Integrative Medicine

OUR MISSION

PARTNERING WITH YOU TO PROMOTE HEALTH AND HEALING IN BODY, MIND AND SPIRIT THROUGH COMPASSIONATE CARE, EDUCATION AND RESEARCH.
To UW Health Integrative Medicine

The staff of UW Health Integrative Medicine provide services that draw from both conventional and complementary medicine. We have a healing-oriented philosophy that focuses on less invasive therapies to help remove barriers that may be blocking the body’s ability to heal.

About the Program
The integrative medicine team uses a multidisciplinary approach to health care with attention to the interrelationship between mind, body and spirit. We believe that the human mind and body have essential capacities for self-repair that can be supported and enhanced by combining conventional as well as complementary therapies. We are dedicated to helping patients achieve their highest potential for wellness, regardless of their current state of health.

Services
- Assessments and recommendations for disease prevention, longevity, wellness or life enhancement.
- Assessments and recommendations for complex medical conditions such as cancer, chronic pain or fatigue, autoimmune disease, heart disease or other chronic illness.
- Mindfulness classes including an 8-week stress reduction program and advanced graduate classes. Individual sessions also available.
- Massage Therapy and Bodywork, Acupuncture, Feldenkrais Method® and Healing Touch for acute and chronic illness or for healthy lifestyle management.
- Biofeedback, hypnosis, cognitive-behavior methods to enhance health and healing. Provided by health psychologists.
- Eastern Practices Classes including Ai Chi, T’ai Chi, Yoga and Qigong.
- Healthy lifestyle management.

Insurance
Because coverage for integrative medicine services varies widely among health plans, patients are primarily responsible for payment of services. We accept payment by cash, check or credit card.

If your insurance plan offers coverage, we can assist you with recovering benefits. Contact your insurance plan for specific benefit and referral information.
Integrative Medicine Physicians/Clinic

UW Health Integrative Medicine specialists provide medical assessments for:

- People who want a recommendation for disease prevention, longevity, wellness or life enhancement
- People who have complex medical conditions such as cancer, chronic pain or fatigue, autoimmune disease, heart disease or other chronic illness

**David Rakel, MD**  
**Medical Director, UW Health Integrative Medicine**  
Dr. Rakel is an assistant professor at the UW Department of Family Medicine. He is board certified in both family medicine and holistic medicine and has completed a two year fellowship in integrative medicine. He serves on the executive committee for the Consortium of Academic Health Centers for Integrative Medicine, a group of medical schools in the U.S. and Canada focused on re-directing medical education towards a better understanding of health and healing.  
*Practice location: Research Park Clinic*

**Adrienne Hampton, MD**  
Adrienne attended Northwestern University's Feinberg School of Medicine, and completed her residency training in Family Medicine at the University of Wisconsin- Madison. She is pleased to be expanding her practice to include complementary therapies through fellowship training in integrative medicine. She aims to offer her patients the best medicine drawing on a diverse spectrum of healing traditions. Her areas of interest include yoga and meditation, as evidenced by her 200 hour yoga teacher certification, and her avid study of Zen. Adrienne is passionate about the health and wellness of medically underserved populations, including the African American and transgender communities.  
*Practice location: Research Park Clinic*

**Adam Rindfleisch, MD, MPhil**  
Dr. Rindfleisch is board certified in both family medicine and holistic medicine, and has completed a fellowship in integrative medicine. He is an assistant professor at the UW Department of Family Medicine where he has the pleasure of teaching medical students and residents.  
*Practice location: Research Park Clinic*

**Samantha Sharp, MD**  
Samantha attended the University of Nevada School of Medicine with the intention of going into family medicine, with an emphasis in integrative medicine. To learn more about alternative therapies she traveled to India which fueled an interest in acupressure and Ayurveda. Through her own healing path, Samantha has learned firsthand the importance of self-care, healing touch, and trusting your body. Her interests include hypnosis, osteopathic manipulative therapy, spirituality, and mind-body medicine. Areas of medicine that she is particularly passionate about include women's health and maternity care, chronic headaches and transgender medicine.  
*Practice location: Research Park Clinic*

**Naturopathic Consults**

Naturopathy blends centuries-old natural, non-toxic therapies with current advances in medicine, covering all aspects of health from prenatal to geriatric care.

