

*in*Touch

The magazine for the University of Western States community.



Winter/Spring 2023



UNIVERSITY of
Western States

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UNIVERSITY of
Western States

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UNIVERSITY of WESTERN STATES



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Winter/Spring 2023

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A large, stylized logo consisting of the letters 'W' and 'S' intertwined, enclosed within a circular border. The logo is rendered in a light purple color against a dark purple background.

W&S

UNIVERSITY *of*
Western States

President's Message



Joseph Brimhall, DC
UWS President and CEO

Welcome to the *inTouch!* This issue focuses on the **changes and new realities** that are impacting higher education, and how UWS is preparing to adapt and flourish in this era of evolving digital information and knowledge revolution.

A primary constructive disrupter is collaboration and cooperation. Collaboration is working together with peers and colleagues to reach shared goals and aspirations. *Radical collaboration* takes this to a new level where we actively pursue partnerships and opportunities for mutual growth and development.

The UWS community has identified *radical collaboration and cooperation* as critical components necessary for the advancement and development of the university. Actively engaging with like-minded institutions and associates supports the UWS mission:

To advance the science and art of integrated health care through excellence in education and patient care.

Recent UWS *radical collaborations* include our affiliation with **The Community Solution Education System (TCS)**, the **Institute for Functional Medicine**

(IFM), and **Marimn Health**, a Federally Qualified Health Center (FQHC).

The Community Solution Education System (TCS) is an affiliation of independent, nonprofit, accredited colleges and universities that delivers enhanced innovation, integration, and *radical collaboration* to advance student success, optimize community impacts, and enhance higher education outcomes. Through this affiliation, UWS more effectively and efficiently focuses resources on serving students and employees, enriching existing academic offerings, and exploring innovative academic offerings. Collaboration with TCS and its member institutions cultivates the trailblazing spirit, encouraging creativity and originality to deliver significant benefits for our entire community.

I invite you to engage with us as we build new alliances and *radically collaborate* to create pioneering opportunities. As always, I welcome and value your feedback, your suggestions, and your support.

Sincerely,

Joseph Brimhall, DC
President and CEO

UWS Happenings



University of Western States Becomes Sixth Institution to Join TCS Education System

The Nonprofit System uses a Collaborative Model that is Distinct in Higher Education

University of Western States has partnered with TCS Education System, a national nonprofit system of colleges and universities. This partnership marks a new era of innovative interdisciplinary health education that will benefit students and faculty at UWS and strengthen the TCS community.

Since its founding in 2009, TCS has expanded from one college to a system that encompasses

six colleges and universities and serves the aspirations of nearly 14,000 students annually across 13 campus locations and online. TCS Education System's universities work collaboratively to build strategic partnerships and leverage economies of scale to advance institutional sustainability, student success, and community impact for colleges and universities.

“For more than a decade, our leadership has been exploring a new model to elevate our future, and following a period of due diligence, it became clear that TCS was the best choice,” said UWS President Joseph Brimhall. “As part of TCS Education System, we look forward to working closely with other like-minded institutions to grow and strengthen our community. This

partnership will advance our ability to serve our 1,100 students as they pursue careers in the rapidly growing field of integrative health, and we look forward to contributing to the proven success that TCS has already demonstrated in interdisciplinary health care education. For UWS, joining TCS Education System brings top-level expertise in functional areas and access to enterprise-level systems, which will deliver a better experience for students, faculty, and staff.”

As members of TCS Education System, colleges work with operational experts and peers across the System to develop innovative solutions to common challenges. By joining the System, UWS will have access to expertise and enterprise systems often unavailable to institutions its size. These benefits will enhance the student experience and strengthen administrative structures, resulting in enrollment growth and improved student outcomes.

“We’re excited to welcome University of Western States to TCS,” said TCS President Michael Horowitz. “UWS is a high-caliber university whose mission and values are closely aligned with our own. Their commitment to interdisciplinary rigor, student success, and innovation has propelled them on an upward trajectory for more than a century. UWS’ culture embodies TCS Education System’s values of collaboration, inquisitiveness, resourcefulness, equity, and student focus and they are a natural and exciting addition to our community. We look forward to working in close collaboration with UWS leadership to advance opportunities for their university while also strengthening the entire TCS System in ways that benefit the students and communities we serve.” •

About TCS Education System:

TCS Education System (TCS) is an integrated, nonprofit system that works collaboratively to advance institutional sustainability, student success, and community impact. Founded in 2009, the System consists of six distinct communities—The Chicago School of Professional Psychology, Pacific Oaks College & Children’s School, The Colleges of Law, Saybrook University, Kansas Health Science Center – Kansas College of Osteopathic Medicine, and the University of Western States. TCS utilizes strategic partnerships to foster economies of scale, academic innovation, risk mitigation, and resourceful business solutions to maximize students’ educational experiences. To learn more, visit www.tcsedsystem.edu.

Dr. Ted Laurer Retires From UWS



Please join us in congratulating, Ted Laurer, DC, associate professor, chiropractic sciences on his retirement from University of Western States!

“I would like to express the upmost gratitude to all of my colleagues at the university,” said Dr. Laurer. “It has been a privilege to be a part of the UWS community all these years and immensely rewarding working with the staff and students. To play a role in the growth of our institution, the quality of education of our students and the advancement of the profession has been a wonderful journey. I will take so many great memories with me. Thank you, everyone.”

