



## Integrative Psychiatry Virtual Elective 2026-2027 Course Description

**Course Director:** Noshene Ranjbar, M.D.

**Brief description:** The elective is co-sponsored by the University of Arizona Department of Psychiatry and the Andrew Weil Center for Integrative Medicine (AWCIM). It includes interactive online learning (asynchronous), in addition to the opportunity to participate in didactics (virtual live or asynchronous) and group case discussions (virtual live).

**Pre-requisites:** The candidate must have completed medical school (U.S. or abroad) or be a current resident or fellow (US or international).

**Length of Virtual Elective:** 1 year (shorter experiences available upon request)

**Format:** Time commitment is 2-6 hours/week for 1 year. Shorter time frame requests will be decided on a case-by-case basis.

**Time and Place:** Remote via Zoom

### **Content:**

In conjunction with the Andrew Weil Center for Integrative Medicine (AWCIM), our residency offers the Integrative Medicine in Residency (IMR) program, which provides a dynamic, self-paced online Integrative Medicine curriculum specifically designed for medical residents. This 100-hour competency-based CORE program aligns with ACGME guidelines and equips physicians to better address the growing prevalence of chronic illnesses and stress-related disorders. Upon completion, residents receive a Certificate of Completion and gain access to over 85 additional hours of advanced, condition-specific content. The program provides 24-hour access and blends online learning with experiential activities, ensuring flexibility for busy schedules. It also includes a Healthcare Professional Wellbeing Course and incorporates evaluation tools to monitor progress and assess knowledge acquisition.

*Integrative Medicine* broadly defines a clinical paradigm that is patient-centered, healing-oriented, health promoting, and embracing of appropriate therapeutic approaches whether they originate in conventional or complementary medicine (Dodds et al, 2013). It reaffirms the importance of the therapeutic relationship, focuses comprehensively on the whole person, and renews attention to healing (Institute of Medicine, 2009b). Practitioners are called to exemplify and commit themselves to self-exploration and self-development. Mind body medicine, which is an important component of integrative medicine, particularly emphasizes and

provides skills for provider wellness, self-awareness, reflection, and compassion toward the self and others.

This course offers a comprehensive exploration of an integrative approach to mental health. It focuses on integrating conventional psychiatric practices with evidence-based complementary therapies, emphasizing a biopsychosocial model of care. Elective participants will delve into the principles and applications of mindfulness, nutrition, exercise, and psychopharmacology. Throughout this course, fellows will enhance their ability to develop personalized, multi-faceted treatment plans that address the diverse needs of psychiatric patients, fostering overall well-being and resilience.

**Program Consists of:**

- 1-year access to the Integrative Medicine Residency (IMR) Core online curriculum hosted by AWCIM. The on-line curriculum consists of 100 hours of evidence-based modules on Integrative Medicine topics.
- [optional but encouraged] Observation and participation in live interactive case conferences - August - May
  - o 3rd Tuesday at 11am CT
- [optional but encouraged] Opportunity to attend optional 4-day professional training in Mind-Body Medicine ([www.cmbm.org](http://www.cmbm.org)). [this requires a separate conference fee]
- [optional but encouraged] Join [Integrative Psychiatry Facebook group](#)

**Goals:**

***Goal 1: Improve resident 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 of their own wellbeing***

A second essential goal 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 Integrative Medicine in Residency on-line curriculum, 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 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 IMR curriculum in this area is designed to provide a robust research background in addition to experiential exercises. This was done to provide a multi-dimensional approach to a topic that may be new to many in the medical field.

### ***Goal 3: Incorporating knowledge of Integrative Medicine in the clinical setting***

Finally, this elective has the goal of training residents/fellows in incorporating their emerging knowledge of integrative medicine in the clinical setting. Therefore, in addition to the online curriculum, participants are encouraged to attend case-conferences where we discuss how to create a bio-psycho-social-spiritual formulation and plan from an integrative perspective.

