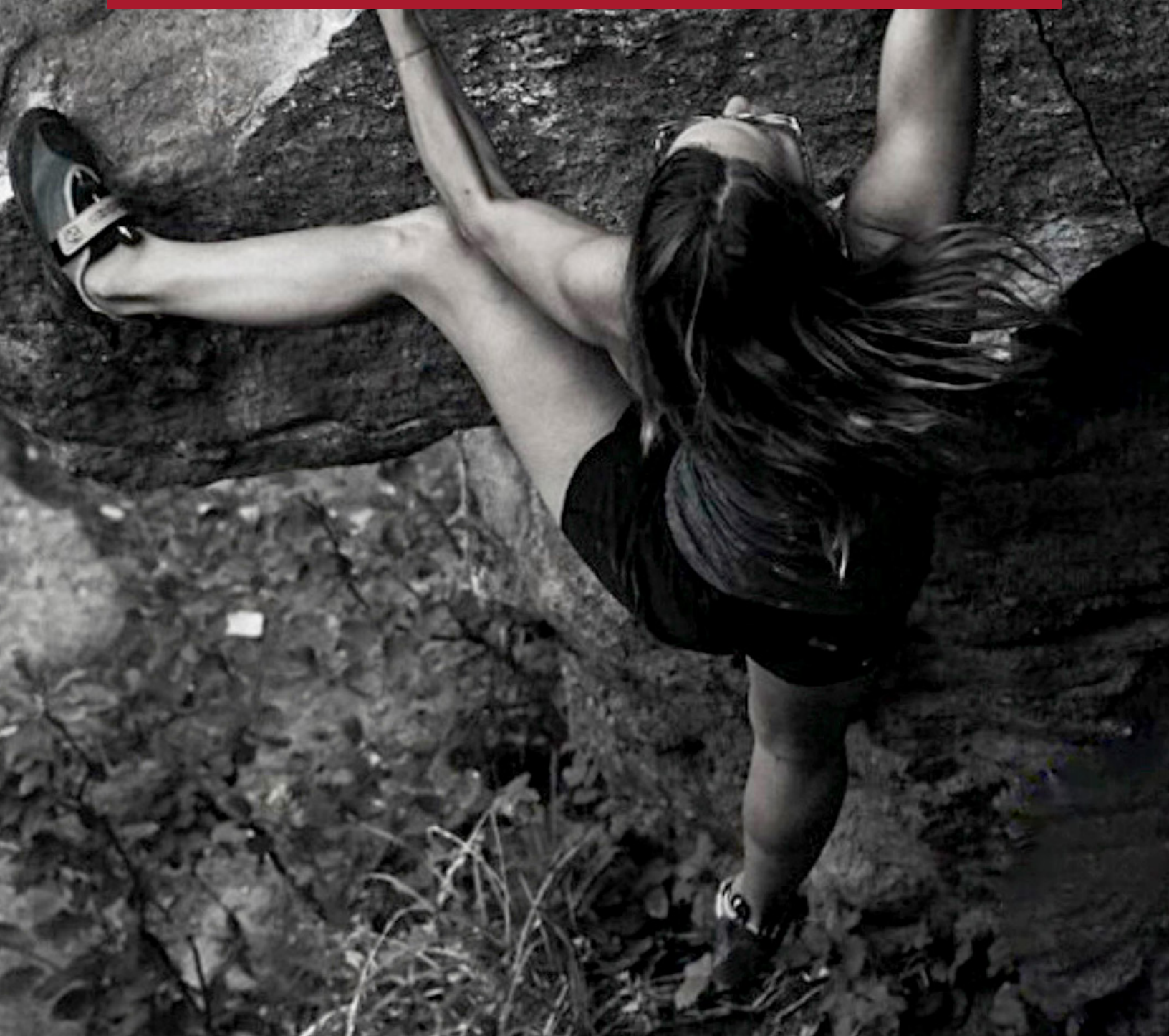


*in*Touch

The magazine for the University of Western States community.



Summer/Fall 2022



UNIVERSITY of
Western States

*in*Touch

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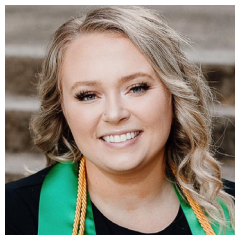
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Summer/Fall 2022

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President's Message



Joseph Brimhall, DC
UWS President and CEO

Baseball legend Yogi Berra is credited with observing that, *“In theory, there is no difference between theory and practice. In practice, there is.”* This wisdom can be applied to any number of endeavors such as building construction, investing money, and

playing baseball. It is especially apropos to health care.

University of Western States students learn the theories, science, and researched didactic information regarding their chosen disciplines of health care. Then they advance to clinical observation and training where they apply this learning, developing skills and competencies that will serve them in clinical practice.

Health care is called “practice” because it reinforces the continuous learning aspect of patient care, and because it signifies the applied nature of clinical understanding. In this sense, the “practice” of effective whole-person health care is both an art and a science.

UWS teaches an individualized approach to each patient and client because each person has unique characteristics and needs. The patient’s distinct symptoms and clinical findings

are evaluated and recorded, along with the outcomes of specialized examinations, in determining the best course of care for each patient. A holistic view is applied that takes into consideration all aspects of the person, including physical, mental, emotional, spiritual, dietary, nutritional, and lifestyle factors.

