



## Integrative Psychiatry Resources

This document contains a list of resources for the study of Integrative Psychiatry. If you have additional resources to include, please contact us at [callenaferguson@arizona.edu](mailto:callenaferguson@arizona.edu)

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### Organizations/Committees

- AACAP Annual Meeting, Complementary and Integrative Medicine (CIMED) Committee
- [ACIMH Academic Consortium for Integrative Medicine and Health](#)
- [AIHM Academy for Integrative Health and Medicine](#)
- [APA Annual Meeting and Integrative Caucus](#)
- [IM4US Integrative Medicine for the Underserved](#)
- [National Center for Complementary and Integrative Health](#)
- [Psychedelic Medical Association](#)

### Conferences/Webinars

Comprehensive list of upcoming events from ACIMH [here](#)

- [AIHM conference](#)
- [Integrative Healthcare Symposium](#)
- [Integrative Medicine for Mental Health Conference](#)
- [Integrative Medicine for the Underserved](#)
- [Integrative Medicine Summit by AWCIM](#)
- [International Congress on Integrative Medicine](#) by ACIMH
- [Psychiatry Redefined](#)
- [Semel Institute for Neuroscience and Human Behavior](#)
- [UCLA Conference on Integrative Medicine and Mental Health](#)
- [Walsh Institute](#)

### Textbooks

- [An Integrative Paradigm for Mental Health Care: Ideas and Methods Shaping the Future](#) by James Lake MD
- [Complementary and Integrative Therapies for Mental Health and Aging](#), by Lavretsky, Sajatovic, Reynolds. Oxford University Press. January 2016
- [Complementary and Integrative Treatments in Psychiatric Practice](#), by Gerbarg, Muskin, Brown. American Psychiatric Publishing. July 2017
- [Psychiatric Clinics of North America, Complementary & Integrative Therapies for Psychiatric Disorders](#), by Muskin, Gerbarg, Brown. Elsevier Publishing. Volume 36, Issue 1. March 2013.

### Books

- [How to Use Herbs, Nutrients, and Yoga in Mental Health Care](#), by Richard P Brown, Patricia L. Gerbarg, Phillip R Muskin. February 2012
- [Integrative Rehabilitation Practice: The Foundations of Whole-Person Care for Healthcare Professionals](#) by Arlene Schmid and Matt Erb



- [\*Mental Health for the Whole Child: Moving Young Clients from Disease & Disorder to Balance & Wellness\*](#) by Scott Shannon MD
- [\*The Transformation\*](#) by James S Gordon MD

## Podcasts

Comprehensive list [here](#)

- [Body of Wonder](#)
- [Carlat Report](#)
- [Integrative Psychiatry Institute Podcast](#)
- [Psychedelic Medicine Podcast](#)
- [Psychiatry and Psychotherapy Podcast](#)
- [The Doctor's Pharmacy](#)

## People's work to follow

- Functional Medicine
  - Mark Hyman, MD
- Inflammation and Mental Health
  - Charles Raison, MD
- Integrative Medicine
  - Andrew Weil, MD
- Mind-Body Medicine
  - Herbert Benson MD
  - Richie Davidson, PhD
  - James S. Gordon MD
- Mindfulness and Compassion
  - Pema Chodron
  - Deepak Chopra, MD
  - Jon Kabat-Zinn, MD
  - Jack Kornfield, PhD
  - Kristen Neff, PhD
  - Zev Schuman-Olivier, MD
- Psychedelics
  - Rick Doblin, PhD
  - Michael Pollan
  - Scott Shannon, MD
- Trauma related work
  - James S. Gordon, MD
  - Peter Levine, PhD
  - Gabor Mate, MD
  - Alice Miller, PhD
  - Robert Scaer, PhD
  - Bessel Van Der Kalk, MD



## How to learn more

- Integrative Medicine
  - [Andrew Weil Center Courses](#)
  - [Board Certification in Integrative Medicine: “American Board of Integrative Medicine \(ABOIM\)”. American Board of Physician Specialties.](#)
    - [Fellowships approved by the ABOIM](#)
    - Textbook for exam: Integrative Medicine, 4<sup>th</sup> ed. By Rakel. Elsevier. April 2017
  - [Institute of Functional Medicine](#)
- Integrative Psychiatry
  - [www.PsychiatryInstitute.com](http://www.PsychiatryInstitute.com) – Integrative Psychiatry Institute
    - Courses/Webinars
    - Fellowship/Certification
      - 125 CME credits offered over 2 years
  - [www.PsychiatryRedefined.org](http://www.PsychiatryRedefined.org) – Functional Medicine in Psychiatry
    - Courses
    - Fellowship
    - Webinars
- Mind-Body Medicine
  - [Breath-Body-Mind](#)
    - Contact: [patgerbarg@gmail.com](mailto:patgerbarg@gmail.com)
  - [Nova Institute](#)
  - [The Center for Mind-Body Medicine](#)

