



University of Colorado Hospital

UNIVERSITY OF COLORADO HEALTH

THE CENTER FOR INTEGRATIVE MEDICINE

Acupuncturists

Daisy Dong, L.Ac., OMD



Daisy Dong is the senior Chinese medicine practitioner and an original member of the Integrative Medicine Program of UCH. She received her medical degree from the Beijing College of Traditional Chinese Medicine and finished fellowship at Dongzhimen Hospital in 1990 for acupuncture. She also received three Master degrees in International Health, Health Administration and Oriental Medicine in the United States. She has been a professor at Southwest College of Acupuncture since 1999 teaching Clinical Herbal Pharmacology and Integrative Traumatology. She is a clinical faculty member of School of Medicine, University of Colorado for elective course of Integrative Medicine since 2005. Her background includes training and experience in all components of TCM including acupuncture, herbology, Tui Na (Chinese therapeutic massage), T'ai Chi, Qi gong in addition to allopathic general medicine. After arriving in the United States, She has a special interest and expertise in acute and chronic pain, GI disorders (IBS, GERD, and chronic pelvic pain), skin conditions, stroke rehabilitation, infertility (male and female), and women health. She accumulates rich experience particularly for migraine headaches as well as cancer support care.

Ban B. Wong, L.Ac., PhD Dipl. Ac.



Dr. Wong is a second generation doctor of Traditional Chinese Medicine (TCM). Growing up in China, he studied Chinese medicine with his father who is a teacher and a master of TCM. He also studied Tai-Chi, Qi-gong, Feng Shui, and Reflexology with renowned masters in Peking, Hong Kong, and Tokyo. After moving to Los Angeles, Dr. Wong earned his bachelor's from the University of California, Los Angeles. A few years later, he completed his master's and Ph.D. in Acupuncture and Oriental Medicine in California. Sharing his passion, Dr. Wong taught Tai Chi for Wellness Centers and he was a professor at the Colorado School of Traditional Chinese Medicine. In addition to being licensed in California and Colorado, Dr. Wong is certified as a Diplomate in Acupuncture and Chinese Herbology by the National Certification Commission (NCCAOM). He currently spends 3 days a week as researcher, staff acupuncturist and herbalist at the Center for Integrative Medicine at University of Colorado Hospital. He practices integrative cancer care, pain management, anti-aging, fertility enhancement, general pediatrics, TCM nutritional and herbal therapy. In addition to being the designated acupuncturist for Rocky Mountain Cancer Center, he also maintains a private practice in Denver.

Nancy Nguyen, L.Ac., DAOM



Dr. Nguyen received her BA in biology from CU Boulder in 2002 and received her MS TCM from Colorado School of Traditional Chinese Medicine in 2006. After completion of her MS, she did an internship at Beijing University of TCM for 3 months and worked in Viet Nam with a U.S. registered 501c3 focusing on health care improvement in the local central Vietnamese communities. She returned in 2008 and began practicing in her hometown of Denver, CO. Dr. Nguyen attended the doctorate program at Oregon College of Oriental Medicine in Portland, OR. The program focused on women's health, geriatrics and research. She graduated with her doctorate in Acupuncture and Oriental Medicine in 2011 with a research proposal regarding asthma and acupuncture as her capstone. She also completed a labor and delivery internship with Claudia Citkovitz, LAc at Lutheran Hospital in Brooklyn, NY, learning how to assist women in prolonged labor and pain management. She specializes in treating pain syndromes, women's health issues, and internal medicine problems.

Dietician

Holly Prehn, RD, CNSC



Holly Prehn is a Registered Dietitian (RD) and Certified Nutrition Support Clinician (CNSC) who provides one-on-one sessions for various nutrition and health issues. Holly provides nutrition education, nutrition counseling, and wellness coaching tailored to the needs of each individual. Holly can help with the management of a variety of nutrition issues including weight management, gastro-intestinal issues, pre-diabetes, cardiac health, and enteral nutrition (tube feedings), as well as other nutrition concerns.

