



Integrative Health Residency Program

PROGRAM

- The Integrative Health in Residency program (IHR) is designed for medical residents who wish to incorporate integrative medicine education into their residency training. The content is delivered in an online curriculum presented by experienced subject matter experts in the field. Faculty members within the residency program may also participate in the IHR program.
- The IHR program offers comprehensive, evidence-based integrative, and whole health content on a user-friendly learning management system. The content can be accessed 24 hours a day, 7 days a week. The topics range from wellness to chronic illness and incorporate provider self-care and resilience.
- Residents who complete the IHR program may apply those hours towards AIHM's Fellowship Program in Integrative Health & Medicine should they wish to pursue additional education near the completion of their residency training.





ELIGIBILITY

Medical residents enrolled in US ACGME-approved residency programs and their faculty members are eligible to participate.



COST

Please contact us for pricing information – ecappelluti@aihm.org



CURRICULUM

- Introduction to integrative and whole health
- Physician Wellbeing and Self-care
- Foundations of Nutrition
- Dietary supplements and botanicals
- Mind-body medicine
- Whole systems and manual medicine
- Environmental health
- Integrative approaches to healthcare (pain care, women's/men's health, pediatrics, mental health, and others)



What benefits does the IHR program provide to your residents, faculty & program?

- Residents learn about integrative approaches to common clinical conditions and how to address patient questions on integrative treatment options.
- Faculty may use the program to refresh or develop basic integrative medicine skills that can be translated into clinical practice.
- The program enhances resident recruitment efforts.



FAQ's

Q: I am a medical resident interested in this program. How can I apply and access the program?

A: Have your residency Program Director contact Dr. Erika Cappelluti (ecappelluti@aihm.org) for additional information needed to set up the IHR in your residency program.

Q: Is there any cost to me as a medical resident?

A: No, the residency program will pay your tuition cost.

Q: How long is the IHR program?

A: The program is designed to span 24 months of your residency training. Most residents will start the program at the beginning of their PGY-2 year.

Q: How many hours per week can I expect to spend on curriculum content?

A: The time commitment will vary slightly from month to month, but on average, you can expect to spend 1-2 hours per week reviewing the content.

Q: Can I access the content at any time?

A: Yes. The content is available 24 hours a day. Resources are available and the staff can be reached during normal business hours.

Q: If I want to join the AIHM Fellowship Program in Integrative Health & Medicine near the end of my residency training, can the IHR hours be applied to the Fellowship?

A: Yes. If you complete the IHR program, the 140 hours can be transferred when you join the Fellowship program. This will decrease your required Fellowship hours to 860 and also reduce the tuition cost.

Q: How do I apply to the AIHM Fellowship Program?

A: Additional information including the application can be found [here](#).



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



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Madeleine Becker, MD



Fernanda Brusamolín,
EdD, MS, CHWC, CN



Mary Purdy, MS, RDN



Ingrid Patsch, MD,
ABFM, ABOIM

"Integrative, whole health education should be an integral part of both undergraduate and graduate medical education. It rounds out conventional medical training and offers some focus on the practice of self-care. The end result is a shift in perspective and clinical application that leads to the development of resilient practitioners capable of offering more to their patients. When clinicians are well-balanced and happy, their best versions show up for work each day, everyone benefits, and there is true transformation in the system."



Erika Cappelluti MD, PHD,
MA, FCCP, ABOIM
AIHM Director of Fellowship
& Education



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



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Grace Alvarez Sesma,
Cultural Practitioner,
Curandera, Ceremonialist



Will you join us?

Email ecappelluti@aihm.org for additional program information or to bring IHR to your residency program.

Be a part of the transformation of our healthcare system!



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