</tr>
<tr>
<td></td>
<td>Vinathee Sharma-Brymer, Katherine Dashper, and Eric Brymer</td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>Circadian Rhythm in the Digital Age</td>
<td>423</td>
</tr>
<tr>
<td></td>
<td>Mona Ezzat-Velinov and Mimi Guarneri</td>
<td></td>
</tr>
<tr>
<td>36</td>
<td>The Arts in Health Settings: Inspirational, Educational, and Therapeutic Approaches to Wellness</td>
<td>435</td>
</tr>
<tr>
<td></td>
<td>Amy Bucciarelli, Gail K. Ellison, Eleanor K. Sommer, and Heather Spooner</td>
<td></td>
</tr>
<tr>
<td>37</td>
<td>Engaging the Five Senses: Taste, Smell, See, Listen, and Touch</td>
<td>448</td>
</tr>
<tr>
<td></td>
<td>Vladimir Bokarius</td>
<td></td>
</tr>
<tr>
<td>38</td>
<td>Emotional Intelligence and Its Role in Sustaining Fulfilment in Life</td>
<td>463</td>
</tr>
<tr>
<td></td>
<td>Harry C. Sax and Bruce L. Gewertz</td>
<td></td>
</tr>
<tr>
<td>39</td>
<td>Psychotherapy and Positive Psychology</td>
<td>474</td>
</tr>
<tr>
<td></td>
<td>Andrea Svicher and Eva-Lotta Brakemeier</td>
<td></td>
</tr>
<tr>
<td>40</td>
<td>Resilience and Wellness</td>
<td>484</td>
</tr>
<tr>
<td></td>
<td>Nathalie Herrera and Waguih William IsHak</td>
<td></td>
</tr>
<tr>
<td>41</td>
<td>Developing Purpose, Meaning, and Achievements</td>
<td>494</td>
</tr>
<tr>
<td></td>
<td>Jennice Vilhauer</td>
<td></td>
</tr>
<tr>
<td>42</td>
<td>Healing and Wellness</td>
<td>504</td>
</tr>
<tr>
<td></td>
<td>Paul Dieppe, Sarah Goldingay, and Sara L. Warber</td>
<td></td>
</tr>
<tr>
<td>43</td>
<td>Connection, Compassion, and Community</td>
<td>515</td>
</tr>
<tr>
<td></td>
<td>Rebecca Hedrick and Kristina Jones</td>
<td></td>
</tr>
<tr>
<td>44</td>
<td>Wellness Interventions for Chronicity and Disability</td>
<td>525</td>
</tr>
<tr>
<td></td>
<td>Anna Klimowicz, Lorne Schussel, and Waguih William IsHak</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Part V Wellness through Optimization of Work, Love, and Play</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Part V aims at integrating the above knowledge in terms of utilizing time to practically apply the interventions into one’s life aspects to maintain wellness.</td>
<td></td>
</tr>
<tr>
<td>45</td>
<td>Work, Love, Play, and Joie de Vivre</td>
<td>535</td>
</tr>
<tr>
<td></td>
<td>Nicole Van Groningen, Waguih William IsHak, Shaina Ganjian, Michael Ong, and Wendelin Slusser</td>
<td></td>
</tr>
<tr>
<td>46</td>
<td>Well-Being and Work–Life Balance: Cultural, Positive Psychology, and Practical Perspectives</td>
<td>545</td>
</tr>
<tr>
<td></td>
<td>Michael Bolton, Ingrid Lobben, Tom Pruzinsky, and Theodore A. Stern</td>
<td></td>
</tr>
<tr>
<td>47</td>
<td>Family Relations, Friendships, and Love</td>
<td>553</td>
</tr>
<tr>
<td></td>
<td>Shelby Alsup, Eli Weisbaum, Talya Vogel, and Daniel J. Siegel</td>
<td></td>
</tr>
<tr>
<td>48</td>
<td>The Role of Leisure, Recreation, and Play in Health and Well-Being</td>
<td>565</td>
</tr>
<tr>
<td></td>
<td>Laura L. Payne and Jaesung An</td>
<td></td>
</tr>
<tr>
<td>Contents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>------------------------------------------</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>49</strong> Wellness and Whole-Person Care 573</td>
<td><strong>Appendix I: Wellness Measures</strong> 598</td>
<td></td>
</tr>
<tr>
<td>Tom A. Hutchinson and Nora Hutchinson</td>
<td>Waguhi William IsHak</td>
<td></td>
</tr>
<tr>
<td><strong>50</strong> The Personalized Wellness Life Plan 582</td>
<td><strong>Appendix II: Wellness Apps and Devices</strong> 605</td>
<td></td>
</tr>
</tbody>
</table>

