

Interprofessional Fellowship in Integrative Health & Medicine



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 medicine/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 between care providers, among 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 medicine 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 them selves 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,

Tieraona Low Dog MD

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 has partnered with The Oregon Collaborative for Integrative Medicine (OCIM), a nonprofit organization with membership composed of the National College 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.



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.

Board Certification in Integrative Medicine

Graduating Fellows who hold an MD or DO license will be eligible to sit for board certification through the American Board of Physician Specialties (ABPS). Other professions may elect to develop board certification for their members.

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.
- Choose from an array of electives that are professional interest to you.
- Be given time to prepare for your in-person clinical evaluation and written final exam.

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. Or maybe you want to be certified as a HeartMath® clinician, do a deep dive into Mindfulness-Based Stress Reduction, or create a sustainable practice model for delivering care to the underserved. Remember, this is *your* training program.

QUARTER ONE: VISION, SOCIETY & CHANGE

(February 1–May 1, 2016)

Visionary Medicine (8 hours)
The Integrative Assessment (10 hours)
Social Influences on Health (30 hours)
Enhancing Motivation for Change (40 hours)
Social Health Self-care (15 hours)
Integrative Clinical Round Table 1 (12 hours)
Residential Retreat 1 (40 hours)

QUARTER TWO: THE ESSENCE OF LIFESTYLE MEDICINE

(May 2–August 7, 2016)

Nutrition in the 21st Century (40 hours)
The FITT Prescription (10 hours)
Clinician's Guide to Dietary Supplements (30 hours)
Botanical Medicine (20 hours) (two tracks)
Nutrition/Fitness Self Care (10 hours)
Integrative Clinical Round Table 2 (12 hours)
Evidence Informed Integrative Health and Medicine (8 hours)

QUARTER FIVE: THE CLINICIAN'S TOOLBOX

(February 6–April 30, 2017)

Global Health & Healing Professions (30 hours)
Clinical Immersion Overview (5 hours)
Clinical Case Study Overview (10 hours)
Advanced Drug-Nutrient-Herb Interactions (10 hours)
Traditional Medicine Self-care (10 hours)
Integrative Clinical Round Table 5 (15 hours)
Elective Modules (20 hours)

QUARTER SIX: THE CLINICIAN'S JOURNEY

(April 31–July 30, 2017)

Clinical Immersion Experience 1 (50 hours)
Clinical Immersion Review 1 (10 hours)
Clinical Case Study Draft 1 Submission (core) (15 hours)
Integrative Clinical Round Table 6 (15 hours)
Elective Modules (40 hours)

QUARTER THREE: PRESCRIPTION FOR THE HEART & MIND

(August 8–October 23, 2016)

Mind Body Medicine: The Power of Emotion and Thought (50 hours)
The Healer's Art: Compassionate Care (40 hours)
Mind/Body Self Care (10 hours)
Integrative Clinical Round Table 3 (12 hours)

QUARTER FOUR: PEOPLE, PLACE & THE PLANET

(October 24, 2016–February 5, 2017)

Small Planet – Big Picture (20 hours)
Environmental Medicine (20 hours)
The Business of Integrative Medicine: Models of Practice (40 hours)
The Healing Environment (10 hours)
Environmental Self-Care (10 hours)
Integrative Clinical Round Table 4 (12 hours)
Residential Retreat 2 (40 hours)

QUARTER SEVEN: THE CLINICIAN'S JOURNEY CONTINUES

(July 31–October 29, 2017)

Clinical Immersion Experience 2 and Evaluation (50 hours)
Clinical Immersion Experience Review 2 (10 hours)
Clinical Case Study Draft 2 Submission (15 hours)
Integrative Clinical Round Table 7 (15 hours)
Elective Modules (40 hours)

QUARTER EIGHT: ENDINGS AND BEGINNINGS

(October 30, 2017–January 28, 2018)

Clinical Case Study Submission (10 hours)
Elective Modules (40 hours)
Review and Final Exam (20 hours)
Residential Retreat 3 and Graduation (40 hours)





APPLY NOW

Applications are accepted online. Scholarships are available for those with financial need and/or working with underserved populations. For details about required documents and deadlines, please visit aihm.org/fellowship.

PLEASE CONTACT US

If you have questions about the AIHM Fellowship, please contact Kristen Gates, Fellowship Program Coordinator at kgates@aihm.org or 218-525-5651 x1000.

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*
- Physician's assistants
- Licensed acupuncturists
- Registered dietitians
- Dentists
- Pharmacists
- Psychologists
- Licensed clinical social workers
- Direct entry midwives*

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

CLASS REGISTRATION & RETREAT SCHEDULE

Spring 2016 Class

Application Deadline: Jan. 9, 2016

Class Start Date: Feb. 1, 2016

Residential Retreats

Week 1: March 20-24, 2016

Week 2: January 8-12, 2017

Week 3: January 14-18, 2018

Clinical Immersions

Quarter 6: Fellow-created, local (must meet approval guidelines)

Quarter 7: At OCIM institutions Portland, Oregon

(Exact dates TBA)



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.

Here are just a few of our esteemed faculty:



Lise Alschuler, ND,
FABNO
Integrative Oncology



Gail Christopher, DN, PhD
Vice President of Policy,
WK Kellogg Foundation



Jeff Gladd, MD
Integrative Medicine



Mimi Guarneri, MD,
FACC, ABIHM
Integrative Cardiology



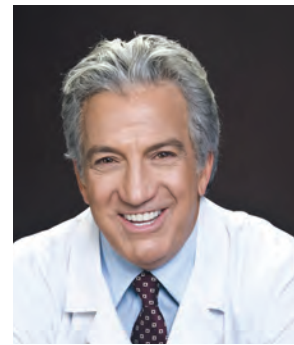
Raneth Heng, MD
Integrative and Family
Medicine



Tori Hudson, ND
Professor, National College
of Natural Medicine



Brad Jacobs, MD, MPH,
ABIHM
Integrative Medicine



Gerry Curatola, DDS
Associate Professor, NYU



Beth Pimentel, ND
University of Bridgeport



Aviva Romm, MD
Integrative Medicine



John Scaringe, DC, EdD
President, Southern
California University of
Health Sciences



Scott Shannon, MD,
ABIHM
Integrative Mental Health



Kevin Spelman, PhD
Herbal Medicine
Researcher & Educator



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



Ruth Zuniga PhD
Assistant Professor,
Pacific University

“The defining characteristic of the AIHM fellowship program is that it is interprofessional, meaning that you have medical and osteopathic physicians, pharmacists, licensed acupuncturists, psychologists and many others all training together. OCIM brings more than 25 years of exactly that type of collaboration.”

*Mimi Guarneri, MD, FACC, ABIHM
AIHM President*

About AIHM

The AIHM is unifying the voices of integrative health and medicine. Through member engagement, education, fellowship and advocacy, the AIHM brings health professionals and supporters together to transform health care.

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, the Academy supports its varied constituents through six areas of focus:

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

— **The AIHM Fellowship is the first graduate-level training program of its kind designed for advanced healthcare clinicians. For practitioners looking to take the next step toward a collaborative, team-based approach to healing, we invite you to join us.**

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





Interprofessional
Fellowship



Academy of Integrative Health & Medicine

fellowship.aihm.org