**Robin DiPasquale, ND, RH(AHG)**  
Dr. DiPasquale is a board certified doctor of naturopathic medicine and registered herbalist. She has been practicing since 1995. Using the naturopathic principles, she supports patients in their healing process on the physical, mental, emotional, and spiritual levels. She is a clinical associate professor in the department of biobehavioral nursing and health systems at the University of Washington in the CAM certificate program, and adjunct faculty at Bastyr University. In the area of botanical medicine, she is published nationally and internationally, and teaches throughout the U.S. and in Italy. Dr. DiPasquale is an anusara influenced yoga teacher.  
*Practice location: Research Park Clinic*
Mindfulness/Stress Reduction

RESEARCH PARK CLINIC

Mindfulness meditation is the art of paying attention, of listening to your heart. Rather than withdrawing from the world, mindfulness can help you enjoy it more fully, effectively and peacefully.

Katherine Bonus, MA
Manager, UW Health Mindfulness Programs
Katherine founded the UW Health Mindfulness Program in 1993. She began practicing meditation in 1976 and has studied and trained in both Christian and Buddhist Contemplative Traditions. She completed the professional certification teacher training program at the University of Massachusetts Medical School Center for Mindfulness in Medicine, Health Care and Society. Since 2008, she has been a collaborator with the Center for Investigating Healthy Minds participating in mindfulness trainings and research in education.

Carmen Alonso, PhD
Carmen Alonso is a clinical psychologist and scientist with an interest in research and a commitment to the integration of mindfulness in the practice of psychotherapy. She has completed the professional training program with the Center for Mindfulness at the University of Massachusetts Medical Center. Carmen has an interest and commitment to the integration of the practice of mindfulness with those experiencing cancer, pregnancy and childbirth.

Diana Grove, BS, RN
Diana Grove has been practicing mindfulness meditation since 2002. She has completed the professional training program with the Center for Mindfulness at the University of Massachusetts Medical Center. Diana has been an adult educator for over twenty years. She has an interest in the integration of mindfulness in living with chronic illness, mindful parenting and smoking cessation.

Laura Pinger, MS
Laura completed the Mindfulness Based Stress Reduction Professional Training at the University of Massachusetts Medical School Center for Mindfulness in Medicine. She has been teaching with UW Health since 2004. Laura is an Outreach Specialist for Center for Investigating Health Minds and is the primary liaison between the CIHM and local school systems in the development of educational programming and curriculum focused on mindfulness meditation. Her interests include mindfulness in relationships, parenting practices and children.

Lori Gustafson, MS
Lori completed the professional training program with the Center for Mindfulness at the University of Massachusetts Medical Center. She participated in the CARE training program (Cultivating Awareness and Resilience in Education) based at the Garrison Institute in New York, 2009-2011. Her interests include working with teachers and students to discover ways to cultivate awareness, patience, and compassion.

Kristi Rietz, OTR/L, RYT, CTI
Kristi Rietz has been practicing mindfulness meditation since 1988 and completed the professional training program with the Center for Mindfulness at the University of Massachusetts Medical Center. She has an interest in the integration of mindfulness in living and working with chronic pain, chronic illness and addictions. Certified in T’ai Chi, and registered as a Yoga teacher, Kristi teaches mindfulness, yoga, and T’ai Chi at the Veterans Administration Hospital.

Chris Smith, MDiv, CMFT
Chris Smith has attended professional trainings for Mindfulness Based Stress Reduction at the University of Massachusetts Medical Center and at the Insight Meditation Society in Barre, MA. He is a clinical member of the Association of Marriage and Family Therapists and is a Certified Marriage and Family Therapist in the State of Wisconsin.

