

# Interprofessional Fellowship in Integrative Health & Medicine

Interprofessional  
Fellowship



Academy of Integrative Health & Medicine

• Innovative • Interprofessional • Clinically Focused • Transformational



## A Letter from Tieraona Low Dog, MD AIHM Fellowship Director

My Dear Friends,

Thank you for your interest in the Interprofessional Fellowship in Integrative Health & Medicine. This exciting new program is an intentional response to the challenges we are painfully aware of in health care: an increasingly fragmented system that is beleaguered by reimbursement inequalities, time constraints, social policies that fuel disparities, access issues, and a lack of coordination among care providers, and so many others. Combine this with the rising burden of chronic disease and it is easy to see why both patients and practitioners are frustrated. Without question, the health of our nation is at risk, and the calling that led so many of us into the healing professions is also being compromised.

Seven of our most common diseases—cancer, diabetes, hypertension, stroke, heart disease, pulmonary conditions, and mental health disorders—have been linked to nutritional, lifestyle, social, economic, and environmental factors. Yet, even with all the time and energy we have invested in learning our craft, we often lack the tools that are needed to work effectively in partnership with our patients/clients and other care providers, to make a real and lasting change in the health of our people. And as a consequence, many gifted clinicians are leaving their fields, worn down, burnt out, and lacking inspiration. This is why I believe the Interprofessional Fellowship in Integrative Health & Medicine is so important.

*The very word integrative, means to make whole, to renew or to restore.*

In this spirit, our Fellowship experience is first and foremost an offering of time and space for individuals to reconnect with the sense of purpose that called them into the field in the first place, an opportunity to restore themselves so they have a greater capacity to restore others. In focusing on inner and outer work, in promoting a movement towards wholeness for individuals and communities, we are secondarily, tackling some of the biggest challenges in the system at large.

*The truth is, “fellowship” at its core is about being in community with each other and our one shared world.*

And this Fellowship has been designed for you. We desire to foster a community among diverse professionals, while sharing new and effective tools and therapies that can be immediately integrated into your practice. Our learning approach is designed to be transformational and aspirational, and together, we will challenge old ways of thinking, and build upon our collective strengths to better address the complex problems with which we are faced. This is a social, emotional and scholarly journey.

I hope that you will join us in this groundbreaking undertaking. Your presence would be a gift.

In Fellowship,

A handwritten signature in white ink that reads "Tieraona Low Dog, MD". The signature is fluid and cursive, with a large, sweeping initial 'T'.

Tieraona Low Dog, MD, AIHM Fellowship Director

# A Bold New Paradigm

- **Two-year, hybrid program** • **1,000-hour curriculum**
- **3 residential retreats** • **2 clinical immersions**

Under the guidance of Founding Director Tieraona Low Dog, MD, a team of expert integrative clinicians has created the first ever graduate-level training program designed for clinicians across a wide range of professions. From day one, you will find yourself immersed in an innovative, interactive, clinically focused curriculum designed to enable you to quickly put into practice what you are learning. You will gain a new perspective on integrative models of care while working side-by-side with clinicians and faculty from a diverse group of professions.

The AIHM Fellowship is a two-year hybrid model that allows you to continue to live and work in your current location. The Fellowship utilizes a virtual classroom with media-rich training, discussion groups, streamed videos and an interactive web-based curriculum. The program incorporates clinical rotations, in-person retreats and numerous elective modules, allowing you to customize your training in accordance with your professional interests.

## Learning will naturally occur as you...

- Engage with dynamic, clinically relevant online content
- Participate in discussion forums with your peers and faculty
- Experience deepening community through sharing and residential retreats
- Learn about the strengths and challenges of other professions
- Release the need to know everything all the time
- Experience and apply the techniques you are learning
- Critically evaluate the results in your own patients/clients/community
- Immerse yourself in integrative clinical experiences

## OUR ACADEMIC PARTNER

In order to deliver the very best possible integrative educational experience, the Academy partnered with the Oregon Collaborative for Integrative Medicine (OCIM), a nonprofit organization with membership composed of the National University of Natural Medicine, Oregon College of Oriental Medicine, Oregon Health & Science University, Pacific University and the University of Western States. OCIM has been committed to integrative education, research, and patient care for more than 25 years and the Academy is deeply appreciative of the collective wisdom that these prestigious institutions and their faculty bring in creating a model for the future for health care.



