



Integrative
Medicine
Workshop

II Integrative Medicine Conference



In the face of cancer there are no distinctions



A dialogue across medical fields



March 20, 21, 22
2015 - Barcelona

Conference on the cancer approach
from the traditional, conventional
and complementary medicine lines.



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www.medicinaintegrativabarcelona.es



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PRESS KIT

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GENERAL DESCRIPTION OF THE EVENT

II INTEGRATIVE MEDICINE CONFERENCE: *Cancer, A dialogue Across Medical Fields*

This second Integrative Medicine conference to be organised by the Cultural Association of the Dzogchen Community in Spain [*Asociación Cultural de la Comunidad Dzogchen de España*] and the School of Tibetan Medicine of the Shang Shung Institute is aimed at raising awareness and sharing the results of work undertaken by numerous Integrative Medicine professionals - both in Spain and overseas. This field of medicine adopts a holistic approach to the treatment of patients and combines techniques from traditional medicine with allopathic and complementary techniques.

The Conference (which will take place on 20, 21 and 22 March 2015 January at the *Casal del Médico*) will be focused on the contributions made to the diagnosis and treatment of the oncologic illness by allopathic, Chinese, homoeopathic and Tibetan approaches to medicine. Professionals from all areas of medicine – oncology, nutrition, homoeopathy, diagnostic techniques, biodecoding, Chinese medicine, Tibetan medicine, etc. - will take part in the event.

MEDICINE OF THE FUTURE

Integrative Medicine adopts an inclusive approach that combines the therapies of conventional medical treatments with alternative treatments and those from traditional medicine in a way that considers not only the physical symptoms but also the psychological and social symptoms, as well as all other possible factors affecting the patient.

In short, it is a method that places the emphasis on treating the person as a whole; an inclusive approach that facilitates management of the illness at all levels.

This Conference aims to encourage dialogue and discussion between professionals working in various fields of medicine in different parts of the world, and to connect professionals from Catalonia with others working on similar initiatives.

The event is open to the general public and professionals, patients and their families.



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THE ORGANISERS

The School of Tibetan Medicine of the Shang Shung Institute is the first school of Tibetan medicine in the west where Tibetan medicine can be studied in English according to the four-year curriculum of traditional schools of Tibetan medicine in Tibet and India. Besides the official course of study, the school offers specialised complementary courses taught by guest professors on a number of related subjects.

The school forms part of the International Shang Shung Institute - a non-profit organisation founded in 1989 by Professor Chogyal Namkhai Norbu and inaugurated in 1990 by His Holiness the 14th Dalai Lama - and is dedicated to the preservation and study of Tibetan culture at centres in Italy, Russia, the United States, the United Kingdom, Argentina, Australia, Austria and the Netherlands.

<http://www.shangshung.org/home/2011/08/23/school-of-tibetan-medicine/>

The **Cultural Association of the Dzogchen Community in Spain** is an NGO that was set up by Professor Chogyal Namkhai Norbu and is dedicated to the study of the Dzogchen, as well as the preservation of Tibetan culture and all Tibetan traditions, in collaboration with the International Shang Shung Institute.

<http://www.dzogchen.es/>



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Integrative Medicine Workshop

Cancer, a Dialogue across Medical Fields

Organized by: School of Tibetan Medicine of the International Shang Shung Institute & the Dzogchen Community of Spain.

