

## Hands-on training for Healthcare Practitioners

Objectives – After completing the program, you will be able to:

- Apply integrative medicine approaches in the care of patients with pain, mood disorders, sleep dysfunction, stress-related illnesses, immune disorders, cancer survivorship and more
- Demonstrate mind-body techniques, such as meditation, guided imagery, relaxation breathing and meditative movement
- Describe the evidence and indications for complementary therapeutic approaches such as acupuncture, mind-body therapies, manual medicine, neurofeedback, aromatherapy, food as medicine and others
- Utilize positive psychology and cognitive behavioral techniques to help patients manage stress, depression and anxiety and improve their quality of life
- Critically evaluate the integrative medicine literature

Four in-person Intensives, held 9am-4pm in Baltimore, MD

1. Intensive One
  - a. Fundamentals of Integrative Medicine
2. Intensive Two
  - a. Mind Body Skills
3. Intensive Three
  - a. Food as Medicine & Gut Health
4. Intensive Four
  - a. Manual Medicine & Aromatherapy

Online Coursework- Supplemental resources including evidence-based articles, discussions, and assignments to enrich your understanding and growth in Integrative Medicine

### **Program Expectations:**

We have designed our program as a practical, skill-based educational experience that combines the benefits of learning in community with the accessibility of on-line enrichment and home practice. Your active engagement in the course and commitment to learning with, and from, your peers are crucial! In order to get the most out of the AIM course you will be expected to attend all sessions and engage with our online learning community. However, we understand that clinicians are busy and we have designed the course to fit easily into your schedule.

If you are ready to increase your integrative medicine skills and connect with your “tribe” of integrative clinicians, please complete the registration form.  
We look forward to meeting you!