# OCIM

Oregon Collaborative for  
Integrative Medicine





## APPLY NOW

Please apply online at the link below. We encourage those with financial need or who work with underserved populations to apply for scholarships. For details about required documents and deadlines, please visit: [www.aihm.org/fellowship](http://www.aihm.org/fellowship).

We are currently accepting applications for our next class on a rolling basis until the class fills. **Apply early** to ensure a place in this popular program.

## SCHOLARSHIPS AVAILABLE

The AIHM places a high value on social parity. The affordability of integrative services to our patients and the affordability of our educational programs are top priorities. The Interprofessional Fellowship is committed to providing scholarships for exceptional healthcare practitioners who work in underserved communities or unrepresented professions. We are grateful to the supporters who make the scholarships possible.

## ELIGIBILITY

The AIHM Fellowship is designed for clinicians who have completed postgraduate education. At this time, we are accepting applications from the following practitioners who have graduated from an accredited training institution and hold an active license to practice their chosen profession, including international applicants.

- Medical and Osteopathic Physicians
- Naturopathic Physicians
- Chiropractic Physicians
- Advanced Practice Registered Nurses
- Registered Nurses\*
- Physicians Assistants
- Licensed Acupuncturists
- Registered Dietitians
- Dentists
- Pharmacists
- Psychologists
- Licensed Clinical Social Workers
- Direct Entry Midwives\*
- Physical Therapists

*\*Registered nurses, direct entry midwives, and others with a master's or doctorate in a health related field are eligible to apply.*



## PLEASE CONTACT US

If you have questions about the AIHM Fellowship, please contact the Chair of Student Services at [fellowship@aihm.org](mailto:fellowship@aihm.org) or (858) 240-9033 x1000.



## Board Certification in Integrative Medicine

Graduating Fellows who hold an MD or DO license will be eligible<sup>†</sup> to sit for board certification through the American Board of Integrative Medicine (ABOIM). Other professions may elect to develop board certification for their members. <sup>†</sup>Must meet all other requirements for ABOIM

### CLASS START DATES

Classes begin twice a year in February and August.

### CLINICAL IMMERSIONS

During Quarters 6–8

### RESIDENTIAL RETREATS

Three residential retreats are a key part of the program and retreat attendance is required. Please refer to the website for exact retreat dates for each class to ensure that you are available to attend: [www.aihm.org/fellowship](http://www.aihm.org/fellowship)

- Retreat 1: During Quarter 1  
(Approved for AMA PRA Category 1 Credit™)
- Retreat 2: During Quarter 4
- Retreat 3: During Quarter 8 (includes graduation)



# What You Will Learn

## YEAR ONE

The first year lays the foundation for integrated care. Interactive instruction, journal articles, seminal texts, case studies, patient/client vignettes, integrative clinical round tables, dialogues, hands-on training, and applying what you are learning in your own clinical setting will allow you to broaden your vision and deepen your knowledge of integrative health and medicine. Here is just a taste of the first year in which you will:

- Become skilled in motivational interviewing, allowing you to effectively partner with your patients/clients in making healthy lifestyle and behavioral changes.
- View experts from multiple professions conduct an assessment and deliver treatment plans, as you work with faculty to enhance your own clinical skills.
- Conduct integrative, nutritional, fitness, stress, and environmental risk assessments and then create individualized treatment plans.
- Analyze nutritional controversies, evaluate micronutrient deficiencies and learn the most recent science on popular dietary supplements.
- Learn how to integrate meditation, self-regulatory and mindfulness practices into practice to enhance resiliency and positively influence brain chemistry and anatomy.
- Understand how food quality, environmental degradation and chemical exposures contribute to chronic disease worldwide and how you can counsel your patients/clients to make better choices.
- Conduct your own health self-assessments and then create and implement a self-care plan throughout your Fellowship.

During the Fellowship, you will essentially become “multi-lingual,” remaining fluent in your chosen profession, while learning to speak a common language in order to work effectively within an interprofessional team. Among the key strengths of the Fellowship is the inclination to respect and value the unique gifts that each profession offers, while asking everyone to think beyond their own disciplinary boundaries in a collaborative and supportive environment.



