

Center for the **Healing Arts**

Blending traditional and non-traditional healthcare services for the community

PHOTOGRAPHY BY
GERIN CHOINIÈRE



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The Center for the Healing Arts embraces the long-standing belief that our minds, bodies and spirits are intertwined and function together for a balanced healthy life.

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Partners
Laura Mauriello,
Carol Bondy and
Dr. Babak Mokari

Healthcare is rapidly changing, and most of us are concerned and stressed about the uncertainties that the healthcare system holds for our loved ones and for ourselves. Healthcare costs in America are on the rise, yet as a nation we are sicker than ever. The economic pressures on traditional medical practices often force practitioners into seeing more patients in shorter amounts of time in order to remain viable.

Medications and expensive surgical procedures have become the norm in addressing most medical conditions. Preventive practices to educate patients and promote lifestyle changes are rare to non-existent. Nutrition and stress management are rarely discussed. Patients are often left feeling misheard and lost. Practitioners are equally frustrated in their lack of ability to give their patients the time and attention they would prefer to provide them.

Amidst these uncertainties, there has been a growing trend in one sector of healthcare in particular. Patients have been steadily shifting their belief systems to incorporate non-traditional medical modalities into the treatment of their illnesses and are embracing preventive care strategies. Integrative practice models are emerging to meet this demand.

Partnering with integrative health practitioners can lead to a healthier lifestyle. Patients are delighted to find alternative treatment modalities that are in line with their beliefs.

Many patients state that their physicians look unfavorably upon non-traditional treatment. The unintended consequence is that these patients will either switch practitioners or simply continue to seek these therapies without the knowledge of their practitioners. This not only weakens the foundation of the physician-patient relationship but can also put the patient in harm's way, as there could be adverse interactions between their traditional and non-traditional therapies.

The Center for the Healing Arts is a community-based holistic center that blends traditional and non-traditional healthcare services to provide a comprehensive approach to prevention, healing, education and wellness. They work closely with physicians and other healthcare practitioners in the community to ensure that their patients have a balanced and informed approach into non-traditional medical modalities. The center was established by partners Dr. Babak Mokari, Carol Bondy and Laura Mauriello, who have long shared the same passion and vision.

The center provides multidisciplinary integrative healthcare to the greater Charlotte community. The idea is to combine services in a facility where people can come to be educated and to heal themselves with the aid of trained, skilled professionals. The approach is to consider the whole person and the environment to achieve maximum well-being.

Physicians, nurse practitioners, pharmacists and health educators collaborate with nutritionists, acupuncturists, massage therapists, psychologists, spiritual counselors, health and life coaches and other traditional and non-traditional healthcare providers to promote health and healing in an integrative medical setting.

The practitioners give patients the time, attention to detail and healing touch to optimize their health and their body's ability to fight illness and heal from injuries. The Center for Healing Arts embraces the long-standing belief that our minds, bodies and

spirits are intertwined and function together for a balanced healthy life.

There are several fee-for-service packages and fee levels available to suit patients' needs. Ultimately each insurance company will determine if services are covered and the extent of reimbursement.

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BABAK MOKARI, D.O.

Partner and Medical Director

Dr. Babak Mokari is an osteopathic physician specializing in family medicine who was exposed to traditional and alternative medicine early in life. Growing up as an immigrant, his mother often used home remedies as first line in treating common maladies. She would only take him to the doctor if the home remedies did not help.

When Dr. Mokari entered medical training, like most physicians in medical school, he was infused with the belief that Western medicine was the true standard of care, and that ancient medical philosophies were often false and sometimes dangerous. Any reference to cultural remedies was only presented during cultural training as factors that may interfere with conducting traditional therapies. They were not viewed as concepts with any merit.

During his residency training Dr. Mokari was fortunate to work with physicians training in integrative medical therapies. He was exposed to numerous modalities including clinical hypnosis and herbal medicine.

Having trained as an osteopathic physician, he also started to see the benefits of hands-on therapies in treatment of numerous musculoskeletal conditions. Being able to often witness immediate improvement in his patient's pain, Dr. Mokari's convictions strengthened. By the end of residency training he was convinced that he wanted to practice in a medical setting where he could blend Western and well established "alternative" medical therapies.

CAROL KNIGHT BONDY, MBA, CMPE

Partner and Executive Director

Carol Bondy's primary belief is that change is the only constant in life. As a seasoned medical practice

administrator/consultant, Carol has enjoyed her work leading traditional healthcare organizations through the myriad of changes our country has experienced in the healthcare industry over the past thirty years.

Her passion for positive change in healthcare combined with her personal interests in integrative medicine, yoga and meditation has resulted in a seventeen year quest privately researching concepts for an integrative wellness model blending both traditional Western medicine with integrative modalities under one system of delivery.

While on this quest, Carol and her family were caregivers for her elderly parents for more than a decade. Her combined personal and professional experiences give her a unique vantage point in understanding an increasing need to provide more holistic healthcare services in a more cost-effective manner to an aging population.

Carol's life coaching skills help guide individuals to identify their own personal mission, vision and values, helping to shift perspective, identify skills and capabilities, set goals and discover new ways to achieve those goals. Just as organizations periodically undertake a strategic planning process, life coaching can be seen as a process by which we undertake a personal form of planning, change management and personal development.

LAURA MAURIELLO, BSN, RN, CHHC

Partner and Director of Client Services

Laura Mauriello's passion as a life long student of non-traditional methods of healing led her to enhance her nursing degree with a certificate in Health Coaching. Laura felt misaligned in nursing, as she saw there was so much more she could offer her patients but wasn't sure what that was.

Now Laura has discovered she has the ability to combine her nursing background with a holistic approach to coaching that evaluates all areas of her patients' lives. Laura is committed to empowering her clients to realize their own potential by taking control of their health and well being.

By recognizing bio-individuality, every patient has a custom made plan to follow that is created with the patient's input. Health coaches are knowledgeable advisors who provide support, accountability and guidance setting goals to make sustainable change for people who desire to improve their life while achieving their optimal health and happiness.

To learn more about Center for the Healing Arts visit www.healingartscharlotte.com. *