



Integrative Psychiatry Virtual Elective 2024-2025 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.

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

Format: Time commitment is 4-6 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:

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 85 hours of evidence-based modules on Integrative Medicine topics. Once completed, residents will receive access to the advanced curriculum containing an additional 85 hours (see end of document for course outline).

- [optional but encouraged] Observation and participation in live interactive case conferences
 - 2nd Fridays at 1pm CT
 - 3rd Tuesday at 11am CT
 - 4th Friday at noon CT
- Opportunity to attend optional 5-day professional training in Mind-Body Medicine (www.cmbm.org).

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 related 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 1st. 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 4th

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. Note: Completion of all or some of IMR: Advanced is for personal acquisition of knowledge and exploration of advanced topics and does not impact the certificate of completion for IMR: Core nor result in a separate IMR: Advanced certificate
- Completion of reflection Paper by June 4th

If a resident completes IMR: Core at least 90 days prior to their residency graduation date, they will have access to IMR: Core and IMR: Advanced content for one-year post-residency graduation. If a resident completes IMR: Core within 90 days prior to their residency graduation date, they will have access to IMR: Core only for one-year post-residency graduation. If a

resident does not complete IMR: Core by the end of graduation, they will no longer receive access to IMR: Core.



Noshene Ranjbar, M.D.
Course Director

IMR CORE (85 hours)

Orientation

Orientation & Assessments
Introduction to Integrative Health and Medicine

Integrative Medicine Professionalism

Interprofessional Healthcare Wellbeing
Anti-Racism in Integrative Medicine

Integrative Lifestyle Interventions

Introduction to Nutrition
The Anti-Inflammatory Diet
Physical Activity in Health
Integrative Sleep Health
Immunizations

Foundations in Supplements

Micronutrients & Supplements: An Intro
Vitamins
Minerals
Common Dietary Supplements
Botanicals Introduction

Foundations in Mind-Body Medicine

Introduction to Mind-Body Medicine
Mind-Body Modalities
Stress, Relaxation, and Health
Spirituality & Health Care

Systems and Approaches in Integrative Medicine

Integrative Assessment and Treatment Plan
Whole Systems Introduction
Introduction to the Microbiome

Clinical Application of Integrative Medicine

Integrative Women's Health
Topics in Obesity
Integrative Diabetes Care
Integrative Pain Management Series: Foundations
Integrative Mental Health: An Introduction
Introduction to Integrative Mental Health: Anxiety
Introduction to Integrative Mental Health: Depression
Integrative ADHD

Finish

Final Assessments

IMR ADVANCED (85+ hours)

Lifestyle Medicine

Advanced Nutrition
Advanced Anti-Inflammatory Diet
Environmental Health
Smoking Cessation
Advanced Obesity

Tools in Integrative Medicine

Advanced Botanicals
Advanced Whole Systems
Foundations of Energy Medicine
Introduction to Functional Medicine
Aromatherapy

Pediatric Mind-Body Medicine

Introduction to Pain in Pediatrics
Pediatric mind body medicine
Developmental Pediatrics and Psychiatry
Pediatric neurology patient cases
Integrative Rheumatology JIA (Peds)

Pain, Acute Care, and Peri-Operative Care

Integrative Medicine in Acute Care
Integrative Pain Management: Integrative Therapies
Integrative Pain Management: Clinical Approaches
Integrative Peri Operative care

Oncology

Introduction to Integrative Oncology
Breast Cancer
Prostate Cancer

Mental Health and Neurology

Advanced Mental Health
Integrative Adult Neurology

Specialty Care in Integrative Medicine

Introduction to Cardiovascular Health
Introduction to Respiratory Health
Introduction to GI health
Introduction to Rheumatology
Integrative Endocrinology
Advanced Women's Health

*Core/Advanced course information subject to change