

ANNUAL REPORT 2009

Samueli Institute is a non-profit 501(c)(3) research organization supporting the scientific investigation of healing and its role in medicine and health care.

A MESSAGE FROM THE CEO AND THE CHAIR OF THE BOARD

In 2009, Samueli Institute continued to advance the science of healing through its research in the areas of integrative medicine, optimal healing environments, the role of the mind in healing, behavioral medicine, and military and veterans health care. The Institute made significant contributions to the United States health care reform efforts, with its Wellness Initiative for the Nation, and is working to ensure that prevention, health promotion and integrative medicine are included in future national health care policy. In this year of change and transition, Samueli Institute has been steadfast in its mission to transform health care through the scientific exploration of healing.

We have begun several new research initiatives this year. A collaboration with RAND Corporation through the establishment of a Chair in Integrative Medicine Policy Research has expanded our research efforts in integrative medicine and health policy. A grant from the Laurance S. Rockefeller Fund has increased our research in the areas of the brain, mind and consciousness. The Institute has also expanded its research into the areas of health behavior, lifestyle and wellness. It is an exciting time of growth and expansion for the Institute, and we look forward to new developments and discoveries in the year ahead.

The dissemination and translation of knowledge about how healing processes work and how they can be supported and enhanced is foremost among our goals. The Institute's work has resulted in the publication of 41 articles in peer-reviewed journals and two book sections. Members of the staff have made 89 presentations at scientific conferences and meetings, and Samueli Institute sponsored nine meetings and conferences during 2009. We continue to advance our vision of a world in which healing is the formative concept for achieving and maintaining wellness and ameliorating chronic disease.

We are proud of our accomplishments that are highlighted in this 2009 Annual Report. As we continue to broaden our research activities, we learn from and build upon previous endeavors. We invite you to join us in our pursuit of building the foundation and framework for a science of healing.

In good health,



Wayne B. Jonas, MD
CEO and President



Susan Samueli, PhD
Chair, Board of Directors

Samueli Institute BOARD OF DIRECTORS

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Wayne Jonas, MD

Susan Samueli, PhD

WIN—Wellness Initiative for the Nation

In 2009, Samueli Institute embraced its mission of “transforming health care through the science of healing” by taking an active role in the national conversation about health care reform. The Institute’s primary goal in this effort is to ensure that integrative health care, prevention and wellness are included in health care reform. Through the collaborative work of a Systems Wellness Advance Team comprised of Institute staff, health policy advisors, and health services researchers, the Institute developed a Wellness Initiative for the Nation (WIN), a plan to proactively prevent disease and illness, promote health and productivity, and create a wellness based health care system for all Americans.

On February 23 and again on June 11, 2009, Samueli Institute President and CEO, Wayne B. Jonas, MD testified on Capitol Hill before the Senate Committee on Health, Education, Labor, and Pensions to request that the United States Senate include the WIN provisions on integrative health care, prevention and wellness in its health care reform legislation. Dr. Jonas urged the Senate to consider the impact that the prevention of chronic disease, the promotion of healthy behaviors and the incorporation of integrative health care practices would have on health care. Samueli Institute continued to work in an advisory role to the Senate throughout the health care reform process, and is pleased that the WIN recommendations are included in the creation of a new National Prevention, Health Promotion and Public Health Council as part of the Patient Protection and Affordable Care Act.



Health Care Community Discussion

Samueli Institute convened a health care community discussion meeting on December 29, 2008, in response to a call for input on the nation’s health care reform. Over 150 professionals from a wide variety of health care disciplines participated in the discussion, either in person or via teleconference. The participants also took part in an online survey, the results of which highlighted the need for economic incentives for the development of a wellness industry, to

complement our disease management industry; the importance of programs to educate the public about proper nutrition and stress management; and the incorporation of integrative health care practices as lower cost methods for the prevention and treatment of illness and disease.



RAND/Samueli Program in Integrative Medicine Policy Research

In the fall of 2008, Samueli Institute established a Chair in Integrative Medicine Policy Research at the RAND Corporation. This robust collaborative effort, led by Ian Coulter, PhD, has already resulted in the convening of two expert panels on multi-component natural drugs and nutritional supplements research and builds upon the Institute of Medicine study on the use of dietary supplements in the military, which was supported by the Institute. The Samueli/RAND program also completed a detailed evaluation of an integrative medicine center with recommendations for a successful and sustainable program. In the past year, additional projects include the development of an evaluation toolkit for resilience programs for the Department of Defense, a survey on the use of complementary and alternative medicine in the military, and a plan for an international meeting of health economists and health policy researchers on the cost effectiveness of complementary, alternative and integrative medicine practices.

