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: eterner@email.arizona.edu

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Conventional Psychiatry CME Platforms that review several Integrative Psychiatry Topics:
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

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 Farmacy**

**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, PhD
  - 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
  ○ Institute of Functional Medicine

● Integrative Psychiatry
  ○ www.PsychiatryInstitute.com – Integrative Psychiatry Institute
    ▪ Courses/Webinars
    ▪ Fellowship/Certification
    ● 125 CME credits offered over 2 years
  ○ www.PsychiatryRedefined.org – Functional Medicine in Psychiatry
    ▪ Courses
    ▪ Fellowship
    ▪ Webinars

● Mind-Body Medicine
  ○ Breath-Body-Mind
    ▪ Contact: 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
Psychedelic Trainings

- Somatic Experiencing (SE)
- The Center for Mind-Body Medicine
- Transcendental Meditation

Residency Program with IMR-Psychiatry curriculum

109 hour online curriculum from Andrew Weil Center for Integrative Medicine):
Programs/Electives/Fellowships

- Cambridge Health Alliance/Harvard Medical School – Advanced Clinical Mindfulness Fellowship, Contact: Zev Schuman-Olivier, MD, Christina Luberto, PhD
- 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)
- University of New Mexico
- University of South Florida (USF)
- Zucker Hillside 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 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