Holly also covers additional areas within the University of Colorado Hospital including the Cardio-Thoracic ICU and the Neurosurgical ICU. She enjoys each area of nutrition with the number one goal of patient success and overall positive outcomes

Chiropractors

Brian Enebo, DC, PhD



Dr. Enebo received his chiropractic degree with honors from the Los Angeles College of Chiropractic in 1997. In 2006, he completed doctoral studies in human motor behavior from the Department of Integrative Physiology at the University of Colorado, Boulder. Prior to joining The Center for Integrative Medicine, he maintained a private practice in Boulder, Colorado, working in conjunction with massage therapists, acupuncturists and physical therapists. Adding to his clinical experience, Dr. Enebo taught evidence based care, chiropractic technique and clinical biomechanics to chiropractic students, as well as anatomy and physiology to students in herbal and massage therapy training programs. He describes his practice style as caring and comprehensive: spending time with each patient, listening to treatment goals and developing individualized treatment programs. Although chiropractic is often associated with low back pain, Dr. Enebo also sees patients who are experiencing other spinal problems like sciatica, neck pain and headaches. Additionally, he treats patients having problems with their extremities due to carpal tunnel syndrome or sports injuries and the pain associated with arthritis.



Craig Kozak, DC, DABCO **Clinical Orthopedics and Rehabilitation**

Dr. Kozak wants you to function better! You have things to do in your life. Helping you get your life back and do what you need to do safely and effectively is what Dr. Kozak does. The first step is a thorough exam to find your main problem as well as other issues that may add to it. Then, personalized treatment is started based on your preferences and the best medical evidence for your problem. Dr. Kozak uses hands-on and active techniques. Some of these are biomedical acupuncture/dry needling, corrective exercise, and therapeutic taping. Hands-on techniques include chiropractic joint manipulation, joint mobilization, and many soft tissue techniques. Blending these techniques in the right order, at the right time, for the right problem, and for right person (you!), is when the magic happens. If you are ready to function better and get your life back, call now for an appointment with Dr. Kozak.

Dr. Kozak out of the clinic: Dr. Kozak gets way out of the clinic! Hiking, biking, skiing, rafting, and running are just some of what he does out there. In 2014, he completed the Denver Rock 'n' Roll marathon — his first. In 2016, skiing Colorado's 14ers and major bike tours are on tap. [Take home message: With all that activity, Dr. Kozak has had his share of injuries and recoveries. He would not recommend a treatment for you if he has not or would not do it himself.

Massage Therapists

Ann Mathews, BS, RMT



Ann Mathews is a licensed massage therapist practicing since 1984. She graduated with an emphasis in Swedish, Shiatsu, and Deep Tissue massage from The Boulder School of Massage Therapy. Ann continued her studies at the Postural Integration Institute where she received certification in Myofascial Release and at the Colorado Cranial Institute. Most recently, she studied at the International Loving Touch Foundation, receiving certification as an Infant Massage Instructor. She is licensed and registered with the State of Colorado and received her Bachelor's degree in Psychology. Ann combines a myriad of massage therapy techniques in each session according to the patient's individual needs, paying close attention to muscle imbalances due to postural or structural misalignments. Ann has worked with patients with numerous health concerns including acute and chronic pain, neurological diseases, fibromyalgia, pregnancy, anxiety, joint replacements, and cancer. Ann offers her patients information on resources that are available to them and encourages her patients to be active participants in their path toward wellness.

Pharmacist

Monika Nuffer, PharmD



Dr. Nuffer is a clinical pharmacist with expertise in Complementary and Alternative Medicine (CAM). She provides individualized consults where she evaluates and explains the safety and efficacy as well as pros and cons of different herbs and supplements patients are taking or considering taking. Taking her patients' complete medication profile into account, she screens for interactions, duplications, and helps to optimize pharmacotherapy treatment at The Center for Integrative Medicine. Dr. Nuffer is a faculty member at the University of Colorado Skaggs School of Pharmacy and Pharmaceutical Sciences. She serves both as the Academic and Experiential Program Coordinator for the Distance Degrees and Programs and as Senior Instructor the Department of Clinical Pharmacy. She also offers a comprehensive CAM elective within the PharmD program. Dr. Nuffer obtained her Doctor of Pharmacy degree from the University of Colorado, Denver and completed an American Society of Health Systems Pharmacists-accredited Pharmacy Practice Residency at the VA Hospital in Albuquerque, New Mexico.

Medical Doctors

Lisa Corbin, MD, FACP, Medical Director of Integrative Medicine



Dr. Corbin received her medical degree with honors and distinction from the University of North Carolina at Chapel Hill. She completed her internship, residency, and chief residency in Internal Medicine here at the University of Colorado Denver School of Medicine and became the Medical Director for the Center for Integrative Medicine when it opened in 2001, specializing in seeing patients who are interested in therapies beyond medication and surgery. Dr. Corbin has played an instrumental role in complementary / alternative medicine education on the campus for all types of students and residents, as well as faculty and staff, and she enjoys teaching physicians, other health care providers, and community groups. Dr. Corbin seeks to advance integrative medicine research on campus. Her practice style involves making sure the patient is receiving appropriate conventional care, deterring people from harmful therapies, then suggesting lifestyle approaches (sleep, exercise, mind/body, nutrition) and safe and effective CAM therapies as appropriate for the patient's conditions and personal interests. She believes in returning the care of the patient to the patient and also the true integration of care by making sure the patient and any other treating providers are communicating effectively. When not at work, she enjoys time with family and friends, a good workout, and has a soft spot for chocolate.