Students learn the role that advanced technology serves in caring for patients. More importantly, “human skills” of communication, empathy, compassion, mindfulness, and cultural competency are essential in serving a diverse population of individuals. Developing and demonstrating these competencies are part of the education that students experience at UWS.

Radical Collaboration

Radical collaboration and cooperation are critical components necessary for the advancement and development of the university. For this reason, UWS is excited to pursue affiliation with **TCS Education System**, an innovative, integrated, independent nonprofit system of colleges and universities that are “radically collaborating” to advance student success, optimize community impacts, and enhance the outcomes of higher education. This affiliation allows UWS to focus its resources on serving students and employees, enriching existing academic offerings, and exploring new degree programs. We are excited about the opportunities this development will bring for the institution

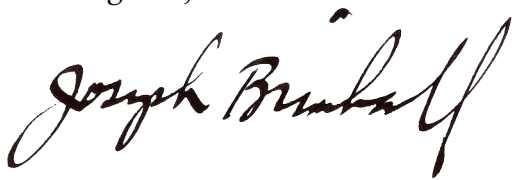
and for our students. We look forward to keeping you informed of our groundbreaking journey as this collaboration proceeds.

In creating a brilliant future UWS, we have established the following goals to best serve our stakeholders and the entire university community:

- Radically collaborate to enhance academics and operations.
- Add new academic programs while supporting our existing offerings.
- Develop and advance enrollment in current and new programs.
- Promote and sustain competitive employee compensation and benefits.
- Implement enhanced technology and information systems.
- Deploy personnel with specialized skills.

I invite you to follow us and stay engaged with the university as we forge new partnerships and create pioneering opportunities. As always, I welcome and value your feedback, your suggestions, and your support.

Kind regards,



Joseph Brimhall, DC
President and CEO

UNIVERSITY of
Western States



UWS

UWS Happenings



Education System

UWS Affiliation with TCS Education System

In summer 2022, the UWS Board of Trustees voted to pursue joining a community of progressive and innovative institutions of higher education by becoming part of TCS Education System (TCS). TCS, a 501(c)(3) nonprofit supporting organization, leverages shared infrastructure and a culture of cooperation to achieve academic innovation, student success, operational efficiency, institutional sustainability, and community impact for its diverse consortium of colleges and universities.

Over the past two years, the UWS leadership has engaged in *Future of UWS* listening and discussion sessions with members of the UWS community. A core message that arose from these conversations was the need for radical collaboration to ensure that UWS continues to evolve and thrive as a leader in integrative health and education. Affiliating with TCS allows UWS to gain access to the expertise, resources, and scale needed to sustain and advance our university, while at the same time maintaining its independence.

As an affiliate of TCS Education System, UWS will maintain the same name, brand, values, campus location, and academic programs, and continue to function independently. UWS faculty members will continue to teach classes and clinicians will oversee patient care in the clinics. The affiliation will equip UWS with elevated infrastructure and services, and will provide enhanced technology and supports for students, faculty, alumni and donors.

The affiliation with TCS is an exciting opportunity for UWS. We are eager to share more information with you about this extraordinary development in the months to come. Additional information and FAQs are available on the [UWS/TCS affiliation page](#). •

UWS Podcast Digest

Did you know that UWS has an extensive library of podcasts? UWS hosts two shows, the UWS Mindfulness + Mental Health podcast and the UWS Life podcast.

The **UWS Mindfulness + Mental Health podcast** features Ami Brimhall and Dr. Michelle Rose (formerly Cox), clinical mental health counseling program director. From topics ranging from time management, self-care, and, of course, mindfulness, tune in to gain insights into living a more balanced life.



Apple podcasts:
<https://apple.co/3rKGAUo>



UWS podcast webpage:
<https://www.uws.edu/podcasts/>

Featured Episodes:

- Grounded Optimism
- Building Healthy Communities
- The Science of Memory
- Mindful Journaling

The **UWS Life podcast** features esteemed members of the UWS community. From students, alumni, faculty, staff, donors and friends, our community is comprised of unique personalities who support the UWS mission of advancing the science and art of integrated health care through excellence in education and patient care.

Featured Episodes:

- UWS clinic experience with Connected Whole Health representatives
- What is functional medicine?
- Q&A profile with Dr. Amy O'Hana, UWS clinical mental health counseling
- Q&A profile with Dr. Tamara Lovelace, UWS alumna

Check out all the episodes and episode descriptions on the UWS podcast webpage or download and subscribe on Apple podcasts. While you're there, consider leaving a 5-star review to help boost the content!

UWS Launches Doctor of Naturopathic Medicine Program



In case you missed it, University of Western States has launched a [doctor of naturopathic medicine \(NMD\) program](#). The new graduate program, with the first class

starting fall 2023, features a whole-person, individualized approach to health and well-being, integrating principles of naturopathic medicine and functional medicine.

The UWS NMD program champions a whole person and individualized approach to health and well-being. **The integration of functional medicine principles distinguishes this curriculum from other naturopathic medicine programs.**

“Our new naturopathic medicine program is extremely exciting for the university, the Portland-area, and our health care community,” said Dr. Marcia Pregel, naturopathic physician, fellow of the American Board of

Continued on next page

UWS Happenings *Continued*

Naturopathic Oncology, and dean of the college of naturopathic medicine at UWS. “Offering a whole-person approach to medicine, our NMD program is designed to train future physicians in evidence-informed natural health care while addressing the body, mind and spirit, integrating the principles of functional medicine.”

