

CIM SIG NEWS

Complementary and Integrative Medicine Special Interest Group

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Farewell from Outgoing Co-Chairs

Happy Spring! As the weather (finally!) warms up, we are looking forward to SPPAC. Being native Midwesterners, we both have a deep appreciation for spring. As nature gets its annual refresh, we too have the chance to come together at SPPAC and be refreshed by seeing new work from mentors and colleagues, as well as catching up with old friends. We have been fortunate to make new friends and connections through our roles as co-chairs of this SIG for the last three years, and are grateful for the privilege of serving you. While the CIM SIG was the first official SIG of SPP, over the past three years, we have enjoyed watching the SIG grow tremendously. From developing a new leadership structure to allow for more growth and member involvement to bringing back the newsletter, and establishing a new CIM directory, we continue to be impressed by the dedication and interest of our members in seeing the CIM SIG flourish. To this end, we are pleased to announce the transition of leadership to Bonnie Essner, PhD and Sharon Lo, PhD, who will be taking over as co-chairs of the SIG after the conference this year. We are excited about the enthusiasm and fresh ideas Drs. Essner and Lo will bring to the next chapter of the CIM SIG!

We are looking forward to seeing many of you in New Orleans! We are delighted to see a growing CIM presence at SPPAC, especially in the areas of mindfulness, art therapy, and virtual reality. To that end, we have included a list of conference programming of potential interest to our members in this newsletter. Additionally, be sure to attend our exciting CIM SIG meeting on **Thursday, April 4 at 10:45 a.m. in the Galvez Room**. During the meeting, we will learn more about clinical aromatherapy and mindfulness techniques, present a poster award for a research project presented at SPPAC, and discuss the membership directory that we started developing earlier this year.

This is a bittersweet meeting for us as our roles as co-chairs come to an end. However, the members of this SIG and their work continue to inspire us, and we look forward to connecting more with you in the future.

-Brittany Gresl & Susan Tran

MEET THE INCOMING CO-CHAIRS

Bonnie Essner, PhD is an Assistant Professor of Psychiatry and Behavioral Sciences at Northwestern University Feinberg School of Medicine and a pediatric psychologist at Ann & Robert H Lurie Children's Hospital of Chicago. Dr. Essner's clinical, research and educational interests are broadly in the areas of 1) pediatric chronic pain and pain in the context of complex health conditions; 2) integrative health approaches to symptom treatment and enhancement of recovery from invasive treatments and critical care, and 3) contemplative practices in pediatric health. She is currently the PI and co-I on funded studies on the impact of a mobile game on resilience among adolescent and young adult survivors of pediatric cancer; the effects of virtual reality on distress and autonomic functioning among pediatric critical care patients; and the feasibility of delivering positive emotion enhancement program into care of families of patients awaiting pediatric heart transplantation. Dr. Essner's specialized training in Complementary and Integrative Medicine includes completion of the Northwestern University Osher Center for Integrative Medicine Faculty Scholars Program and certification in Mindfulness-Based Stress Reduction for Teenagers. Bonnie is excited to build on the strengths, talents and expertise of our member community to advance the philosophy of complementary and integrative health within the Society of Pediatric Psychology and more broadly to patient and professional communities. Bonnie plans to leverage our professional networks to connect our SIG to national, interdisciplinary CIM organizations, ensuring that our SIG's efforts in education, research, and clinical practice are aligned with national trends.



Sharon Lo, PhD is a Postdoctoral Fellow at University of Michigan. Her research interests focus on applying basic science methods to intervention development to improve health and well-being in children. Given her clinical and research interests in the psychobiological mechanisms driving the development of self-regulation and executive functioning, she is excited to apply this expertise to pediatric populations. Currently, she is involved in a research investigation evaluating the impact of self-regulation interventions (i.e., biofeedback, relaxation) on treatment adherence in adolescents with Type 1 Diabetes. With the ever-growing public and scientific interest in non-pharmacological and cost-effective techniques/interventions to address a wide array of health concerns (e.g., pain, stress, anxiety, adherence), Sharon believes that the CIM SIG is well-positioned to contribute to this space. She looks forward to having the opportunity to help shape the development and mission of the SIG in a Co-Chair role, focusing on strengthening research and training initiatives, and promoting visibility of the CIM SIG!



CIM SIG GOES TO NOLA!



Please join us for the CIM SIG Meeting on Thursday, April 4th from 10:45-12:15 in the Galvez Room!

- **Experiential practice of aromatherapy and discussion of current research**
- **Learn a new, easy, and enjoyable mindfulness technique**
- **Poster award presentation**
- **Transition of leadership roles**
- **Discussion of membership directory**
- **General business, new initiatives**



Poster Award Winner

Congratulations to Megan Schaefer on her poster *"Healing the Hearts of Bereaved Caregivers: Impact of Legacy Artwork on Grief in Caregivers who have Lost a Child to Cancer"*!