Lauren Grossman, MD



Lauren Grossman, a physician with 26 years of experience, believes that each person defines health and wellness differently and begins their journey from a unique place. Her goal is to partner with each patient toward a healthier and happier life. She began her own journey in health as a child of a produce grower, where every family meal was graced with fresh fruits and vegetables. After graduating from the Leeds School of Business at CU Boulder with an undergraduate degree in Finance, she attended the Harvard School of Public Health and obtained a master's in Health Policy and Management. After several years in health care consulting and at foundations, she made a priority of promoting health one person at a time and earned her medical degree from the Icahn School of Medicine at Mount Sinai in New York City. She has spent most of her career caring for the sickest patients as a board certified emergency medicine physician. Now preventing illness and promoting wellness are becoming the focus of her work. Her proudest professional moment came when she was awarded the Outstanding Teaching Award by the residents at Cook County Hospital in Chicago. Dr. Grossman completed Dr. Andrew Weil's two-year fellowship at The Center for Integrative Medicine at the University of Arizona, studied nutrition and health at The Culinary Institute of America, participated in Professor Michael Porter's Value Based Health Care workshop at the Harvard Business School and trained with The Center for Mind Body Medicine at Georgetown University.

Special areas of interest include:

- Prevention and reversal of chronic disease;
- Optimizing health for those with or recovering from life threatening illness;
- Self-care, resilience building and burnout prevention for health care providers.

Dr. Grossman is a mother of seven (four human and three canine) and avid home cook, yogi and novice gardener who enjoys our beautiful State of Colorado hiking, snowshoeing and biking.

The job of the physician is to “cure sometimes, treat often and comfort always.”

--Hippocrates

Physician Assistant

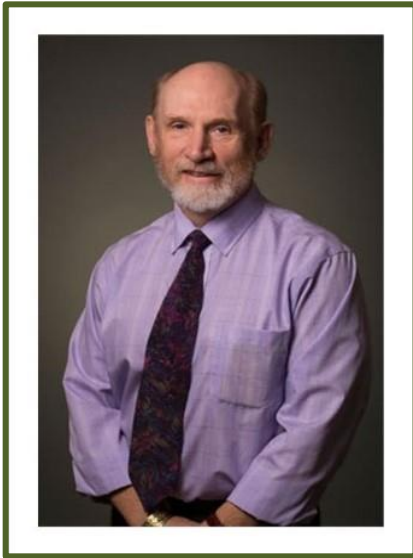
Tish Bolshoun, PA



Tish Bolshoun received her physician assistant certificate and master's degree in medical science from Saint Louis University and has a BS in Biology from UC Denver. She has worked in primary care for 15 years and integrates complementary medicine into her internal medicine practice. She counsels patients in TCFIM on lifestyle, wellness, and CAM. She frequently trains physician assistant and nurse practitioner students in clinic. She also facilitates student learning in the Inter-professional Education Program across multiple disciplines. Tish approaches her patients holistically and individually. Hobbies include reading, cooking, gardening and shopping for that next favorite pair of shoes!

Physical Therapist

Marcus Kurek, PT



Marcus had been in practice for the past thirty-two years blending Muscle Energy technique, CranioSacral Therapy, Visceral Manipulation, Myofascial Release, neurofeedback and psychological principles in the treatment of chronic pain, conversion disorder, PTSD and Traumatic Stress. He graduated from the Northwestern University program in physical therapy in 1982. His interests in chronic illness lead him to pursue his master's degree in contemplative psychotherapy from the Naropa University which he completed in 1992. In 2000, he completed his training with Dr. Peter Levine, author of *Waking The Tiger*, and became a Somatic Experiencing Practitioner. During the last twenty three years, Marcus has been specializing in unraveling the relationship between the physical and emotional connection in PTSD, traumatic stress and conversion disorder. He lectures nationally with Dr. Robert Scaer, author of *The Body Bears the Burden* and *The Trauma Spectrum*, on the neurophysiological aspect of PTSD and traumatic stress. He lives in the mountains of Colorado with his wife and three cats and enjoys telemark skiing, hiking and playing Native American flutes.

