

INTEGRATIVE MEDICINE IN RESIDENCY

Integrative Medicine in Residency IMR: Core 2025* Curriculum Content

* indicates year of enrollment

Core Content	Content Hours
IMR Orientation	2.25
Orientation & Assessments	0.25
Introduction to Integrative Medicine	2
Intergrative Medicine Professionalism	10
Interprofessional Healthcare Wellbeing	7
Anti-Racism in Integrative Medicine	3
Integrative Lifestyle Interventions	19.75
Introduction to Nutrition	5
The Anti-Inflammatory Diet (2024-2026)	3.25
Physical Activity in Health	3
Integrative Sleep Health	5
Integrative Environmental Health: Intro	1.75
Pediatric Immunizations	1.75
Foundations in Supplementns	12.75
Micronutrients & Supplements: An Intro	2.25
Vitamins	2.25
Minerals	2.75
Common Dietary Supplements	3
Botanicals Introduction	2.5
Foundations in Mind-Body Medicine	10.25
Introduction to Mind-Body Medicine	1.5
Stress, Relaxation and Health	2
Mind-Body Modalities	6.75
Systems and Approaches in Integrative Medicine	6.5
Integrative Assessment and Treatment Plan	1
Whole Systems Introduction	3.75
Intro to Microbiome	1.75
Clinical Application of Integrative Medicine	43.5
Women's Health	6
Topics in Obesity (2025-2027)	5
Integrative Diabetes Care	3.5
Integrative Pain Management Series: Foundations	5
Integrative Mental Health: An Introduction	2.75
Anxiety: An Integrative Approach (2024-2026)	5.5
Depression: An Integrative Approach (2024-2026)	6.25
Integrative ADHD	4
Integrative Gastroenterology	5.5
Finish	
Final Assessments (necessary for graduation)	TBD
Total Hours	
total hours (does not include final)	105