



Certificate in Integrative and Whole Health Practice

[Click Here for Course Website](#)

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 certificate 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, they also gain the ability to treat the diverse and complex needs of patients with evidence-based, integrative solutions, ultimately leading to better health outcomes and reduced clinician burnout.

- 1 Source: National Academies of Medicine, Meisnere, 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

Certificate in Integrative and Whole Health Practice



6 unique tracks to tailor your learning to your clinical focus



Designed for Working Clinicians



Continuing Education Credits



Content developed by experts in the field



100% Online, Self-Paced



Open enrollment

Curriculum Overview

The Certificate in Integrative and Whole Health Practice curriculum is designed to provide both a strong foundation and specialized knowledge in your chosen area of focus. We have six tracks to choose from. All six tracks begin with the same foundational courses, giving you essential skills in integrative and whole health practice. You'll then progress into track-specific advanced courses that deepen your expertise in your selected specialty.

- Foundations
- GI
- Cardiology
- Pain Management
- Mental Health
- Lifespan (Men's, Women's, Pediatrics)





What You'll Experience

- Engaging and relevant content covering a wide range of topics in integrative medicine and Whole Health.
- Expert content 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

- Tuition is based on the courses included in your chosen track.
- Each track begins with six foundational courses, followed by track-specific advanced courses.

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

COST BREAKDOWN PER TRACK		
Track	Hours	Cost
Certificate in Integrative and Whole Health Practice - Foundations	150	\$3,300
Certificate in Integrative and Whole Health Practice with a Focus in Cardiovascular Health	131.5	\$2,893
Certificate in Integrative and Whole Health Practice with a Focus in Gastrointestinal Health	128	\$2,816
Certificate in Integrative and Whole Health Practice with a Focus in Pain Management	130.5	\$2,871
Certificate in Integrative and Whole Health Practice with a Focus in Mental Health	130	\$2,860
Certificate in Integrative and Whole Health Practice with a Focus in Health Across the Lifespan	135.5	\$2,981

INVEST IN YOUR FUTURE

For more information email go to: <https://learn.aihm.org/ciwhp-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.

Enroll today at <https://learn.aihm.org/fiwh-certificate-enrollment>

For more information email aihm.org/contact/



Transforming the future of healthcare for all.

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