



SAMUELI INSTITUTE

EXPLORING THE SCIENCE OF HEALING



THE SCIENCE OF HEALING



At Samuelli Institute, we believe that the mission of health care is broader than the current focus on curing disease. We need a science of healing. In our view, healing and curing are not the same. We believe that to cure is to successfully treat a disease or illness, while to heal is to recover, repair and restore a person's sense of function and wholeness.

“Mainstream health care has traditionally operated from a ‘cure the disease’ model; it is now time for the creation of a model of health care that encompasses both healing and curing. At Samuelli Institute, we are engaged in building the foundation for this new model through the science of healing.”

Wayne B. Jonas, MD | CEO and President, Samuelli Institute



HEALING is the physical, mental and spiritual processes that retain, recover and restore health. Healing provides for flourishing in the midst of disease, maintaining wellness, enhancing function before, during and after illness or injury, and returning to wholeness.

SAMUELI INSTITUTE



OUR VISION is a world in which healing is the formative concept for achieving and maintaining wellness and ameliorating chronic disease.

OUR MISSION is to transform health care through the scientific exploration of healing.

Samueli Institute is a non-profit research organization supporting the scientific investigation of healing and its role in medicine and health care.

Founded in 2001 by Henry and Susan Samueli, the Institute is advancing the science of healing worldwide. Samueli Institute's focus includes research on integrative medicine, optimal healing environments, the role of the mind in healing, behavioral medicine, health care policy, and military and veterans health care.

OUR VALUES

Service to the Public: As a non-profit service organization, Samueli Institute serves as a facilitator of research on healing—making discoveries, developing relationships, conducting research and building a rigorous science that results in shared knowledge, improved patient care and healthful living.

Scientific Exploration: Samueli Institute supports science grounded in observation, investigation and analysis and has the courage to ask challenging questions within a framework of systematic, high-quality research methods and the peer-review process.

Integrity in All We Do: Samueli Institute acts with the highest respect for the public it serves by ensuring transparency, responsible management and ethical practices.

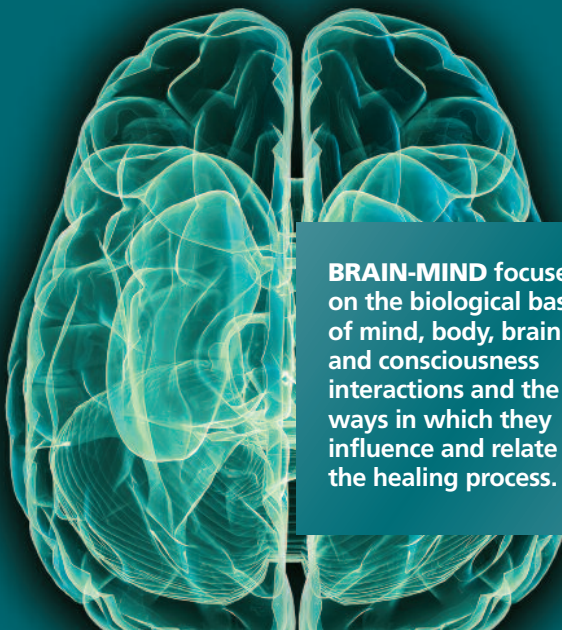
BRAIN-MIND & HEALING RESEARCH

Samueli Institute is dedicated to exploring how the mind, body, brain, spirit and consciousness interact and influence wellness and healing. Clinical scientific evidence supports the premise that healing may be enhanced by various mind-body and spiritual practices, clinical encounters between patients and health care providers, and interactions with the environment. Built upon funding from the Laurance S. Rockefeller Trust, the Brain-Mind & Healing Research is broad in scope and seeks to translate basic and clinical studies to current and future medical practices. Areas of study include the role of placebo effects, spirituality and mind-body approaches (such as yoga, meditation and tai chi) in healing. The research is aimed at evolving a new paradigm of patient-centered, healing-based health care.

Recent Research Studies Include:

- ◆ Tools for measuring spiritual experiences
- ◆ Neurological mapping of consciousness
- ◆ Impact of dietary supplements on brain health

The Institute is developing research methodologies for assessing various aspects of consciousness and spirituality. This pioneering research is paving the way for a more informed integration of mind-body practices with conventional medical interventions.



