

FELLOWSHIP PROGRAM

aihm.org/fellowship

Now is the time to take action.

It is with an open heart that I invite you to consider the possibilities of a program that provides integrative medical education, an interprofessional community, and a space to focus on self-care and does so in the greater context of advancing integrative healthcare across the globe. The AIHM Interprofessional Fellowship in Integrative Health & Medicine was created to fulfill this vision.

The current medical model is not sustainable as a result of high costs, social inequities, health disparities, practitioner burnout, and a siloed approach to chronic disease. In contrast, integrative healthcare embodies prevention, wellness, and whole-person care in a way that is sustainable for the individual and the planet. It is more important than ever to ensure we have adequate numbers of integrative providers from all professions to provide compassionate care, education, and robust research in this field.

The Fellowship program serves to revitalize practitioners and provide new tools that can be immediately translated into practice. This interprofessional program embraces the true spirit of fellowship—by cultivating a community of diverse individuals with shared interests and passion. The backbone of the program comes from the expert faculty, but the heart and soul of it comes from our Fellows who share their wisdom and truth in a way that is transformational.

Consider the possibilities. You can be an agent of change, a teacher of integrative healthcare, or a pioneer in your community. I invite you to join this extraordinary journey that will challenge you, inspire you, and transform you. In doing so, you will transform your patients, your colleagues, and those around you. The transformation starts locally, coalesces, and then occurs globally.

Join us in making history.



In gratitude & fellowship,

A handwritten signature in black ink that reads "Erika Cappelluti MD". The signature is written in a cursive, flowing style.

Erika Cappelluti MD, PHD, MA,
FCCP, ABOIM

AIHM Fellowship Director

The healthcare systems across the globe need new models of care that are more patient-centered and empower patients to make positive lifestyle changes. These models have the potential to reduce the burden of chronic disease, lower the cost of healthcare, and offer a sustainable financial paradigm for our nation and across the globe.

Integrative health & medicine is the solution.

KEY PRINCIPLES OF INTEGRATIVE HEALTH



Focus on prevention & wellness



Treat the whole person



Use evidence-based methods from eastern and western medicine



Develop a personalized treatment plan for every patient



Promote interprofessional team-based care



Minimize reliance on pharmaceuticals

“One of the biggest challenges in healthcare right now is that we don’t have a system that focuses on health. We actually have a disease care system. Healthcare providers have been trained to treat people after they get ill. The Academy of Integrative Health & Medicine is totally focused on keeping people well. How do we create health and not just treat disease? In order to do that, we need to have evidence-based information that translates science into health and healing practice. The Academy’s work is showing practitioners how we take that information and apply it into practice the day after we leave one of our conferences, a Fellowship lecture, or online learning course.”

— Mimi Guarneri, MD, FACC, ABOIM

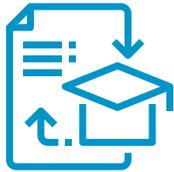


Join the Future of Health & Medicine with the AIHM Fellowship

The Fellowship blends engaging online learning, and clinical immersions with case studies, retreats, and optional in-person networking opportunities.



**ABOIM
Approved**



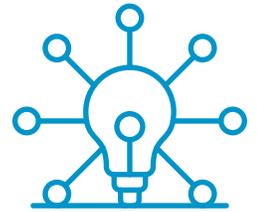
**1,000 Hour
Curriculum**



**Flexible Online
Learning**



**Clinical
Immersion with
Case Studies**



Workshops

“The Fellowship has taught me how to do medicine in a different way, to connect, to connect better with patients, really draw out what the real issues are, the root causes. I think the Fellowship has made me a better doctor, I think I’m better at doing what I do every day. I think it’s showing in my patients and in their healthcare.”

– Kathleen Ignacio, MD, FAIHM



"I'm gaining the tools and knowledge I need to have a better conversation with my patients. Turns out, they're as ready for a new approach to healing as I am."



**Mary Brittain Blankenship,
MD, FAIHM**

"There was a sense of relief in coming together and validation that what we have done so far in our independent careers had not been in vain. We all felt acknowledged."



**Gretchen Seitz,
LAc, DAOM, FAIHM**

"As I learn from others, I take the knowledge back into my community to teach other healthcare professionals and my patients."



