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

- Atsu.edu (OMT for non-osteopathic physicians)
- Upledger Institute (Mary Atkins)

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)
- 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:

- Aramia
- BetterSleep
- Headspace
- Healthyminds Program (free, diverse voices)
- Insight Timer
- UCLA MARC Free Guided Meditations