**Index** 623
Contributors

Leslie Aguilar-Hernandez, BA candidate
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA

Thabit Al-Khateeb, MD
Department of Psychiatry and Behavioral Sciences, James H. Quillen College of Medicine, East Tennessee State University, Johnson City, TN, USA

Jonathan A. Almendárez, BA
Department of Psychiatry, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Shelby Alsup, LMFT, PhD candidate
School of Graduate Psychology, Pacific University, Hillsboro, OR, USA

Atef Bakhoum, MD, MSc, PhD
National Hepatology and Tropical Medicine Research Institute, Cairo, Egypt

Freedom Drugs and HIV Program, Cairo, Egypt

Ryan Bart, DO, Capt USAF
United States Air Force Medical Corps

Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA

Luma Bashmi, MA
Department of Scientific Research and Development, King Hamad University Hospital, Muharraq, Kingdom of Bahrain

Vladimir Bokarius, MD, PhD, MSOM
Psychiatry and Chronic Pain, San Mateo, California, USA

Michael Bolton, MD
Private practice in Santa Barbara, CA, USA

Department of Psychiatry, Cedars Sinai Medical Center, Los Angeles, CA, USA

Eva-Lotta Brakemeier, PhD, Dr Dipl Psych, Dipl Music
Institute for Psychology, Universität Greifswald, Greifswald, Germany

Eric Brymer, PhD
Australian College of Applied Psychology, Sydney, Australia

Institute of Sport, Physical Activity and Leisure, Leeds Beckett University, Leeds, UK

University of Cumbria, UK
<table>
<thead>
<tr>
<th>List of Contributors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amy Bucciarelli, MS, ATR-BC, LMHC</td>
</tr>
<tr>
<td>Center for Arts in Medicine, University of Florida, Gainesville, FL, USA</td>
</tr>
<tr>
<td>Kayse Budd, MD</td>
</tr>
<tr>
<td>Private Practice in San Diego and Los Angeles, CA, and online, USA</td>
</tr>
<tr>
<td>Enrico G. Castillo, MD, MSHPM</td>
</tr>
<tr>
<td>Los Angeles County Department of Mental Health, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Center for Social Medicine and Humanities, UCLA, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Tiffany Chang, BS</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Monika Chaudhry, MD, FAPA</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Robert A. Chernoff, JD, PhD</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Jennifer M. Christopher, MA</td>
</tr>
<tr>
<td>Department of Behavioral Medicine, Midwestern University, College of Health Sciences, Downers Grove, IL, USA</td>
</tr>
<tr>
<td>Neurobehavioral Medicine Consultants, Ltd., Elmhurst, IL, USA</td>
</tr>
<tr>
<td>Anna M. Ciampanelli, MA</td>
</tr>
<tr>
<td>Department of Behavioral Medicine, Midwestern University, College of Health Sciences, Downers Grove, IL, USA</td>
</tr>
<tr>
<td>Neurobehavioral Medicine Consultants, Ltd., Elmhurst, IL, USA</td>
</tr>
<tr>
<td>Steven Clevenger, DO</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Department of Psychiatry, Western Michigan University Homer Stryker M.D. School of Medicine, Kalamazoo, MI, USA</td>
</tr>
<tr>
<td>Samantha Cohen, MA</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Itai Danovitch, MD, MBA</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Julieta Dascal, MSW</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA</td>
</tr>
<tr>
<td>Katherine Dashper, PhD</td>
</tr>
<tr>
<td>School of Events, Tourism and Hospitality Management, Leeds Beckett University, Leeds, UK</td>
</tr>
<tr>
<td>Katrina DeBonis, MD</td>
</tr>
<tr>
<td>Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA</td>
</tr>
</tbody>
</table>
List of Contributors

Veterans Administration Greater Los Angeles Healthcare System, Los Angeles, CA, USA

Paul Dieppe, MD
University of Exeter Medical School, Exeter, UK

Kevin Ding, BS
Department of Neurosurgery, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

Karyn S. Eilber, MD
Department of Surgery, Division of Urology, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Gail K. Ellison, PhD
Center for Arts in Medicine, University of Florida, Gainesville, FL, USA

Sabrina A. Esbitt, PhD
Department of Family and Social Medicine, Montefiore Medical Center, Bronx, New York, NY, USA