**Deepak Moosad,
DC, FAIHM**

A Unique Hybrid Program

Truly Interprofessional

We accept healthcare practitioners from a broad range of professions into our Fellowship program. We believe that we can improve healthcare through true collaboration amongst all providers and that there is value in sharing our unique perspectives on healthcare.

Faculty Connection

We aim to keep our student-to-faculty ratio low so that our class sizes are smaller than other programs. This allows more time or questions and connection with other fellows and faculty.

Immersive Experiences

In our program, you will discuss patient cases with leaders in Integrative Medicine practicing in a variety of clinical settings. Explore the diverse applications of Integrative Medicine and speak directly with providers about their unique approaches to patient care.

Evidence-Based Approaches

All of our online courses, retreats, and clinical experiences implement evidence-based research. This allows for immediate application into your own practice.

Flexible Learning

Our online learning platform allows you to take your courses at a time when it's convenient for you each week. You can work around your busy schedule. Whether it's between patients or at night when you have quiet space, you choose when to engage in courses.

Competitive Pricing

Our tuition is intentionally priced for equity and access. Most affordable Fellowship available than other academic institutions offering programs in Integrative Medicine. We also have scholarship and institutional sponsorship opportunities available.

Reignite your Passion for Healthcare at Workshops

Fellows participate in interactive workshops during the Fellowship. During these experiences, topics such as nutrition, botanical medicine, dietary supplements, biofield science, Chinese medicine, contemplative care, and meditation are explored in a dynamic, interpersonal, group setting.

Sample Day Agenda



8:15 - 8:30 am Announcements

8:30 - 10:30 am Opening Circle

Erika Cappelluti, MD, PhD, MA, FCCP, ABOIM; Jessica Price, MEd, FNTP

10:30 - 11:00 am Break

11:00 - 12:30 pm The Healer's Journey

Erika Cappelluti, MD, PhD, MA, FCCP, ABOIM

12:30 - 1:30 pm Lunch

1:30 - 3:00 pm Motivational Interviewing

Sharone Abramowitz, MD

3:00 - 3:30 pm Break

3:30 - 5:00 pm Motivational Interviewing
Cont'd

Sharone Abramowitz, MD

Earn CME Credit

AIHM Fellows will earn CME credit through one online, required course per year. The type of CME offered is AMA PRA Category 1 Credit™



ABOIM Approved

Graduating Fellows who hold an MD or DO degree may be eligible* for board certification through the American Board of Integrative Medicine (ABOIM).

*Must meet all other requirements for ABOIM; Learn more at abpsus.org/aboim

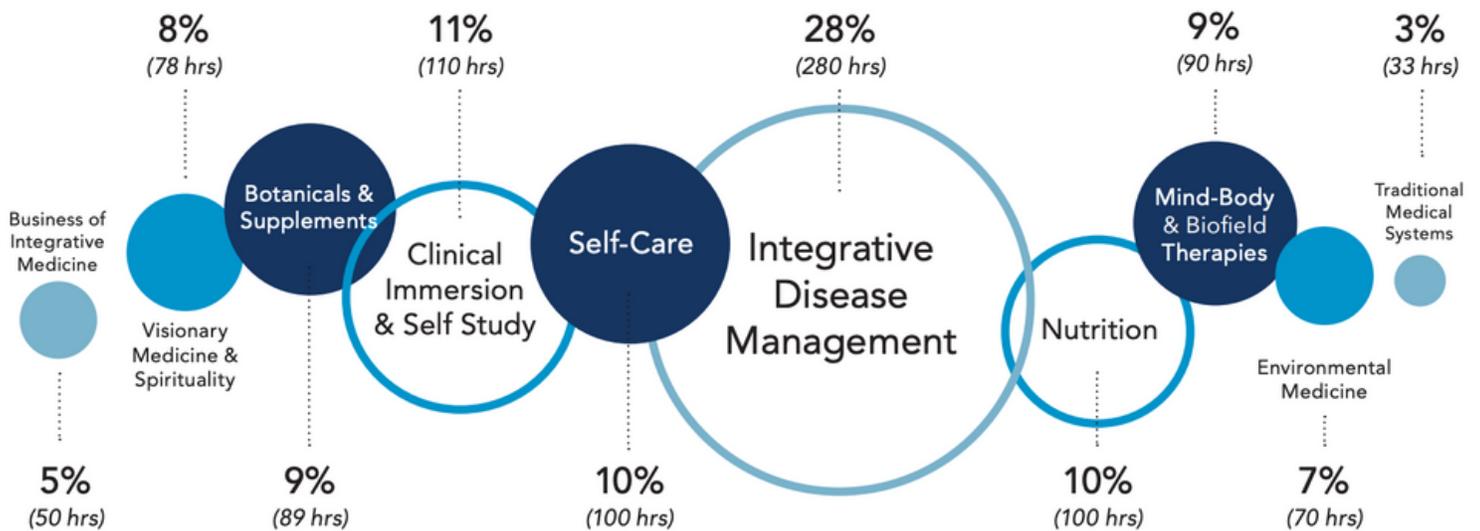
All graduates will receive a certificate of completion in Integrative Health & Medicine and can use the FAIHM designation in their credentials.

