



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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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
- [Complementary and Integrative Therapies for Mental Health and Aging](#), by Lavretsky, Sajatovic, Reynolds. Oxford University Press. January 2016
- [Complementary and Integrative Treatments in Psychiatric Practice](#), by Gerbarg, Muskin, Brown. American Psychiatric Publishing. July 2017
- [Psychiatric Clinics of North America, Complementary & Integrative Therapies for Psychiatric Disorders](#), by Muskin, Gerbarg, Brown. Elsevier Publishing. Volume 36, Issue 1. March 2013.

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 Pharmacy](#)

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](#)
 - Textbook for exam: Integrative Medicine, 4th ed. By Raket. Elsevier. April 2017
 - [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



- [Atsu.edu](https://www.atsu.edu) (OMT for non-osteopathic physicians)
- Upledger Institute (Mary Atkins)
- 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