#### **Competency Based Objectives:**

**Medical Knowledge:** These sessions will teach the fellows:

1. **Integrative Assessment:** Learn about conducting comprehensive psychiatric assessments that incorporate integrative approaches, identifying appropriate candidates for complementary therapies
2. **Evidence-Based Practice:** Critically evaluate and apply current research on integrative psychiatry modalities, including mindfulness, nutrition, and exercise
3. **Cultural Humility:** Demonstrate awareness of and sensitivity to cultural, spiritual, and individual factors that influence patients' acceptance and use of integrative therapies.
4. **Emerging Modality Familiarity:** Stay current with emerging integrative psychiatry practices and evaluate their potential applications in clinical practice

#### **Systems-Based Practice:**

1. **Resource Utilization:** Identify and utilize available resources, including community programs and support networks, to enhance the delivery of integrative psychiatric care

**On-line Interactive Modules:** To graduate, residents/fellows must complete 80% of the required on-line modules. Participants are expected to read on a regular basis and progress will be checked monthly by course directors. It is expected for residents to complete 60% of the on-line material by January 1<sup>st</sup>. Participants who are not consistent with on-line reading will be expected to create a reading plan and present it to course directors.

**Reflection Paper:** This will consist of a reflection paper about a personal or professional awareness, realization, or deeper understanding regarding integrative medicine (2 pages single spaced, Arial font 12, 1-inch margins). 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.

**Reflection Paper DUE DATE:** June 4<sup>th</sup>

**Requirements for successful completion of program and receipt of certification of completion:**

- Complete 80% of the curriculum and score at least 70% on the final exam.
- Completion of reflection Paper by June 4<sup>th</sup>

If a resident completes IMR: Core by the end of the 12-month elective, they will have access to IMR: Core for an additional year.



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Noshene Ranjbar, M.D. —  
Course Director

**INTEGRATIVE MEDICINE IN RESIDENCY**

**Integrative Medicine in Residency  
 IMR: Core 2025\* Curriculum Content**

\* indicates year of enrollment

<b>Core Content</b>	<b>Content Hours</b>
<b>IMR Orientation</b>	<b>2.25</b>
Orientation & Assessments	0.25
Introduction to Integrative Medicine	2
<b>Integrative Medicine Professionalism</b>	<b>10</b>
Interprofessional Healthcare Wellbeing	7
Anti-Racism in Integrative Medicine	3
<b>Integrative Lifestyle Interventions</b>	<b>19.75</b>
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
<b>Foundations in Supplements</b>	<b>12.75</b>
Micronutrients & Supplements: An Intro	2.25
Vitamins	2.25
Minerals	2.75
Common Dietary Supplements	3
Botanicals Introduction	2.5
<b>Foundations in Mind-Body Medicine</b>	<b>10.25</b>
Introduction to Mind-Body Medicine	1.5
Stress, Relaxation and Health	2
Mind-Body Modalities	6.75
<b>Systems and Approaches in Integrative Medicine</b>	<b>6.5</b>
Integrative Assessment and Treatment Plan	1
Whole Systems Introduction	3.75
Intro to Microbiome	1.75
<b>Clinical Application of Integrative Medicine</b>	<b>43.5</b>
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
<b>Finish</b>	
Final Assessments (necessary for graduation)	TBD
<b>Total Hours</b>	
total hours (does not include final)	105

## **IMR ADVANCED (85+ hours)**

### **Lifestyle Medicine**

Advanced Intro to Nutrition  
Advanced Anti-Inflammatory Diet  
Integrative Environmental Health: An Introduction  
Smoking Cessation  
Advanced Topics in Obesity

### **Tools in Integrative Medicine**

Advanced Botanicals  
Advanced Whole Systems  
Energy Medicine: Foundations  
Introduction to Functional Medicine

### **Pediatric Integrative Medicine**

Pediatric Integrative Medicine  
Introduction to Pain in Pediatrics  
Mind-Body Pediatrics  
Integrative Pediatric Neurology: Autism  
Pediatric Neurology Patient Cases  
Integrative Rheumatology JIA

### **Pain, Acute Care, and Perioperative Care**

Integrative Medicine in Acute Care  
Integrative Pain Management: Integrative Therapies  
Integrative Pain Management: Clinical Approaches  
Integrative Perioperative Care

### **Oncology**

Introduction to Integrative Oncology

### **Mental Health and Neurology**

Depression: Clinical Cases  
Anxiety: Clinical Cases  
Integrative Neurology: Adult Focus

### **Specialty Care in Integrative Medicine**

Integrative Cardiology  
Integrative Respiratory Health  
Integrative Gastroenterology  
Integrative Rheumatology  
Integrative Endocrinology  
Advanced Women's Health