Integrative Health Care and Wellness Policy Week

In conjunction with the Institute of Medicine’s Summit on Integrative Medicine and the Health of the Public, Samueli Institute hosted a reception at its Alexandria, Virginia offices on February 26, 2009 in honor of Integrative Health Care and Wellness Policy Week in Washington, D.C. Over 125 integrative medicine academicians, health professionals, and researchers from across the United States met to discuss integrative health care policy.

Brain, Mind & Healing Program

In 2009, the Brain, Mind & Healing Program secured funding for 18 proposals, which has supported research in the areas of traumatic brain injury, Parkinson's disease, prostate cancer, biophotonics, pain, and states of consciousness.

Natural Product Viral Protection Program

The Institute is also coordinating a Natural Product Viral Protection Program in collaboration with Walter Reed Army Institute of Research and Hadassah University in Israel. The goal of this project is to conduct basic and applied research on complementary and alternative medicine therapeutics with potential use for amelioration, prevention and treatment of viral infections relevant to military personnel and civilian populations.

Research Program Expanded through Rockefeller Grant

Samueli Institute received a \$3.75 million grant from the Laurance S. Rockefeller Fund to expand the Brain, Mind & Healing research program. This grant is being used to fund research on the role of the brain, the mind and consciousness in healing. It will also fund additional senior research fellows who are exploring the roles of consciousness and spirituality in health. The Institute is also co-funding international scientific research meetings on the nature of the mind in healing such as a symposium on placebo effects.

Military Medical Research Program

Samueli Institute's Military Medical Research Program continued to expand in 2009 with a research portfolio consolidated into three keystone areas: physical pain and chronic disease management, stress disorders, and performance enhancement.

Warrior Wellness Innovation Network (2WIN)

The Institute also developed a Warrior Wellness Innovation Network (2WIN), which is an evaluation structure for the complex integrative health care programs that are being created for soldiers, veterans and their families.

The overall goal of the program is to understand the nature, value and validity of complementary and integrative approaches to health and healing, with special emphasis on military and veteran populations.

Resilience Training Program Evaluation Study

In the spring of 2009, the Institute was engaged by the Army to conduct evaluations of a comprehensive stress and resilience training program for two brigade combat teams at Fort Carson, Colorado. The training, involving 7,000 soldiers, was provided to one brigade before their deployment to Afghanistan and to another after their return from combat. The Institute's research team has collected extensive data on the program; the most data collected on any resilience training program for the current Iraq and Afghanistan conflicts, and is in the process of analyzing the data for information about how soldiers' mental, emotional and spiritual resilience during and after wartime deployments might be improved through such training.

Optimal Healing Environments Program

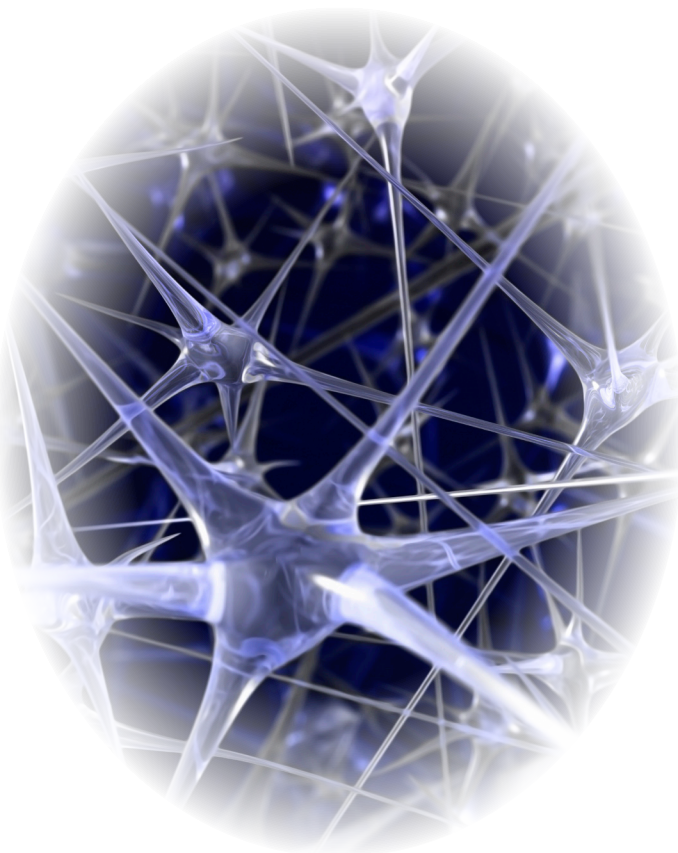
Samueli Institute is building the foundation for an Optimal Healing Environments Knowledge Center through program evaluations, state of the practice studies, systematic reviews of the literature and environmental scans.