Venue: Casal del Médico (Via Laietana, 31, Barcelona, Spain) – Capacity: 320 seats

Dates: 20, 21 and 22 March 2015

Ticket price: Early bird tickets (EB) cost 100 euros. Regular tickets (RT) (as from 1st March): 120 euros. A 50% discount is applicable for those on low incomes (students, pensioners, the unemployed, etc.). // Day-by-day basis tickets: Friday (free Entrance-donation); Saturday (EB:80€/RT:90€); Sunday (EB:40€ / RT:45€)

Languages: English / Spanish (with translation)

Webcast: On-line live stream (cost: 50 €)

Registration: **On-site:** <https://fs18.formsite.com/Kundusling/form20/index.html>

On-line: <https://fs18.formsite.com/Kundusling/form21/index.html>



Programme

Friday, March 20 - Understanding the Modern Rise of Cancer

19.00h-21.00h

Keynote lecture

Prof. Chögyal Namkhai Norbu

Saturday, March 21 - Integrating Medical Systems to treat Body, Energy and Mind of the Patient with Cancer

09.30h-11.55h Moderator **Dr. Pilar Lianes**

Oncologic medicine (AM) Conventional medicine and the treatment of cancer

Dr. Pere Gascón

Tibetan medicine (TM) Traditional Tibetan Medicine and the treatment of cancer

Dr. Namgyal Qusar

Chinese medicine (TM) Traditional Chinese Medicine and the treatment of cancer

Dr. Li Qilin

11.55h-12.15h networking coffee break

12.15h-13.45h Moderator **Dr. Pilar Lianes**

Biomedicine (CM) New biomedical approach to cancer: waves, light and cohesion

Dr. Ana María Oliva

Nutritional medicine (CM) Diet in the Prevention and treatment of cancer

Dr. Odile Fernández

15.45h-18.45h Moderator **Dr. Estela Beale**

Integrative medicine (IM) Integrative Oncology: a Single Oncology

Dr. Natalia Eres

BioNeuroEmotion (CM) Treating cancer through emotions

Dr. Enric Corbera

Integrative medicine (IM) Two models of integrative medicine for cancer treatment

Dr. Alejandro Chaoul & Dr. Juan Carlos Durán

Integrative medicine (MI) Integration of integrative medicine in the health system

Dr. Francisco Barnosell

18.45h-19.15h networking coffee break

19.15h-21.00h Moderator: **Dr. Eva Juan Linares**

round table



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Sunday, March 22 - Tibetan Medicine: a Medicine Model for Body, Energy and Mind

Moderator Dr. Paolo Roberti di Sarsina

Dr. Namgyal Qusar, Dr. Yangdron Kalsang, Dr. Tenzin Dargye, Dr. Phuntsog Wangmo

10.00-11.30h Cause of cancer according to Tibetan Medicine

11.30h-11.50h Coffee break

11.50-13.45h

Diagnosis of cancer according to Tibetan Medicine

Treatment of cancer according to Tibetan Medicine

13.45h-14.00h Closure

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AM: conventional or allopathic medicine / TM: traditional medicine / CM: complementary or alternative medicine / IM: integrative medicine



THE MODERATORS

Eva Juan Linares

She holds a Degree in Clinical Psychology, is a Psycho-oncology Specialist and a Doctor in Health and Learning Psychology. She is currently Head of the Psycho-oncology Unit at the Santa Creu i Sant Pau Hospital in Barcelona and an associate professor of psychology and nursing at the Autonomous University of Barcelona (UAB).

Estela Beale

Estela A Beale graduated from medical school at the University of Buenos Aires in 1962. She subsequently moved to the United States to study at the Menninger foundation in Topeka Kansas where she undertook her residency training in Psychiatry and completed her training in psychoanalysis.

During her long career Dr Beale has treated patients of all ages with many types of afflictions and utilizing different treatment approaches brought her to work not only with families and groups but also as a consultant to organizations.

During the last twenty years of her career, impressed by the psychological suffering of patients with serious medical problems, she decided to work more directly with this population. She introduced dynamic psychiatry at a hospital widely acknowledged to be in the vanguard of cancer treatment but that had not integrated psycho-social treatment for patients and families.

Dr Beale was Associate Professor of the Department of Psychiatry at the University of Texas and Baylor College of Medicine, in Houston, TX.

The majority of her publications specialize in work with patients at M.D.Anderson Cancer Center and about her work in doctor- patient communication.