Lidia Eskander, MD
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Mona Ezzat-Velinov, MD, ABFM, ABIHM, IFMCP
New Roots, San Diego, CA, USA

Physician, Human Longevity Inc., San Diego, CA, USA

Edward J. Feldman, MD
Division of Digestive Diseases, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Katerina Furman, BA
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

University of California, Berkeley, Berkeley, CA, USA

Shaina Ganjian, MD
Department of Pediatrics, Kaiser Permanente Los Angeles Medical Center, Los Angeles, California, USA

Bruce L. Gewertz, MD, FACS
Department of Surgery, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Interventional Services, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Academic Affairs, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Suzanne Gilberg-Lenz, MD, CAS
Private Practice, Beverly Hills, California, USA

Department of Obstetrics and Gynaecology, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Yasmine Gohar, MA
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Matthew Goldenberg, DO
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Sarah Goldingay, PhD
Department of Drama, University of Exeter, Exeter, UK

Karl Goodkin, MD, PhD
Department of Psychiatry, University of Nebraska Medical Center in Omaha, Omaha, NE, USA
List of Contributors

Alex Gordon, BS Candidate
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Jared M. Greenberg, MD
Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Los Angeles, CA, USA
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA
VA Health Services Research and Development Center for the Study of Healthcare Innovation, Implementation, and Policy, VA Greater Los Angeles Healthcare System, Los Angeles, CA, USA

Nicole Van Groningen, MD
Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA, USA
Mimi Guarneri, MD, FACC, ABOIM
Academy of Integrative Health and Medicine, La Jolla, CA, USA
Nicole Van Groningen, MD
Academy of Integrative Health and Medicine, La Jolla, CA, USA

Nicole Van Groningen, MD
Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Mimi Guarneri, MD, FACC, ABOIM
Academy of Integrative Health and Medicine, La Jolla, CA, USA

Paciﬁc Pearl, La Jolla, CA, USA
Physician, Human Longevity Inc., San Diego, CA, USA

Blaire Heath, DO, PharmD, RD
Department of Psychiatry, Loma Linda University Health, Loma Linda, CA, USA

Rebecca Hedrick, MD
Department of Psychiatry and Biobehavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Nathalie Herrera, MD
Department of Psychiatry and Biobehavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Nora Hutchinson, MD
Department of Medicine, McGill University, Montreal, Quebec, Canada

Tom A. Hutchinson, MB, FRCP(C)
McGill Programs in Whole Person Care, Montreal, Quebec, Canada

Sindhu A. Idicula, MD
Menninger Department of Psychiatry, Baylor College of Medicine, Houston, TX, USA

Waguih William IsHak, MD, FAPA
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA

Kristina Jones MD, MA
Consultation-Liaison Psychiatry, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Anna Klimowicz, DO
Department of Psychiatry, Icahn School of Medicine at Mount Sinai Morningside & West, New York, NY, USA

Samuel Korouri, BA
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA
University of California Los Angeles, Los Angeles, CA, USA

Una J. Lee, MD
Female Pelvic Medicine and Reconstructive Surgery, Section of Urology and Renal Transplantation, Virginia
List of Contributors

Mason Medical Center, Seattle, WA, USA

Soo Liang Ooi, BHSc (Comp Med), MMath
School of Biomedical Sciences, Charles Sturt University, Bathurst, Australia

Tiffany Lin, MD
Department of Psychiatry, Kaiser Permanente San Jose Medical Center, San Jose, CA, USA

Angela Liu, BS candidate
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA

Ingrid Lobben, MSW, MEd
Social work, Lakewood Regional Medical Center, Lakewood, CA, USA

James Lomax, MD
Menninger Department of Psychiatry, Baylor College of Medicine, Houston, TX, USA

Natalie Lorea, BS candidate
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Charles Louy, MD, PhD, MBA
Department of Anesthesiology, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Zara Louy, MA, NBC-HWC
Private Practice, Los Angeles, CA, USA

James Lundy, DPT
Head 2 Toe Physical Therapy, Manhattan Beach, CA, USA

Dermot P. Maher, MD, MS, MHS
Department of Anesthesiology and Critical Care Medicine, Johns Hopkins School of Medicine, Baltimore, MD, USA

Amy Mann, LCSW
Inflammatory Bowel Disease Program, Division of Digestive Diseases, Cedars-Sinai Medical Center, Los Angeles, California, USA