Continued on next page

UWS Happenings *Continued*

Dr. Laurer retires after 25 years of teaching students in the UWS doctor of chiropractic (DC) program.

“During Dr. Laurer’s tenure, he has taught first-, second-, and third-year DC students hands-on skills in a variety of technique labs,” said Martha Kaeser, DC, UWS dean, college of chiropractic. “Dr. Laurer exemplifies the UWS core values and what it means to be student-focused and professional. He has positively impacted the lives of many chiropractic students and physicians over the years.” •

UWS Doctor of Naturopathic Medicine Degree Program Collaborates with the Institute for Functional Medicine

University of Western States and the Institute for Functional Medicine (IFM) are pleased to announce their joint collaboration to integrate the functional medicine curriculum into the UWS doctor of naturopathic medicine (NMD) degree program, enrolling its first class in fall term 2023.

“This collaboration with the Institute of Functional Medicine benefits our doctor of naturopathic medicine students and the patients they serve with an organizational structure designed to address the complex needs of people with acute and chronic health dysfunction,” said

Dr. Marcia Prenguber, dean of the naturopathic medicine program. “With this integration of curricula, UWS doctor of naturopathic medicine (NMD) graduates complete the requirements to qualify for jurisdictional licensing and complete the IFM training requirements to qualify for the IFM certification examination.”

Naturopathic medicine and functional medicine are evidence-informed, patient-centered approaches to achieving and maintaining optimal health and well-being by addressing the root cause of dysfunction, not simply suppressing symptoms. Functional medicine’s focus on understanding each individual patient’s genetic, environmental, and lifestyle influences complements naturopathic medicine and integrates its full scope of assessments and treatment modalities.

The UWS mission is to advance the science and art of integrated health care through excellence in education and patient care. This collaboration with the Institute for Functional Medicine aligns with the university’s mission and prepares health care professionals to address individual patient concerns.

“Functional medicine and naturopathic medicine share a common focus on patient-centered care,” said Amy R. Mack, MSES/MPA, IFM chief executive officer. “IFM is honored to support the naturopathic medical students of UWS through the integration of functional medicine curriculum, faculty training, and

scholarship to ensure confident and successful practitioners of naturopathic medicine.”

“UWS is proud to extend its long-standing partnership with IFM to include the doctor of naturopathic medicine degree program. By embracing a whole-person approach to optimizing health and well-being, UWS graduates bring unique competencies to the field of modern health care,” said President Dr. Joseph Brimhall. •

UWS NMD Program Overview

The UWS NMD curriculum is a 14-quarter doctoral degree program, taught year-round on the UWS campus. Students complete the program in 42 months (three and a half calendar years). The curriculum includes anatomical sciences, physiology, pathology, clinical nutrition, botanical medicine, physical medicine, and pharmacology, to provide graduates with a broad array of modalities and procedures for the clinical care of patients. Clinical competencies are assessed through a variety of evaluations including standardized patient experiences and are applied in clinical practice through various patient care settings.

Ebling, O’Hana Named UWS Faculty Member of the Year

Congratulations to the recipients of the inaugural UWS Faculty Member of the Year award, [Carrie Ebling, DC, LMT](#), from the UWS college of chiropractic and [Amy O’Hana, PhD, LPC](#), from the UWS college of graduate studies.

“I’m so grateful to have been selected by my peers for this award,” said Dr. Ebling. “The



Carrie Ebling, DC, LMT

support of administration has allowed me to further my education in teaching methods, which I have had the freedom to implement in the classroom to increase student engagement. I am truly honored and love that I get to share my passion for chiropractic with so many amazing students.”



Amy O’Hana, PhD, LPC

“I’m incredibly honored and grateful to receive this award, and like any great endeavor, it did not happen alone,” said Dr. O’Hana. “Everything I know, someone else taught me. Everything I do, someone else mentored me for. I teach at a cutting-edge university, in an innovative program, with supportive colleagues and rock-star students. It means so much to receive this award, but even better, the connections I’ve made along the way have made my work a JOY, not a job.”

The Faculty Member of the Year award was developed to recognize faculty contributions and successes based on peer nominations. Faculty nominated Dr. Ebling and Dr. O’Hana for their demonstration of the student-focus core value of UWS.

“We are proud to congratulate the recipients of the inaugural UWS Faculty Member of the Year award representing the college of chiropractic and college of graduate studies,” said Dr. Dana Sims, UWS provost. “Both Dr. Ebling and Dr. O’Hana were nominated

by their peers for their clear commitment to our student-focused core value and are so deserving of this recognition. We celebrate these members of our faculty and the tremendous work they do in preparing our students!” •



HNFM Program Academic Accolades

The UWS human nutrition and functional medicine (HNFM) program recently earned some top accolades! [Intelligent.com](#) named the HNFM program to their Best Online Nutrition Programs of 2023 list (at No. 4), and Affordable Schools named the program to their Affordable Online Master’s Degrees in Nutrition-Related Studies list (at No. 11).

Check out the full rankings:

[Intelligent.com rankings](#)

[Affordable schools rankings](#) •



UWS Faculty Honored for Award-Winning Paper

UWS is proud to recognize [Kara Burnham, PhD](#), professor, basic sciences, [Suzanne Lady, DC](#), associate professor, chiropractic sciences and [Cecelia Martin, PhD](#), director, academic assessment, for their recent award-winning paper.