Naturopathic medicine and functional medicine are evidence-informed, patient centered approaches to achieving and maintaining health by optimizing function and addressing root causes of dysfunction, not just suppressing symptoms. Functional medicine’s focus on biochemical and genetic individuality, and the diet, lifestyle, and nutrition of each patient, integrates well with the full range of assessments and treatment modalities of naturopathic medicine.

“Doctors of naturopathic medicine are trained as primary care physicians and have established the primary care designation in a number of jurisdictions,” said Dr. Prenguber. “The need for whole-person primary care services will continue to rise. University of Western States is uniquely positioned for integration and collaboration with our new and established programs.”

The UWS NMD program is a 14-quarter doctoral curriculum, taught year-round. Students can complete the program in three and a half calendar years. UWS will deliver the NMD program at [our vibrant, state-of-the-art campus in Northeast Portland](#). The curriculum

includes anatomy, 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 all based on the foundation of functional medicine. The course of study is offered in hybrid format that embodies a community of learning through synchronous online delivery and in-person teaching, with clinical competencies reinforced through in-person laboratory experiences.

Visit the [UWS naturopathic medicine website](#) to learn more. •

UWS AND VA HEALTH CARE SYSTEM AFFILIATION

University of Western States 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.

“Less than half of veterans receive health care at VA medical centers,” said Dr. Stanley Ewald, MPH, MEd, UWS associate dean, college of chiropractic. “Of those, many lack access to chiropractic care since many locations lack a chiropractic department. We feel it is very important to partner with VA locations to provide chiropractic services

to those who have served our country, and to prepare students for a possible career in the VA. It is a valuable and unique opportunity for students to engage in broadly integrated, multidisciplinary care. It is our opportunity to provide heartfelt, compassionate care to those who have served. Interns serving in VA centers will better understand the needs of this patient population and how we can serve them throughout our profession.”

More 80 UWS clinical interns have participated in VA clerkships with 11 going on to be hired full time. UWS interns leave strong reputations at their sites which has motivated other VA locations to seek adding UWS interns to their medical centers.

“VA’s teaching mission and academic affiliations with universities like the University of Western States have wide-ranging impacts within and beyond the VA,” said Dr. Arnold C. Jovillar, DACRB, section chief chiropractic services, VA Southern Nevada health care system. “These include expanding the chiropractic clinical workforce of VA and enhancing veteran access to chiropractic care, providing excellent quality care through highly trained and university-affiliated health care professionals, and establishing a clinical trainee pipeline to recruit the best and brightest chiropractors to VA for both the Chiropractic Residency Program and employment. VA academic partnerships have pioneered the development of new health care disciplines and helped define the role of new treatments and practice patterns, interprofessional education, and team-based care.” •

Dr. Christine Girard Elected to UWS Board



In summer 2022, the UWS Board of Trustees announced the addition of [Christine L. Girard, ND, MPH](#), to the board. Dr. Girard brings an extensive background

and knowledge of integrative medicine.

“What a great honor to join the Board of Trustees,” said Dr. Girard. “I am delighted to serve alongside such a forward-thinking team of professionals. I have been impressed with the leadership of UWS as it navigates the changing landscape of higher education and health care while remaining constant in keeping the ‘good of the patient’ at the center of care.”

Dr. Girard has devoted her career to hospital-based integrative medicine and the education of health care professionals across specialties for more than 25 years. She has taught both undergraduate and graduate level courses for the online programs at the University of Arizona’s Mel & Enid Zuckerman College of Public Health. Dr. Girard also served as past president/CEO of the National University of Natural Medicine in Portland, Oregon, executive vice president of Southwest College of Naturopathic Medicine, and past director of naturopathic medicine at Southwestern Regional Medical Center in Tulsa, Oklahoma. Dr. Girard

Continued on next page

UWS Happenings *Continued*

is the co-founder and past co-director of the Integrative Medicine at Griffin Hospital in Derby, Connecticut. While at Griffin Hospital, Dr. Girard served as a clinical research specialist at the Yale-Griffin Prevention Research Center. •



Connected Whole Health Clinic Affiliation with U.S. Military Forces

The University of Western States clinic system has been a long-term partner of the Returning Veterans Project for more than five years. In January 2022, the clinic streamlined monthly care events on the U.S. Air Force and National Guard base where service members actively receive care on site from UWS clinicians with support from clinical interns.

“UWS is very proud to provide care to those people who serve our country,” said Dr. Bill Moreau, UWS chief medical officer. “Service members work very hard to protect us and it’s

a privilege to care for these important people who are on the job doing their duty every day to provide for our freedom. The military is right here in our community and we need them they answer the call to duty. It only seems right for UWS to be there and provide all we can.”

UWS provides ongoing care every third Thursday of the month, after RVP reviewed patient outcomes.

UWS interns provide care to service members who have many of the same complaints as the typical patient presentation chiropractic physicians evaluate and manage. The physical nature of the service members’ jobs can commonly lead to musculoskeletal problems that are very amendable to chiropractic care. •



NATIONAL ASSOCIATION OF
Community Health Centers®

National Association of Community Health Centers-CDC Funded Grant

The Connected Whole Health clinic at UWS recently participated in the National Association of Community Health Centers (NACHC)-CDC funded grant-based quality improvement study that included the collection of occupational health and registration data to examine how small changes in electronic

health records could influence larger national data in identifying COVID exposure rates.