Pilar Lianes Barragan

MD, PhD is Head of Oncology at the Hospital de Mataro, Consorcio Sanitario del Maresme. She graduated in medicine in 1982 from the University of Madrid and from 1982 to 1986 was resident of internal medicine and Oncology at Fundacion Jimenez Diaz in Madrid. From 1987 to 2000 she was Attending Physician, Division of Medical Oncology, Hospital Universitario "12 Octubre" in Madrid. In 1991 Dr. Lianes earned her PhD from the University of Madrid. Between 1992 and 1994 she was a postdoctoral research fellow, Molecular Biology Program, Memorial Sloan Kettering Cancer Center (New York) in USA. Since 1987 she has been working at the European Organization for Research and Treatment of Cancer – Lung Cancer Group. From 2000 to 2004 she was the Sub-chair of the chemotherapy section on the European Organisation for Research and Treatment of Cancer – Lung Cancer Group.

During her career she has been very motivated on: translational research, young oncologist training, multidisciplinary and holistic approach to cancer patients. Nowadays belongs to the national representative Spanish society executive committee.

Dr. Lianes has over fifty publications and book chapters in the field of medical oncology and chemotherapy with particular emphasis in lung cancer, bladder cancer and germ cell tumors. She is a member of national and international oncology societies.



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Paolo Roberti di Sarsina

He holds a Degree in Medicine and Surgery and is a Specialist in Psychiatry. He advises the Italian Committee on Ongoing Education in the Field of Medicine of the Italian Health Ministry regarding issues related to psychiatry and non-conventional medicines. Paolo Roberti di Sarsina is a researcher and prolific author of medical articles, teaches at various Italian universities and a prestigious lecturer.

He has run the mental illness units of various healthcare centres in Italy for many years and currently plays a fundamental role in Italian non-conventional medicine. It should be noted that he is the only Italian researcher who advises the World Health Organisation under the WHO Traditional Medicine Strategy 2014-2023.

He is an Expert in Non-Conventional Medicine for the National Health Council of the Italian Health Ministry; Coordinator of the Master's Degree in "Health, Traditional and Non-Conventional Medicine Systems" at the University of Milan-Bicocca (Italy); and founder and president of the Associazione per la Medicina Centrata sulla Persona ONLUS, Bologna (Italy).



THE SPEAKERS

Chögyal Namkhai Norbu

Professor Emeritus Chögyal Namkhai Norbu is a master Buddhist, recognised researcher and historian of Tibetan culture. He travelled to the West in 1960 under invitation from the professor of eastern studies Giuseppe Tucci. He has since worked as a researcher and professor of Tibetan and Mongol languages and culture at the University of Eastern Studies in Naples (Italy) and has founded a number of centres for the promotion of culture and knowledge forming part of the Tibetan cultural and historical legacy. These centres include the International Shang Shung Institute, the International Dzogchen Community and ASIA Onlus.

Chögyal Namkhai Norbu teaches courses and gives lectures all over the world, and has written numerous books - many of which have been translated into various languages. His book entitled 'Birth, Life and Death' (translated into Spanish as *Nacimiento, Vida y Muerte* and published by Kairós in 2012) and his keynote lecture in 2010 at the *Istituto di Anatomia Umana Normale* of the School of Medicine at the University of Bologna on Tibetan medicine as world heritage should be highlighted as particularly significant contributions to the field of medicine.

Pere Gascon

Prof. Pere Gascón holds the position of Director, Division of Medical Oncology and, Scientific Coordinator of the Hematology-Oncology Department, at the Hospital Clinic in Barcelona, Spain.

He is board-certified in internal medicine and hematology, as well as medical oncology. He received his training at New York University Medical Center (New York), the National Institutes of Health (Bethesda), and Washington University (St. Louis).

