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# Transformative Education Through Interdisciplinary Studies: Opening the Dialogue of Healing Modalities

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# TRANSFORMATIVE EDUCATION THROUGH INTERDISCIPLINARY STUDIES:

## CHANGING THE PARADIGM OF HEALING MODALITIES

Student Research Conference April 14<sup>th</sup>  
University of Vermont 2014  
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Interdisciplinary Program

Regardless of what brings you here today, let us make the assertion we all come from different backgrounds. We all have different narratives and stories. We've heard different tales growing up, some we continue to believe others we may still question. Regardless, there is your way of thinking and another way of thinking. Together, let us enjoy a relaxing calm breath, in... and out... knowing we share this current juncture. Now, in this present moment. One more time: breathe, in and out. Healing tomorrow can only happen today, there is no way to travel back in time... As such it can be said "The Problems that exist in the world cannot be solved by the level of thinking that created them." – Albert Einstein

In my classes we engaged in pluralistic moral conversation on the problems in life: Examples are: Philosophy of Education, Human Rights and Disability Advocacy, Happiness, Mindfulness and Health Benefit Outcomes, etc... Explored different modalities in health care and education on campus and the community. What I discovered in and beyond medical paradigms:

## Opening the Dialogue ☺

- ▣ Fletcher Allen Health Care ;  
Showing that People are Priority One
- ▣ Community Health Needs Assessment
  - 1) Access to Food & Nutrition
  - 2) Dental Health (especially children)
  - 3) Mental Health (especially children)
  - 4) Removing Barriers to Care (affordability, language, transportation)
  - 5) Senior Issues (caregiving, safety, well-being)

2013 Needs Assessment had five major points. FAHC is not just a hospital. It is also one of the largest restaurants in the State of Vermont. Back in 2009 I actually had my Rheumatologist advocate for proper nutrition science and access to information on food. From deductive reasoning and research it doesn't take much to figure out, if you take care of number 1 & 4, the rest in the long run take care of themselves (for the most part).

Hunger Free Vermont film showing need for food ... Organic Gardening 4/28 6-7:30  
Davis

# Expanding the Horizon

## ▣ Mind Body Medicine Clinic



Relaxation Response, mini-mind activities throughout the day to act as interventions in stress reactivity, assisting in cognitive behavior therapy. 2009 I was introduced... Magdalena R. Naylor, MD, PhD Thursday, May 1<sup>st</sup> 6:30pm-8pm Davis Auditorium, medical campus

fMRI Studies prove the changes in brain function and structure.

Questions explored that can apply to any field:

What activities have you changed because of you pain?

Where do you get your emotional support? Who or what helps you problem solve?

Chronic pain can manifest as isolation and despair despite documented behavior medical research showing positive power of support through family, friends, partners and communities of belonging

Besides pain, What other stressors do you have to cope with right now?

Have you ever been physically, emotionally, or sexually abused or experienced a trauma? We'll explore chronic victimization or bullying through a 2007 study out of Germany. There is a tendency for this to happen without society even knowing it especially in our school narratives, our work places and political environments. Inner pain will never be silenced until these cycles of violence and unrest are addressed.

Caudhill Gilford Press, NY:NY 2009

# Beyond 'Traditional' Models

- ▣ [Vermont Center for Integrative Therapy](#)



Psychotherapists, Nutritionists, Massage therapists, Reiki, Mindful Movement and Breath Through Yoga

Cramer, H., Lauche, R., Langhorst, J. and Dobos, G. (2013), **YOGA FOR DEPRESSION: A SYSTEMATIC REVIEW AND META-ANALYSIS**. *Depress. Anxiety*. doi: 10.1002/da.22166

Woodyard C. **Exploring the therapeutic effects of yoga and its ability to increase quality of life**. *Int J Yoga* 2011;4:49-54.

# University of Vermont

## ▣ Living Well: Resources & Services



Center for health and well being: Livingwell: Our Programs  
Relaxation Room

Referral to Services on and off campus including Counseling and Psychiatric Services,  
Peer Support Networks, like Campus Recover and the Wellness Co-op .

