



# Foundations of Integrative and Whole Health Certificate Program

[aihm.org/fiwh-certificate/](https://aihm.org/fiwh-certificate/)

# Why Integrative and Whole Health?

In today's healthcare environment, clinicians are increasingly encountering patients with complex health issues that cannot be fully addressed by conventional medicine alone. The Health and Medicine Division of the National Academies of Science, Engineering, and Medicine issued a consensus study report in February 2023 stating that a “seismic culture shift in attitudes, structures, processes, and policies” is necessary to scale and spread a whole health approach”.

We invite you to enroll in the Foundations of Integrative and Whole Health certificate program. This educational experience is designed to bridge the gap left by using conventional medicine alone through providing practitioners with the knowledge and skills to deliver comprehensive, patient-centered care.

This 300-Hour program teaches the integration of conventional and integrative approaches, such as nutrition, mind-body techniques, and botanical medicine, which are essential for treating the whole person — mind, body, spirit, and community. Studies have shown that integrative medicine can significantly improve patient outcomes and satisfaction by focusing on prevention and wellness, rather than just treating symptoms.

By completing this program, practitioners not only enhance their clinical toolkit but also gain the ability to meet the diverse and complex needs of their patients with evidence-based, integrative solutions, ultimately leading to better health outcomes and reduced clinician burnout.

- 1** Source: National Academies of Medicine, Meisner, M., South-Paul, J., & Krist, A. H. (Eds.). (2023). *Achieving Whole Health: A New Approach for Veterans and the Nation*. National Academies Press (US).
- 2** Source: Mao, J.J., et al. (2017). Integrative Medicine and Patient Outcomes. *JAMA Internal Medicine*.
- 3** Source: Kligler, B., et al. (2018). Impact of Integrative Medicine on Clinician Burnout. *Journal of Alternative and Complementary Medicine*.





# Program Highlights

## Foundations of Integrative and Whole Health Certificate Program



300-Hour Program Split into 2  
Certificates (150 Hours Each)



Designed for Working Clinicians



Continuing Education Credits



Open enrollment



100% Online, Self-Paced

## Two Certificates

1

### Foundations of Integrative and Whole Health Practice I

#### Overview:

Gain essential skills in patient-centered care by integrating integrative approaches and Whole Health practices with conventional medicine.

2

### Foundations of Integrative and Whole Health Practice II

#### Overview:

Enhance your essential skills in patient-centered care with additional integrative approaches and Whole Health practices for treating specific diseases and conditions.

