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ALUMNI ASSOCIATION NEWSLETTER

Susan McIntosh

Master of Science in Acupuncture



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at Maryland University of Integrative Health

ALUMNI SUCCESS SPOTLIGHT:

 Susan McIntosh
 Master of Science in Acupuncture

Susan McIntosh's story, from her days as a **Maryland University of Integrative Health** (MUIH) graduate, to becoming a distinguished practitioner and entrepreneur, epitomizes perseverance, inspiration, and a deep-seated passion for integrative health. Her journey commenced with a Master in Acupuncture from MUIH (formerly Tai Sophia Institute) in 1999, leading her from a foundational practice in Mt. Washington to the helm of **Satori Wellness Center**.

In the initial phase of her career, Susan, alongside a colleague, established a small center in Mt. Washington, housing a massage therapist and an acupuncturist. This venture was crucial in shaping her unique style and approach. Her solo practice in Hampstead, MD, in northern Baltimore County, further honed her skills and deepened her understanding of patient care.

A pivotal turn in Susan's career occurred at Carroll Hospital's Tevis Center for Wellness, where she contributed to community acupuncture and addiction programs and gained significant experience in the emergency department. This period was transformative, bolstering her patient communication skills and ability to provide comprehensive care.

Susan's journey with Satori Wellness Center in Towson is a significant milestone. After years of dedicated service, she embraced the opportunity to own the practice in September 2022. The ethos of Satori Wellness Center, initially founded by Kathy Crosland and Leslie Bridges, profoundly resonates with Susan. The name, symbolizing 'bliss,' and the center's philosophy, reflect a journey towards holistic health and life balance, aligning closely with Susan's personal and professional values.



As a leader, Susan values kindness, patience, skill, and deep listening in her team. She emphasizes continuous learning and a shared passion for the craft, fostering a collaborative and evolving space for practitioners and clients. Her career was significantly influenced by the mentorship and teachings of several key figures in the field of Acupuncture and Oriental Medicine.

Among the most influential mentors for Susan were the founders of Tai Sophia Institute, Bob Duggan and Dianne Connelly. Bob Duggan, a figure renowned for his profound insights and compassionate approach to healing, left an indelible mark on Susan's professional outlook. His teachings and philosophy helped shape her understanding of patient care, infusing it with a blend of empathy and practical wisdom.

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Dianne Connelly's contributions to the field, through her work and teachings, also played a significant role in Susan's development, offering her a broadened perspective on holistic health and patient interaction.

Another notable influence was Alex Tiberi, a celebrated practitioner whose work and teachings have left a lasting legacy in the field of Acupuncture and Oriental Medicine. Tiberi's approach, characterized by innovation and a deep understanding of the traditional roots of the practice, offered Susan invaluable insights into the intricacies of her craft.

Perhaps the most personal and profound influence on Susan came from her first practitioner, Mary Phelps. Phelps, described by Susan as a true healer, played a seminal role in her decision to pursue a career in acupuncture. Her unique combination of strength and gentleness made her not only an effective healer but also a great teacher.

An integral part of Susan's journey at Satori Wellness Center includes mentorship from the original owners, MUIH alumni Leslie Lloyd and Kathy Crosland. Leslie's brother, contributing to the center's legacy, designed the distinctive logo of Satori Wellness Center. The logo, featuring a gate within a circle, embodies Leslie's vision, representing the movement of life's energy and the awakening to the whole self, encompassing the essence of 'Satori' or 'moment of awakening.' Susan's addition of the slogan 'where east meets bliss' further encapsulates the center's ethos, blending traditional practices with a sense of joy and discovery.



Facing the challenges and rewards of being a business owner, Susan's first year was demanding yet fulfilling. Her practice of gratitude, resilience, and the unwavering support of her team have been pivotal in her success.

Looking to the future, Susan aspires to expand **Satori Wellness Center's** services, maintaining her commitment to learning and growth. Her story is a powerful testament to the transformative impact of integrative health and the enduring influence of her MUIH roots, symbolized in the very essence of Satori Wellness Center – a place of awakening, healing, and bliss.

FRESH PICKS FROM THE MUIH BLOG



Embracing Positivity in
Uncertain Times:
Strategies for a Resilient
Mindset



Warm Up with Autumn
Herbs and Spices



Cultivating Gratitude: A
Holistic Approach to Giving
Thanks

NUTRITION OUTREACH

Our Nutrition Outreach is an excellent opportunity for MUIH to foster community while learning how to utilize seasonal foods to treat a variety of health conditions.

