Teleosis Institute is a 501 c (3) non-profit organization dedicated to deepening the expanding field of Integrative Health and Medicine.
Welcome

2015 marked the unfolding of a new direction for Teleosis Institute. From our shift in mission, to new staff and board members, to the development and successful offering of new classes, the past twelve months have been an exciting time of transition. Our new focus on coaching and narrative healing for health professionals continues to embrace Teleosis Institute’s fundamental commitment to a sustainable future. We’re pleased to present a brief review of our accomplishments this past year, and we’re looking forward to your joining us in our healing work.

- Joel Kreisberg
- Reggie Marra
- Ana Pines
- Lois MacNaughton
- David Leskin

Coaching and Narrative Healing

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Message from the Board Chair

When I first joined the board of Teleosis in 2009, our efforts were in Green Health Care. Coming from a different kind of health profession, the caring for land and trees, I found the work of Teleosis novel and exciting. My hope was to deepen ecological perspectives to matters of Green Health Care.

At that time safe drug disposal offered an essential challenge. Many of our medicines end up in our waters, soils, and ecosystems. Little is known about the complex interactions of these synthetic chemicals and hormones with other living organisms. Teleosis led efforts to mitigate harm by providing leadership and innovation for safe disposal of pharmaceuticals in Alameda County. The successful legislation was the first of its kind, becoming the model for ongoing legislative success in the US today.

After the success with the Safe Drug Disposal Ordinance in Alameda, I can understand why Executive Director Joel Kreisberg took a few years to redirect Teleosis. The new programs and board reflect this next innovative answer to the challenge of personal health – Health Coaching and Narrative Healing. Our assumption is that similar to safe drug disposal, seven years from now, health coaching will have gained a foothold as a powerful and cost-effective opportunity to improve health outcomes for individuals throughout the United States. The year-end report that follows offers a snapshot of the first year of this exciting new direction. I'm quite enthusiastic about what I see, and encourage you to jump on a Vital Conversations call, or join one of our classes in Narrative Healing. I'm sure you'll find the same innovative high quality programming that has been the hallmark of Teleosis Institute since its founding in 2004.

Have a great year!

Lee Klinger, PhD
Board Chair
Big Sur, California

About

Our mission invites health professionals into more authentic, transparent and inclusive service by participating in a supportive learning community that explores the unique opportunity to embrace our own healing while facilitating the alleviation of suffering in others. We invest in a healthier future by embodying our commitment to narrative healing.
New Classes

We successfully designed and enrolled students in our first two new classes – The Online Coaching Clinic and Living Poems, Writing Lives.

Online Coaching Clinic

Designed by Joel Kreisberg, this online program invites participants into a live clinic setting. Such real-time coaching offers health professionals an ongoing opportunity to learn in a mentorship-style atmosphere with advances in health coaching.

Living Poems, Writing Lives

First offered in 2015 as Poetry as Healing, this class invites participants to explore the tools and craft of poetry writing as vehicles for their own healing journey. Living Poems, Writing Lives, based on Reggie Marra’s book of the same name, is approved by the International Coach Federation for CCE.

Vital Conversations

Our commitment to supporting the growth of the community is best demonstrated by Vital Conversations. With monthly interviews with key leaders in the field, we’re supporting the growth of the healing profession. Our first few conversations were well attended and you can tune in to the archives on our website – free for everyone who registers.

Robert Kegan, PhD
Right Weight, Right Mind: The Immunity to Change Approach to Permanent Weight Loss

Meg Jordan, PHD, RN, CWP
The Future of Health Coaching

Lewis Mehl-Madrona, MD, PhD
Narrative Medicine

Jeremy Youst, Founder
Power of Breath Institute
Spotlight:
Ana Pines
Program Manager

As a writer who incorporates visual media, Ana’s work embraces the power of story to help us “see with different eyes” and to learn to listen to and hear others’ stories through their, rather than our own, perspective. Joining Teleosis in the Fall of 2015, Ana is a Media Specialist with extensive experience in advertising, film/video, web, social media campaigns, marketing and public relations. With a background that includes a BA in Film & TV from New York University and an MBA from Baker College, she is drawn to the narrative healing work at Teleosis. Through her deep caring, both personal and professional, she has embraced storytelling as a vital tool for sharing across different media forms. Her proficiency in marketing to diverse audiences due to her varied education, interests and work, led her to being chosen to be part of the social media team for NASA’s SpaceX launch in 2015.

Research/Presentations
As part of our ongoing commitment to the emerging profession, as we teach, we also inquire. This past year, Joel and Reggie were able to represent some of their research findings through poster presentations at the following conferences:

• “Use of Healing Narratives in Online Health Coaching Education: Teaching Core Competencies” Joel and Reggie presented this poster at the Coaching in Leadership and Healthcare Conference sponsored by the Institute of Coaching in Boston, September 2015

• “Creating Lasting Change: Coaching in a Clinical Setting” Joel presented a keynote address at the British Columbia Naturopathic Association Annual Conference, Vancouver, BC, October 2015

• “Coaching and Healing: A Collaborative Inquiry” a poster developed with a group of 10 coaches including Reggie, Joel and Lois, was presented by Joel at the Academy of Integrative Health and Medicine Conference in San Diego, CA, November 2015.
What’s Next?

New Classes in 2016

Designing a Client-Specific Coaching Plan
Provides students with a detailed, hands-on experience of creating a coaching plan using our unique coaching methodology.

Narrative Healing
Provides students with a direct experience of the power of sharing narratives as a path toward healing. Through sharing, listening to and receiving story, Narrative Healing significantly impacts healing outcomes. The class is approved by the ICF for CCE.


Our 20 experts in the field of health coaching and integrative medicine will present ground-breaking information and an innovative new perspective on Health and Wellness Coaching. Join us in May as we facilitate the exploration and advocacy of diverse approaches and mindsets.

Vital Conversations Upcoming Guests

Tom Janisse, MD, MBA
Narrative Healing & Poetry

Karen Wyatt, MD
Lessons for the Living from Stories at the End-Of-Life

Helayne Waldman, EdD
The Transition From Cancer Patient to Cancer Survivor

Ruth Wolever PhD
Becoming a Certified Health Coach: The Journey Forward

Our video archives are made available to all subscribers at: http://www.teleosis.org/pastvc/
Donors

We are grateful for the financial support our donors provided this past year.

Steve Benson
Adam Berman
Gary Huffaker
Houston Jewish Community Foundation
Inavale Foundation
Lee Klinger

Joel Kreisberg
Luisa Kreisberg Family Foundation
Jim MacNaughton
Nils-Michael Langenborg
Jeanine Saperstein
David Zeitler

Staff

Dr. Joel Kreisberg, DC, ACC: Executive Director
Reggie Marra, MA, ACC: Creative Director
Lois MacNaughton, BA, ACC: Adjunct Faculty
Ana Pines, MBA: Program Manager
Davide Leskin: IT Manager

Board

Lee Klinger, PhD: Board Chair
Gary Huffaker, MD: Secretary
Steve Benson, Treasurer
David Zeitler

Financials

Income
Total: 121,036

Expenses
Total: 105,941

How to Support Us?

As a nonprofit healing school, Teleosis relies on sustaining grants and donations from individuals and organizations to help us fund our core curriculum and community programming. Our 2016 fundraising goal is $75,000.

You can also support us by referring colleagues, clients, friends, and family to our classes. Most of our participants come from one on one recommendations.

Our growing online community is having an impact on Health Coaching.

http://www.teleosis.org/