Heather Sorensen, LCSW
Heather Sorensen teaches Mindfulness for Teens in the UW Health Mindfulness Program. She has practiced meditation and yoga since 1999. She completed the Youth Meditation Teacher Training with Cator Sanchoy in San Francisco, California, and completed the Mindfulness Based Stress Reduction Professional Training Program at the Center for Mindfulness, University of Massachusetts Medical School. She is a Licensed Clinical Social Worker in private practice, specializing in mindfulness-based psychotherapy with children, adolescents and young adults. Her interests include mindfulness in schools and in parenting.

COMPASSIONATE CARE
Mindfulness/Stress Reduction, continued

**Acupuncture**

Acupuncture, which is a part of Traditional Chinese Medicine, consists of the gentle insertion and stimulation of thin, disposable, sterile needles at strategic points near the surface of the skin. Acupuncture is effective for many acute and chronic illnesses. It stimulates the natural healing process of the body to restore health and healing.

**Amy Crielair, M.Ac., Dipl. Ac., CA**
Amy Crielair is nationally and state certified in acupuncture as well as credentialed in the specialty of treating addiction by the National Acupuncture Detoxification Association. Working with all levels of health and illness, she helps people speed their recovery time after surgery or other inpatient procedures. Her gentle, Japanese style of treatment addresses all levels of physical and emotional pain, including aiding in the healing after surgical procedures or trauma and reducing side effects from medication. Amy's treatments also help patients increase their strength and energy levels as they heal.

*Practice location: UW Hospital Inpatient*

**Dan Cubacub, CA**
Dan is nationally board certified and state certified in acupuncture and has been practicing Traditional Chinese Medicine since 1984. He uses a variety of therapeutic techniques including acupuncture, herbal medicine, body therapy and lifestyle counseling. Dan remains devoted to the promotion of self-responsibility in the cultivation of one's health and well-being.

*Practice location: Research Park Clinic*

**Mihal Davis ND, CA**
Mihal Davis is nationally board certified and state certified in acupuncture. She specializes in gentle, Japanese style acupuncture. Mihal works with people to explore all levels of their being – physical, mental, emotional and spiritual – to find the causes of their imbalance or disease and to help them move towards wellness and wholeness. Mihal is a board certified Doctor of Naturopathic Medicine.

*Practice location: UW Carbone Cancer Center – must be a patient of the UW Carbone Cancer Center*

**Kelly Hora, CA**
Kelly Hora is a national board certified and state certified acupuncturist specializing in Japanese and Five Element Acupuncture with a gentle touch. Kelly's patients receive acute care for their symptoms while learning how to prevent chronic illness and manage stress. Kelly is experienced helping people with anxiety, depression and trauma recovery in addition to physical conditions. She uses acupuncture, gentle bodywork, and lifestyle education to assist the healing process.

*Practice location: UW Carbone Cancer Center – must be a patient of UW Carbone Cancer Center.*

**Colleen Lewis, CA**
Colleen is a national board certified and state certified acupuncturist. Her journey into oriental medicine began in 1984 with the study of Taijiquan (T'ai Chi) and Qi gong (Chinese therapeutic exercise). She employs a variety of therapies including acupuncture, medical Qi gong, yin bodywork, lymphatic drainage, and education to assist a person’s healing processes.

*Practice location: Research Park Clinic*

**Michael Waupoose, LCSW**
Michael has completed the Mindfulness Based Stress Reduction professional training program with the Center for Mindfulness at the University of Massachusetts Medical School. In addition, he has completed the professional training in Mindfulness Based Relapse Prevention at the UC San Diego Center for Mindfulness. He is a Licensed Clinical Social Worker and Certified Substance Abuse Counselor with over 25 years of experience working in the addictions profession. Michael's interests include the role mindfulness plays in quality of life issues and its integration in the treatment of substance abuse problems.

