



ARIZONA CENTER FOR
Integrative Medicine

Introduction to Integrative Mental Health: Anxiety and Depression

More and more often, patients are requesting a broader set of treatment options to improve their health and enhance wellbeing. Because of widespread and rapidly growing interest in complementary and alternative medicine (CAM) it is important for clinicians to have a basic understanding of non-conventional approaches used to evaluate and treat mental illness. Discerning treatments that may be effective from those that have little evidence of benefit or risk of harm can be a daunting task for busy clinicians.

With this in mind, the Arizona Center for Integrative Medicine has developed an Introduction to Integrative Mental Health: Anxiety and Depression - an online CME/CE course created for physicians, psychologists, nurse practitioners, nurses, physician assistants, and mental health practitioners who want to deepen and expand their knowledge of evidence-based approaches in integrative mental health care.

For clinicians, the objectives of this course are to be able to diagnose mood disorders including major depression and anxiety and its subcategories; identify medical and psychiatric co-morbidities that can impact the assessment of mood disorders; assess the evidence for the safety and benefit of CAM practices in the treatment of mood disorders; and, formulate appropriate integrative treatment plans for patients with anxiety and depression.

Distinguished Faculty

- James Lake, MD
 - Scott Shannon, MD, ABIHM
 - Mark D. Gilbert, MD, Dip. ABPN, FRCP(c)
 - Tieraona Low Dog, MD
 - Rubin Naiman, PhD
 - Steven Gurgevich, PhD
 - Ann Baldwin, PhD
 - Leslie McGee, RN, LAc
 - Reed C. Smith, M.Ed., LPC
- And more.....

For more information or to register visit: www.azcim.org/courses

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 6 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Release date: March 8, 2010 - For a period of 2 years - Expiration date: March 7, 2012

This continuing nursing education activity was approved by the American Holistic Nurses Association's Education Approver Committee, an accredited approver by the American Nurses Credentialing Center's COA.

This program is approved for 6 contact hours for nurses through August 30, 2012.

ONLINE CLASSES REGISTER NOW!

Cost

Physicians: **\$180**; other health care providers/public: **\$120**; students: **\$60**.

When can I start?

You can register and start immediately. Simply pay by credit card and receive your login information via email. You will have 90 days access to the course material.

Can I get continuing education credits?

Yes. Six continuing education credits have been requested for approval from the University of Arizona Office of Continuing Medical Education, the American Holistic Nurses Association and the American Psychological Association. For up-to-date accreditation information: www.azcim.org/courses.

Curriculum

Module I: Introduction to the broad concept of integrative mental health, including comments on usage trends and referral practices. You will also explore emerging approaches in mental health assessment not commonly used in conventional psychiatry/psychology, followed by an introduction to basic concepts of treatment planning.

Modules II – IV: Critical reviews of integrative mental health treatment of depression and anxiety, organized into the following sections:

- (a) Review of conventional assessment and treatment;
- (b) Review of evidence for integrative treatment modalities including mind-body medicine, nutrition, exercise, dietary/herbal supplements, massage, biofeedback, acupuncture, and more;
- (c) Case vignettes illustrating integrative management
- (d) Symptom-specific integrative management



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OF ARIZONA.**

College of Medicine