Nursing Forum on Optimal Healing Environments

Samueli Institute convened a dynamic group of 28 nursing researchers and nurse leaders representing key national nursing organizations, hospitals and health systems on September 24, 2009 to explore the role of nursing in creating optimal healing environments. The Nursing Forum participants developed a consensus statement calling for a coalition of nursing organizations to provide shared learning opportunities, challenge assumptions about healing and health care, and strengthen nursing leadership for the creation of optimal healing environments and the transformation of health care.

State of the Practice Studies

In 2009, the Institute conducted a review of training programs that are designed to improve patient-provider and provider-provider relationships in health care settings in order to bridge the information gap between the known effects of relationships on healing and the training programs that are designed to improve those relationships.





The Institute also conducted an environmental scan to identify nurse-led or nurse-centered healing initiatives that have focused on the creation of a more holistic, healing oriented health care system in the United States. Institute staff members also advised hospitals on the designing of optimal healing environments in hospital settings and made a significant contribution to a task group report on *Innovative Future Building Environments for VA Healthcare Delivery*.

Health Behavior Research and Education Program

Samueli Institute is developing a new initiative for research in areas such as diet, physical activity and education and their impact on health and wellness. The research portfolio also includes studies on the use of dietary supplements in the military, the impact of lifestyle changes on health, and the potential benefit of certain dietary supplements such as omega-3 fatty acids. Under the aegis of this program, the Institute is also conducting scientific investigations of complementary and alternative medicine practices and therapies through its SEaRCH (Scientific Evaluation and Review of Claims in Healing) effort. This program will address the need for a systematic, transparent process for assessing and evaluating these practices and therapies and to identify treatments that warrant the time and resources for further testing, evaluation, or application.

Center for Informatics, Data Management & Analysis

The Center provides the informatics, data management, connectivity and information technologies for all of the Institute's research activities and programs. The Center supports the work of Samueli Institute through the continual development and management of a robust and secure IT infrastructure. From the electronic data capture of study data from a laptop in Afghanistan to the management of information sent from computer terminals in Colorado and Texas, the Center provides the technical tools and information technologies to researchers so that they can investigate, evaluate and analyze innovative approaches to health and healing.

For more information about Samueli Institute programs, visit our website at www.SamueliInstitute.org



Statement of Financial Position

Samueli Institute for Information Biology/dba/Samueli Institute

Samueli Institute's financial records were independently audited by the Certified Public Accountant firm of Gelman, Rosenberg & Freedman of Bethesda, Maryland, according to auditing standards set forth in the Government Auditing Standards of the Comptroller of the United States. For additional financial information, please contact the Controller's Office at Samueli Institute.

Statement of Activities and Change in Net Assets		2009			2008
		Unrestricted	Temporarily Restricted	Total	Total
REVENUE					
<i>For the Year Ended September 30, 2009</i>	Grants and contracts from government agencies	\$ 5,997,607	\$ —	\$ 5,997,607	\$ 2,881,676
<i>With Summarized Financial Information from the 2009 Audit Report</i>	Private contributions	4,096,550	2,962,375	7,058,925	8,914,548
	Investment income	(173)	—	(173)	102,374
	Other revenue	548,924	—	548,924	457,202
	Net assets released from donor restrictions	1,508,481	(1,508,481)	—	—
	Total revenue	12,151,389	1,453,894	13,605,283	12,355,800
EXPENSES					
	Program services	7,907,121	—	7,907,121	8,799,991
	General and administrative	1,519,342	—	1,519,342	2,219,255
	Fundraising	34,905	—	34,905	132,775
	Total expenses	9,461,368	—	9,461,368	11,152,021
	Change in net assets	2,690,021	1,453,894	4,143,915	1,203,779
	Net assets at beginning of year	1,778,383	1,255,481	3,033,864	1,830,085
	Net assets at end of year	\$ 4,468,404	\$ 2,709,375	\$ 7,177,779	\$ 3,033,864

