



Integrative Medicine Distinction Track

What is Integrative Medicine (IM)?

Integrative medicine is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

Who is eligible for the IM Distinction Track?

University of Arizona medical students who are interested in enhancing their medical training with additional experiences in integrative medicine are welcome to apply.

Why you should enroll in the IM Distinction Track?

This Distinction Track will give you the opportunity to study the philosophy and practice of integrative medicine in a meaningful and substantial way throughout your four years of medical school. Your curriculum was designed by internationally-recognized faculty at one of the leading integrative medicine programs in the country. Learning about prevention and healing-oriented medicine is an experience that will enrich your medical training and your future medical career.

What you will learn in the IM Distinction Track?

Students will receive an introduction to the vast set of integrative medicine modalities available for use with their patients, while working within the conventional medical system. You will learn integrative approaches to various health conditions, participate in didactic special topic sessions, complete interactive online modules, and participate in patient conferences to learn how treatment plans are created.

How your work will be recognized

Students who complete the Integrative Medicine Distinction Track receive academic recognition by the University of Arizona College of Medicine. Successful completion of the IM Distinction Track will be noted on your Dean's Letter and transcript, and you will receive special acknowledgement during your graduation ceremony.

When you should apply

Students interested in the IM Distinction Track typically declare their intent to participate during their first or second year of medical school. The application process is a simple web form, available at

<https://awcim.arizona.edu/education/imdt.html>

REQUIREMENTS

COM Class of 2023:

IMDT Online Modules - Required

Healer's Art - Required: Please register for course: MED-E14

Select one of the following to complete Requirement:

Capstone Project - Provide Capstone Paper/Project topic and sponsor by end of January. It is due at the end of March to Dr. Randy Horwitz.

OR

Integrative Medicine Elective Rotation (IMER) - More info

here: <https://awcim.arizona.edu/education/imer.html>. Register for course MED-896i.

COM Class of 2024:

Prevention & Wellness Online Course - Required: Please Register for course: FCM 896P

Healer's Art - Required: Please register for course: MED-E14

Select one of the following to complete Requirement:

Capstone Project - Provide Capstone Paper/Project topic and sponsor by end of January. It is due at the end of March to Dr. Randy Horwitz.

OR

Integrative Medicine Elective Rotation (IMER) - More info

here: <https://awcim.arizona.edu/education/imer.html>. Register for course MED-896i.

COM Class of 2025 and future COM Classes:

Prevention & Wellness Online Courses - Required: Please Register for course: FCM 896P

Healer's Art - Required: Please register for course MED-E14

Integrative Medicine Elective Rotation (IMER) - Required: More info

here: <https://awcim.arizona.edu/education/imer.html>. Please register for course MED-896i

Meetings/Lecture/Patient Conferences are optional learning opportunities. Information will be sent by email and selected to attend based on schedule.

Detailed IMDT Requirement descriptions on next page...

COURSE DESCRIPTIONS

- **Healer's Art Course (MED-E14):** The *Healer's Art* course is offered to first and second year students in the Winter semester, and consists of five 3-hour weekly sessions held in the evening. It was designed by Rachel Naomi Remen, M.D., and is offered at more than 50 medical schools in the U.S. The course's innovative educational strategy is based on a discovery model, and draws on tested approaches and theories from such fields as humanistic psychology, formation theory, and cognitive and Jungian psychology. **This requirement should be completed in either the M1 or M2 year, but may be done in the M3 year with permission.**
- **Capstone Paper/Project:** If not enrolled in the Elective Rotation, the student should plan to complete a Capstone paper/project. The Capstone gives students the opportunity to research an area of interest within the field of Integrative Medicine, and to prepare an original paper. This can either represent original research, or serve as a scholarly review of a topic of interest. Students may work with a faculty sponsor, and all topics must have prior approval of the Distinction Track director. Some students find it useful to enroll in an Integrative Medicine independent study elective to devote adequate time to the production of this paper, but this is not required. The paper should be between 4000-5000 words in length (excluding references and figures), in standard journal format, fully referenced, with illustrations. **The paper or project final report will be due by the end of March in the M4 year. Note: There is no Capstone requirement for the Class of 2025 and beyond (they will be completing Scholarly Projects).**
- **Integrative Medicine Elective Rotation (MED 8961):** This dynamic and exciting month-long elective rotation, held twice yearly (one per each spring and fall semester), gives medical students and residents from around the world an in-depth exposure to Integrative Medicine. Community preceptors will present introductory sessions and workshops, focusing on different modalities of integrative medicine: botanicals, homeopathy, mind/body, naturopathy, nutrition, traditional Chinese medicine (TCM), manual medicine, and energy medicine. The rotation also includes presentations by Center faculty on a variety of topics including an introduction to integrative medicine (IM), IM research, the difference between IM and complementary and alternative medicine (CAM), and IM approaches to various health conditions. Additionally, an important aspect of the rotation is a focus on personal growth and reflection. Note: **Participation in the elective rotation is required for all students beginning with the Class of 2025.**
- **Prevention & Wellness Course:** The Prevention & Wellness Course (FCM-896-P) is open to all students who have completed their core clinical clerkships. It consists of approximately 35 hours of online modules that form the foundation of the student's studies in Integrative Medicine. They are self-paced, and must be completed in their entirety to receive credit (1 graduation credit is offered). The modules were written by faculty of the Weil Center for Integrative Medicine. **Required for Class of 2024 and beyond.**