Vicki Manoukian, MA
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA

Allison M. Mays MD, MAS
Section of Geriatric Medicine, Division of Internal Medicine, Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Timothy P. Melchert, PhD
Department of Counselor Education and Counseling Psychology, Marquette University, Milwaukee, WI, USA

Asbasia A. Mikhail, MD, FACEP
Department of Emergency Medicine, Huntington Memorial Hospital, Pasadena, CA, USA

Jeff Moe, PhD, LPC, NCC, CCMHC
Department of Counseling & Human Services, Old Dominion University, Norfolk, VA, USA

Lancer Naghdechi, DO
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Piyush Peter Nayyar, MD
Department of Medicine, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA
## List of Contributors

<table>
<thead>
<tr>
<th>Ashley Ngor, BS candidate</th>
<th>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA</th>
</tr>
</thead>
<tbody>
<tr>
<td>University Of California, Los Angeles, CA, USA</td>
<td></td>
</tr>
<tr>
<td>John B. O’Hara, PsyD</td>
<td>Institute of Living/Hartford Hospital, Hartford, CT, USA</td>
</tr>
<tr>
<td>Department of Medicine, University of Wisconsin School of Medicine and Public Health, Madison, WI, USA</td>
<td></td>
</tr>
<tr>
<td>Neurobehavioral Medicine Consultants, Ltd., Elmhurst, IL, USA</td>
<td></td>
</tr>
<tr>
<td>Dotun Ogunyemi, MD, FACOG, MFM</td>
<td>Obstetrics &amp; Gynecology, California University of Science &amp; Medicine, San Bernardino, CA, USA</td>
</tr>
<tr>
<td>Michael K Ong, MD, PhD</td>
<td>Department of Medicine, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Veterans Administration Greater Los Angeles Healthcare System, Los Angeles, CA, USA</td>
<td></td>
</tr>
<tr>
<td>Sylvester Olubolu Orimaye, PhD, MPH</td>
<td>Department of Health Services Management and Administration College of Public Health East Tennessee State University Johnson City, TN, USA</td>
</tr>
<tr>
<td>Sok Cheon Pak, PhD</td>
<td>School of Biomedical Sciences, Charles Sturt University, Bathurst, Australia</td>
</tr>
<tr>
<td>Sarin Pakhdikian, DO candidate</td>
<td>Western University of Health Sciences, College of Osteopathic Medicine, Pomona, CA, USA</td>
</tr>
<tr>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA</td>
<td></td>
</tr>
<tr>
<td>Thomas Parisi, DO, MA</td>
<td>Department of Psychiatry, Loma Linda University Health, Loma Linda, CA, USA</td>
</tr>
<tr>
<td>Laura L. Payne, PhD</td>
<td>Department of Recreation, Sport &amp; Tourism, College of Applied Health Sciences, University of Illinois at Urbana-Champaign, IL, USA</td>
</tr>
<tr>
<td>Dilani M. Perera, PhD, LPC-S, LCDC, NCC, MAC</td>
<td>Department of Counselor Education, Fairfield University, Fairfield, CT, USA</td>
</tr>
<tr>
<td>Patricia A. Pimental, PsyD, ABN, AAPM, FACP</td>
<td>Department of Behavioral Medicine, Midwestern University, Downers Grove, IL, USA</td>
</tr>
<tr>
<td>Neurobehavioral Medicine Consultants, Ltd., Elmhurst, IL, USA</td>
<td></td>
</tr>
<tr>
<td>Demetria R. Pizano, MA</td>
<td>Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, California, USA</td>
</tr>
<tr>
<td>Gabriel Pollock, MD</td>
<td>Department of Anesthesiology, Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Lucy Postolov, DACM, LAc, DiplAc</td>
<td>Postolova Acupuncture Group and Cannapy Health LLC, Los Angeles, CA, USA</td>
</tr>
<tr>
<td>Cedars-Sinai Medical Center, Los Angeles, CA, USA</td>
<td></td>
</tr>
<tr>
<td>Physicians Advisory Board for the Cancer Support Community, Los Angeles, CA, USA</td>
<td></td>
</tr>
</tbody>
</table>
List of Contributors

Tom Pruzinsky, PhD
Department of Psychology, Quinnipac University, Hamden, CT, USA

Ossama Riaz, MD
Department of Psychiatry and Behavioral Sciences, James H. Quillen College of Medicine, East Tennessee State University, Johnson City, TN, USA

Lori A. Robbins, MD
Division of Digestive Diseases, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Sonja Rosen, MD
Section of Geriatric Medicine, Division of Internal Medicine, Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Harry C. Sax, MD
Department of Surgery, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Lorne Schussel, PhD
Department of Counseling and Clinical Psychology, Teachers College Columbia University, New York, NY, USA