Fully engage your sense of purpose and learn effective tools that can be integrated into your own practice.

Truly Interprofessional

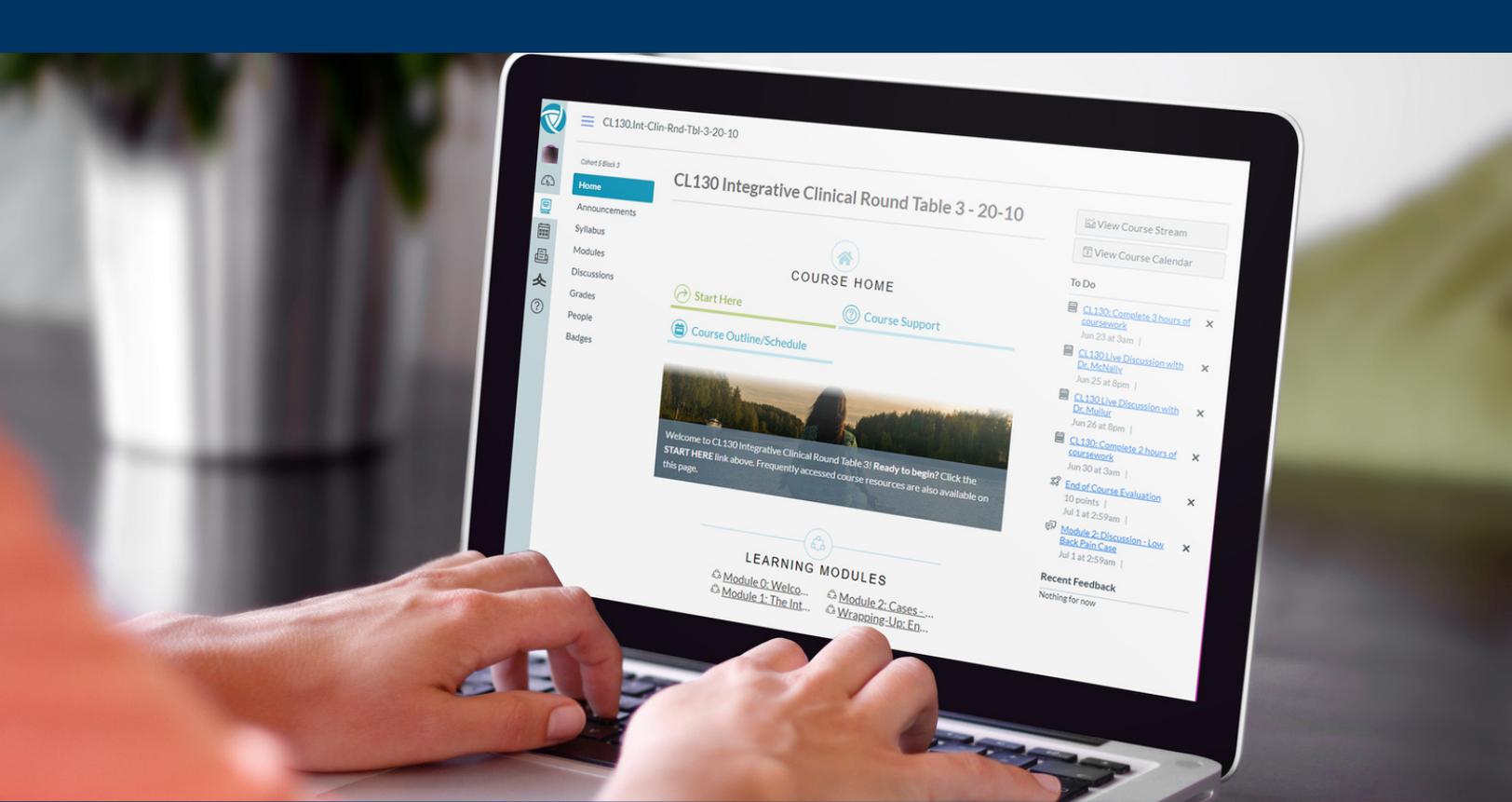
The content is designed in modules for busy health professionals. The hybrid program is delivered through online courses developed and facilitated by expert faculty, workshops, and clinical immersion or case studies. Learn effective, interprofessional tools that can be immediately integrated into your practice and patient care models.