Solome Mekbib, clinic healthcare analyst, served as a project champion to coordinate this project in collaboration with OCHIN and the clinical team to assess clinical workflows and implement the NIOSH Occupational Data for Health (ODH) data model and occupational health code systems. This study was further conducted to understand the role of occupational health data in health centers and to build and validate approaches to identifying essential workers for COVID-19 and other public health use cases. Connected Whole Health was reimbursed a \$10,000 impact fee for an opportunity to contribute to scientific knowledge about patient-centered care. •

Dr. Jaipaul Parmar Named UWS 2022 Alumnus of the Year

Jaipaul Parmar, DC, 2010 graduate of University of Western States (UWS), has been named the 2022 UWS Alumnus of the Year.

“It is a true honor and privilege to be named the 2022 UWS Alumnus of the Year,” said Dr. Parmar. “Since acceptance, going through the program, graduating, and now having over a decade of practice, I hold a very special place in my heart for UWS. I have a genuine passion for the chiropractic profession and am beyond grateful for this recognition from the institution that has forever changed my life and has allowed me to have an impact on others’ lives every single day.”



Shortly after receiving his license, Dr. Parmar began serving as a member of the British Columbia Chiropractic Association (BCCA) and the Canadian Chiropractic Association (CCA). He was recently nominated to sit on the CCA Board of Directors for his contributions to the community. Dr. Parmar and his practice, Alliance Wellness Clinic in Vancouver, BC, has served as a preceptor site for UWS student clinical interns for many years.

“Since graduating from UWS in 2010, Dr. Jaipaul Parmar’s contribution to the BC chiropractic community and the university has been significant,” said UWS President and CEO, Dr. Joseph Brimhall. “Dr. Parmar’s clear passion for the profession goes beyond boards and public service but is also evident on an individual level as a mentor to UWS student interns. As a preceptor for several years, Dr. Parmar has been eager to share his expertise with our student

Continued on next page

UWS Happenings *Continued*

interns and has shown a keen investment in the next generation of chiropractors.”

Recipients of the UWS Alumni Recognition Award represents the outstanding accomplishments UWS alumni accomplish in advancing the science and art of integrated health care. UWS alumni reflect the core values of the university – student focus, best practices, curiosity, inclusiveness, professionalism and whole-person health.

Dr. Parmar and all the nominees will be honored at an alumni reception at the UWS campus at 8000 NE Tillamook Street in Portland, Oregon on Thursday, April 20, 2023. •

SACA Leadership Conference

The SACA (Student American Chiropractic Association) Leadership Conference is an annual opportunity for students from SACA chapters across the country to have a dedicated weekend where they can meet one another, professionals in the field and expand on their educational experiences. This year, UWS hosted the conference for the first time on the new campus. The theme for the weekend was “Authentic Acceptance: Come as You Are,” which was heavily centered around diversity, equity and inclusion in the chiropractic field. The theme inspired students to reflect on their personal experiences and how those



L-R: Gretchen Gatzke, Aimee Tanner, Dr. Gary Schultz, Jessica Settle

can affect their future patient interactions.

“As the committee chairs, it was amazing to see months of planning and hard work come together at the conference!” said Jessica Settle, UWS SACA president and chiropractic student. “We really enjoyed the insights the speakers brought to the students and how engaged we as the collective SACA members were engaged and connected.” •

Publications

University of Western States Publications			
AUTHOR	ARTICLE TITLE	DATE	LINK
Kara Burnham, Cecelia Martin, Suzanne Lady	Gaps in Understanding of lesbian, gay, bisexual, transgender and queer healthcare among integrated care physicians. Journal of Chiropractic Education, submitted revision July 2022.	2022	
Bill Moreau	Active Care for Concussions. Lecture presentation at American Chiropractic Board of Sports Physicians 2022 Chiropractic Sports Science Symposium, April 27, 2022. Universal City, CA.	2022	
Christine Major, Suzanne Lady, Kara Burnham.	Chiropractic Faculty Burnout through the Lens of the Global pandemic. Poster, International Congress on Integrative Medicine and Health, May 24, 2022. Phoenix, AZ, May 23-26.	2022	
Fuller L, Moehle J, Hardin A.	A suspected recurrence of cranial neuralgia following infection with SARS-CoV-2: A case report. Integr Med (Encinitas). 2022; 21(2): 42-46. Submitted 1/2022; Accepted 4/2022.	2022	
Boggess E, Martin C, Williams C.	Comparing Student Perceptions of the Impact of Peer Feedback in Team-Based Learning and other Student-Centered Learning Activities. 11th WFC ACC Global Education Conference, November 2-5, 2022, Chesterfield, MO. Platform presentation. Accepted 07/23/22.	2022	
Martin C, Williams C.	How to Establish a Quality Learning Environment that Facilitates Transformative Learning. 11th WFC ACC Global Education Conference, November 2-5, 2022. Chesterfield, MO. Platform presentation. Accepted 07/23/2022.	2022	
Abolade Majekobaje, Cecelia Martin, Cortny Williams.	How to Establish a Quality Learning Environment that Facilitates Transformative Learning. 11th WFC ACC Global Education Conference, November 2-5, 2022. Chesterfield, MO. Platform presentation. Accepted 07/23/2022.	2022	
Robertson S, Burke M, Olson-Charles K, Mueller R.	Metacognitive awareness for IL learning and growth: The development and validation of the Information Literacy Reflection Tool (ILRT). Communications in Information Literacy 2022; 16(2): to be published in 12/2022 issue.	2022	
Wise N.	Applications of transcranial photobiomodulation as a novel form of non-invasive brain modulation. Texas Chiropractic College Annual Convention, Galveston, TX, July 22 2022.	2022	
Thacker A. Gill R, Williams C.	Does Experience Require Study Skills? IAMSE 2022 Annual Meeting, June 4-7, 2022, Denver, CO. Poster presentation. Accepted 03/15/2022.	2022	
Gill R, Martin C, Williams C.	Comparing Student Perceptions of Peer Assessment in Online and On Campus Learning Environments. IAMSE Annual Meeting, June 4-7, Denver, CO. Poster presentation. Accepted 03/15/2022.	2022	

