

Integrative Psychiatry Program

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Goals of the Program

Goal 1: Improve knowledge of evidence-based Integrative Medicine in Psychiatry

The primary goal of the curriculum is to introduce the resident/fellow to the field of evidence-based integrative medicine as it relates to mental health. Many patients have questions about integrative therapies. It is important for psychiatrists in training to have an understanding of this emerging field, and to have familiarity with evidence-based integrative medicine research and resources, whether they will use integrative medicine or not. As the resident participates in the curriculum, he/she will see that some areas of integrative medicine have strong supporting research and other areas may not. We will delineate the boundaries of the current research.

Goal 2: Improve Resident Wellness and Self-Awareness

A second essential goal of the IMR-Psychiatry curriculum is to raise awareness about the importance of resident health and wellness. For this reason, the resident will find a blend of pediatric and adult evidence-based integrative curriculum throughout the IMR- Psychiatry, especially in the areas of preventative health, integrative mental health and mind-body medicine. A core philosophy of the Arizona Center for Integrative Medicine is self-care for the physician-learner, with an eye to helping them become better role models and more effective counselors to their patients and families.

During IMR-Psychiatry the resident/trainee will also receive an introduction to evidence-based mind-body medicine with a strong foundation in mindfulness in medicine. This topic is emphasized deliberately in large part due to the emerging literature in mindfulness in medicine, and in response to the newly revised core competencies in training in the areas of personal and professional development. This new core competency specifically calls for the development and evaluation of resident skills in self-awareness, effective stress management, and self-regulation. The curriculum in this area is designed to provide a robust research background in addition to experiential exercises.

Goal 3: Enhancing Awareness of Clinical Applications of Integrative Psychiatry

Finally, we aim to train residents/fellows in incorporating their emerging knowledge of integrative medicine in the clinical setting. Therefore, regular case discussions, mentoring

sessions, and experiential didactics are utilized to expand the resident's knowledge of clinical applications of integrative psychiatry.

Didactic & Experiential Sessions:

Mind-Body Skills Groups: PGY 1s will participate in a series of mind-body skills groups (2-hour group weekly for 10 sessions). The skills include deep breathing techniques, meditation, biofeedback, guided imagery, mindful eating/nutrition, and the therapeutic use of creative arts, music and movement. The goal of the group is to give hands-on experience within a small group to the participants, enhancing knowledge of various evidence-based techniques; even more importantly, the goal is to encourage gaining experience in the practice of self-care, self-awareness, and to enhance a sense of well-being and resiliency.

Didactic sessions: Trainees will participate in interactive didactic sessions on various topics within integrative psychiatry. These may include but are not limited to motivational interviewing, biofeedback, meditation, Ayurveda, Traditional Chinese Medicine, environmental health, accelerated resolution therapy (ART), and nutraceuticals.

Online Interactive Modules: Provided through the Andrew Weil Center for Integrative Medicine (<https://integrativemedicine.arizona.edu>), this unique on-line interactive curriculum provides information on evidence-based interventions applicable to psychiatric care. A unique online interactive curriculum provides information on evidence-based interventions for psychiatric care. The online curriculum has been carefully chosen to provide an introduction to integrative medicine from a psychiatric perspective. In order to receive a certificate of completion, residents/fellows must complete 80% of the required online modules.

Scholarly Project (optional): A number of scholarly project opportunities are available to residents and fellows. Details are based on individual interests and preferences.

Clinical Practice (optional):

Flexible number of hours in the PGY4 year; intakes with integrative psychiatry faculty and follow-ups at the Banner-University Medicine Integrative Psychiatry Clinic (adult and/or child), and weekly supervision.

Certificate of Completion:

Completion of 80% of online course materials, participation in 80% of in-person sessions and passing the final exam is required; participants meeting this requirement will receive a completion certificate from the Andre Weil Center for Integrative Medicine and the University of Arizona Department of Psychiatry. Virtual observers at outside institutions are also to complete a Reflection Paper for a certificate of completion.

Reflection Paper: 2 pages single spaced on personal or professional awareness, realization, or deeper understanding regarding integrative medicine gained during the elective. The reflection paper will provide an opportunity for the trainee to reflect on his/her own process of personal and professional growth through participation in the curriculum.

Table: Curriculum Components Based on PGY Year

PGY Year	Online Curriculum Access	Didactics/ Experiential	Integrative Psychiatry Clinic
PGY 1	N/A	Mind-Body Skills Groups (20 hours)	N/A
PGY 2	N/A	10 hour of Didactics	N/A
PGY 3	IMR-Psychiatry (126 hours)	10 hours of Didactics	N/A
PYG 4	IMR-Psychiatry (126 hours) plus Integrative Psychiatry Handbook		Up to 8 hours/week (child or adult)
Virtual Observers at other Institutions (PGY1-4 and Fellows)	IMR-Psychiatry (126 hours) plus Integrative Psychiatry Handbook		