The three entered their presented paper, “Awareness of LGBTQ+ health disparities: A survey study of complementary integrative health providers,” in the Chiropractic Educators Research Forum Best Paper Awards Contest and was recently selected as one of the award recipients for the conference.

As selected winners, their paper will be published in the Journal of Chiropractic Education (JCE), and they will receive the honor as chosen members of the JCE editorial board for one year. •



Building Consulting Skills for Sport and Performance Psychology

An International Case Study Collection

Edited By Sarah L. Castillo, Chelsea Butters Wooding, Douglas A. Barba, Stilian "Ani" Chroni

Castillo Lead Editor for New Sport and Performance Psychology Title



Congratulations to [Sarah Castillo, PhD, CMPC](#), UWS sport and performance psychology director, for her lead editor role in developing the new book, “Building Consulting Skills for Sport and

Performance Psychology: An International Case Study Collection.” The book is an international compilation of case studies that introduces students and early career professionals to pertinent issues within a variety of performance environments.

[Learn more and read the title here.](#) •

Brown Recognized as Top Chiropractor in Portland Area



UWS would like to recognize [Kate Brown, DC](#), associate professor, clinical education, as she was recently chosen by her peers as a [Portland area top chiropractor](#). Dr. Brown has a

private practice, [West Coast Wellness](#), in southeast Portland, where she sees pediatric and perinatal patients.

Dr. Brown originally came to Oregon to attend Lewis and Clark College for her bachelor’s degree and then went on to obtain her doctor of chiropractic degree from UWS. As an associate professor, Dr. Brown teaches courses in subjects including evidence-informed practice, physical diagnosis and documentation. •



Fuller Published in Naturopathic Newsletter

[Leslie Fuller, ND](#), UWS associate professor, clinical sciences; human nutrition and functional medicine instructor, was recently profiled by Gaia Herbs for their newsletter, “Sage.” In her interview, Dr. Fuller discusses how her work is built upon the pillars of nutrition, sleep, stress and daily movement and their effects on overall wellness and more.

“Integrative medicine allows for both the exploration of the human body as well as plants, said Dr. Fuller. “So it’s a really cool combination of those two biological pieces that I’ve always been thrilled by.”

See Dr. Fuller’s article on the [Sage By Gaia website](#). •



SABCA Leads Campus Efforts to Address Food Insecurity for Local Children

With nearly 100 bags of food assembled for local kids and an additional 150 pounds of non-perishable food items collected, the UWS Student American Black Chiropractic Association (SABCA) Club Food Drive was a big success! During winter quarter, members met to organize food sacks and create cards with inspirational messages to be included in all the bags. All food was donated to [Portland Backpack](#), a non-profit that serves children “who are at risk of hunger by providing food sacks for weekend days when food scarcity is higher.”

“Thanks to the entire campus community for helping with the SABCA food drive. We hope to do this again next year,” said Jamiah Lewis, SABCA president.

For more information about how you can support the UWS SABCA chapter, contact club advisor, Bola Majekobaje at bmajekobaje@uws.edu. •

Debner Selected as Chair-Elect for Medical Library Association LGBTQIA+ Caucus



Congratulations to [Rian Debner, MA, MLIS, AHIP](#), university librarian for being selected as the chair-elect of the Medical Library Association (MLA) LGBTQIA+ Caucus. Debner’s three-year

term will begin in June 2023. The [caucus purpose](#) is to “identify, collect and disseminate LGBTQ health care information in order to enhance the quality and quantity of information available to our colleagues within

MLA and within our institutions in order to support the physical and psychological health care concerns of our clients.”

“I am thrilled to step into a leadership position with a caucus whose focus is on sharing knowledge and resources that have positive impacts on the health of a minoritized population,” said Debner. “Caucus programming I’ve attended has influenced the resources we’ve brought into the UWS library to ensure that students, faculty and clinicians have relevant, high-quality, and timely information sources to support the care they provide to care for all kinds of patients, especially those who are disproportionately affected by health disparities. I anticipate learning more from caucus colleagues around the country and bringing that learning back to UWS to benefit our community.”

In their role as university librarian, Debner oversees information literacy programming and ensures that the library is a key asset in faculty development and student attraction and retention at UWS. They manage the library’s collections, which includes acquiring, managing, and delivering those resources to all campus constituencies. •

UWS Graduates Secure VA Health Care System Positions

In 2023, three UWS graduates, Antonio Figueroa, Sachien Hewawasam, and Clarice Wallert, secured coveted positions in the Veteran’s Affairs (VA) Health Care System.



“We are very proud of these three exceptional UWS graduates,” said Stanley C. Ewald, DC, MPH, MEd, associate dean, UWS college of chiropractic. “Their

placement into these residencies speaks highly of their hard work, dedication, and passion. Placing our graduates into three of only 10 available VA residencies is a testimony to our program, our faculty, and our students in general.”

The Chiropractic Integrated Clinical Practice Residency was offered at 10 different VA facilities nationwide. This residency is a CCE accredited program and involves a unique full-time, one-year post-graduate clinical experience. The program objectives include hospital-based clinical training, interprofessional education, and training in scholarly activities (e.g., presentations, group projects, and research).