UWS Diversity, Equity and Inclusion Update

UWS Participates in Day of Dignity Event

In September, Dr. Peter Vuky, attending physician and clinical educator, and University of Western States chiropractic clinical interns provided care at the Day of Dignity event in downtown Portland. An estimated 500 people experiencing homelessness were served.

“Getting the clinical interns out into the community really helps them understand providing care in a whole new light,” said Dr. Vuky. “Working with folks beyond just those you see in the clinic really helps interns hone their skills and ability to treat a wide variety of patients. These community events help all of us be better clinicians in the future.”

The Day of Dignity event has been held for more than 13 years and is organized by the Islamic Social Services of Oregon State (ISOS) and Islamic Relief UWS. UWS was one of twenty organizations that provided medical services, food, supplies, resources and haircuts to those in need.

“Being able to make such a difference in the quality of someone’s life in just a short amount of time means so much,” said



L-R: Benjamin Pierri, Hailey Sears, Dr. Peter Vuky, Justin Cosgrove, Radmehr Shamei

Radmehr Shamei, eighth quarter doctor of chiropractic intern. “Even in just a short time, we’re able to be very thorough such as performing neurological exams, orthopedic exams and just connect on a personal level. We had a patient stand up and say that he hasn’t felt that good in 20 years. Comments like that never get old and that’s why we do this.”

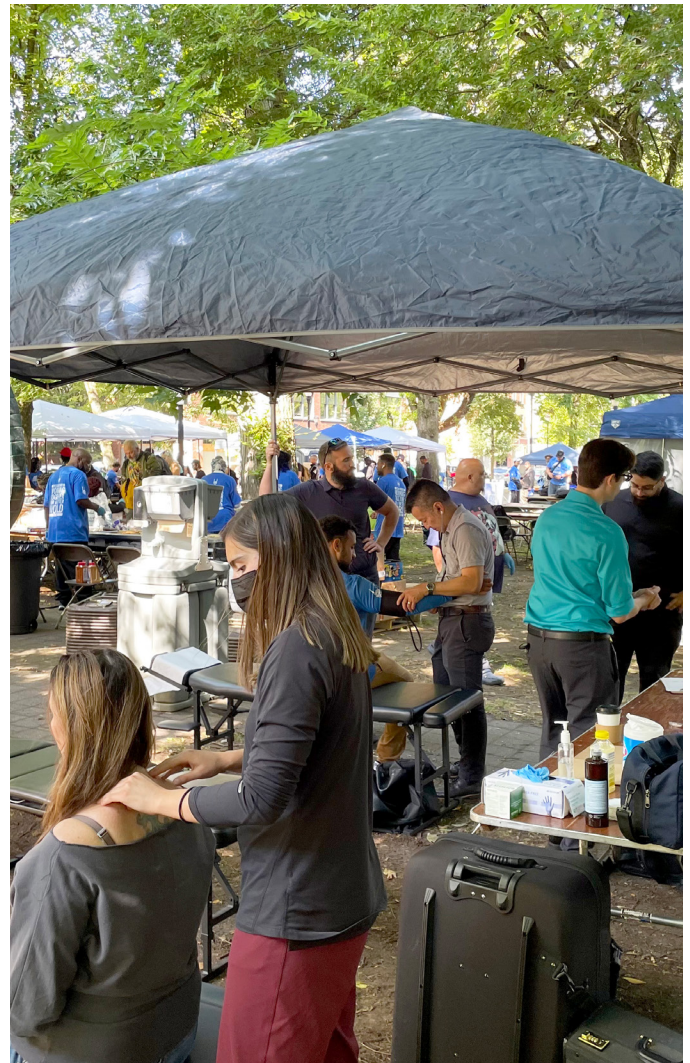
A large part of the care provided at the event included ergonomic assessments and providing patient education to help alleviate pain. “For the interns, being able to



explain how and what they're doing deepens both their confidence and helps them to form meaningful and trusted relationships with the patients," said Dr. Vuky.

"I feel like my clinical skills are translating well, which has helped me gain more confidence," said Benjamin Pierri, ninth quarter chiropractic student. "Some of the procedures are just a little bit different, because of how much time we have with each patient, but overall, it's really all about making the patient comfortable and in good hands."