From 1985 to 1999 he was the Director of the Division of Hematology-Oncology at UMDNJ-New Jersey Medical School achieving the academic degree of full Professor with tenure. In 1995 he received the Laureate Award by the American College of Physicians. In 1998 he was selected among The Best Doctors in America. He is Professor in Medicine at the Barcelona Medical School, Barcelona University

He has published more than two hundred papers in peer-reviewed journals such as the New England Journal of Medicine, Science, Blood, Proceedings of the National Academy of Sciences, Journal of Clinical Oncology, the Journal of Immunology, and Cancer Research.

He is a member of the Alfa-Omega-Alfa Honor Society, a fellow of the American College of Physicians, The New York Academy of Medicine, a member of the New York Academy of Sciences and, a member of the Royal Academy of Medicine of Catalonia. He is the past president of the Academy of Sciences of Catalonia and Baleares.

Khyung Sar

M.D. in Tibetan Medicine, Men-tsee-khang , Dharamsala (H.P.) in 1997. He was a Researcher at Research and Development Department of Men-tsee-khang for 12 years and up to 1999 Deputy



Director of Research & Development Department, Men-tsee-khang. From 2004 to 2006 he was General Secretary and Registrar of the Central Council of Tibetan Medicine, Dharamsala. In 2001 he founded Qusar Tibetan Healing Centre, P.O.Sidhpur Dharamsala (H.P.). He is a well reknowned researcher and has given lectures on Tibetan Medicine in Asia and the Western Countries.

Li Qilin

She graduated from the School of Traditional Chinese Medicine (TCM) in Shanghai with a Degree in Medicine in 1987. That same year, she began working as a professor of acupuncture at the University of Traditional Chinese Medicine (TCM) in Yunnan. She subsequently completed two years of post-graduate training in acupuncture and currently works as a doctor in the Acupuncture Department of the Associated Hospital of the School of Traditional Chinese Medicine in Yunnan.

Between 1996 and 2000, she was a professor at the European Foundation of Traditional Chinese Medicine (TCM). During that same period, she was also head of the post-graduate acupuncture course; a two-year course aimed at doctors and organised by the Tarragona School of Doctors. She also worked for seven years as a professor at the Higher Institute for Traditional Medicine of Barcelona (ISMET). For the last two years, she has been teaching courses on TCM within the framework of "Els Juliols" (University of Barcelona).

She has 26 years of practical and teaching experience in the field of traditional Chinese medicine and western medicine. From 2000 to date, she has been working as an acupuncture doctor at the Barcelona Centre for Complementary Medicine.

Ana Maria Oliva

Industrial Engineer, Master in Biomedical Engineering (with honors – UB (University of Barcelona / UPC (Universitat Politècnica de Catalunya. BarcelonaTech University), Biomedicine PhD (UB). Director of the Instituto Iberoamericano de Bioelectrografía Aplicada (Iberoamerican Applied Bioelectrography Institute). Specialized in the analysis of the human energetic field and the assesment of the psycho- physiological state through the GDV (Gas Discharge Visualization) technology. Professor at the University of Barcelona since 2010. Researcher at the Institute for Bioengineering of Catalonia (IBEC / Laboratory of Nanobioengineering) since 2009. She has wide experience with natural therapies.

Odile Fernandez

She earned a Degree in Medicine and Surgery from the Universidad de Granada in 2002 and specialized in Family and Community medicine. She then did a postgraduate program in preventive medicine and public health. Lecturer in various congresses, she has given many speeches on cancer and diet. She is the authour of *Mis Recetas Anticáncer: alimentación y vida anticáncer* [My anti cancer recipes: diet and anti cancer life] and other publications about diet and cancer.



Natalia Eres

Degree in Medicine and Surgery from the Universitat de Lleida in 1993 and MIR Specialist in medical oncology at the Hospital Universitari Vall d'Hebron, Barcelona. She did a Master in Acupuncture and Homeopathy and studies in modern acupuncture at the McMaster University, Hamilton-Canada, and Medical Acupuncture for Physicians at the British Medical Acupuncture Society (BMAS), London. She did specific studies in the human consciousness development following Annie Marquier's program in Quebec, at the *Institut du Developpement de la Personne*, Canada.