UWS began its affiliation with the VA Health Care System more than 10 years ago with American Lake VA in the Tacoma, Washington area. UWS is currently affiliated with 13 locations across the United States and in conversation with two additional facilities. UWS has had more than 80 clinical interns participate in VA clerkships with 11 going on to be hired full time. •

UWS Diversity, Equity and Inclusion Update

University of Western States Establishes Partnership with Marimn Health

UWS has partnered with [Marimn Health](#), a Federally Qualified Health Center on Coeur d’Alene Tribal land near Plummer, Idaho, as a [UWS Community Based Internship \(CBI\)](#) site. [UWS doctor of chiropractic \(DC\)](#) student



interns train with Dr. Ryan Kain, a chiropractic physician provider at Marimn Health, to serve members of the Tribal and surrounding rural populations.

“We are excited to partner with Marimn Health to provide learning opportunities for our interns, to help deliver health care to a broader community, and to teach others about the benefits of chiropractic health care,” said [UWS President Dr. Joseph Brimhall](#).

[Dr. Stanley Ewald](#), UWS associate dean of the UWS college of chiropractic added, “Just about every indicator of health and health care access demonstrates large disparities among our Native American population.”

Located 45 minutes south of Coeur d’Alene, Idaho, Marimn Health is a Federal Qualified Health Center (FQHC) operated by the

Coeur d’Alene Tribe. Marimn Health serves patients from the Tribal community and from the surrounding rural areas. Students from a variety of health care disciplines such as physician assistants, nurse practitioners, medical students, osteopathic students, and now chiropractic students complete clinical rotations at Marimn Health.

“We are thrilled to partner with UWS to further our mission of providing excellent health care to those we serve,” said Dr. Kain.

“With UWS being an institution in our region that aligns with our integrative care model, it’s a partnership we are thrilled to collaborate on.”



MARIMN
HEALTH

The UWS CBI program enhances the clinical training of chiropractic interns who



Dr. Ryan Kain and Dr. Stanley Ewald

demonstrate defined competencies, as they continue their training in established chiropractic practices. UWS CBI interns gain valuable real-world experience and insights about various aspects of chiropractic practice. Marimn

“We are excited to partner with Marimn Health to provide learning opportunities for our interns, to help deliver health care to a broader community, and to teach others about the benefits of chiropractic health care”

– UWS President Dr. Joseph Brimhall

Health provides UWS interns the opportunity to collaborate with an integrative health care community, advancing the UWS vision, *“To Advance Quality of Life and Wellness Through Transformative Education and Health Care.”*

“Our first and foremost goal for the students is for them to gain experience and exposure to multi-professional integrative care, and how to grow and cooperate alongside practitioners from other professions,” said Dr. Kain. “I really want the interns from other professions to experience the healing power of chiropractic care and learn how our disciplines can collaborate, develop professional relationships, and provide referrals all *“For the Good of the Patient.”* •



Publications

University of Western States Publications		
AUTHOR	ARTICLE TITLE	DATE
Bogges E, Martin C, Williams C.	Comparing student perception of the pact of peer feedback in team-based learning and other student-centered learning activities. 11th World Federation Association of Chiropractic Colleges Global Education Conference, St. Louis, MO. Presented November 4, 2022.	2022
Bray B, Bray C, Bradley R, Zwickey H.	Mental health aspects of binge eating disorder: A cross-sectional mixed-methods study of binge eating disorder experts' perspectives. <i>Front Psychiatry</i> 2022; 13: 95203. PMC9520774. Doi: 10.3389/fpsy.2022.953203	2022
Bray B, Bray C, Bradley R, Zwickey H.	Binge eating disorder is a social justice issue: A cross-sectional mixed-methods study of binge eating disorder experts' opinions. <i>Int Environ Res Public Health</i> 2022; 19(10). May 20. Doi: 10.3390/ijerph19106243	2022
Burnham K, Lady S, Martin C.	Awareness of LGBTQ health disparities: A survey study of complementary integrative health providers. <i>Journal of Chiropractic Education</i> 2022; 36(2): 196 DOI 10.7899/JCE-21-49. Preparing for the Future: Diversity in Chiropractic Education: Chiropractor Educators Research Forum (CERF), December 4, 2021.	2021
Burnham K, Lady S, Martin C.	Awareness of LGBTQ health disparities: A survey study of complementary integrative health providers. CERF 2023 Integrative Medicine and Health Symposium, Chicago, IL, February 28, 2023.	2023
Buttolph L, Woofcroft L, Bradley R, Zwickey H.	Participant perspectives on community Qigong for people with multiple sclerosis. <i>Integrative Medicine Reports</i> 2023; 2(1): 26-34.	2023
Calder PC, Ortega EF, Meydani SN, Adkins Y, Stephenson CB, Thompson B, Zwickey H.	Nutrition, immunoscience, and infectious disease: An overview of the scientific evidence on micronutrients and on modulation of the gut microbiota. <i>Adv Nutr</i> 2022; 13(5): S1-S26. PMID9526826	2022
Castillo S, Wooding C, Barba D, Chroni S.	(Eds.) Building consulting skills for sport and performance psychology: An international case study collection. New York: Routledge, Published November 7, 2022.	2022
Coon J, Meir G.	Existential running: Fostering passion for meaningful running.. United States Track and Field Cross-Country Coaches Association Conference, Denver, CO, Presented December 15, 2022.	2022
Fuller L.	Antiepileptic drugs: mechanisms, side effects, and alternative management approach. Oregon Association of Naturopathic Physicians (OANP) Annual Conference, Portland, OR. Submitted July 2022, Accepted July 2022, Presented November 5, 2022.	2022