Learn more about the [Day of Dignity event](#), the ISOS, and ways to give back. •

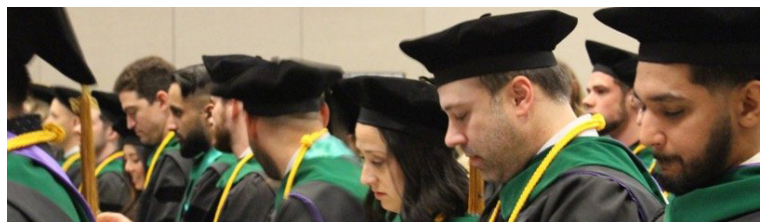


#UWSLife



1-4. Before the start of the fall 2022 quarter, UWS welcomed the incoming doctor of chiropractic class to campus. It was a joy to see more than 100 new DC students who will become the future of chiropractic! **5.** UWS clinical interns and educators on hand at the OHSU Health Fair in October. L-R: Josh Krivoshein, Zach Monasmith, Dr. Peter Vuky, Jessica Settle and Connor Fairweather. **6.** UWS doctor of chiropractic students representing UWS and Connected Whole Health at the Montavilla Street Fair in Portland. **7.** Johnny Kang, student engagement and events coordinator and Alex Pham, ASB president and doctor of chiropractic student, handing out UWS swag to students during fall quarter. **8-9.** The UWS Associated Student Body (ASB) provided discounted tickets to UWS students for a Portland Timbers match! The game was a great way to get out and have some fun prior to the fall quarter start. **10.** Over the summer, UWS sports medicine master's students had the opportunity to provide care at the 2022 USTA Wheelchair Tennis tournament held in Salem, Oregon.

#UWSGrad



Giving at UWS



Second Annual UWS Vendor Fair

Join us for the second annual UWS Vendor Fair, November 17, 2022 from 12 – 3 p.m. The UWS atrium will be abuzz with university partners and vendors who are eager to introduce

FEATURED VENDORS

- Activator Methods International
- Airrosti Rehab Centers
- Aligned Modern Health
- Chiro One Wellness Centers
- ChiroPreferred
- NCMIC
- Oregon Chiropractic Association
- Priority One Supplements
- Standard Process
- The Joint Chiropractic

students, employees, faculty and community members to their products and brand. This will be a fun event with great information and networking opportunities. All proceeds received by partnering vendors support the university's

diversity and inclusion initiatives.

Interested in attending as a vendor?

Reserve your spot today by visiting www.uws.edu/2022-vendor-fair/ •

Featured Scholarships

Congratulations to the recipients of donor advised scholarships fall term!

Chiro One Wellness Center Scholarship



The Chiro One Wellness Centers' Scholarship is one of many manifestations

of Chiro One Wellness Centers' unique vision, "that all human beings discover their full potential." Co-Founder Dr. Sam Wang believes that support for the future leaders of chiropractic is a crucial part of the growing paradigm shift toward wellness in health care.

Congratulations to this year's recipient, Jessica Settle, UWS doctor of chiropractic student!



"I'm grateful to be the recipient of the 2022 Chiro One scholarship. This scholarship is helping with my tuition and upcoming board exams. I'm thankful to Chiro One for helping to relieve some of the financial stress that's coming up."

– **Jessica Settle, UWS DC student and clinical intern**

Dr. Jan Neal Scholarship for Technology



Dr. Jan Neal, UWS DC class of '86, established this scholarship to ease the financial

burden of future chiropractic physicians by helping to defer the costs of technology required for the doctor of chiropractic (DC) program by reimbursing students for technology purchases needed for education. Dr. Neal remembers the quarterly struggle to find money to buy supplies, equipment and last-minute classroom materials when she was a student and wants to help ease that burden on current students. Congratulations to the ten recipients of this scholarship! •

Looking to hire UWS grads?

Save the date for the UWS Career Fair.



UWS CAREER FAIR & RECEPTION

Thursday, April 20, 2023 8000 NE Tillamook Street Portland, Oregon 97213

Save the Date

Questions? Contact the development office at giving@uws.edu
More information and registration to come at uws.edu/career-fair



2022 UWS Alumni of the Year will be honored at the reception and the Lester Lamm Atrium unveiling (tentative). •

UWS Giving Programs

Individual Giving

Beginning in December, we will be raising funds to support student scholarships. Give today and keep an eye out on our social media and your email for more information on how you can support our students. Learn more by visiting www.uws.edu/donate/

Business Partner Program

The UWS Business Partner Program offers a wide variety of giving levels and benefits for you to choose. Join us through the Business Partner's Program to increase visibility of your brand, generate sales and make clients for life while contributing to the success of UWS and our students. Learn more by visiting www.uws.edu/business-partner-program/.

Questions? Contact Jeremy Anderson-Sloan at giving@uws.edu

The Business Partner Program is rooted in UWS's six core values:



*“For the good
of the patient”*

CREATE AN IMPACT

Annual business partnership's create a significant positive impact as part of our campus and online community.

Student Experience

Applied Practice

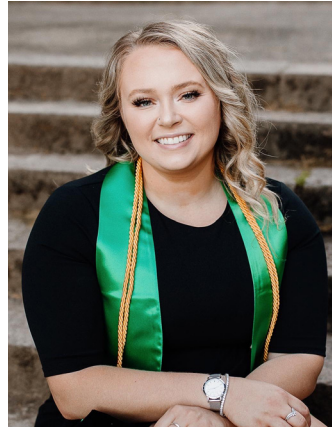
Across all educational programs offered, University of Western States students learn the theories, science and researched didactic information regarding their chosen disciplines of health care – chiropractic care, human nutrition and functional medicine, sport and performance psychology, sports medicine, and clinical mental health counseling.

