

University of Arizona Department of Psychiatry IMR-Psychiatry 2017

OPTIONAL (THROUGHOUT THE YEAR) Jul 8 2017 - Jun 28 2018

Physical Activity in Health (in Unit Self-Care)	(1.0 hr)
Physical Activity for Children (in Unit Special Topics)	(1.5 hrs)
Integrative Pediatric Neurology (in Unit Clinical Practices)	(5.0 hrs)
Environmental Health: An Integrative Approach (2016) (in Unit Special Topics)	(6.0 hrs)
Energy Medicine: Foundations (in Unit Special Topics)	(1.0 hr)
Practice Management (in Unit Special Topics)	(8.0 hrs)

Block 1 Jul 9 2017 - Aug 6 2017

Welcome & Orientation (in Unit Orientation & Surveys)	
Introduction to Integrative Medicine (in Unit Introduction to Integrative Medicine)	(2.0 hrs)
Medical Informatics (in Unit Introduction to Integrative Medicine)	(2.0 hrs)
Foundations of Mind-Body Medicine (in Unit Mind-Body)	(2 hrs)
Mind-Body Modalities (in Unit Mind-Body)	(5 hrs)

Block 2 Aug 7 2017 - Aug 13 2017

Stress and Health (in Unit Self-Care)	(1 hr)
Mindfulness in Healthcare (in Unit Self-Care)	(1 hr)

Block 3 Aug 14 2017 - Sep 10 2017

The Anti-Inflammatory Diet (in Unit Self-Care)	(6 hrs)
Motivational Interviewing: An Introduction (in Unit Motivational Interviewing)	(4.5 hours)

<u>Block 4</u>	Sep 11 2017 - Oct 8 2017
Sleep & Dream Health (in Unit Self-Care)	(3.5 hrs)
Introduction to Integrative Neurology (in Unit Neural and Mental Health)	(7 hrs)
<u>Block 5</u>	Oct 9 2017 - Oct 29 2017
Introduction to Integrative Mental Health (in Unit Neural and Mental Health)	(6.0 hrs)
<u>Block 6</u>	Oct 30 2017 - Nov 26 2017
Whole Systems Introduction (in Unit Complementary Medicine)	(8 hrs)
<u>Block 7</u>	Nov 27 2017 - Dec 24 2017
Micronutrients & Supplements: An Introduction (in Unit Dietary Supplements)	(2.5 hrs)
Common Dietary Supplements (in Unit Dietary Supplements)	(2.5 hrs)
Vitamins (in Unit Dietary Supplements)	(5 hrs)
<u>Block 8</u>	Dec 25 2017 - Jan 21 2018
Minerals (in Unit Dietary Supplements)	(2.5 hrs)
Nutrition: Macronutrients (in Unit Nutrition)	(5 hrs)
Nutrition: Diet and Meal Patterns (in Unit Nutrition)	(2 hrs)
Causes of Obesity (in Unit Clinical Practices)	(0.5 hr)
<u>Block 9</u>	Jan 22 2018 - Mar 4 2018
Children's Nutrition Case Studies (in Unit Nutrition)	(5 hrs)
Botanicals Foundations (in Unit Complementary Medicine)	(7 hrs)
<u>Block 10</u>	Mar 5 2018 - Apr 1 2018
Manual Medicine: An Overview (in Unit Complementary Medicine)	(3.0 hrs)

**Aromatherapy & Health: An Introduction (in Unit
Complementary Medicine)** (4 hrs)

Block 11

Apr 2 2018 - Apr 22 2018

PMS/PMDD (in Unit Clinical Practices) (0.5 hr)

Integrative Gastroenterology (in Unit Clinical Practices) (1.75 hrs)

Integrative Diabetes Care (in Unit Clinical Practices) (2.75 hrs)

Block 12

Apr 23 2018 - May 22 2018

Spirituality & Health Care (in Unit Mind-Body) (6.5 hrs)