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AUTHOR	ARTICLE TITLE	DATE
Fuller L.	Intravenous magnesium sulfate for pain conditions. National University of Natural Medicine Integrative Pain Management Conference. Virtual presentation, December 3, 2022.	2022
Hewawasam S, Roecker CB, Skaliski MP.	Chiropractic treatment of bilateral meralgia paresthetica: A case report. 29th Association of Chiropractic Colleges Research Agenda Conference, New Orleans, LA, Poster presentation March 25, 2023.	2023
Helma P.	Emergency Procedures, Presented University of Western States, September 24-25, 2022.	2022
Helma P.	Emergency Procedures. Presented University of Western States, January 21-22, 2023.	2023
Helma P.	Emergency Procedures: A Practical Workshop. Colorado Chiropractic Association, Denver, CO. Presented February 25, 2023.	2023
Helma P.	Mass participation event coverage, Nationals Athletic Trainers Association, COPA Con 2023. Virtual Conference on Practice Advancement, Submitted February 6, 2023, Accepted February 10, 2023, Presented virtually March 31-April 1, 2023.	2023
Lee RA, Pang SC, Borman WH, Herrin SO, Logan Bale LS.	A prevalence study of the atlantomastoid muscle: Surgical and Radiologic Anatomy. Submitted August 12, 2022. Accepted September 19, 2022. Doi: 10.1007/s00276-022-03022-6.	2022
Major C, Burnham K, Ross K, Novak M, Visconti S.	A survey of chiropractic faculty to investigate motivation and barriers to the pursuit of scholarship. CERF: Rise of Faculty Scholars: Building Capacity for a Stronger Future. Virtual presentation, December 3, 2022.	2022
Major C, Burham K, Lady S.	The COVID-19 pandemic faculty stress: Are we all burnt out? 29th Association of Chiropractic Colleges Research Agenda Conference, New Orleans, LA, Platform presentation, March 25, 2023.	2023
Moreau W.	The Athletic Physical: an Updated Approach. Alaska Chiropractic Society Annual Conference, Anchorage, AK. Presented October 9, 2022.	2022
Moreau W.	Role of the Doctor of Chiropractic in Concussion Care. Alaska Chiropractic Society Annual Conference. Anchorage, AK. Presented October 9, 2022.	2022
Moreau W.	Sports Related Concussion. Virtual presentation, University of Bridgeport, Bridgeport, CT. Presented October 12, 2022.	2022
Moreau W.	Clinical Science: Concussion Evaluation and Management. Georgia Chiropractic Association Annual Conference, Atlanta, GA. Presented October 14, 2022.	2022

University of Western States Publications

AUTHOR	ARTICLE TITLE	DATE
Moreau W, Harger B.	Correlative Case Studies: Evaluation of the Patient with Post-Traumatic Neck Pain and Concussion. University of Western States Summer in December, Maui, HI. Presented December 9, 2022.	2022
Moreau W, Harger B.	Correlate Case Studies: Evaluation of the Patient with Knee Pain. University of Western States Summer in December, Maui, HI. Presented December 10, 2022.	2022
Moreau W.	Correlative Case Studies in Sports Medicine. Colorado Chiropractic Association, Denver, CO. Presented February 25, 2023.	2023
Moreau W.	The role of chiropractic in the management of Post-Concussion Syndrome. American Chiropractic Association Engage 2023 Conference. Washington, DC, Presented January 29, 2023.	2023
Nakama C, Thompson B, Szybala C, McBeth A, Dobner R, Zwickey H.	The continuum of microbial ecosystems along the female reproductive tract: Implications for health and fertility. <i>Pathogens</i> 2022; 11(11):1244. Doi: 10.3390/pathogens11111244.	2022
Schroeder L, Williams C.	Strengthening the third leg of the stool: Adding metacognitive self-reflection to inform peer feedback. Team Based Learning Collaborative Annual Meeting, March 11, 2023. Workshop presentation.	2023
Stone M, Lukaczer D, D'Adamo CR, Dotson N, Volkov A, Minch D, Metti D, Leary M, Class M, Carullo M, Lundquist E, Eck B, Ordovas J, Lamb J, Bland J.	LIFEHOUSE's functional nutrition examination (physical exam, anthropometrics, and selected biomarkers) informs personalized wellness interventions. <i>Journal of Personalized Medicine</i> 2023; 13(4): 10.3390/jpm13040594.	2023
Williams C.	How to establish a quality learning environment that facilitates transformative learning. 11th World Federation of Chiropractic Association of Chiropractic Colleges Global Education Conference, St. Louis, MO. Workshop presentation November 4, 2022.	2022
Williams C, Bates A.	How a community of research and scholarship practice increased the number of scholarly activities at a university. CERF: Rise of Faculty Scholars: Building Capacity for a Stronger Future. Virtual presentation December 3, 2022.	2022
Williams CA, Plunkett R.	Peer evaluation and team management.. Team Based Learning Collaborative Annual Meeting, March 13, 2023. Certification workshop presentation.	2023
Wise N.	Chiropractic somewhere between alternative and mainstream. University of North Carolina, Chapel Hill School of Medicine. Principles and Practice of CAM class Zoom Submitted August 19, 2022, Accepted September 10, 2022, Presented September 12, 2022.	2022
Tiganila R, McCoy C, Gilbert R, Raco J.	The safety of immediate extubation, and factors associated with delayed extubation, in cardiac surgical patients receiving fast-track cardiac anesthesia: An integrative review. <i>Can J Repir Ther</i> 2023; 59:8-19. Doi: 10.29390/cjrt-2022-037. MS-HMFN student.	2023

