



Polarity Inroads at OSU Medical School

Mary Jo Ruggieri

Columbus Polarity Center for Integrated Health and Wellness, and The Ohio Institute of Energetic Studies will be involved in a program of one-month rotations for fourth year medical students from the Ohio State University Medical School, Department of Family Medicine and the Department of Pharmacy. These month long rotations will be complementary and alternative medical electives for all fourth year OSU medical students. In conjunction with the Columbus Polarity Center's associates, Michael Lucas, Rolfer, RCST, APP, Charoula Dontopoulos, RPP, Sally Collamore, RPP, Barb Arnold, APP, Darlene McCoy, RPP, RCST, Judy Boyer, RPP and Director Mary Jo Ruggieri, PhD, RPP, a detailed schedule is set up with the medical student.

The first student, Terri Mucha, was assigned on January 5, 2004 for a full month's rotation. This is the only thing she will do the entire month. Thus far she has had lengthy meetings with all the polarity practitioners who demonstrate and explain their therapeutic focus. When available and when the client agrees, she sits in on polarity sessions to observe the process. She has been scheduled to spend a day with an acupuncturist, a chiropractor and a naturopathic doctor affiliated with Columbus Polarity and is keeping a very detailed journal of all her interactions.

Part of this program allows the student to freely participate in all facets of the program at Columbus Polarity, both clinical and educational. This month, RPP classes were available for Terri. She participated in the theory portion of the program as well as the energetic bodywork classes, which included a huge focus on polarity reflexology. OIE's faculty member Iva Rae Lloyd, RPP, NMD, spent a detailed session, reviewing with the medical student, energetic evaluation, polarity assessment processes and naturopathic methods of evaluation. Terri



Polarity practitioner Kathy Green (left) guides fourth year OSU medical student Terri Mucha

will also participate in one weekend of APP level I training where she will learn the basic session and the basic principles of polarity.

To everyone's delight, this process of having a medical student observing and interning in a polarity practice has been positive for all involved. Director Mary Jo Ruggieri asked fourth year medical student Terri Mucha why she wanted to do the polarity rotation. "I believe that the best type of doctor is the one who is knowledgeable," she responded. "It is a fact that people are utilizing alternative medicine treatments and I believe it is my responsibility to equip myself with the knowledge necessary to provide effective counsel to my patients."

Columbus Polarity began in 1996 with four practitioners interested in making a career out of polarity therapy and integrating with other modalities and practitioners. Eight years later, it has emerged as an integrative health and wellness center with eight practitioners, including five Registered Polarity Practitioners. The center has adjunct

practitioners and several D.O.'s and an MD who collaborate. All practitioners meet monthly and regularly if two or more are collaborating on a client.

Several practitioners are on the teaching staff of The Ohio State University Medical School Complementary and Alternative Medicine Programs and integrate with many medical practitioners. In essence, CPC is a co-op. Everyone is an independent contractor and contributes a percentage to the system to run the office and employ office managers. Each person sets their own schedule.

The success of the program is based upon the clear understanding of polarity as the basis of their work and within its diversity of integrating modalities for the client's benefit. Often two or more of the practitioners are working together with the same client.

For more information about this program and how it can be integrated into other polarity programs, contact Mary Jo Ruggieri at or 614-299-9438.