**Sandy Wojtal-Weber, MSSW**
Sandy Wojtal-Weber has been practicing mindfulness meditation since 2003. She is a Licensed Clinical Social Worker and a professional photographer. Her interests lie in exploring and expanding pathways for practicing mindfulness in our daily lives through the use of creative arts, especially, photography. Sandy offers classes based on practices of Miksang Contemplative Photography training.

**HEALTH AND HEALING**
Healing Touch

Healing Touch is non-invasive therapy that can be included as part of a holistic approach to self-care. This gentle practice may provide the recipient with mental calmness and an improved sense of well-being.

Jan Manthey, RN, Certified Healing Touch Practitioner
Jan has been an oncology nurse since 1982 and has been using Healing Touch since 1996. Jan combines her nursing and Healing Touch background to develop a holistic approach to addressing the physical, emotional, mental and spiritual needs of each person that she sees. She works with clients of all ages and is a member of the American Holistic Nurse’s Association and Healing Touch International.
Practice location: Research Park and UW Hospital Inpatient

Karen Allaire, RN, MS, Certified Healing Touch Practitioner
Karen is a registered nurse, a certified Pediatric Nurse Practitioner and a certified Healing Touch Practitioner. She brings a strong interest in the connection between the body, mind and spirit to her clients and their families. She has been studying and practicing biofield energy therapies since 1996. She works with clients of all ages and is a member of the American Holistic Nurse’s Association and Healing Touch International.
Practice location: Research Park and UW Hospital Inpatient

Katie Akre, RN, Certified Healing Touch Practitioner
Katie is a registered nurse and Healing Touch Certified Practitioner with seven years of oncology nursing experience at UWHC. During that time, she saw how Healing Touch helped her patients cope with their cancer diagnosis and treatment on a physical, emotional, mental, and spiritual level. She is an Oncology Certified Nurse and a member of Healing Touch Professional Association.
Practice location: UW Carbone Cancer Center – must be a patient of UW Carbone Cancer Center, UW Hospital Inpatient

Massage Therapy and Bodywork

Massage therapy and bodywork can assist those with pain and dysfunction in their bodies, and it can be a positive addition to those seeking to live a healthy lifestyle.

Michael Johnson, MA, LMT, LAT Integrative Medicine Services Coordinator
Michael has been a nationally certified athletic trainer since 1986, and a nationally certified massage therapist and bodyworker since 2000. He has had a long interest in helping others with pain and bodily dysfunction, and brings a diverse background and experience to his practice. He specializes in the John F. Barnes method of myofascial release.
Practice location: Research Park Clinic

Deidre Buckingham, LMT, PTA
Deidre has been practicing massage therapy since 1996 after graduating from the Chicago School of Massage Therapy. She utilizes a variety of massage therapy techniques, including John F. Barnes Myofascial Release, to facilitate the whole body to heal from trauma, injury, poor posture, inflammation and chronic stress. Deidre also uses her training as a physical therapist’s assistant and yoga instructor to educate clients and empower them to bring balance and health into their lives.
Practice location: Research Park Clinic

Natasha Bulat, LMT
Natasha began her massage therapy career in 1982 in Soviet Union, Kazakhstan. She continued her career/education in Kurdistan, and relocated to the US in 2001. She combines massage therapy with physical education for both adults and children. She believes that massage therapy is part of healthy healing by supporting and rejuvenating the body. Practicing techniques include Swedish massage, hot stone therapy, deep tissue, chair massage, and more.
Practice location: UW Hospital Inpatient

Diane Kahler, LMT
Diane started her career in massage therapy in 1981. She has completed comprehensive study and personal exploration in various bodywork therapies, nutrition, herbology and aromatherapy. Diane is dedicated to providing a variety of forms of natural therapy that help to bring balance into the lives of people who seek relief and better health. Diane received her certification as a practitioner of clinical aromatherapy in 2005.
Practice location: Research Park Clinic
The Feldenkrais method® is based on current understanding of the neurological and kinesthetic processes involved in learning movement skills. Through this practice you can increase your ease and range of motion and rediscover your innate capacity for graceful, efficient movement. These improvements will often enhance your overall functioning in other aspects of your life.