#UWSLife



1-3. Following the 2023 Career Fair, UWS hosted an Alumni Award Reception where Dr. Jaipaul Parmar was officially recognized as the 2022 UWS Alumnaus of the Year. 4. In April, UWS welcomed more than 15 businesses to campus for the 2023 Career Fair. The event featured panel discussions, job resources, interviewing, and dedicated time for recruiters to meet with UWS students. 5. This winter, the UWS Student American Black Chiropractic Association (SABCA) received a generous donation of \$500 from **NCMIC**. One of SABCA's current collective goals is fundraising for the **American Black Chiropractic Association (ABCA)** conference in June and this donation will directly support those efforts. Thank you, NCMIC! 6. During the fall term, representatives from the adjusting club, soft tissue and manual therapy club, sports medicine club, rehab to performance PDX club and the Motion Palpation Institute (MPI) gathered for a joint club meeting to share various techniques of care. 7-9. In January, UWS welcomed the winter quarter doctor of chiropractic class to campus! It was a joy to see new faces of students who will become the future of chiropractic. 10. UWS Associated Student Body (ASB) officers handed out winter edition UWS shirts on campus during the "Stress Less" week leading up to finals in December. 11. Students, faculty and staff came together to collect more than 80 items that were donated to the Portland Rescue Mission during the holiday season. Alexander Forster, campus store manager oversaw the drive and helped spread the cheer. 12. Congratulations to UWS seven students on their 7-5 win in an area hockey league championship! The team has won back-to-back championships in the top adult league consisting of 7 teams from the Portland area. This season, the team had a 16-slot roster and 12 of them were UWS students.

Giving at UWS

Memorial Scholarship Created to Honor the Late Dr. Steve Oliver

In fall 2023, the Dr. Steve Edward Oliver memorial scholarship will be established by his partner of 49 years, Ray Matlock Smythe, BA, MAT, to help ease the financial burden of future chiropractic physicians. This annual \$5,000 scholarship will be awarded fall term to one returning student enrolled in the University of Western States doctor of chiropractic program.

“When Steve was a senior at UWS, he spent an entire summer painting all the buildings on campus,” said Smythe. “While he enjoyed it and he made a positive difference, that on top of studying and all the reading he had to do, it really tired him out. The Dr. Steve Edward Oliver memorial scholarship was created not only to honor Steve and his legacy, but to help alleviate stress for a student, so they can focus more on their studies and rest mentally, physically and emotionally during their studies.”

Dr. Oliver, UWS professor emeritus and alumnus (Class of 1975), passed on February 23, 2022. He was born and raised in Portland, Oregon, and attended Jefferson High School, Portland State University, and University of Western States (then Western States Chiropractic College).

Dr. Oliver maintained a private practice in Portland and served as the academic dean of the UWS college of chiropractic, vice president of the university and chiropractic technique instructor. In 1978, at the age of 29, Dr. Oliver



Dr. Steve Edward Oliver and partner, Ray Matlock Smythe.

was named Chiropractor of the Year for the state of Oregon. He earned professor emeritus status in June 2012. One of Dr. Oliver’s proudest achievements was establishing the Student Health Center at UWS, where students had more opportunities to practice their techniques.

“Steve loved being a chiropractic physician,” said Smythe. “It was the supreme joy and passion of his life and it was truly amazing to witness. He contributed so much to his patients, students, colleagues and everyone around him. It’s an honor to recognize him in this way and I know he would be proud.”

For information on how you can support UWS, visit uws.edu/donate or contact giving@uws.edu. •



“Dr. Oliver is a legend. He always made time for his students and was extremely gifted at lifting us up and encouraging us when we needed it most. I recall how calm and composed he always was when I would call him into a treatment room after having trouble adjusting a patient. He would slowly and methodically set the patient up properly and make this very difficult skill look so easy every time. I emulated him in my own practice my entire career. His heart was huge and kind and accepting of everyone. He

always encouraged me and others to be who we are and allowed us to grow into our own style of practitioner. The most endearing memory I have is making Dr. Oliver blush by telling him he resembled Robert Redford. It would get him every time and I can still hear his shy laugh. Our profession lost one of the greatest practitioners that has ever lived. I will miss him forever.”

– **Suzanne Lady, DC, UWS associate professor, chiropractic sciences**

Student Experience

2023 ENGAGE Student Experience Recap

We connected with UWS doctor of chiropractic students Jessica Settle and Aimee Tanner, attendees of the 2023 [American Chiropractic Association's ENGAGE conference](#) held in Washington, D.C., to recap some highlights of their trip!