Have programs from Discussions on Diversity and Equality to H.I.V Testing and  
Therapy Dogs

They also work with Campus Recreation Services, the Black Student Union, and Active  
Minds.

On their website there is even a Self-Evaluation for mental health if you have a  
question for yourself or friend, seems a little biased toward assistance in my mind.

But if you're there and filling it out or have a question, chances are you do need some  
support of some kind, even if it's just a hug, a friendly voice or a cup of tea.

# Herbs & Food as 'Medicine'

## ▣ Vermont Center for Integrative Herbalism



Kitchen Medicine –Harmonizing Cookery - Foods you can use as medicine in conjunction or as a substitute for pharmaceuticals, consult with both practitioners before making changes.

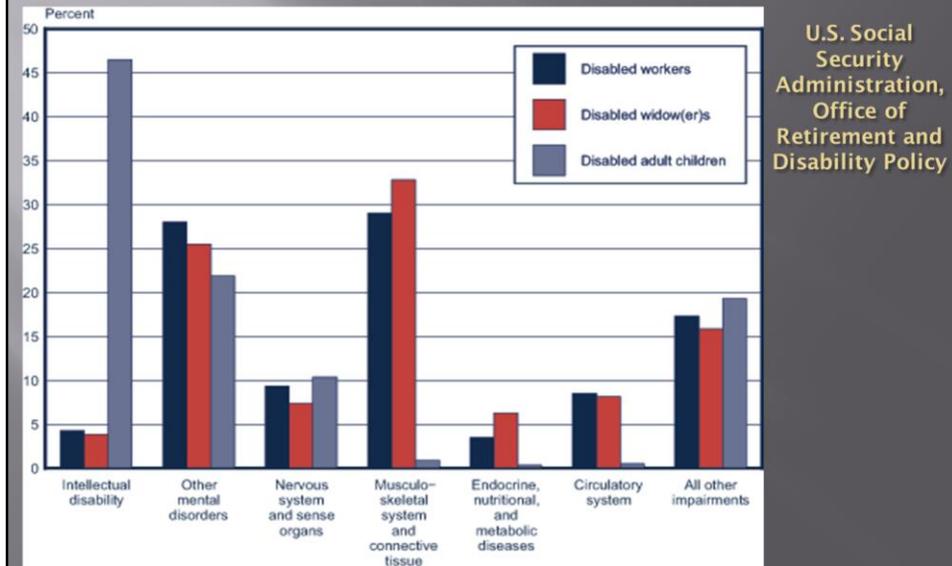
Herbs from the Ground up! Growing your own essential herbs 9am-3pm May 2<sup>nd</sup>-Oct13 Goddard College Credit available and VSAC Grants

Herbal First Aid May 25 10am-5pm Learning to use plants in first aid situations....

I was allowed to explore these treatment options before and during my educational programming. Through my research, I know each works independently or in conjunction with one another. How can we be more inclusive with access to all these healing paradigms with expansions in technologies and systems? (Prism, Epic, Medicare and Medicaid's Censeo Health Care Home Visits, etc...) Any professional will tell you these or their services will only work if you utilize them. In this case, I'm not selling a book or service, I'm just pointing out truth in healing modalities. An over stressed system in stress reactivity can lead to illness of any kind. My point is that we are doing all of these things well, so why does any of it matter? What, So What, Now What?

## Disabled beneficiaries in current-payment status, by diagnostic group, December 2011

Source: SSA.Gov



**Risi, G.**

“Nonspecific low back pain is a common human condition and is poorly explained by physical and radiologic findings. Chronification is mainly related to socioeconomic and cultural factors. The insistence on a medical paradigm for explanation and treatment leads to a medicalisation of social conditions and generates wrong answers to real problems.”

[Therapeutische Umschau](#). *Ravue Therapeutique* 2007 Aug;64(8):409-13. In my case it is specific. The Social Security Office clearly shows disabled workers and window(er)s in the ‘adult’ populations in arthritic conditions for payments in 2011. I bear witness to the fact more can be done to decrease that number and assist individuals like myself find a meaningful vocational call. Trust me, if you don’t like your situation in life, I’ve learned you need to CHANGE IT. Most of these healing modalities come from different background beliefs based on notions or concepts of the past. What works best for one person doesn’t necessarily work for another, hence one way of thinking and another way. It really is time to transcend concepts and notions throughout history to bring education, and healing back to the root of Human existence. Now is the only juncture we live in not the lessons from the past or an unactualized future. In the words of a famous poet...