Psychologists

Carrie Landin, PsyD



Dr. Landin received her doctorate degree in Clinical Psychology at the University of Denver. She has over 15 years of clinical experience. Prior to working at the UC Health, Center for Integrative Medicine, Dr. Landin worked at the University of Northern Colorado Counseling Center, the University of Vermont Counseling Center, Strong Memorial Hospital Outpatient Psychiatry Clinic, and private practice. Dr. Landin taught beginning psychotherapy and health psychology seminars at the University of Denver as adjunct faculty. Currently, she provides clinical instruction to psychiatry residents from the University of Colorado, Department of Psychiatry Residency Program. Dr. Landin specializes in mindfulness based approaches for chronic illness, stress, anxiety, pain, depression, and grief and loss. She has many years of training and practice in mindfulness based psychotherapy. During her time at the University of Northern Colorado she formed the campus Mindfulness Practice Center, and she conducted research in mindfulness based psychotherapy groups that was later presented at an international conference on mindfulness in science and medicine. She is also trained in heart rate variability biofeedback for stress and pain management.

Felicia Greher, PhD



Dr. Greher received her doctorate degree in Clinical Psychology from the University of North Texas in 2006. She has provided psychotherapy and assessment services across a variety of settings including hospitals, community clinics, rehabilitation centers, university counseling centers, and private practice. Locally, she has worked at the Denver VA Medical Center, the Eating Disorder Center of Denver, and the University of Colorado-Boulder Counseling and Psychological Services. She currently maintains her own private practice and is an associate psychologist at a family forensic psychology group practice. Dr. Greher treats patients experiencing complex psychological and medical conditions including adjustment to acute or chronic illness or disability, pain management, anxiety, depression, trauma, eating and body image issues, infertility, and perinatal and postpartum concerns. She also enjoys helping family members and health-care providers cope with stress, adjustment, or grief and loss. She uses a relational therapy approach that integrates mindfulness and cognitive-behavioral interventions to empower clients to proactively respond to their challenges and approach their health and wellness more holistically

Joanne Whalen, PsyD



Dr. Whalen received her doctorate degree in Clinical Psychology from the University of Denver. Prior to joining the Center for Integrative Medicine, Dr. Whalen worked at Kaiser Permanente as a Behavioral Medicine Specialist in primary care and has a wide range of experience in medical settings including primary care and OBGYN clinics, oncology, HIV/AIDS and hospice. She co-led groups as part of a collaborative research study through the University of Colorado, Boulder investigating the use of mindfulness based treatment in preventing post-partum depression. Dr. Whalen utilizes cognitive behavioral and mindfulness based treatment approaches in her work with individuals with a variety of concerns such as coping with illness, pregnancy and post-partum difficulties, stress, depression, and anxiety. She is also trained in heart rate variability biofeedback.

Justin Ross, PsyD



Dr. Ross received his doctorate degree in clinical psychology from the University of Denver in 2007. He has worked extensively throughout the Denver metro community, previously holding affiliations with National Jewish Health, The Children's Hospital, The University of Denver, and The Bariatric and Metabolic Center of Colorado. When he is not seeing patients in The Center for Integrative Medicine, he is working in his private practice clinic, MindBodyHealth, located in the Capitol Hill neighborhood. Dr. Ross specializes in the psychological aspects of health, including pain management, stress reduction, mindfulness based interventions, obesity, bariatric surgery evaluations and treatment, and adjustment to living with chronic illness or disease. Dr. Ross remains active in numerous health psychology treatments in Denver, including leading smoking cessation groups, mindfulness programs, and support groups for those recovering from bariatric surgery.

Meredith Shefferman, PhD



Dr. Shefferman received her doctorate degree in Counseling Psychology from the Colorado State University in 2006. Prior to joining the team at the Center for Integrative Medicine, Dr. Shefferman served as the Assistant Director and Training Director at the University of Northern Colorado Counseling Center. She has also worked at the Eating Disorder Center of Denver, two university counseling centers, and maintains a private practice. Dr. Shefferman uses relational and mindfulness-based approaches to treat clients presenting with a wide variety of concerns, including: pregnancy and post-partum depression/adjustment, depression, anxiety, stress management, adjustment to illness, disordered eating and body image difficulties, trauma and PTSD, grief and loss, fertility concerns; and relational difficulties. She is trained in EMDR and heart rate variability biofeedback. Dr. Shefferman is passionate about helping her clients to find balance and relief from suffering in their lives.