

Thank you for your interest in an Integrative Psychiatry Virtual Observership here at the University of Arizona, Department of Psychiatry in Tucson, Arizona!

# About us

The University of Arizona Psychiatry Department in collaboration with the Andrew Weil Center for Integrative Medicine (AWCIM) have created a virtual Integrative Psychiatry Observership (IPO) offered worldwide to medical school graduates, residents, and fellows.

The primary goal of our Integrative Psychiatry curriculum is to introduce the learner to the field of evidence-based integrative medicine as it relates to mental health. A second essential goal of our Integrative Psychiatry curriculum is to *raise awareness about the importance of physician health, wellbeing, and self-awareness.* Finally, our Integrative Psychiatry curriculum has the goal of teaching trainees how to *incorporate their emerging knowledge of integrative medicine into the clinical setting.*

**Prerequisites:** Candidate must have completed medical school (in US or abroad) or be enrolled in a psychiatry residency or fellowship program.

**Length:** The time commitment of our average rotation length is 4 weeks, depending on the learner needs and availability in the program. Shorter or longer length observerships may be considered upon request.

**Not eligible:** any graduate of residency board eligible/certified.

# The program will be adjusted based on level of training. For resident/fellows, the program includes:

* 1-year access to the Integrative Medicine Residency (IMR) Psychiatry online curriculum hosted by the AWCIM. The on-line curriculum consists of 109.5 hours of evidence- based modules on Integrative Medicine topics.
* Participation in the UA Psychiatry departments Integrative Psychiatry program which includes:
	+ Observation and participation in group clinical supervision.
	+ Attendance at didactic sessions, case conferences and seminars, departmental Grand Rounds presentations, and the annual resident leadership conference.
	+ Scholarship opportunities to attend 5-day professional training in Mind-Body Medicine (www.cmbm.org).
* Upon program completion, learner will receive a Certificate of Completion for the Integrative Psychiatry Virtual Observership

# For medical school graduates (who have not begun residency):

* 30-day access to a group of course through the Andrew Weil Center for Integrative Medicine:

|  |  |
| --- | --- |
| Module | Hours |
| Pain management | 10 |
| Mental health | 9.25 |
| Anti-inflammatory | 5 |
| Pediatric Neurology | 2.25 |
| Environmental health | 5.25 |
| Obesity | 6 |
| Aromatherapy | 4 |
| Ayurveda | 20 |
|  |  |
| Total: | 61.75 |

* Participation in the UA Psychiatry department’s Integrative Psychiatry program which includes:
	+ Observation and participation in group clinical supervision.
	+ Attendance at didactic sessions, case conferences and seminars, departmental Grand Rounds presentations, and the annual resident leadership conference.
	+ Scholarship opportunities to attend 5-day professional training in Mind-Body Medicine (www.cmbm.org).
* Upon program completion, learner will receive a Certificate of Completion for the Integrative Psychiatry Virtual Observership.

**Cost:** $3000

# Requirements to apply for all Observers:

* Letter of interest (1-2 pages)
* Application
* 1 letter of recommendation from faculty

# Resources:

We host monthly zoom meetings to discuss Integrative Psychiatry topics and curriculum development efforts. Faculty and learners nationally and internationally are welcome to attend.

Meetings occur on the 2nd Friday of the month at 10:00 AM, Mountain Standard Time. Email eterner@arizona.edu for the link.

Check out our **Integrative Psychiatry YouTube Playlist** with select presentations by our residents, fellows, and faculty: <https://www.youtube.com/playlist?list=PLjAbmS83087mS0AJYD6p6VSLDy7SKQZsy>

Join our **Integrative Psychiatry Facebook** group! This group is for medical students, psychiatry residents/fellows and psychiatrists to share learning and questions regarding Integrative Medicine as it applies to mental health. (<https://www.facebook.com/groups/1436127889779057/>)

Websites:

Academic Consortium for Integrative Medicine and Health ([www.imconsortium.org](http://www.imconsortium.org/))

Academy of Integrative Health and Medicine ([www.aihm.org](http://www.aihm.org/))

Center for Mind-Body Medicine Professional Trainings ([www.cmbm.org](http://www.cmbm.org/))

Dr. Greenblatt's Finally Focused webinars: <https://vimeo.com/ondemand/finallyfocusedbook/225917988>

The Andrew Weil Center for Integrative Medicine – module on an Introduction to Mental Health, 7 hours <https://integrativemedicine.arizona.edu/online_courses/intro_to_mental_health.html>

Students and residents can register for a Level Up Clinical skills course found here: <https://www2.integrativemedicine.arizona.edu/levelup/index.html>

* Integrative Approaches to Depression
* Top Nutrition for Health

When you register, use the case sensitive discount code: LevelUp! AWCIM FREE intro courses:

* Introduction to Integrative Health
* Introduction to Integrative Health & Wellness Coaching <https://integrativemedicine.arizona.edu/education/ihelp_ihcoaching.html>

**For a more comprehensive list of resources and training in integrative psychiatry, please click** [**here**](https://psychiatry.arizona.edu/sites/default/files/integrative_psychiatry_resources_-university_of_arizona_com-t.pdf)**.**