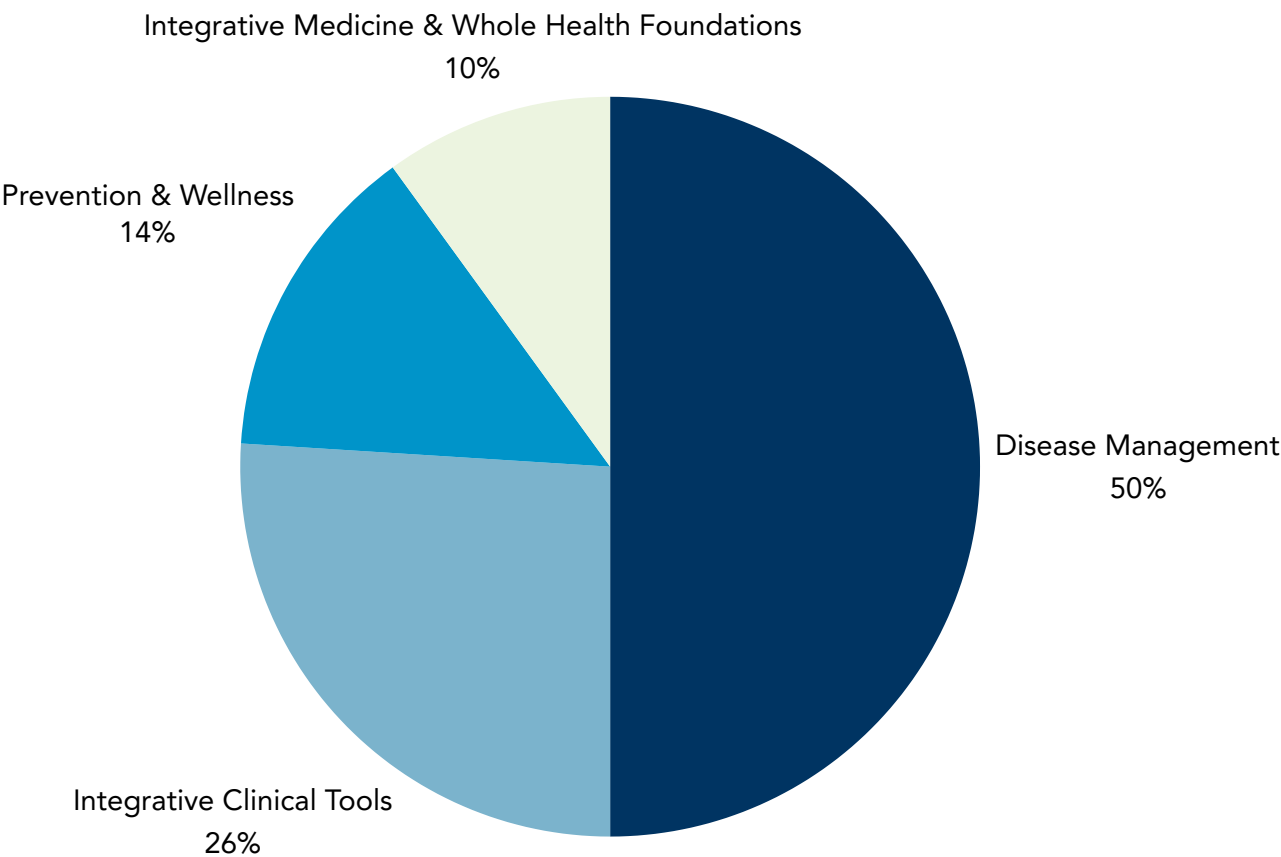
# What You'll Learn

## Curriculum Overview

### Will You Join Us?

Enroll today at [learn.aihm.org/fiwh-certificate-enrollment](https://learn.aihm.org/fiwh-certificate-enrollment) or contact us at [aihm.org/contact/](https://aihm.org/contact/) to request additional program information.

### Foundations of Integrative and Whole Health Practice I



#### Disease Management Topics (50%)

- Cardiology
- GI
- Endocrinology
- Diabetes Care
- Pulmonary
- Rheumatology
- Mental Health
- Pain Management
- Pediatrics
- Women's and Men's Health

#### Integrative Clinical Tools (26%)

- Motivational Interviewing
- Integrative Medicine Intake
- Clinical Integration
- Therapeutic Diets
- Dietary Supplements
- Botanicals
- Microbiome
- Mind-Body-Spirit Medicine

#### Prevention and Wellness (14%)

- Environmental Medicine
- Stress and Mind-Body
- Spirituality and Health
- Nutrition
- Macronutrients
- Micronutrients

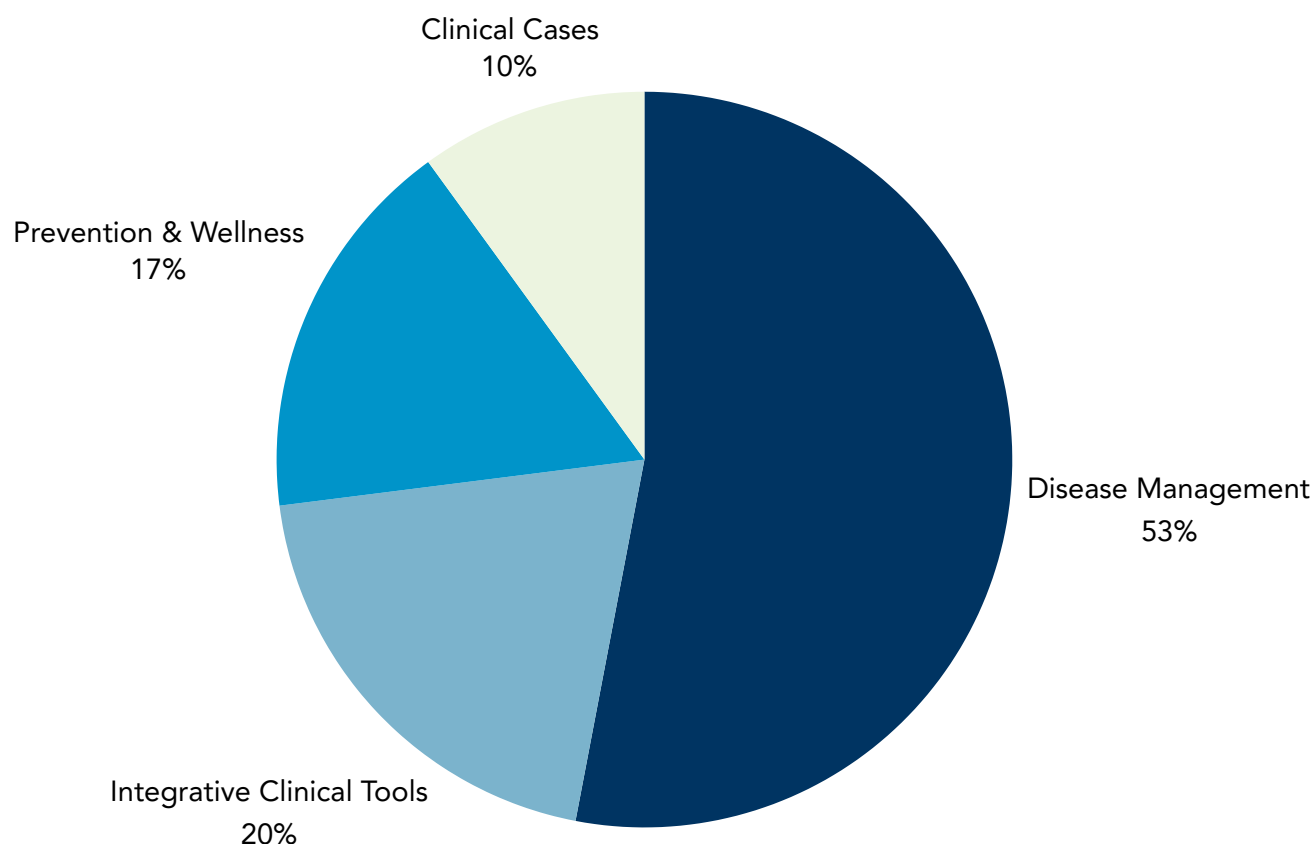
#### Integrative Medicine & Whole Health Foundations (10%)

