

Workshop F Speaker Bios:

Create Confidence & Positive Changes with *Imagine You*

Ellen Barnett, MD, Medical Director, Integrative Medical Clinic

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Ellen Barnett, MD, PhD is a Family Physician practicing in Santa Rosa for over 30 years. For the past 15 years she has been at the Integrative Medical Clinic with the team of over 12 practitioners from different health specialties. Before becoming a physician, she was a teacher and did graduate work in communication and education. Dr Barnett's goal is to listen to what matters most to her patients and work with them to help them reach their health needs and goals. Healthy habits in food, exercise and stress management are the core of her work with her patients.

Dr. Barnett developed the Imagine YOU process to help her patients clarify why they wanted to achieve their best health. Health gives us the capacity to be and do what is important to us. Working with community organizations, through the Integrative Medical Clinic Foundation (IMCF). Dr. Barnett has found that the Imagine YOU process works with any program that supports people in their own path to what matters most to them. The Imagine YOU tools are a catalyst for engagement, where individuals make choices from their own priorities and needs. Dr. Barnett has worked with IMCF staff to develop a program to train staff from community organizations to use the Imagine YOU tools. After the recent fire storm disaster in Northern California counties, Imagine YOU has been adapted to be a tool of resilience for staff and clients of a wide variety of organizations and companies.