**Psychiatry Integrative Medicine in Residency Letter of Interest**

Thank you for your interest in the Psychiatry Integrative Medicine in Residency (Psych IMR) Elective! The Psychiatry Department, in collaboration with the Arizona Center for Integrative Medicine (AZCIM), is offering Psych IMR to 3rd/4th year psychiatry residents and child psychiatry fellows, beginning July 1, 2017.

This pilot program is in its 3nd year and is being evaluated to inform the development of a comprehensive Psychiatry IMR curriculum. The goals of this curriculum are:

*1) Improve resident knowledge of evidence-based Integrative Medicine in Psychiatry*

*2) Improve Resident Wellness and Self-Awareness of their own wellbeing*

*3) Incorporate knowledge of Integrative Medicine in the clinical setting*

**Application due date: February 5, 2018**

**Submit to:** [**noshene@psychiatry.arizona.edu**](mailto:noshene@psychiatry.arizona.edu)

Applications will be reviewed with the Residency/Fellowship Program Training Directors.

Commitment for this elective is one year. Residents/fellows will have an opportunity to extend for a second advanced year (Psych IMR II) pending approval by Psych IMR faculty and Training Program Director.

**Please address the following questions in 1-2 pages:**

1. Reason(s) for your interest to participate in this elective
2. Types of self-care that you currently practice (example: meditation, movement,  nutritious meals, support system, etc.)
3. Your goals for participating in this elective
4. The elective is a total of 6-8 hours/week (see Course Description document for more details). Participants must be available for the 2 hours in person session (Monday 1-3pm) and the other clinical required hours can be chosen out of these times: Mondays 3-5 pm, and Monday/Tuesday/Wednesday/Friday mornings. Comment on your perceived barriers to participation in the elective and strategies to address (include how this elective will fit into your schedule and how you will make time to participate).
5. Special areas of interest within psychiatry: (i.e. working with Native American or Hispanic or refugee populations, child and adolescent, geriatrics, addiction, forensics, psychosomatic/CL, academic psychiatry, etc.)
6. Comments, concerns, questions