BRAIN-MIND focuses on the biological basis of mind, body, brain and consciousness interactions and the ways in which they influence and relate to the healing process.

MILITARY MEDICAL RESEARCH



COMPLEMENTARY AND ALTERNATIVE MEDICINE includes medical and health care systems, practices and products that are not presently part of conventional medicine in the United States. Complementary is used in conjunction with conventional medicine. Alternative is used in place of conventional medicine.

Samueli Institute collaborates with the U.S. military, the Veterans Health Administration and academic institutions across the country to explore military applications for non-pharmaceutical and non-surgical approaches to healing.

As the nation's largest military medical research program focusing on complementary and integrative medicine, the Institute's work includes a robust portfolio of programs in pain and chronic disease management, stress disorders, human performance enhancement and resilience. Select studies have explored:

- ◆ Dietary supplements to enhance performance and stimulate recovery from traumatic brain injury
- ◆ Acupuncture, a minimally-invasive therapy, as an adjunct to standard emergency care for acute pain
- ◆ Yoga and acupuncture to treat post-traumatic stress disorders
- ◆ Biopsychosocial training programs for self-management of stress

Through these programs, we identify, describe and evaluate practices of potential benefit; assess how they work in real-life settings, including military medical centers, veterans medical centers and civilian environments.

OPTIMAL HEALING ENVIRONMENTS RESEARCH

Launched in 2003, the Optimal Healing Environments (OHE) program seeks to build the knowledge base of health care practices that influence *the process of recovery, repair and return to wholeness*. OHE is unique in that it encompasses all of the organizational, behavioral and physical conditions that contribute to healing. Program goals include developing a business case for OHE to facilitate its widespread adoption, and translating relevant knowledge on OHE into practical usable tools.

Research is conducted in real-world settings, including hospitals, outpatient clinics, workplaces, and among specialized populations to demonstrate how healing translates directly into current health care practice.

Health care organizations adopting OHE approaches have realized considerable benefits, including increases in patient satisfaction, shorter lengths of stay, improved patient outcomes, better staff recruitment and retention, and lower costs.



SEVEN OHE DOMAINS THAT IMPACT HEALING

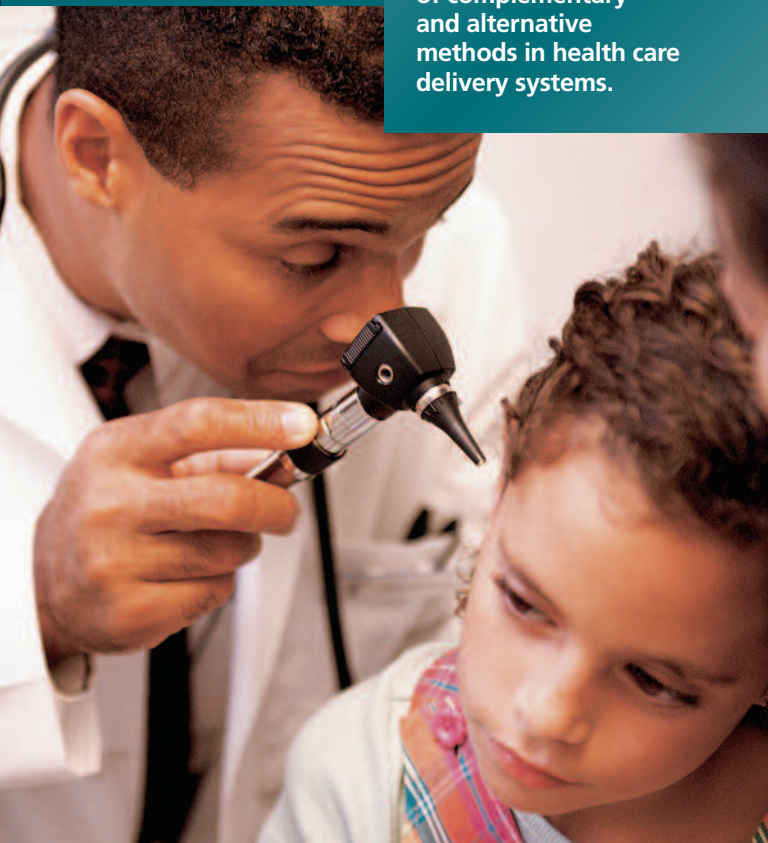
- ◆ Developing healing intentions
- ◆ Experiencing personal wholeness
- ◆ Cultivating healing relationships
- ◆ Creating healing organizations
- ◆ Practicing healthy lifestyles
- ◆ Applying integrative health care
- ◆ Building healing spaces

