

INTEGRATIVE HEALTH & LIFESTYLE

Encouraging healthier patients and communities by preparing well-trained integrative health care teams.



ARIZONA CENTER FOR
Integrative Medicine



THE UNIVERSITY
OF ARIZONA



INTEGRATIVE HEALTH & LIFESTYLE

The Integrative Health & Lifestyle program (IHeLp)

IHeLp is an innovative, interprofessional, 6-month, mostly online, educational certificate program.

This rigorous program provides a strong foundation in integrative health, emphasizing the key role of lifestyle changes. Knowledge based exams confirm your comprehension of the material. Discussions, along with peer and faculty feedback, build on your understanding, while self-care activities encourage you to apply the learning to your personal and professional life.

Engaging, innovative online learning

Our cutting edge, evidence based curriculum is delivered in chapter-like sections with current and linked supportive citations which include:

- Video demonstrations, lectures, and interviews
- Interactive mini-quizzes and games
- Off-the-shelf patient shopping/label reading activities
- Faculty-moderated bulletin-board style discussions
- Self-care assessments, assignments, and small group sharing

Join an interprofessional integrative community

IHeLp is truly interprofessional. You learn alongside a variety of dedicated health care professionals including nurses, psychologists, clinical behavioral health professionals, nutritionists, acupuncturists, and physical, occupational, and speech therapists. We are developing integrative health care teams and encouraging collaboration among our IHeLp and Fellowship graduates to change the way health care is practiced.

From expanding your integrative knowledge base to exploring core self-care principles, your learning will transform the way you think of and approach health.

"I appreciate the detailed information in each module of the IHeLp curriculum and I really like the inclusion of a summary of applicable research. This gives a very balanced understanding of the topic. I love the design and multimedia approach. I have found the print modes and iTunes download options very helpful as this allows me to download and read or view when I can't be online. Also, I have been very pleased with the rapid response and resolution to any class or technical issues."

Sara Scott, BSN, RN, MA, Wellness Educator,
IHeLp class of 2014 Summer



AN EDUCATIONAL JOURNEY TO AN INTEGRATIVE PRACTICE

"The IHeLp program has already allowed me to integrate a patient centered approach to the care of my patients with a greater appreciation of all aspects of health. I now have a better appreciation of the impact on health when lack of physical activity, sleep, nutrition and exposure to environmental toxicants contribute to our patient's status. Integrative health should be the model of care in the practice of medicine all over the country."

Marta Kazandjian Ranaldo, MA, CCC, SLP, BRS-D, Columbia University, IHeLp class of 2014 Summer

What will I learn?

- Introduction to integrative health
- Stress, mind-body, and sleep
- Spirituality and mental health
- Nutrition and supplements
- Physical activity
- Environmental health
- Motivational interviewing
- Aromatherapy and botanicals
- Introduction to whole systems
- Manual and energy medicine, and more



Study when it's most convenient

Many of our students maintain a full-time job while completing our program. But that doesn't mean it is easy. This rigorous program requires at least 10 hours per week of dedicated time for completing coursework, submitting assignments, and engaging in online discussions. It is an intensive 6-month program and commitment to doing the work is fundamental to your success. In addition to the online delivery, you will spend 4 days in Tucson, Arizona, for hands-on sessions.

Lifelong integrative career path

Completing the program and earning your IHeLp certificate is just the beginning... You join a robust alumni group of like-minded professionals, with opportunities to continue your education through online offerings and conferences.

Participants that successfully complete IHeLp are eligible to apply for the Integrative Health Coaching program.

www.azcim.org/coaching



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Visit us online for more information about curriculum and program retreats, complete program eligibility requirements, Integrative Health Coaching, and more.

www.azcim.org

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**Blythe Brenden-Mann
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