She has been assistant oncologist in several Hospitals in Barcelona. She is the author of several publications and lectures and has specialized in the field of non conventional medicine lines applied on the medicine and oncology. She is pioneer in Spain in the implementation of innovation programs in the integrative oncology field.

She has been professor of the Acupuncture Master in Barcelona and Lleida, of the Veterinarian Acupuncture Master in Barcelona and the Foundation Course of Contemporary Acupuncture, British Medical Acupuncture Society, London. She is the director of the Hox project: Ecosystems applied to the transformation of health and life, and the Hox Oncology and Integrative clinic, where she has been giving service.

Enric Corbera

Degree in Psychology and in BioNeuroEmotion by Cuba, Specialist in BioNeuroEmotion, Trainer in BioNeuroEmotion, Naturopath, Master in Ericksonian Hypnosis and NLP, Certificate in Sophrology. Lectures in many centers and institutions in Spain, Cuba and Peru.

He has been studying for over twenty years how emotions and how having different delieives affect human biology. He has been teaching Emotional Healing or Biological Healing for over ten years and working with Systemic and Constellations group therapies .

Juan Carlos Durán

Medicine degree by the National University of Buenos Aires, Argentina. He specialized in Cardiovascular surgery. Since 1996 he worked in the private Hospital of Sur de Bahía Blanca in the organ transplants and the Vascular Surgery units. In 2013 he became the Director of the Integrative Therapy group and the Unit of Integrative Medicine in San Roque Hospitals of Palmas de Gran Canaria, Spain.

Alejandro Chaoul

Faculty member at MD Anderson Cancer Center, Integrative Medicine Program, Department of General Oncology, with a joint appointment in the Department of Palliative Care and Rehabilitation



Medicine. Associate faculty member at The University of Texas Mc Govern Center for Humanities and Ethics.

He has extensive experience in the area of mind-body practices, both academically and in clinical practice. Since 1999, he has taught in the Medical Center, particularly at MD Anderson Cancer Center, conducting classes with cancer patients and their families. He has also been actively involved in research examining different cancer populations, including past and current studies funded by the NCI. For the last 15 years, he has been coordinating mind-body intervention programs (e.g., meditation, Tibetan Yoga, Hatha Yoga, Tai Chi/Qigong) for different cancer populations, including working directly with patients, as well as training and supervising instructors. He is currently overseeing the mind-body medicine components of NCI-funded and non-funded randomized controlled clinical trials, in collaboration with Dr. Cohen, examining meditation, stress management, and Tibetan Yoga. During his time teaching patients, both for group and individual sessions, he has designed various short meditations depending on the situation of the person and/or patient population. His research and publications focus on mind-body practices in integrative care, examining how these practices can reduce chronic stress, anxiety and sleep disorders and improve quality of life and cognitive function.

Francisco Barnosell Pi

He earned a Degree in Medicine and Surgery in 1976 and became a Doctor from the School of Medicine of the University of Barcelona in 1981. He specialised in Rehabilitation, Neurology and Electromyography.

He has been Head of Service at the medical unit specialising in *Neurological Diagnosis Tests* at various clinics and hospitals in Catalonia.

He is currently Research Teams Director of the Integrative Medicine Association and author of the book entitled '*Entre dos aguas: Experiencias de un médico sobre las terapias alternativas*' [Sitting on the Fence: experiences of a doctor with alternative therapies] published by Editorial Luciérnaga (Planeta, 2012). He is also a member of various NGOs and associations, where he researches the results from ancestral medicines.

He is nowadays working with the COMB (College of Physicians of *Barcelona*) on legal aspects for the implementation of integrative medicine in the general Health system.