INTEGRATIVE MEDICINE RESEARCH

Samueli Institute collaborates with U.S. governmental agencies, universities and other non-profit organizations in researching integrative medicine and health care practices. Central to this objective is the RAND/Samueli Program in Integrative Medicine Policy Research. This research seeks to improve private and public decision making by supplying policymakers and the public with empirical data and analysis exploring the impact of complementary, alternative and integrative health care.

The Institute's growing body of research has proved valuable in assessing how policies tied to regulation, quality of care, financing and integrative therapies influence the health care system's performance.

INTEGRATIVE MEDICINE is the coordinated and systematic combination of complementary and alternative methods in health care delivery systems.



HEALTH BEHAVIOR RESEARCH & EDUCATION



LIFESTYLE CHOICES

- ◆ 70% of premature death is lifestyle related.
- ◆ 50% of all illnesses and injuries in the last third of life can be eliminated by changing lifestyle.

Samueli Institute conducts research in partnership with governmental and private organizations to assess the impact of education, diet, physical activity and behavior change on chronic conditions, injuries and overall wellbeing. This research seeks to contribute information on how individuals can experience physical and mental wellness at all ages, learn to prevent and manage chronic illness, and enhance performance.

“Lifestyle changes empower the individual, emphasize personal responsibility and can be as or more effective than drugs and surgery in treating and not just preventing many chronic diseases—at considerably lower cost. For example, comparative effectiveness research has shown that lifestyle beneficially affects the progression of coronary heart disease, diabetes, stroke, obesity and cancer.”

— *Samueli Institute’s Wellness Initiative for the Nation*

SPECIAL PROJECTS FROM THE INNOVATION FUND

Samueli Institute provides funding for innovative projects demonstrating the potential to transform health care through the scientific exploration of healing. Special projects include:

Conversations in Healing: A lecture series that brings together scientists, health professionals, researchers, health policymakers, academicians and the public for discussions about innovative approaches to health and wellness.

Wellness Initiative for the Nation (WIN): Policy efforts to include wellness, prevention, self-care and integrative health care in the health reform agenda.

Traditional Medicine: Rigorous research and evaluation serve as a foundation for efforts to determine the value and effects of traditional and indigenous healing practices on conditions of global significance.

Health Care Disparities: Research initiatives on how integrative health care may reduce health disparities in special populations such as the aging, minorities and the underserved.



INFORMATICS, DATA MANAGEMENT & ANALYSIS



Samueli Institute is dedicated to providing vital informatics, data management, connectivity and information technologies to support all of the Institute's research programs and initiatives. The Informatics, Data Management and Analysis network serves as the backbone for the research tools and methodologies needed to investigate innovative approaches to health, healing and wellness.

Highlights from Samueli Institute Research 2001-2009

- ◆ Funded approximately **120** research projects at more than **50** universities and institutions globally.
- ◆ Established three offices with the following emphases:
 - Alexandria, Virginia
Central Operations and Government Programs
 - Corona del Mar, California
Integrative Medicine Programs
 - Frankfurt-Oder, Germany
Consciousness and Spirituality Studies
- ◆ Published more than **360** articles in peer-reviewed journals, **15** books, **65** book chapters and made over **360** presentations
- ◆ Supported or conducted **34** scientific conferences and meetings and published **12** proceedings
- ◆ Produced **7** other special issues and supplements for journals: *Explore: The Journal of Science and Healing, Integrative Cancer Therapies, Pain Physician, Journal of Alternative and Complementary Therapies, Alternative Therapies and Military Medicine.*

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**RAND/SAMUELI PROGRAM IN
INTEGRATIVE MEDICINE
POLICY RESEARCH**

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Samueli Institute is a non-profit 501(c) (3) organization that receives philanthropic support from private individuals, corporations, other charitable organizations and government grants. All donations to the Samueli Institute are tax deductible to the extent allowable by federal and state regulations.

www.SamueliInstitute.org