[Check out the recording from our last Kitchen Talk event here.](#)

Winter Wellness Health Tip: Herbal Secrets for Seasonal Strength

Find out our top strategies for staying healthy this winter! Bevin Clare is a clinical herbalist and nutritionist with a deep love of plants and plant people. Her work as an herbalist has taken her around the globe as a professional and life-long learner. An accomplished author and presenter, [Bevin](#) has spoken around the globe, published peer-reviewed papers, and is the author of *Spice Apothecary* (2020). Bevin is the program director for MUIH's Clinical Herbal Medicine Program. [View her video here.](#)

COMMUNITY CAREER ROUNDTABLE

Attract Consistent Income Through
Bioenergetics and Mindset
December 6, 2023 at 7-8pm ET



**Maryland University
of Integrative Health**
Alumni Association

For questions, email:
careerservices@muhi.edu.

Follow us on LinkedIn:
[MUIH Community Career Roundtable](#)
[MUIH Career Services](#)
[MUIH Alumni Association](#)

MUIH Community Career Roundtable, a series of virtual roundtables open to all MUIH Alumni, MUIH Students, MUIH Faculty, and MUIH Staff on Zoom.

Please [register](#) for the complimentary event and add it to your calendar.

This session, Attract Consistent Income Through Bioenergetics and Mindset is facilitated by Robert Notter, Marketing and Mindset Coach. A full bio and a more detailed description of the presentation are on the registration page.

This presentation will start at 7:00 PM sharp and will follow with opportunities to network and ask questions.

If you would like to present or suggest a topic, [click here](#).

All MUIH Community Career Roundtable presentations are facilitated to be relevant for all integrative health providers. We look forward to you joining the conversation!

This is a participant-driven program that will allow for direct collaboration with the MUIH community across modalities. It's a great opportunity to build relationships, share experiences, and learn from others in the community.

[Click here for more information!](#)

WEBINARS



[Unwrapping Ginseng:
Relaxant or Stimulant](#)

[December 5 at 12pm ET](#)



[Meet Our Yoga Therapy
Faculty: Tonia Kulp](#)

[December 8 at 12pm ET](#)



[How to Become a
Certified Health Coach](#)

[December 6 at 12pm ET](#)



[Ways MUIH Encourages
Diversity & Inclusion in
Online Learning](#)

[December 12 at 12pm ET](#)



[Doctor of Clinical
Nutrition](#)

[December 7 at 12pm ET](#)



[Cultivate your Herbalist
Career with 10 Essential
Strategies](#)

[December 14 at 12pm ET](#)

THE ALUMNI ASSOCIATION



Become an active part of our ever-expanding alumni association community. Members will have access to perks and discounts, events, communities, and more!

[JOIN NOW!](#)

IN THE NEWS

Laurel, MD — Notre Dame of Maryland University (NDMU) and Maryland University of Integrative Health (MUIH) announce an agreement for Notre Dame to acquire MUIH, which it will initially continue to operate independently of NDMU. After a transition period during which MUIH and NDMU will remain separately authorized and separately accredited postsecondary institutions, NDMU plans to ultimately merge MUIH's graduate-level programs in integrative health and wellness into NDMU and to add a School of Integrative Health at NDMU. The acquisition transaction is expected to occur in early 2024, subject to receipt of regulatory and accrediting agency approvals and various other milestones, with the second step merger of MUIH programs into NDMU anticipated to take place in late 2024 or 2025.



The expected ultimate merger of MUIH into NDMU would incorporate MUIH's programs with NDMU's already robust health sciences offerings. Established in 1895, Notre Dame is a non-profit, private comprehensive Catholic university that offers a wide variety of career-focused undergraduate, graduate, doctoral, and certificate programs. The agreement would bring together two institutions whose missions and values focus on educating the whole person.

This will mark the first such school dedicated to integrative health within a comprehensive university in the country. The School of Integrative Health at NDMU will ensure the continued education and development of integrative health professionals to further build and support the field of integrative health. The integration of MUIH as a part of Notre Dame will help foster the interprofessional understanding needed for the effective collaboration of integrative health and conventional health care fields in service of the health and well-being of individuals and communities.

"Offering programs in both traditional health sciences and integrative health is unique and will position NDMU as one of the nation's most distinctive leaders in healthcare education," said Dr. Marylou Yam, president of Notre Dame of Maryland University. "With the demand for all health professions expected to increase over the next decade, this opportunity to add integrative health programs ensures that NDMU will continue to educate innovative healthcare leaders and caregivers."

Currently, NDMU's professional health programs include bachelor's and master's degrees in nursing, a Doctor of Pharmacy, a Doctorate in Occupational Therapy, a Master's in Physician Assistant Studies and Maryland's first bachelor and master's degree programs in Art Therapy. NDMU will continue to offer MUIH's online programs in nutrition, health and wellness coaching, health promotion, herbal medicine, integrative health studies, Ayurveda, and yoga therapy, as well as the campus-based acupuncture programs.