### QUARTER ONE: VISION, SOCIETY & CHANGE

Visionary Medicine  
Self-Care: Social Health  
Evidence Informed Integrative Health & Medicine 1  
Social Influences on Health  
Enhancing Motivation for Change  
**Residential Retreat 1**  
The Integrative Assessment  
Integrative Clinical Roundtable 1



### QUARTER TWO: THE ESSENCE OF LIFESTYLE MEDICINE

Evolving Human Nutrition  
The F.I.T.T. Prescription  
Clinician's Guide to Dietary Supplements  
Self-Care: Lifestyle Medicine  
Evidence Informed Integrative Health & Medicine 2  
Integrative Clinical Roundtable 2



### QUARTER THREE: PRESCRIPTION FOR THE HEART & MIND

Mind-Body-Spirit Medicine  
Self-Care: Mind-Body-Spirit  
Botanical Medicine and Mental Health  
Integrative Clinical Round Table 3



### QUARTER FOUR: PEOPLE, PLACE & THE PLANET

Ecological Health  
Environmental Medicine  
Self-Care: Ecological Health  
**Residential Retreat 2**  
Traditional Medicine  
Integrative Clinical Round Table 4

## YEAR TWO

The second year builds upon the knowledge and experience gained during the first year. This is the time for you to hone your clinical thinking as you work alongside peers and faculty in evaluating patients/clients with increasingly complex health/medical problems. During the second year, you will:

- Spend time in various clinical settings in order to experience a range of health-care professionals delivering integrative care.
- Explore different clinical/business models and develop a plan that reflects the type of practice that is consistent with your goals and values.
- Learn the nuts and bolts of how a team approach might work in your community.
- Gain expertise in assessing the potential for herb/supplement/drug interactions, as well as drug-induced nutrient depletions.
- Work with a faculty mentor to write, present and submit for publication a detailed case report from one of your patients/client encounters.
- Be given time to prepare for your in-person clinical evaluation and written final exam.
- Choose from an array of electives that are of professional interest to you: Integrative Pediatrics, Integrative Women's Health, Integrative Approaches to Pain, Integrative Mental Health, The Fire Within: the Role of Inflammation in Health; Integrative Men's Health, Integrative Cardiology, Integrative Approaches to Addiction, and more.

One of the many unique features of this Fellowship is the opportunity for you to choose how you will spend your 160 hours of elective time. Perhaps you want to focus on integrative pediatrics, tailoring hormone therapies, or integrative strategies for resolving inflammation or treating complex pain. Actual courses may vary based upon faculty availability and class preferences.

*Curriculum is subject to change to best meet the requirements of the program.*



### QUARTER FIVE: THE CLINICIAN'S TOOLBOX

The Business of Integrative Medicine  
Creating Healing Spaces  
Clinical Immersion Overview  
Clinical Case Study Overview  
Advanced Drug-Nutrient-Herb Interactions  
Self-Care: Ongoing Practice  
Integrative Clinical Round Table 5  
Elective Modules (20 hours)



### QUARTER SIX: THE CLINICIAN'S JOURNEY

Clinical Immersion Experience 1  
Clinical Immersion Review  
Self-Care: Ongoing Practice  
Integrative Clinical Round Table 6  
Elective Modules (40 hours)



### QUARTER SEVEN: THE CLINICIAN'S JOURNEY CONTINUES

Clinical Immersion Experience 2 & Evaluation  
Clinical Immersion Review  
Clinical Case Study Draft 1 Submission  
Self-Care: Ongoing Practice  
Integrative Clinical Round Table 7  
Elective Modules (40 hours)



### QUARTER EIGHT: ENDINGS AND BEGINNINGS

Clinical Case Study Submission  
Elective Modules (40 hours)  
Self-Care: Ongoing Practice  
Review and Final Exam  
Post-Assessment  
**Residential Retreat 3 & Graduation**



## **ABOUT DR. TIERAONA LOW DOG**

An internationally recognized expert in the fields of integrative medicine, dietary supplements, herbal medicine and women's health, Dr. Low Dog is a highly sought after teacher and educator. For nearly a decade, she oversaw all aspects of the University of Arizona Center for Integrative Medicine Fellowship training program before joining the Academy to lead the very first Interprofessional Fellowship. She has been involved in national policy and research for more than 20 years. She was appointed by President Clinton to the White House Commission on Complementary and Alternative Medicine Policy, served as the elected Chair for numerous Dietary Supplement Expert Panels at the US Pharmacopeia for 15 years, was appointed to the Scientific Advisory Council for the National Center for Complementary and Integrative Health, and is a founding member of the American Board of Physician Specialties, American Board of Integrative Medicine and the Academy of Women's Health. She has been an invited speaker to more than 550 scientific/medical conferences, published 40 peer-reviewed articles, written 20 chapters for medical textbooks, and has authored five books, including three National Geographic books, *Fortify Your Life*, *Healthy at Home* and *Life is Your Best Medicine*.