UWS teaches an individualized approach to each patient and client because each person has unique characteristics and needs. This holistic view is applied while taking into consideration all aspects of the person, including physical, mental, emotional, spiritual, dietary, nutritional and lifestyle factors. When a UWS student advances to the clinical observation and training portion of their education, they apply this learning and develop skills and competencies that will serve them in clinical practice.

Read on to learn more about how the hands-on, applied practice experiences across each UWS educational offering helps advance student and alumni's ability to provide care *“for the good of the patient.”* •

Sports Medicine

“The best part of the applied practice experiences I've gotten in the sports medicine



Lauren Fauchon

program is getting to utilize the hands-on skills I've learned throughout the program and put them into practice with real people and athletes. Having the opportunity to work with different practicum

supervisors from athletic trainers to doctors of chiropractic allows for additional learning experiences from professionals practicing in the field to enhance my knowledge and abilities.

The Seaside Beach Volleyball tournament was a highlight of my practical experience as I was able to work with three different supervisors who brought unique knowledge and experience to each day. Being able to do everything from emergency care to first aid and diagnosing and treating acute and chronic in a high-stakes situation where athletes, coaches and parents are expecting answers allowed me to strengthen my clinical, diagnostic, communication and documentation skills. Further, the number of athletes we were able to treat prepared me well for what practicing in a clinic setting and on the sidelines of an event may look like.”

– Lauren Fauchon

UWS sports medicine and doctor of chiropractic student

Clinical Mental Health Counseling

“The best part of my counseling internship experience was connecting with new people to learn both about them and from them. Throughout my internship I learned from my university supervisors and peers, my site supervisor, and colleagues, and especially the client themselves. I felt myself continually humbled, amazed and grateful for the diverse spectrum of identities and experiences that I encountered on my learning journey. The process shifted my posture towards people from judgement and fear to curiosity and empathy.



Brooke Rundle

Weekly group consultations at my university and internship site, in addition to individual supervision and direct client engagement have shaped my professional identity as a counselor, narrowed my field of focus, and prepared me to pursue a career in counseling. The completion of my internship experience at UWS also resulted in a job offer at my internship validating my preparedness. The internship experiences have provided me a whole new language and skill set with which to navigate my career going forward.”

– Brooke Rundle

UWS doctor of education in sport and performance psychology with clinical mental health counseling specialization student

Sport and Performance Psychology

“The applied practice of the sport and performance psychology program is what brought me to UWS. The best part of the internship was not only the knowledge imparted to me by my mentor Dr. Walter McCutcheon, but the building of relationships with UWS staff and fellow students. The dissertation defense and preparation were no joke. It was a process that built from the beginning and moving forward until it was on you to defend. Our team, being our mentor group, was great to be able to let them read drafts and ask questions



Chad Radecker

and make comments. Dr. McCutcheon also did a great job in guiding us on our journey to defend. The experiences I had in the program added to my professional growth by expanding my knowledge exponentially, giving me a solid ethical base, and helped shape me as a well-rounded sport and performance specialist.”

– Chad Radecker

UWS doctor of education in sport and performance psychology with clinical mental health counseling specialization student

Chiropractic

“While my education at UWS prepared me extremely well, I learned more and grew more as a practitioner during my first six months working in the VA Health Care System than I ever could have imagined! In the civilian world you hear about the substance abuse crisis, but you don’t truly understand how much of an impact alternative care can have until you are in the middle of it. As cliché as it may sound, I have gotten to watch chiropractic truly change lives. From helping veterans who were wheelchair bound return to their favorite activities to being a part of other veteran’s sobriety journey, being a part of the VA has truly one of the most rewarding experiences!



Bailey Nachtigal

I’ve had the opportunity to work with patients with conditions we only read about in school, and I may never see again. Working in the VA has given me confidence not only in my skills as a health care provider, but also in my ability to work with other professionals in order provide the best, well-rounded care to my patients.”

– Bailey Nachtigal

UWS doctor of chiropractic student



Sachien Hewawasam

veterans and making a positive impact in their lives.

Adapting to the challenging clinical environment with interesting and complex patient cases and the undeviating focus on evidence-based patient care approach at the VA has exponentially increased my scope of clinical knowledge, thinking and experience. It has been an amazing opportunity to work alongside three highly-recognized national leaders in integrated chiropractic practice. This has created an environment for me to step out of my comfort zone and be comfortable in uncomfortable, challenging and stressful situations.”

– Sachien Hewawasam

UWS doctor of chiropractic student



Megan Barnett

Human Nutrition and Functional Medicine

“Prior to my graduation in 2018, I shadowed two functional medicine providers (one nurse practitioner and another medical doctor) in a regenerative clinic weekly for three months. This opportunity provided experience working with patients being treated for everything from musculoskeletal abnormalities to autoimmunity, metabolic syndromes, cancer and chronic disease. In addition, it built

my confidence and helped me understand my role and scope in a functional medicine practice. I went on to work directly with one of the providers that I’d shadowed and eventually become his business partner.