- Integrative Medicine Introduction
- Whole Health Introduction
- Whole Systems Introduction
- Social Influences on Health

# What You'll Learn

## Curriculum Overview

### Foundations of Integrative and Whole Health Practice II



#### Disease Management Topics (53%)

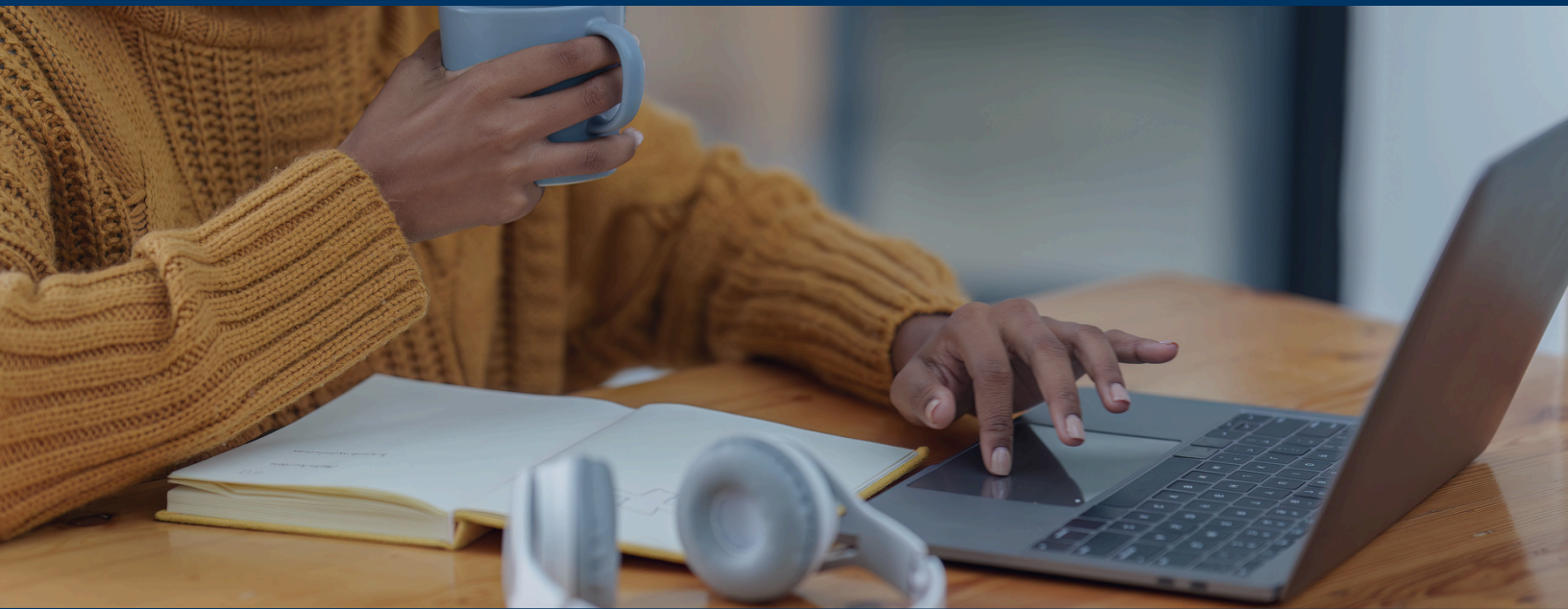
- Cardiology
- GI
- Endocrinology
- Diabetes Care
- Pulmonary
- Rheumatology
- Mental Health
- Pain Management
- Pediatrics
- Oncology