Hagit Vardi, MA
Hagit joined the UW Health Integrative Medicine program in 2005. Her work includes individual sessions and group classes for those who suffer from musculoskeletal and neurological disorders, trauma, cancer and cardiac conditions. In addition to her Feldenkrais certification by the Feldenkrais Guild of North America, Hagit is a graduate of The Anat Baniel Method for Children Mastery Program and the Anat Baniel Method for High Performers Mastery Program.

Practice locations: Research Park Clinic

Health Psychology

RESEARCH PARK CLINIC

Janice Singles, PhD
Dr. Singles is a clinical faculty member at the UW School of Medicine and Public Health. She is a licensed clinical psychologist and specializes in pain management, coping with and managing health problems, biofeedback, clinical hypnosis and stress management.

Shilagh Mirgain, PhD
Dr. Mirgain is a clinical faculty member at the UW School of Medicine and Public Health and a licensed clinical psychologist. She specializes in coping with and managing medical illness and injuries, sports psychology, biofeedback, pain management and stress management.
Eastern Practices

RESEARCH PARK CLINIC

Karla Bock, BS
 Karla has an undergraduate degree in Exercise Science from the University of Wisconsin - Eau Claire. She is an Exercise Specialist with the UW Health Sports Medicine Center. She has been teaching movement and developing exercise programs for all ability levels since 1987. Karla began her yoga journey in 2006 and teaches Power Flow Yoga.

Nansi Jo Colley, PhD
 Nansi is a certified Svaroopa® Hatha Yoga instructor who has taught at UW Health since 1995. She is also a Yoga Therapist through Svaroopa®. Nansi is an associate professor at the UW Department of Ophthalmology and Visual Sciences.

Pat McCorkle
 Pat began practicing Kundalini Yoga in 1984 under the guidance of Yogi Bhajan and has been teaching at UW Health since 1987. She studied in New Mexico and Florida and is certified by 3HO, an Yogic educational organization.

Blair Mathews, EdD
 Blair Mathews has practiced T’ai Chi since 1969. He has taught at UW Health since 1994. Blair is a UW Emeritus professor and has an EdD in Counseling Psychology. He has experience in counseling, teaching and program development.

Joan Severson
 Joan Severson has practiced T’ai Chi since 1995 and has been an instructor at UW Health since 2002. Joan’s area of interest is adapting T’ai Chi for people of all ability levels. She is certified as a T’ai Chi instructor and currently instructs the Adaptive T’ai Chi programs.

Paul Novak, PhD
 Paul Novak has trained in Yoga, Qigong, Pilates and T’ai Chi, in addition to being a first-degree black belt in martial arts. He has been teaching at UW Health since 1998. He has an interest in combining various practices to help people achieve their goals. Paul also has a PhD in Educational Policy Studies.

Integrative Medicine Locations

Locations
 UW Health Research Park Clinic 621 Science Drive Madison, WI 53711
 UW Hospital – Inpatient 600 Highland Avenue Madison, WI 53792
 UW Carbone Cancer Center 600 Highland Avenue Madison, WI 53792
 American Family Children’s Hospital 1675 Highland Ave Madison, WI 53792

Hours
 Hours vary depending on the service provided. Evening and weekend appointments are available for some services.

(608) 262-WELL (9355)
 For the following:
 • Integrative Medicine Clinic
 • Naturopathic Consults
 • Mindfulness/Stress Reduction
 • Massage Therapy and Bodywork
 • Acupuncture
 • Healing Touch
 • Feldenkrais® Method
 • Health Psychology
 • Eastern Practices

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*Not all services are available at all locations