

FELLOWSHIP IN INTEGRATIVE MEDICINE

A vibrant community of health professionals who
are leading the transformation of health care.

ONLINE
EXPERIENTIAL
EVIDENCE-BASED
COMMUNITY-ORIENTED
LIFE-CHANGING



ARIZONA CENTER FOR
Integrative Medicine



Become part of a vibrant community of health professionals who are leading the transformation of health care. Make integrative medicine a part of your practice!

The Fellowship is online, experiential, evidence-based, community-oriented and life-changing

Created by Andrew Weil, MD, in 2000, the Fellowship in Integrative Medicine has achieved international recognition as the leading integrative medical education program in the world. This unique two-year distance learning program is dedicated to teaching physicians, nurse practitioners, and physician assistants the art and science of integrative medicine. For those looking for a new way of thinking about medicine and the treatment of patients, the Fellowship provides the path.

Integrative medicine is healing-oriented and takes into account the whole person: mind, body, and spirit, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient and makes use of all appropriate therapies, both conventional and alternative.

Why the Fellowship is right for you

The Fellowship is a place to rediscover your passion for patient care. It allows you to continue caring for your patients while learning the most current and relevant integrative approaches for the prevention and treatment of disease. And you can immediately begin to incorporate what you learn into your medical practice!

Our Fellows work in multiple care models, including primary care, consultative practice, clinical settings, and community clinics for the under served. Fellows have applied integrative techniques to more than 35 medical specialties, ranging from family practice to cardiology, oncology, pediatrics, OB/GYN, and rheumatology.

What you will learn

Health care is often symptom-focused and reactive, rather than prevention-focused and proactive. In the Fellowship, we will teach you how to effectively motivate and counsel your patients about nutrition, exercise, and lifestyle changes. You will gain in-depth knowledge about the safe and effective use of dietary supplements, while learning mind-body techniques that can be easily implemented in your office. The Fellowship in Integrative Medicine is a structured and highly interactive educational experience that will teach you the knowledge and skills you need to effectively practice integrative medicine.

The Fellowship curriculum is specifically designed for progressive learning, and is created by nationally-recognized experts and faculty from a variety of disciplines, modalities, and philosophies. You will learn:

- *nutrition and health*
- *botanicals and dietary supplements*
- *mind-body medicine*
- *the art of medicine and spirituality*
- *complementary and alternative practices*
- *clinical integration and application*



Alumni network

The Fellowship has created a strong international community of more than 400 alumni with whom you can share experiences, draw support, and participate in continuing educational opportunities. Our alumni hail from all over the world – 47 U.S. states, Canada, Japan, Korea, Israel, United Arab Emirates, Brazil, Thailand, the U.S. Virgin Islands, and Puerto Rico. They have also begun integrative practices and lead IM programs at prestigious institutions, such as Beth Israel (New York), Chapel Hill (North Carolina), and the University of California, San Francisco.

"It is truly a remarkable experience to learn so much in such a short time. I have dramatically changed how I see, treat and interact with my patients."

*Christopher J Magryta, MD - 2008 Fellowship graduate
Pediatrician, Salisbury Pediatric Associates*

Apply Now!

Applications are accepted online. Instructions and deadlines are also available on our website at www.azcim.org

Residential weeks

Create and maintain a sense of community with your Fellowship class by meeting in Tucson, Arizona, for three week-long sessions during your two years of study. These residential weeks offer you the opportunity to connect with your classmates, establish relationships with faculty and directors, and receive hands-on training. You will return home feeling invigorated and inspired to incorporate the techniques you have learned into your practice.

During residential weeks you will:

- *Work alongside leaders in the field of integrative medicine*
- *Taste and prepare botanical remedies*
- *Learn manual medicine techniques*
- *Practice mind-body modalities*
- *Experience acupuncture and massage*
- *Develop your own self-care practice*
...and much more



During residential weeks, fellows take investigative field trips to health food stores, learn manual medicine, and much more.



Educational directors

Andrew Weil, MD

Founder and Director; Clinical Professor of Medicine and Public Health; Jones/Lovell Endowed Chair in Integrative Rheumatology

Victoria Maizes, MD

Executive Director; Associate Professor of Clinical Medicine, Family and Community Medicine and Public Health

Tieraona Low Dog, MD

*Director of the Fellowship;
Clinical Associate Professor of Medicine*

Randy Horwitz, MD, PhD




Medical Director; Assistant Professor of Clinical Medicine

Patricia Lebensohn, MD

Director of Integrative Medicine in Residency; Associate Professor of Clinical Family and Community Medicine

Blended Learning

The Fellowship curriculum includes:

-  Web-based modules
-  Interactive case studies
-  Online dialogues with faculty and colleagues
-  Online video, podcasts and DVDs
-  Experiential exercises
-  Reviews of the latest research
-  Clinically-relevant resources

“Enrolling in the Fellowship was one of the best decisions I have made for my professional as well as my personal life. It has given me back the joy of practicing medicine. Furthermore, the community of fellow alumni and the yearly conference open to graduates of the program continue to sustain and inspire me.”

*Leonie DeRamus, MD, FACEP - 2005 Fellowship graduate
Emergency Medicine, Fairbanks Urgent Care Center*

www.azcim.org/fellowship



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Learn more

Our website is an excellent resource for exploring the Fellowship faculty, network, and experience:

www.azcim.org/fellowship

If you have additional questions about the Fellowship, or would like to speak with one of our alumni, please contact us at:

Telephone: 520 626 2865 or email: imfellow@email.arizona.edu

P.O. Box 245153
Tucson, AZ 85724

office 520 626 6417
clinic 520 626 6489

fax 520 626 3518
www.azcim.org