

Helen Lavretsky, MD
University of California, Los Angeles

Briefly describe why you are interested in being considered as a candidate for the Board of Directors.

I am interested in being considered as a candidate for the Board of Directors because I am invested in the mission of Consortium in leading and providing standards for research, education and clinical practice to the entire academic Integrative Medicine community. The Consortium must be able to meet the urgent need during COVID and climate change disasters in order to respond to the Public Health needs of the Country and the world. The public acceptance of holistic care is at all time high and we must use this opportunity to advance Integrative Medicine role in the Healthcare systems.

Summarize your involvement to date in the Academic Consortium.

I was a co-Chair of the 2018 International Congress of Integrative Medicine and participated in 2 Congresses and 2 Member meetings.

Please describe the experiences and expertise you bring that will be an asset to the Academic Consortium.

I am a Research Lead of the Integrative Medicine Collaborative at UCLA and the Director of Integrative Psychiatry Clinic. I have conducting translational neuroscience studies of mind-body practices for the past 15 years. I combine research and clinical background in integrative mental health.

Please describe your vision for the field and the role you believe the Academic Consortium must play to achieve the vision.

I believe that the Academic Consortium could provide leadership in providing treatment guidelines based on existing evidence for adopting different integrative modalities into clinical practice with respect to chronic pain, opioid addiction, integrative oncology, sleep, and mental health.