Phuntsog Wangmo

Dr. Phuntshog graduated from the School of Traditional Medicine of the University of Lhasa in 1988, where she also completed a two-year residency after completing the five-year training programme (1983-1990). During that time, she studied with Khenpo Troru Tsenam and Khenpo Gyaltzen - two of the most well-known physicians in Tibet and associated with the re-birth of Tibetan medicine in Chinese Tibet.

She was given the opportunity to expand her clinical training under Khenpo Troru Tsenam for a



period of four years. She then spent many years working as a doctor in eastern Tibet, where she collaborated on and led the implementation of ASIA - the non-governmental organisation founded by Chögyal Namkhai Norbu. She has since worked on behalf of ASIA and founded hospitals and training centres in remote regions of Sichuan Province and Qamdo Prefecture.

From 1996 to date, she has been working as the ASIA Project Coordinator in Tibet for the development of the Gamthog Hospital in collaboration with ex-pat personnel, and is also the coordinator and doctor of Tibetan medicine that oversees health-related activities throughout the region surrounding Qamdo Prefecture. Prior to 1996, she worked as a teacher on the faculty of the Shang Shung Institute in Italy, where she gave numerous seminars and lectures on Tibetan medicine.

Yangdron Kalsang

Yangdron Kalzang founded the Tibetan Wellness & Healing Center with the mission of promoting and sustaining the wellness of mind and body through Tibetan medicine, acupuncture, and holistic healing approaches, at an affordable cost. The Center is committed to preserving and continuing efficacious healing with traditional Tibetan medicine practices in our modern world.

Yangdron Kalzang earned the Tibetan Medicine degree from the Tibetan Medical University in Lhasa, Tibet, and her Masters degree in Traditional Chinese Medicine from Five Branches University, Graduate School of Traditional Chinese Medicine, in Santa Cruz, California. She is an Acupuncturist licensed by the state of California and an Acupuncturist and Herbalist certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

She works closely with the Shang Shung Institute, School of Tibetan Medicine in Conway, Massachusetts as one of the original curriculum developers and consultants in the planning of the certificate program. For the past ten years, she has taught Tibetan Medical courses at her alma mater, the Five Branches University. Yangdron Kalzang and the Tibetan Wellness & Healing Center serve as frequent educational resources for the University of California at San Francisco and Stanford University medical students and faculty.

She regularly lectures and delivers seminars on Tibetan medicine. Highlights include The International Forum on Buddhism and Medicine in Montpellier, France 2006, along with lectures at Stanford University, the University of California at San Francisco, the University of California at Santa Cruz, Rice University, Amherst College, and many Buddhist centers. She lectured at the 1998 and 2003 Congress of Tibetan Medicine in Washington D.C. and the California State Oriental Medical Association Conference in 2002 and 2003.

Mempa [Doctor] Kalzang was first introduced to Tibetan Medicine as a young child by her uncle, who served as Chief Physician for the Integrative Unit of the Tibetan Medical Hospital in Lhasa (Men Zee Khang). She was later fortunate to work under his supervision at the Tibetan Medical Hospitals in Lhasa and Chengdu.

With a strong commitment to better health and education, Yangdron Kalzang provides compassionate and effective healing services to the whole community. She lives in San Francisco with her husband and two young children.



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Tenzin Dargye

Dr. Tenzin Dargye Dr. Tenzin Dargy was born and raised in Tibet. He graduated from the Lhasa Mentseekhang School of Tibetan Medicine in 1983. He then worked and taught at the Southern Tibetan Medicine School of Tibet. In 1992 he transferred to Lhasa Mentseekhang as professor. Since that time he established the Khams Sum Hospital in Lhasa, the first orthopedic hospital of Tibetan Medicine. There he developed a famous formula for healing liver cancer. Dr. Tenzin Dargye is also an expert in producing traditional Tibetan incense and runs the Khangdru incense factory.