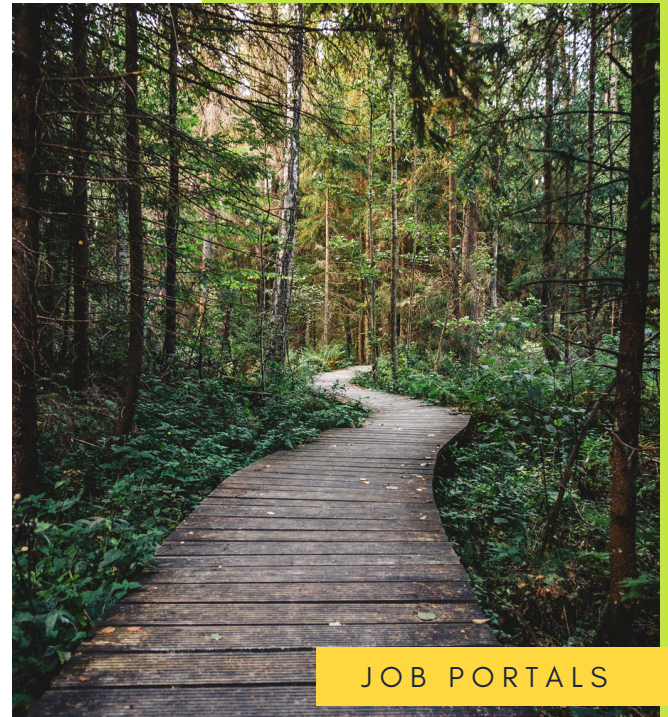
"MUIH is pleased to continue its pioneering graduate degree and certificate programs at NDMU in a new School of Integrative Health," said Marc Levin, president of Maryland University of Integrative Health. "We recognize the value that NDMU brings in providing a home for MUIH's outstanding integrative health programs and continuing to educate leaders and professionals to provide a holistic care to individuals, families and communities."

MUIH is a leading academic institution focused on the study and practice of integrative health and wellness and one of the few universities in the U.S. dedicated solely to such practices. Deeply rooted in a holistic philosophy, its model for integrative health is grounded in relationship-centered, evidence informed care. Since 1974, MUIH has been a values driven community educating practitioners and professionals to become future leaders in whole-person care through transformative programs grounded in traditional wisdom and contemporary science.

CAREER SERVICES

**Maryland University
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- **Our MUIH Community Job Board** features career opportunities that employers posted solely for the MUIH students and alumni. Employers and Alumni can also post career opportunities at the link above for free.
- **Our Integrative Health Job Board** is for integrative health employers and practitioners worldwide, and we hope it will become a destination for anyone trying to post or find opportunities in the field. This portal will be publicized by our vendor, YM Careers. Employers who post on this site will be charged a fee, and employers posting on the free MUIH Community site will be given a discount if they choose to post on both sites.



JOB PORTALS

We hope you'll find the portals helpful with your career development and/or recruiting needs. Please let me know if you have any questions or need any assistance.

Please contact me at rbrooks1@muih.edu if you need career assistance or if you are in a position to hire our students/alumni.

Regards,

Rob Brooks, Director of Career Services

MUIH Community Job Board

The MUIH
Community Job
Board is a place to
post and search for:

- Job Opportunities
- Space Rentals
- Internships
- Practices for Sale

Check out the [MUIH Community Job Board](#) and the [Career Opportunities Digest](#)

LOAN REPAYMENT PROGRAM

The NIH Loan Repayment Programs are for health researchers with a doctoral degree. If you are interested, please visit <https://www.lrp.nih.gov/> and also this link. Lisa Conboy, the MUIH Director of Academic Research, would be happy to speak to you about this program if you're interested. She can be reached at lconboy@muih.edu.

PRACTITIONER DATABASE

For more than 40 years, Maryland University of Integrative Health has been training the nation's leading integrative health practitioners. Search to find practitioners in the fields of acupuncture, animal acupuncture, ayurveda, yoga therapy, nutrition, health promotion, health and wellness, and Chinese and Western herbal medicine.



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Be sure to update your listing in the MUIH Practitioner Database. You can update your listing [here](#).

[MUIH VIRTUAL COMMUNITY WEB PAGE](#)

At MUIH, community isn't just a word; it's our belief, our strength, and the way we function. In light of recent events, we invite our valued community members to contribute materials, ideas, and suggestions. If you're open to it, we'd be honored to credit your submission by name and your association with MUIH. To share your insights, please visit our [Virtual Community Resources page](#) and use the submission form provided. All submissions are subject to review and approval. Your contributions help enrich our virtual space and strengthen our collective bond.

[OTHER MUIH EVENTS](#)