Curriculum Overview



Featured Course Topics

- Evidence-Informed Integrative Health and Medicine
- Social Influences on Health
- Environmental Medicine
- Enhancing Motivation for Change
- Clinician's Guide to Dietary Supplements
- Herb-Drug-Nutrient Interactions
- Mind-Body-Spirit Medicine
- Self-Care Series
- Clinician's Guide to Botanical Medicine
- Practical Nutrition for Clinicians
- The Fire Within: Role of Inflammation
- Integrative Clinical Round Table
- Traditional Medical Systems
- The Business of Integrative Medicine
- Integrative Cardiology
- Integrative Pediatrics
- Integrative GI
- Integrative Pain Management
- Integrative Oncology
- Women's Health
- Men's Health
- Mental Health
- Biofield Science



Flexible Online Learning Experience

The majority of the curriculum will be delivered in a virtual classroom environment, enabling you to work from your home, office, or favorite WI-FI spot. The online curriculum consists of online content, quizzes, podcasts, video presentations, and dialogues with faculty and classmates.

Clinical Immersion

The AIHM Fellowship program includes a Clinical Immersion course that all Fellows are required to complete. It is a defining feature of the Fellowship training and receives excellent reviews from Fellows across all professions. This course is offered virtually or in-person as a 3-5 day clinical rotation.

The Clinical Immersion course brings tremendous value to the Fellows' education because it provides an opportunity to learn how integrative medicine is practiced in different ways across an array of professions. For some Fellows, the experience will be the first of its kind and provide insight into the interprofessional team approach to integrative medicine, the business aspects of integrative medicine, and the delivery of integrative medicine to underserved populations.

KEY BENEFITS OF IMMERSION

Observe interprofessional healing modalities outside your scope of practice.



Engage with and learn from integrative practitioners in a clinical.



Improve your ability to refer to integrative providers in your community





Our Clinical Partners

Our current clinical partners include the Oregon College of Oriental Medicine (OCOM), National University of Natural Medicine (NUNM), Oregon Health & Science University (OHSU), University of Western States (UWS), Pacific University, and Guarneri Integrative Health, Inc. at Pacific Pearl La Jolla.

Additional fees apply for in-person clinical immersions and are based on partner requirements. In Portland, Fellows have the opportunity to rotate through local private clinics or partner clinics affiliated with OCOM, NUNM, OHSU, UWS, and Pacific University.

Fellows may choose a virtual or in-person clinical immersion which culminates with a required interprofessional virtual Observed Structured Clinical Examination (OSCE) designed by the Fellowship team to assess the Fellows’ integrative approach to patient care.

In California, Fellows have the option to spend 5 days at the Pacific Pearl in La Jolla or work with a local clinic that can host the clinical experience.

Program Eligibility

The Fellowship is designed for licensed clinicians. Here is a list of the many professions that are eligible for our Fellowship:

- Advanced Practice Nurses
- Chiropractors
- Dentists
- Direct Entry Midwives
- Licensed Acupuncturists
- Licensed Clinical Social Workers
- Medical Doctors
- Naturopathic Doctors
- Nurses*
- Occupational Therapists
- Osteopathic Doctors
- Pharmacists
- Physical Therapists
- Physician Assistants
- Podiatrists
- Psychologists
- Registered Dietitians

*As of October 2022, BSN’s and RNs with a bachelor’s degree in a health-related field are eligible.

If your profession is not listed here, we encourage you to reach out to us to check on your unique situation and eligibility.



Tuition & Scholarships

We believe that the value you will receive from our Fellowship Program is priceless. Our Fellowship Program is priced competitively with comparable educational institutions and we divide the cost of the program into payments to help with budgeting.