#### Integrative Clinical Tools (20%)

- Supplements
- Integrative Medicine Research
- Epigenetics
- Microbiome
- Botanicals
- Mind-Body-Spirit Medicine
- Biofield Science

#### Prevention and Wellness (17%)

- Environmental Medicine
- Functional Nutrition
- Personalized Nutrition
- Self-care for the Clinician



## What You'll Experience

- Engaging and relevant content covering a wide range of topics in integrative medicine and Whole Health.
- Expert instruction from leaders in integrative medicine and Whole Health.
- Practical learning experiences and activities that will help improve your practice.
- Collaborative learning environment with the opportunity to connect and learn with clinicians and practitioners from various disciplines.

## What You'll Be Prepared to Do

- Articulate an understanding of the principles, philosophies, and evidence-based practices in integrative and Whole Health, including the integration of conventional and complementary approaches to patient-centered care.
- Develop skills to provide patient-centered care by utilizing personalized, integrative approaches that engage mind, body, spirit, and community to facilitate healing.
- Apply an integrative and whole health approach to healthcare that includes multiple modalities, such as nutrition, mind-body techniques, botanical medicine, and lifestyle modifications, to promote health, prevent disease, and manage chronic conditions.
- Demonstrate critical thinking skills and research literacy to apply evidence-based practices for diagnosing and treating patients safely and effectively using integrative and whole health approaches.
- Foster effective communication and collaboration skills to work in interdisciplinary teams, effectively educate patients, and deliver integrated and coordinated care.
- Apply self-care practices to foster resiliency and prevent clinician burnout.

# Cost

## Affordable Pricing for Comprehensive Education

At AIHM, we believe that advancing your education in integrative and whole health should be accessible and affordable. Our certificate program offers a competitive pricing structure designed to ensure that you can enhance your clinical skills without financial strain.

### Total Cost Per Certificate

- Courses purchased one-at-a-time: **\$4,800** (see below for price per course)
- Courses purchased as a Bundle: **\$4,080** (save 15%)

There are no additional enrollment or application fees required, ensuring you can focus on your learning journey without unexpected costs.

#### COST BREAKDOWN PER COURSE

Foundations of Integrative & Whole Health Practice I	Hours	Cost
FIWH 101: Introduction; Prevention & Wellness	34.5	\$1,104
FIWH 121: IM Tools for Clinical Practice I	38.5	\$1,232
FIWH 131: Common Conditions and Chronic Illnesses I	32.0	\$1,024
FIWH 132: Common Conditions and Chronic Illnesses II	43.5	\$1,392
FIWH 145: Final Exam	1.5	\$48
Foundations of Integrative & Whole Health Practice II	Hours	Cost
FIWH 211: Prevention & Wellness II	27.0	\$864
FIWH 221: Integrative Medicine Tools for Clinical Practice II	34.0	\$1,088
FIWH 231: Common Conditions and Chronic Illnesses III	43.5	\$1,392
FIWH 232: Common Conditions and Chronic Illnesses IV	44.0	\$1,408
FIWH 245: Final Exam	1.5	\$48

### INVEST IN YOUR FUTURE

For more information email go to: [learn.aihm.org/fiwh-certificate-enrollment](mailto:learn.aihm.org/fiwh-certificate-enrollment)





## **ENROLL TODAY!**

Begin your journey to lead and excel in whole person, patient-centered care through the AIHM Foundations of Integrative and Whole Health Certificate Program.

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For more information email [aihm.org/contact/](mailto:aihm.org/contact/)



**Transforming the future of healthcare for all.**

6919 La Jolla Blvd | La Jolla, CA 92037

[www.aihm.org](http://www.aihm.org) (858) 240-9033

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