## Additional Courses

- [Accelerated Resolution Therapy \(ART\)](#)
- Acupuncture
- [Biodynamic Medicine](#)
- [Center for Mindfulness and Compassion \(CMC\)](#)
- Compassion-Based Cognitive Therapy (CBCT)
- [Compassionate Inquiry \(Gabor Mate\)](#)
- Craniosacral Therapy
- [Emotional Freedom Technique \(EFT\)](#)
- [Eye Movement Desensitization and Reprocessing \(EMDR\)](#)
- [HeartMath \(biofeedback\)](#)
- [I am Heart \(Heart Rhythm Meditation\)](#)
- [Internal Family Systems \(IFS\)](#)
- Mindfulness-Based Cognitive Therapy (MBCT)
- Myofascial release
- Narrative Medicine
- Osteopathic Manipulation Techniques



- [Atsu.edu](https://atsu.edu) (OMT for non-osteopathic physicians)
- Upledger Institute (Mary Atkins)
- Psychedelic Trainings
- [Somatic Experiencing \(SE\)](#)
- [The Center for Mind-Body Medicine](#)
- [Transcendental Meditation](#)

### Residency Programs with exposure to Integrative Psychiatry

Cambridge Health Alliance/Harvard Medical School – Advanced Clinical Mindfulness Fellowship, Contact: Zev Schuman-Olivier, MD, Christina Luberto, PhD

*Residency Program with IMR-Psychiatry curriculum ; 109 hour online curriculum from Andrew Weil Center for Integrative Medicine):*

- Des Moines MercyCare (Iowa)
- Loyola/Chicago VA
  - Additionally, a 1-year Integrative Psychiatry Fellowship is offered
- [University of Arizona](#) (Tucson)
  - Additionally, a 1-month elective is available to non-University of Arizona psychiatry residents
  - Contact: Noshene Ranjbar, MD ([noshene@psychiatry.arizona.edu](mailto:noshene@psychiatry.arizona.edu))
- University of New Mexico
- University of South Florida (USF)
- [Zucker-Northwell Medical Center \(New York\)](#)

### Online Communities

- Facebook:
  - [Integrative Psychiatry Facebook Group](#) - Private group; request to join (MD/DO and medical students only)
  - [Integrative Psychiatry Practitioner Forum Facebook Group](#) - Private group; request to join (MD/DO, PhD, therapists, APRN, social workers, all welcome)
- Integrative Psychiatry in Academia – Monthly Zoom calls to learn and network with others in academia; for medical students, residents, attendings, MD/DO only; contact [eterner@arizona.edu](mailto:eterner@arizona.edu) to be added to list serve to receive invitations
- Twitter: #IntPsych
- YouTube:
  - University of Arizona [Integrative Psychiatry Playlist](#)
  - [Integrative Psychiatry Institute](#)



### **Integrative Psychiatrist Directory**

- [Journey Dreams Practitioner directory](#)
- [Same Here Global Psychiatry Directory](#)

### **Websites**

- [ConsumerLabs.com](#) is a good resource but be aware that businesses can pay for better reviews
- [Examine.com](#) (free)
- [Natural Medicine Database](#) (available through most academic centers' online library access)

### **Handouts for patient/providers**

- [Capacitar \(Mind-Body Medicine techniques\)](#)
- [Integrative Health Teaching Modules & Handouts - Clinician and Patient Education](#)
- [Santa Rosa Family Medicine Residency](#)
- [Whole Health Library from Veterans Administration](#)

### **Conventional Psychiatry CME Platforms that review several Integrative Psychiatry Topics:**

- [Carlat Report](#)
- [Psychiatry Education Forum](#)
- [Psychopharmacology Institute](#)
- [Simple and Practical](#)

### **Apps:**

- BetterSleep
- Healthyminds Program (free, diverse voices)
- Insight Timer
- Headspace