## **ABOUT DR. SEROYA CROUCH**

An experienced naturopathic physician, educator, and energy medicine practitioner, Dr. Crouch has held senior academic positions in naturopathic institutions in the United States and Australia. She has overseen program development and accreditation in naturopathic medicine, traditional Chinese medicine, nutritional medicine, herbal medicine, musculoskeletal therapy and homeopathy. Additionally, Dr. Crouch has developed programs and taught internationally in the field of energy medicine, and volunteered in global health programs and on the Boards of Natural Doctors International in the US and One Health Organisation in Australia. Previously Director of Certification at AIHM, she is now Associate Fellowship Director and also teaches energy medicine workshops for clinicians.



# Our Faculty

Our outstanding interprofessional faculty members are chosen for their expertise and leadership in integrative health and medicine. In addition to delivering exceptional educational content, they will serve as guides during your transformational two-year journey through online dialogues, residential and clinical immersion experiences, and self-care practices.

## SOME OF OUR ESTEEMED FACULTY:



Lise Alschuler, ND,  
FABNO; Integrative  
Oncology



Craig Cristello M.Ed.;  
Exercise Sports  
Science



Gerry Curatola, DDS;  
Associate Professor,  
NYU



Jeff Gladd, MD;  
Integrative Medicine



Paul Epstein, ND;  
Mind-Body Integrative  
Medicine



Joshua Goldenberg,  
ND; Integrative  
Clinician and  
Researcher



Mimi Guarneri, MD,  
FACC, ABIHM;  
Integrative Cardiology



Tori Hudson, ND;  
Professor, National  
College of Natural  
Medicine



Brad Jacobs, MD,  
MPH, ABIHM;  
Integrative Medicine



David Kiefer, MD;  
Clinical Assistant  
Professor, University  
of Wisconsin-Madison



Neil Mann, PhD;  
Emeritus Professor  
of Nutrition, RMIT  
University Australia



Beth Pimentel, ND;  
Dean of Naturopathic  
Medicine, Maryland  
University of  
Integrative Health



Aviva Romm, MD  
Integrative Medicine



Scott Shannon, MD,  
ABIHM; Integrative  
Mental Health



Lucia Thornton, RN,  
ThD; Holistic &  
Integrative Nurse  
Educator & Consultant



## About AIHM

AIHM is unifying the voices of integrative health and medicine. Through member engagement, education, fellowship and advocacy, AIHM brings health professionals and supporters together to transform health care. Learn more about the Academy online or join us at our next conference. Connect at [www.aihm.org](http://www.aihm.org).

### AREAS OF FOCUS

Serving as a platform for all healthcare providers who recognize that health is more than the absence of disease and is closely intertwined with the health of our communities and the planet, AIHM supports its varied constituents through six areas of focus:

- 1 Membership
- 2 Education
- 3 Fellowship
- 4 Research
- 5 Advocacy
- 6 Leadership

### VISION

Where health care is about health and available to all

Where prevention is our foundation and mechanical fixes are embraced when we need them

Where all healthcare providers work collaboratively to heal body, mind and spirit

Where sustainability is integrated into our culture, practice and training

**We are the solution**

**Working together to establish a new paradigm of health care for humanity and the planet**

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**The AIHM Interprofessional Fellowship is the first training program of its kind for healthcare providers. If you are a clinician looking to take the next step toward a collaborative approach to healing, please join us!**

## Fellow Testimonials



“My favorite part was the camaraderie, coming together and learning from one another as an inquisitive cohesive group, despite our differences in backgrounds.”

“I feel that we all got connected with each other for rest of our lives.”

—2016 Retreat Participants

# Thank You Founding Supporters & Investors



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## SUPPORT THE FUTURE OF HEALTH CARE

For more information about how you can support the AIHM Interprofessional Fellowship Program, to become a Fellowship Founding Supporter, or to fund a scholarship, please contact [development@aihm.org](mailto:development@aihm.org).

To make a gift today, visit [www.aihm.org/donate](http://www.aihm.org/donate).

*The Academy of Integrative Health & Medicine is a 501(c)(3) nonprofit that is empowered by the generosity of individuals, corporations, and foundations to continue its work and establish a new paradigm of health care for humanity and the planet.*

[www.aihm.org/donate](http://www.aihm.org/donate)



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