# Thank You!



“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.” –Rumi

Similarly through this transformative educational process I know that whether looking up at the sky through a telescope or down through a microscope an old professor at my Undergraduate Alma mater wrote:

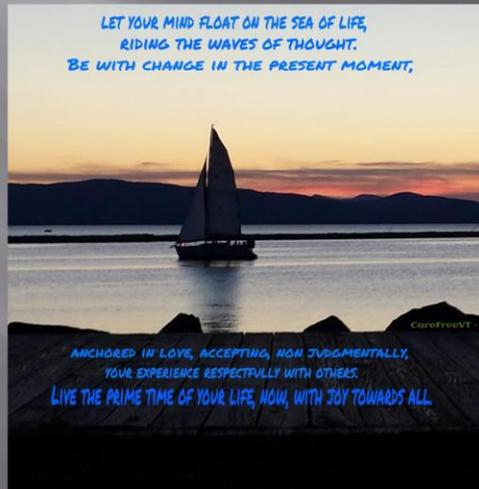
“For small creatures such as we, the vastness is only bearable through Love.” – Both Carl Sagan, Rumi and Frankl know it is only through Love, Relationship and Families “cure” is possible in the form of ‘Care’. Thank you all for your time.

If there is time, I’ll entertain a question or two...

Quote in picture, a Take off Viktor Frankl- Beacon- 2006 New York

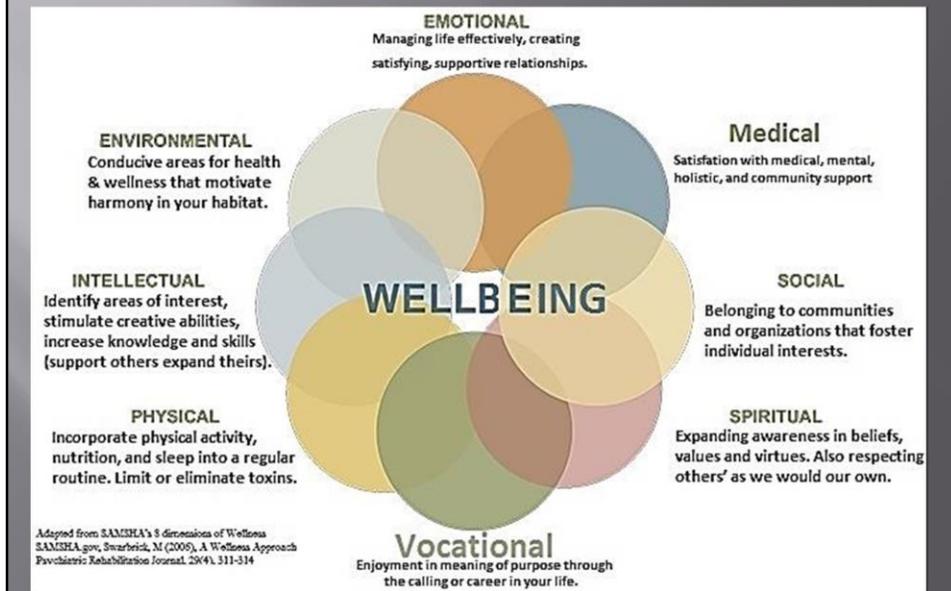
# Over 20 Years of Success

## ▣ Stress Reduction Program



Kabot-Zinn

# 8 Aspects of Wellbeing



Adapted from J.M. Witmer, T.J. Sweeney, & J.E. Myers Wheel of Wellness  
SAMHSA.gov

Should e-mail this to LBGTTQA, RU12, ALANA, Black Student Union, Active Minds, H.O.P.E. Works, People Helping Battered Women, Bernie Sanders, Patrick Leahy, Peter Welch, and others who maybe able to utilize aspects of the presentation or reference sources to their professions and programs.