

Integrative Medicine Part-Time Remote Fellowship Curriculum Overview

This program is designed for working professionals. Our virtual curriculum utilizes synchronous and asynchronous methods of instruction and communication. The main components of the curriculum are outlined below.

Monthly Didactics - live virtual sessions:

- Grand Rounds
- Journal Club
- Clinical Conference
- Fellowship Case Conference

While live attendance is strongly recommended, all sessions are recorded in the event of a conflict.

Academic Courses - virtual with some synchronous components:

- IN500: Foundations in Integrative Nutrition
- MBM500: Foundations in Mind-Body Medicine
- IHE600: Foundations in Integrative Health Education
- IHE610: Integrative Developmental Model for Wellness and Leadership
- IN520: Advanced Concepts in Integrative Nutrition
- IHE 620: Integrative Health Education Practicum

Full participation and satisfaction of all course requirements are necessary to advance in the program.

Fellowship Core Modules - virtual, asynchronous:

Fellowship-exclusive material comprised of textbook chapters, peer-reviewed journal articles, and presentations on key topics in integrative medicine. Content is based on the David Rakel Integrative Medicine textbook, which is the primary recommended text for the ABOIM exam. Fellows will have access to this content throughout the duration of their fellowship.

Featured Topics Include:

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| ▶ Intro to Integrative Medicine | ▶ Oncology |
| ▶ Mind-Body Medicine | ▶ Nutrition |
| ▶ Cardiology | ▶ Homeopathy & GI |
| ▶ Metabolic/Endocrine | ▶ Neurology/Sleep |
| ▶ Psychiatry | ▶ Women's Health |
| ▶ Men's Health/Urology | ▶ Autoimmune Disorders/Therapeutic Tools |

Mindfulness-Based Stress Reduction (MBSR) - live virtual sessions:

8-week MBSR immersion with option to complete in winter, spring, or fall of either year. Live sessions are 1.5 hrs each, held once per week, with one online retreat day. Registration fees included with program cost.

CE/CME Events - live, with in-person or virtual attendance options:

Attendance required as offered. Registration fees included with program cost.

Clinical Experience:

Fellows must complete 40 hours of clinical experience over the course of the 2-year program. This will include a combination of:

- Independent case studies
- In-person or remote observation
- Live clinical case reviews with faculty

Academic Presentation:

Fellows will work with program director to identify a topic and present their findings.