Being in a clinical setting allowed me to learn not only how to engage with patients and develop as a clinician, but also how the nuts and bolts of a practice works from a business perspective. It’s daunting to launch into a functional medicine practice as a nutritionist. You’re armed with so much information but understanding how to apply your education can feel vague because there is so much overlap with other functional medicine providers. The clinical experience at UWS helped to define those parameters for me while giving me a sense of how to build a strong business.”

– **Megan Barnett**

MS, CNS, functional nutritionist & co-owner of BioLounge, human nutrition and functional medicine program alumni

Continuing Education

Last Call! We'll See You in Hawaii

Are you still interested in attending the 12th annual UWS Summer in December Continuing Education program in Maui?

This year's program brings you 20 hours of continuing education over four diverse courses. Dr. Moreau and Dr. Harger return live and in person for a grand rounds learning format that provides interactive sessions with presenters and colleagues. This year's program will be a hybrid format with five hours of asynchronous online learning you can do before you travel, on your own schedule, to give you more time to enjoy Hawaii outside the classroom. The program also brings Lori Holt to present.

[Learn more about register](#) for this wonderful CE opportunity today! •



Alumni Department News

Social Media Privacy Practices and HIPAA Webinar Panel



The University of Western States office of alumni relations hosted a webinar regarding social media privacy practices and HIPAA.

Discussion topics include:

- Social media use in a growing medical practice
- Privacy laws (HIPAA), false advertising online (Lanham Act) and regulatory compliance regarding medical advice online
- How to get a practice up and running with an online presence
- The following panelists joined the webinar to provide us with their expertise: Chris Cooper, DC, Cascade Chiropractic & Wellness, UWS alum, Michael Jonas, JD,

MBA, Rational Unicorn Legal Services and Nathaniel Woodward, JD, UWS adjunct instructor, clinical sciences.

View the Social Media Privacy Practices and HIPAA webinar and others in the [UWS webinar series section](#) in the career and professional development page. •

Join Cornerstone Society by Referring a Student to UWS



Student referrals are one of the most important ways our alumni and friends can give back.

Because of that we consider our student referrers to be the cornerstone of our university. Our newly launched Cornerstone Society is a community network that is a critical part of how talented professionals find their way to UWS programs.



Alumni News Continued

We are truly grateful for your student recommendations and to show our appreciation, all members of the Cornerstone Society are showcased in our campus foyer as well as at UWS events including our commencement ceremony.

If you know someone who would be a good fit for UWS and they apply, remind them to submit your name as a referrer! •

programs to uphold our commitment to support our alumni from all our academic programs. One of these new initiatives we launched is a map of our practicing alumni throughout the world. This new tool connects UWS alums to potential referrals and provides opportunities for alumni to connect with other UWS practicing alumni in their local area.

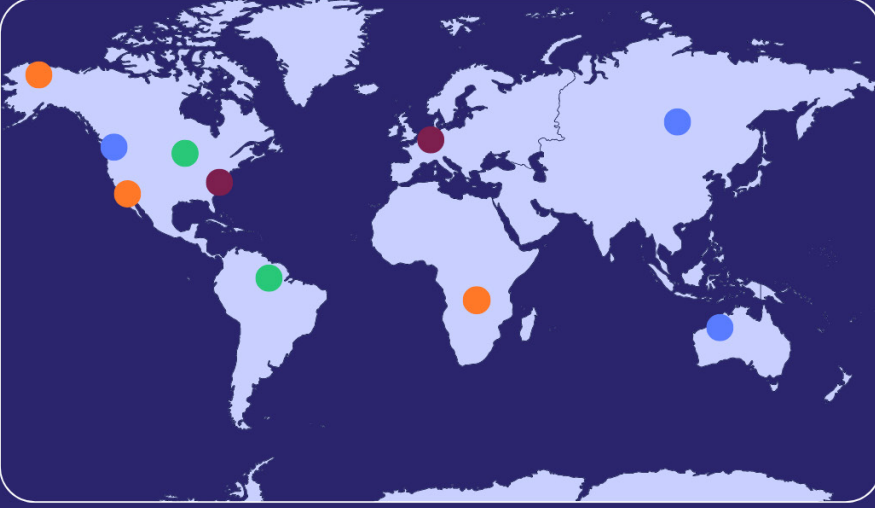
Want to be included in our UWS Alumni Finder Map? Learn more here:

www.uws.edu/alumni-finder-map/ •

UWS Alumni Finder Map


The UWS office of alumni relations is in the process of creating new alumni engagement

UWS ALUMNI FINDER MAP



SPECIALTIES

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


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In Memoriam

Kawaguchi Memorial



This fall, a memorial plaque was placed in front of the Connected Whole Health clinic entrance on the south side of the UWS campus in honor of the late Dr. Jun Kawaguchi, assistant professor

in the college of graduate studies (Class of 2008) who passed away September 11, 2021.

“Dr. Jun Kawaguchi was beloved by the entire UWS community and everyone who had the good fortune to interact with him in any capacity – we miss him greatly,” said Dr. Joseph Brimhall, UWS president. “His legacy of kindness, dedication and devotion to his students and patients left a lasting impression.” ●



Dr. Erica Moeller

February 19, 1977
-November 13, 2021
2005 DC Alum

Obituary

UNIVERSITY *of* WESTERN STATES