Please congratulate Megan on her poster and learn more about her work during the Saturday poster session from 12-1 PM.

Megan's work qualitatively explored the grief experiences of bereaved caregivers who have participated in legacy artwork with their child prior to his or her death from cancer. Approximately 12% of youth with cancer do not survive, representing a devastating loss for caregivers. Strategies to improve parent coping have been understudied, and no studies have examined the impact of legacy-making interventions on bereaved caregivers' grief and resilience. Preliminary findings suggested that incorporating legacy artwork into pediatric palliative care programs may result in positive psychological outcomes for bereaved caregivers. Additionally, they highlight the significance of having interdisciplinary teams with complementary supports on pediatric units to comprehensively address the needs of patients and their families.

Other CIM-Related Programming of Interest

Thursday, April 4th

- 12:30-3:00pm Workshop: Pediatric Behavioral Sleep Medicine: Advanced Topics and Complex Case Discussion
- 12:30-3:00pm Workshop: Treating Somatic Symptoms: Targeting Risk and Resilience Factors to Optimize Short- and Long-Term Health in Complex Patients
- 6:00-7:00pm Poster Session #1
- 10. Perceptions of Pain Treatment in Pediatric Patients with Functional Gastrointestinal Disorders
 - 23. Group Art Therapy for Children with Chronic Pain in an Intensive Interdisciplinary Pain Rehabilitation Setting
 - 71. A Parent- and Provider-Informed Mindfulness-Based App for Parents of Children with Chronic Pain

Friday, April 4th

- 6:00-7:00am Yoga by NOLA Tribe Yoga
- 8:00-9:00am Poster Session #2
- 4. The Moderating Effect of Mindfulness on the Relation Between Illness-Related Parenting Stress and Psychological Maladjustment in Parents of Infants and Toddlers with Congenital Heart Disease
 - 21. The Moderating Effect of Affect on a Mobile Health Intervention for Adolescent Physical Activity
 - 25. Virtual Reality as a Tertiary Prevention Strategy for Reducing Executive Function Impairment Risk Following Pediatric TBI: A Pilot Study
 - 28. The Role of Grit in Health Care Management Skills and Health-Related Quality of Life in College Students with a Chronic Medical Condition
 - 36. Preliminary Evaluation of the Feasibility and Acceptability of a Mindfulness-Based Virtual Reality App among Youths on Dialysis
 - 39. Implementation of Photographs of Daily Activities – Youth English (PHODA-YE) in Assessing Graded Exposure Treatment Progress in Youth with Pain-Related Fear
 - 60. Impact of Somatic Symptoms, Body Listening, and Relaxation on Frequency of Psychogenic Nonepileptic Seizures (PNES)
- 2:15-3:30pm Symposium: Sleep as a Mechanism for Promoting Resilience in Adolescents and Young Adults

5:00-6:15pm Professional Development: Promoting Provider Resilience: Self-Care as an Ethical Imperative

7:00-8:00pm Poster Session #3

- 68. Engagement and Satisfaction with a Pilot Randomized Controlled Trial of a Mobile Health Application for Adolescent and Caregiver Asthma Management

Saturday, April 6th

6:00-7:00am Cardiovascular Exercise by NOLA Tribe Yoga

8:00-9:00am Poster Session #4

- 20. Virtual-Reality Training Enhances Children's Working Memory, Processing Speed, and Visual-Spatial Memory

10:30-11:45am Symposium: Team Science and Interdisciplinary Collaboration in Context of the Field of Pediatric Psychology: Current Practices and Future Directions

12:00-1:00pm Poster Session #5

- 10. Healing the Hearts of Bereaved Caregivers: Impact of Legacy Artwork on Grief in Caregivers who have Lost a Child to Cancer
- 32. Patient and Parent Expectations and Perceived Benefits of Therapies within a Comprehensive Pediatric Pain Clinic
- 34. Effects of Interdisciplinary Clinic Care on Sleep Disturbances in Pediatric Patients with Chronic Pain
- 63. What is Mindfulness and How Can it Be Used for Chronic Pain? The Perspectives of Adolescents Diagnosed with Chronic Pain

1:15-2:15pm Symposium: Real Pain? Patterns and Clinical Implications of Provider Pain Dismissal in Adolescents and Emerging Adults

2:45-4:00pm Professional Development: Creating a Whole Greater than the Sum of its Parts: Practical Strategies for Improving Team Culture in Interdisciplinary Clinical Settings

See you in New Orleans!

We would like to offer a special thanks to Melissa Engel for her organization and excellent design of this newsletter.