



SIDNEY KIMMEL MEDICAL COLLEGE  
DEPARTMENT OF INTEGRATIVE MEDICINE & NUTRITIONAL SCIENCES

# Integrative Medicine Fellowship

*Part-time, Remote*





**Thomas Jefferson University is leading the nation in the emerging field of integrative health.**

Learn from the experts at the Marcus Institute of Integrative Health, where leading clinicians combine the best of modern medicine with complementary, integrative health approaches designed to empower patients, add value to their treatment plans and enhance their health and vitality.



## **Remote Integrative Medicine Fellowship, by the First Department of Integrative Medicine**

The two-year, part-time remote fellowship in integrative medicine is designed for working professionals, including graduates of an ACGME-accredited residency program, as well as licensed nurse practitioners and physician assistants. The program offers flexibility as well as access to a comprehensive curriculum and excellent medical faculty. The virtual curriculum utilizes synchronous and asynchronous methods of instruction and communication. (An in-person, full-time fellowship is also available. Refer to [the website](#) for more information.)

This fellowship has been approved by the Academic Consortium for Integrative Medicine and Health and the American Board of Physician Specialties (ABPS) to meet all the requirements of the American Board of Integrative Medicine (ABOIM). Physician fellows who complete the program will have eligibility to take the ABOIM board examination and to apply for board certification.

## **Curriculum**

The fellowship curriculum is based on core knowledge of integrative medicine using ABOIM exam content areas as a foundation. The curriculum is diverse, with clinical, didactic and research components.

### **Monthly Didactics**

Each month there are multiple live virtual sessions including:

- 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**

All courses are virtual with some synchronous components:

- Foundations in Integrative Nutrition
- Foundations in Mind-Body Medicine
- Foundations in Integrative Health Education
- Integrative Developmental Model for Wellness and Leadership
- Advanced Concepts in Integrative Nutrition
- Integrative Health Education Practicum

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

## Fellowship Core Modules

All modules are virtual and asynchronous. The fellowship -exclusive material is 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:

- 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)

The 8-week MBSR immersion program is offered as live virtual sessions. Fellows can complete it in winter, spring or fall of either year. Each week there is one live session that is 1.5 hours long. During the program there is also one online retreat day. Registration fees are included with program cost.

## CE/CME Events

The Marcus Institute offers continuing education events each year. They are live, with in-person or virtual attendance options. Attendance is required and registration fees are included with program cost.

## Clinical Experience

Fellows must complete 40 hours of clinical experience over the course of the two-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 the program director to identify a topic and present their findings.

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## Optional Master of Science

Integrative Medicine fellows may opt to enroll in the [\*Master of Science in Integrative Health Sciences program\*](#) while completing the fellowship. The Master of Science degree offers health professionals an opportunity to gain a deep background in integrative health, addressing the growing demand for wellness-oriented strategies to improve health outcomes and well-being. A professional healthcare license or current enrollment in a healthcare program leading to licensure is required for admission consideration.

The MS program stacks three Advanced Practice Certificates – Mind-Body Medicine, Integrative Nutrition and Integrative Health Education and Leadership – with a capstone course that delivers a 30-credit MS degree. A research course may be required, as determined by the program director.

## About the Integrative Medicine Faculty

Our faculty primarily consists of physicians from the Department of Integrative Medicine and Nutritional Sciences at Sidney Kimmel Medical College of Thomas Jefferson University. They are trained in both conventional and integrative medicine practices, and they are national experts and leaders in the field of integrative medicine.

The Institute is focused on expanding the research, education and clinical care profile of Jefferson's integrative medicine program, and setting the international standard of excellence in evidence-based, patient-centric integrative care.

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### Part-time, Remote Fellowship-Only Track Total Fees: \$21,500

#### Fee Structure and Invoicing:

- Non-refundable Admissions Fee & Enrollment Confirmation: \$1500 (to be billed with only the first quarterly payment)
- Eight quarterly payments of \$2500
- Payments are due on the following schedule for two years:
  - January
  - April
  - August
  - October

### Combined Master of Science in Integrative Health Sciences + Fellowship:

#### MS Tuition + \$10,000 Discounted Additional Fellowship Fee

Candidates who choose to enroll in the Master of Science degree as part of the Remote Fellowship will be subject to the current tuition fees. Tuition is managed through the Institute of Emerging Health Professions. Additionally, this option includes a discounted fellowship fee of \$10,000.

For more information, visit our website or email [fellowship@aihm.org](mailto:fellowship@aihm.org).