By: Jessica Settle

Before starting at University of Western States, I heard about an opportunity to be involved in the lobbying/advocation for chiropractic care, but I didn't exactly know what it was or how I could participate. That was until my first quarter at UWS, when the UWS [Student American Chiropractic Association](#) (SACA) executive board at the time presented to new students and discussed the opportunity to go to Washington D.C., to attend the national [American Chiropractic Association](#) (ACA) annual conference ENGAGE. I immediately signed up for SACA and was excited about what was to come the following year. Unfortunately, that's when the Covid-19 pandemic began and put in-person plans on hold. In 2021 and 2022, I participated in the virtual lobbying on the Capitol Hill, which was an awesome experience to witness the various doctors who had done lobbying in the past. The ENGAGE 2022 conference was also the year that UWS was announced as the host site for national SACA annual leadership conference, which fellow doctor of chiropractic students Aimee Tanner, Gretchen Gatzke, and I put together.

ENGAGE 2023 was scheduled to be in person, and while Aimee and I were excited to go, we were a little skeptical that it wouldn't suddenly be switched to a virtual experience as it had in

previous years. Much to our surprise, on January 24 Aimee and I were headed to the airport for our 9-hour trek to get to Washington D.C. The one thing I was absolutely dreading about this trip was the three-hour time difference between the west and east coast, but luckily we were able to sleep in on Wednesday before we had our welcome meetings that night to prepare for lobbying. On Thursday, I was able to meet with congressmen and congresswomen, and senators from both Washington and Oregon state. Lobbying in person was truly a unique experience and as students, we were given the opportunity to speak on the Medicare Modernization Bill in meetings. It was very encouraging to have backing from many representatives who were in support of co-sponsoring the bill without any hesitation.

Friday was spent in the SACA executive national board (SNEB) business meeting, where executive board members from each chiropractic school met. This was an opportunity to hear about the year in review of the various committees, and for all of us to vote on the new national chairs. After all of our meetings and to end our trip, Dr. Gary Schultz, UWS chiropractic professor and SACA chapter advisor, took Aimee and I to the infamous Filamina's Italian restaurant. It was truly a unique experience, with the restaurant being decorated for Valentine's Day and with delicious food! The trip wrapped up Saturday with "see ya later's" to the various students, doctors and ACA staff that we had met over the past couple of years!

By: Aimee Tanner

I was lucky to attend the 2023 American Chiropractic Association (ACA) annual conference ENGAGE. It has been many years since I last went to Washington, D.C. and it is just as architecturally diverse as I remember.



One of the highlights of the trip was being able to go to Capitol Hill and advocate for the re-introduction of the Medicare Modernization Act. I met with representatives from Oregon, Washington (where I currently live), and Utah (my home state). It was a new experience sitting down and talking with congresspeople and their staff, and I was amazed at how receptive they were and that they were interested in what we had to say. It was empowering to be able to speak at several meetings as well.



The conference was hosted at the Omni Hotel and there was a lot of amazing local cuisine within walking distance. In addition to advocating with representatives, there were socials, educational opportunities, as well as a vendor exhibition going on during the conference. Throughout the week, I was able to meet chiropractic physicians from across the country and mingled with students from other schools.



As a SACA executive board member, I also participated in the SACA business meeting. This was a new experience for me since I have never sat on a board before. We had some interesting conversations about what's next for SACA and voted for new leadership representatives. Outside of the conference, I visited the Spy Museum. The museum features a lot of history about spy agencies and what they do, as well as a fun interactive way of solving a mystery sometimes involving crawling through vents and hanging onto bars. I even got my own secret identity!



Dr. Brimhall, UWS president, invited UWS ENGAGE attendees to a local restaurant called New Heights. We were joined by past SACA members and Dr. Bobby Maybee, the Oregon delegate representative. I found my experience attending ENGAGE to be very memorable. I look forward to continuing this education when I become a licensed chiropractor, and will do my part to advocate for the profession moving forward. •

UWS extends a huge congratulations to the UWS fall and winter scholarship recipients!

This winter, UWS representatives had the pleasure of meeting up with a few of our recent scholars for a photo with UWS President, Dr. Joseph Brimhall under the newly constructed awning that was generously donated by Standard Process Inc.



Graduate Connections

UWS Clinician Travels the World with Paralympic USA Fencing

[Jasmine Brewster Piper, DC, CCSP](#), chiropractic clinician at [Connected Whole Health at UWS](#) has been traveling the world providing care to the Paralympic Team USA Fencing. We connected with Dr. Brewster Piper for a Q&A about her experiences as a member of the integrated health care team.

Where have you traveled with the Paralympic Team USA Fencing thus far? What has been the most exciting destination?

In 2022, we traveled to Warsaw Poland, Pisa Italy, São Paulo Brazil, Eger Hungary and Washington D.C. The most exciting destination

was Pisa Italy, because from the hotel window we could see the Leaning Tower of Pisa.

What does a typical day of care look like during competitions? Describe what your role is.

Being the team doctor I am on-call for athletes. Treatment can begin at 6 a.m., after morning practices. Team breakfast is at 6:30 – 7 a.m., treatment scheduled again from 7:30 – 9 a.m. Competition begins at 9 a.m. – 7 p.m., where I am in between Pistes (fencing platform) when the athletes are fencing, and work with athletes in between bouts. After team dinner and meetings, I am available for athletes while they are practicing or before bed. I am open for treatment until 11 p.m.





What does the integrative care model look like with the team and how has your experiences with other providers helped strengthen your skills?

It depends on the athlete and the location of the event. When in Washington D.C., I was working alongside a physical therapist and a medical doctor providing treatment to the athletes. When we are international, during competition, I work with the local medical staff and hospital if necessary. This can be difficult due to the language barrier and trying to translate medical terminology. Outside of competition, I work directly with

the USA Fencing Sports Medicine director, where she will refer athletes to the appropriate specialties based on my recommendations.