Statement of Functional Expenses		2009			2008
		Program Services	General and Administrative	Fundraising	Total Expenses
<i>For the Year Ended September 30, 2009</i>	Salaries and wages	\$ 2,047,070	\$ 280,824	\$ 15,397	\$ 2,343,291
<i>With Summarized Financial Information from the 2009 Audit Report</i>	Employee benefits	1,112,477	152,613	8,367	1,273,457
	Accounting and audit	42,166	17,022	79	59,267
	Conferences, meetings, training	53,989	4,907	468	59,364
	Depreciation and amortization	164,146	58,239	272	222,657
	Dues and subscriptions	6,351	2,564	12	8,927
	Equipment rental	8,158	3,293	15	11,466
	Insurance	38,517	15,549	73	54,139
	Legal	55,693	22,487	105	78,285
	Lobbying	72,173	—	—	72,173
	Meals and entertainment	49,914	8,636	97	58,647
	Miscellaneous	61,913	9,473	44	71,430
	Office expense	26,089	10,421	49	36,559
	Gifts/donations	2,017	814	4	2,835
	Grants paid	2,333,675	—	—	2,333,675
	Repairs	4,930	1,990	9	6,929
	Rent	537,668	755,483	1,005	1,294,156
	Taxes and licenses	55,751	22,506	105	78,362
	Sub-contractors/Consultants	589,716	55,321	6,183	651,220
	Telephone and information technology	395,010	60,037	753	455,800
	Travel and lodging	219,610	26,882	1,820	248,312
	Supplies	30,088	10,281	48	40,417
	Total	\$ 7,907,121	\$ 1,519,342	\$ 34,905	\$ 9,461,368
					\$ 11,152,021

Samueli Institute is a non-profit 501(c)(3) organization that receives philanthropic support from private individuals, corporations, other charitable organizations and government grants. All donations to the Samueli Institute are tax deductible to the extent allowable by federal and state regulations.

List of Publications October 2008 to September 2009

Following is a selection of Samuelli Institute publications for fiscal year 2009. For a complete list of Institute books, book chapters, and journal articles, please visit www.SamuelliInstitute.org and click on Publications.

Journal Articles:

- Ananth S. CAM in pediatric settings. *Hospitals & Health Networks*. 2009.
- Ananth S. Experiencing personal wholeness. *Explore*. 2009
- Ananth S. Inpatient CAM services lagging. *Hospitals & Health Networks*. 2009
- Ananth S. Cultivating healing relationships. *Explore*. 2009
- Ananth S. Places of healing. *Hospitals & Health Networks*. 2009
- Ananth S. Practicing healthy lifestyles. *Explore*. 2009
- Ananth S. Creating healing organizations. *Explore*. 2009
- Ananth S. CAM: An increasing presence in US hospitals. *Hospitals & Health Networks* 2009
- Ananth S. Building healing spaces. *Explore*. 2008
- Ananth S, Findlay B. Help needed from early CAM adapters. *Hospitals & Health Networks*. 2008.
- Arun P, Ariyannur PS, Moffett JR, et al. Metabolic Acetate Therapy for the Treatment of Traumatic Brain Injury. *J Neurotrauma*. 2009.
- Baer H, Coulter I. Taking stock of integrative medicine: broadening biomedicine or co-option of complementary and alternative medicine? *Health Sociology Rev*. 2008
- Bove G. Focal nerve inflammation induces neuronal signs consistent with symptoms of early complex regional pain syndromes. *Experimental Neurol*.
- Bove G, Weissner W, Barbe M. Long lasting recruitment of immune cells and altered epi-perineurial thickness in focal nerve inflammation induced by complete Freund's adjuvant. *J Neuroimmunol*. 2009
- Coulter I, Hilton L, Ryan G, Ellison M, Rhodes H. Trials and tribulations on the road to implementing integrative medicine in a hospital setting. *Health Sociology Rev*. 2008
- Coulter ID, Khorsan R. Through the rear view mirror: a content evaluation of the *Journal of Chiropractic & Osteopathy* for the years 2005-2008. *Chiropr Osteopat*. 2008
- Crawford CC, Huynh MT, Kepple A, Jonas WB. Systematic assessment of the quality of research studies of conventional and alternative treatment(s) of primary headache. *Pain Physician*. 2009
- Fritts M, Calvo A, Jonas W, Bezold C. Integrative medicine and health disparities: a scoping meeting. *Explore*. 2009
- Fritts M, Crawford CC, Quibell D, et al. Traditional Indian medicine and homeopathy for HIV/AIDS: a review of the literature. *AIDS Res Ther*. 2008
- Gander M, Kohls N, Walach H. Mindfulness and cancer: a review. *Deutsche Zeitschrift für Onkologie*. 2008
- Giordano J. Pain, depression, brain-mind, and healing: the potential complementarity of process and purpose. *The Pain Practitioner*. 2008
- Giordano J. Maldynia: chronic pain as illness, and the need for complementarity in pain care. *Forsch Komplementmed*. 2008
- Hinterberger T, Widman G, Lal T, et al. Voluntary brain regulation and communication with electrocorticogram signals. *Epilepsy & Behavior* 2008
- Jonas WB. *Alternative medicine? A History*. Book review of Bivins R. New York: Oxford Univ Press 2008. *Ann Intern Med*. 2008
- Khorsan R, Hawk C, Lisi AJ, Kizhakkeveettil A. Manipulative therapy for pregnancy and related conditions: a systematic review. *Obstet Gynecol Surv*. 2009
- Khorsan R, Smith M, Hawk C, Haas M. A public health immunization resource web site for chiropractors: discussion of current issues and future challenges for evidence-based initiatives for the chiropractic profession. *J Manip Physiol Ther*. 2009
- Kohls N, Sauer S, Walach H. Facets of mindfulness: an online study investigating the Freiburg Mindfulness Inventory. *Personality and Individual Differences*. 2009
- Kohls N, Walach H, Wirtz M. The relationship between spiritual experiences, transpersonal trust, social support, and sense of coherence and mental distress—a comparison of spiritually practising and non-practising samples. *Mental Health, Religion & Culture*. 2009
- Marriott BP, Cole N, Lee E. National estimates of dietary fructose intake increased from 1977 to 2004 in the United States. *J Nutr*. 2009
- Mollinger H, Schneider R, Walach H. Homeopathic pathogenetic trials produce specific symptoms different from placebo. *Forsch Komplementmed*. 2009
- Niemtzow R, Burns S, Cooper J, Libretto S, Walter J, Baxter J. Acupuncture clinical pain trial in a military medical center: outcomes. *Medical Acupuncture*. 2008
- Salhani D, Coulter ID. The politics of interprofessional working and the struggle for professional autonomy in nursing. *Social Sci Medicine*. 2009
- Schmidt S. Shall we really do it again? the powerful concept of replication is neglected in the social sciences. *Rev General Psychology*. 2009
- Schmidt, S. Bohrende Blicke Stechende Blicke Das Phänomen der 'Blickwahrnehmung' wissenschaftlich untersucht. *Zeitschrift für Anomalistik*, 2008
- Schmidt S, Erath D, Ivanova V, Walach H. Do you know who is calling? Experiments on anomalous cognition in phone call receivers. *The Open Psychology*. 2009
- Walach H. Narcissism: the shadow of transpersonal psychology. *Transpersonal Psychology Review*. 2009
- Walach H. A medieval carthusian monk's recipe to multiple kensho: Hugh of Balma's approach to mystical union and some striking similarities to modern Zen teaching. *Studies of Spirituality* 2009
- Walach H. The grass is greener on the other side, or is it, really? *Forschung & Lehre*. 2009
- Walach H, Kohls N, Hinterberger T, Schmidt S. Spirituality: The Legacy of Parapsychology. *Archives of the Psychology of Religion*. 2009
- Walach H, Schneider R. Does the presence of a pharmacological substance alter the placebo effect? Results of two experimental studies using the placebo-caffeine paradigm. *Human Psychopharmacol*. 2009
- Walach H. Narcissism: the shadow of transpersonal psychology. *Transpersonal Review*. 2008

Book Sections:

- Hinterberger T. Reading Brains: Challenges, Possibilities and Limits of Brain Computer Interfacing Technologies. In: Giordano J, Gordijn B, eds. *The silent revolution in neuroscience: scientific, philosophical, and ethical perspectives*. Cambridge University Press; 2009.
- Moffett J, Ives J, Namboodiri A. Fatty Acids and Lipids in Neurobiology: A Brief Overview. In: Watson R, ed. *Fatty Acids and Health Promotion and Disease Causation*: AOCSS Press; 2009.

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Our Vision is a world in which healing is the formative concept for achieving and maintaining wellness and ameliorating chronic disease.

Our Mission is to transform health care through the scientific exploration of healing.

Our Values

Service to the public: As a non-profit service organization, Samueli Institute serves as a facilitator of research on healing—making discoveries, developing relationships, conducting research and building a rigorous science that results in shared knowledge, improved patient care and healthful living.

Scientific exploration: Samueli Institute supports science grounded in observation, investigation and analysis and has the courage to ask challenging questions within a framework of systematic, high-quality research methods and the peer-review process.

Integrity in all we do: Samueli Institute acts with the highest respect for the public it serves by ensuring transparency, responsible management and ethical practices.