SCHOLARSHIPS

We offer a limited number of scholarships based on financial need, past or present military service, work with underserved communities, and the ability to grow the practice of integrative medicine in a variety of medical settings.

INSTITUTIONAL SPONSORSHIPS

Many of our Fellows receive tuition assistance from their employers. If you believe your employer may want to sponsor your academic endeavors, we are happy to speak with them about arranging support for your Fellowship journey.

For more information email fellowship@aihm.org



AIHM FELLOWSHIP PROGRAM COST

Program Application Fee	\$200	This is a non-refundable fee to process your application to the program.
Admissions Fee	\$2,000	This non-refundable fee is due within 30 days of being accepted. If accepted less than 30 days before the program start date, the holding fee will be due upon acceptance.
TUITION BREAKDOWN	AMOUNT DUE	NOTES
1st Installment	\$3,000	Each installment is due before the start of each block.
2nd Installment	\$3,000	
3rd Installment	\$3,000	
4th Installment	\$3,000	
5th Installment	\$3,000	
6th Installment	\$3,000	
7th Installment	\$3,000	
8th Installment	\$3,000	
TOTAL TUITION & FEES	\$26,200	Accepting applications now online at aihm.org/fellowship

FOUNDING SUPPORTERS



We are changing healthcare, one Fellow at a time.



AIHM Alumni: Keriann
Mah-Lee, MD & Carlann
DeFontes, DO, FAIHM



Chris Suhar, MD, Medical
Director, Scripps Center for
Integrative Health

Dr. DeFontes is a physician with the VA clinic in Molokai, HI. When she began her role at the clinic, she wasn't sure if she'd be able to bring integrative medicine into her practice. However, she was pleasantly surprised to find that many of her patients are interested in learning about Hawaiian traditional medicine, herbs, teas, supplements, and alternative healing treatments. Dr. DeFontes was selected to be an educator for the VA Whole Health Program. The Whole Health Education team is made up of 18 members who travel throughout the United States teaching a patient-centered, whole health approach to care. The program is non-profit, with the goal of wellness. Dr. DeFontes believes that her participation in the AIHM Fellowship Program helped her to qualify for the position for which she feels "honored and humbled to have been selected."

"We collaborated with AIHM to have our cardiology fellows (both MDs and NPs) participate in the AIHM Fellowship Program. This is an incredible opportunity that is going to take the education of our fellows interested in the integrative track to a whole new level. I love that our fellows will get to work in an interdisciplinary team with the AIHM Program."



Will you join us?

Submit your application today at aihm.org/fellowship or email fellowship@aihm.org to request additional program information.

Expert Faculty

The AIHM Fellowship's outstanding interprofessional faculty members are chosen for their expertise and leadership in integrative health and medicine.



Erika Cappelluti, MD, PhD,
MA, FCCP, ABOIM



Sharone Abramowitz, MD,
ABPN, ABAM, FAIHM



Bridget Briggs, MD, ABFM



Robert Chodo Campbell



Aly Cohen, MD, FACR, ABOIM



Jim Duffy, MD, FANA,
FAAHPM



Koshin Paley Ellison



Joshua Goldenberg, ND



Ellen Goldsmith, MSOM,
LAc, Dip. CH



Mimi Guarneri, MD,
FACC, ABIHM



Beth Howlett, DAOM, LAc



Sadi Jimenez, ND



Hong Jin, DAOM, MD(China),
LAc, Dipl. Ac.



Tina Kaczor, ND, FABNO



Kathi Kemper, MD

They will serve as guides during your transformational journey through online dialogues, clinical immersion experiences, workshops, and self-care practices.

View an expanded list of Fellowship faculty & course contributors online at aihm.org/fellowship_faculty.



Greg Lane, DACM, LAc



Nicole Lewis, ND



Ryan McNally, ND



Emma Norton, ND



Tabatha Parker, ND



Mary Hardy, MD



Rauni Prittinen
King, RN



Scott Shannon, MD, ABIHM



Robert Slater, MD



Myles Spar, MD



Heather Tick, MD



Kim Tippens, ND



Jimi Wollumbin, TCM



Heather Zwickey, PhD



Become an AIHM Fellow

Apply today and become a leader in healthcare transformation through the AIHM Fellowship.



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Reimagine Healthcare. Join the Movement. Transform the Planet