How has working with this population expanded upon your skills? What has been the most surprising/valuable thing you have learned?

It is critical to review past medical health history with any athlete/patient, but especially when working with para-athletes. There are contraindications to care that we as providers need to be aware of. When working with this population, I had to be more aware of what I would say and how I would explain diagnosis and treatment. Working with these athletes showed me the unconscious bias and ableist mentality that I and society holds. It was frustrating for me to see athletes not have the proper accommodations throughout the different cities and venues. I began to realize that my anger would be better served trying to make a difference. These athletes are strong, capable and some of the most intense humans I have met. My frustration was minimal to the frustration they feel maneuvering through a world that does not accommodate them. I appreciate all of our Team USA Fencing athletes and I see them for who they are, athletes first.

How will this experience help you in the future as a health care practitioner?

Every experience, every evaluation, every diagnosis helps each of us grow as a health care practitioner. This experience was no different. Every day, I become better than the day before. ●

Continuing Education



UWS extends a huge thank you to all the wonderful folks who attended the 12th Annual UWS Summer in December continuing education program at the Wailea Beach Resort in Maui!

We'd also like to thank NCMIC for sponsoring this event!

Save the date for this year's Summer in December event, December 8-10, 2023. [Learn more and register here.](#) •



Alumni Department News

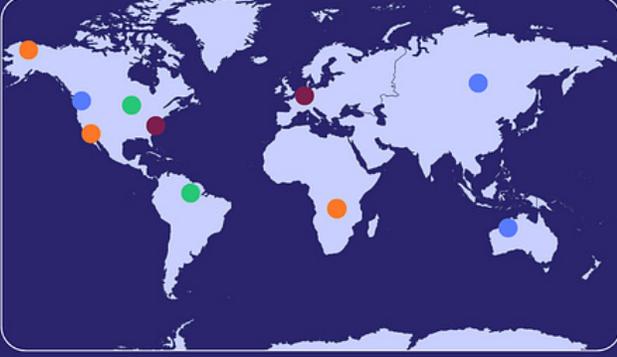
Alumni Admissions Navigator Program

Use your experiences to provide insight and knowledge to prospective students. Navigators partner with the university to provide prospective students with information about programs, professions, job opportunities and life after graduation. Sign up to be a navigator and select how



you would like to engage with prospective students at uws.edu/navigator-program.

UWS ALUMNI FINDER MAP



SPECIALTIES

- CHIROPRACTIC
- SPORT AND PERFORMANCE PSYCHOLOGY
- HUMAN NUTRITION AND FUNCTIONAL MEDICINE
- CLINICAL MENTAL HEALTH COUNSELING



Alumni Finder Map

This tool connects UWS alums to potential referrals and provides opportunities for alumni to connect with other UWS practicing alumni in their area. Want to be included in our UWS Alumni Finder Map? Learn more here: uws.edu/alumni-finder-map.

Cultivating Curiosity Webinar Series



Take away great information from expert panelists and speakers who participate in the UWS Cultivating Curiosity Webinar

series! Panelists and speakers with various backgrounds share their expertise on current topics.

Interested in participating as a panelist or speaker? Do you have a suggestion for a webinar topic? Email alumni@uws.edu. Enjoy the current UWS webinars at uws.edu/webinars.



UWS is Expanding the Community Based Internship (CBI) Program

Over the past five years, UWS has expanded the Community Based Internship (CBI) program to provide chiropractic interns opportunities to engage in real world clinical experiences at field-based clinics under the direct mentorship of doctors such as you. Students demonstrating clinical competency are eligible to participate in the CBI program.

A student intern engaged in the CBI program usually remains at the same clinic for two consecutive terms (about 16 weeks) to provide opportunities to observe and learn, and to expand their clinical and business skills.

CBI Supervisors become part of the UWS teaching community, are appointed as **Affiliate Faculty** members, are assigned a UWS email address, and have direct access to the UWS library resources and services. Each CBI Supervisor may mentor up to four interns during the same term (two morning shift students and two afternoon shift interns). Trainings in intern competency assessment and formative feedback are provided for Affiliated Faculty members.

A current CBI Supervisor offered thoughts on mentoring interns:

Since starting to work with the CBI program, I have found myself enjoying practice more and more. I have always enjoyed teaching, and the CBI program allows me to teach and treat patients at the same time. One of the things I first noticed is the joy the students get when they help an acute patient for the first time. Over time, it can be common for chiropractors to feel burnt out. Seeing my patients through their eyes helps bring back the excitement for what I do. It is also encouraging to see how influential I am on my students' professional lives. Watching their confidence grow over time from an unsure student to a poised and professional "almost doctor" is amazing to see. – Dr. Amy Hanson, DC

For more information about the UWS CBI program, please visit [Community Based Internship \(CBI\) Program - University of Western States \(uws.edu\)](https://www.uws.edu/Community-Based-Internship-(CBI)-Program)

We thank our CBI Supervisors for the service they provide to our student interns, and their invaluable dedication to preparing the next generation of chiropractic physicians. •

In Memoriam

Karl Peterson, DC, MD

Class of 1981

Passed away on March 7, 2023



“For life and death are one, even as the river and the sea are one.”

-Khalil Gibran

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