Vinathe Sharma-Brymer, PhD
Independent researcher, Brisbane, Australia

Daniel J. Siegel, M.D.
Mindsight Institute, Santa Monica, CA
David Geffen School of Medicine at UCLA Mindful Awareness Research Center at UCLA Los Angeles, CA, USA

Wendelin Slusser, MD
Semel Healthy Campus Initiative Center, UCLA, Los Angeles, CA, USA

Patrick Sodeke M.D. MPH(c)
Department of Biostatistics and Epidemiology College of Public Health East Tennessee State University Johnson City, TN, USA

Lubna Somjee, PhD
Private Practice Poughkeepsie, New York, USA

Eleanor K. Sommer, MSc
Center for Arts in Medicine, University of Florida, Gainesville, FL, USA

Brennan Spiegel, MD
Center for Outcomes Research and Education, Cedars-Sinai Medical Center, Los Angeles, CA, USA

David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

Heather Spooner, MA, ATR-BC
Center for Arts in Medicine, University of Florida, Gainesville, FL, USA

Alexander J. Steiner, PsyD
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, California, USA

Theodore A. Stern, MD
Avery D. Weisman Psychiatric Consultation Service, Massachusetts General Hospital, Boston, MA, USA

Thomas P. Hackett Center for Scholarship in Psychosomatic Medicine, Massachusetts General Hospital, Boston, MA, USA

Office for Clinical Careers, Massachusetts General Hospital, Boston, MA, USA

Department of Psychiatry, Harvard Medical School, Boston, MA, USA

Margaret L. Stuber, MD
Department of Psychiatry, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

Veterans Administration Greater Los Angeles Healthcare System, Los Angeles, CA, USA
Carrian Sun, MD, PhD
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA
David Geffen School of Medicine at UCLA, Los Angeles, California, USA

Andrea Svicher, PhD candidate
Department of Health Sciences, University of Florence, Florence, Italy

Chona Sweet, DrHP, MSN, RN, FNP-C
Department of Anesthesiology, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Emile Tadros, BS, MD Candidate
Wayne State University School of Medicine, Detroit, Michigan, USA

Natasha Thrower, MD
Menninger Department of Psychiatry, Baylor College of Medicine, Houston, TX, USA

Gabriel Tobia, MD
Department of Psychiatry, Brigham and Women’s Hospital, Harvard Medical School, Boston, MA, USA

Jennice Vilhauer, PhD
Live Forward Psychological, Inc., Los Angeles, CA, USA

Talya Vogel, MS, PsyD candidate
PGSP – Stanford PsyD Consortium, Palo Alto, CA, USA

Dax Volle, MD
Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Los Angeles, CA, USA
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA
School of Medicine at UCLA, Los Angeles, CA, USA

Sara L. Warber, MD
Department of Family Medicine, University of Michigan School of Medicine, Ann Arbor, MI, USA

Elli Weisbaum, MES, PhD candidate
Institute of Medical Science, Faculty of Medicine, University of Toronto, Toronto, Canada
Neuroscience and Mental Health Department, The Hospital for Sick Children, Toronto, Canada

Jeanne M. Weiss, MD
Private Practice, Santa Monica, CA, USA

Kenneth Wells, MD, MPH
Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, Los Angeles, CA, USA
Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA
VA Health Services Research and Development Center for the Study of Healthcare Innovation, Implementation, and Policy, VA Greater Los Angeles Healthcare System, Los Angeles, CA, USA
Center for Health Services and Society, UCLA, Los Angeles, CA, USA
UCLA, Jonathan Fielding School of Public Health, Los Angeles, CA, USA

Raymond Wen, PharmD candidate
Department of Psychiatry and Behavioral Neurosciences, Cedars-Sinai Medical Center, Los Angeles, CA, USA

Elizabeth Whiteman, MD
Section of Geriatric Medicine, Division of Internal Medicine, Department of Medicine, Cedars-Sinai Medical Center, Los Angeles, CA, USA
Isaac Yang, MD
Department of Neurosurgery, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

Catherine de Zagon
Catherine de Zágon Balance + Wellbeing Naturopath Health Counseling, Rome, Italy

Cassidy Zanko, MD
Department of Psychiatry, David Geffen School of Medicine at UCLA, Los Angeles, CA, USA

Veterans Administration Greater Los Angeles Healthcare System, Los Angeles, CA, USA