

University of Arizona Center for Integrative Medicine Expands Offerings to Broader Range of Health Professionals

New lifestyle transformation programs prepare diverse integrative teams

TUCSON, Ariz., Aug. 6, 2013 – The [University of Arizona Center for Integrative Medicine](#) (AzCIM) has launched its [lifestyle transformation program](#) series, including health coaching certification, open to a broad range of health professionals with the goal of training comprehensive integrative teams.

The new programs, **Integrative Health and Lifestyle (IHeLp)** and **Integrative Health Coaching**, open study to a much larger group, including nurses, dietitians, therapists and others previously ineligible to study in other AzCIM offerings historically geared toward physicians. The center's flagship Fellowship in Integrative Medicine has trained more than 1,000 physicians, nurse practitioners, physician assistants and certified nurse midwives to date; other offerings address educational needs of this group in stages of their careers as students, medical residents and practicing clinicians.

"We knew if the entire team supporting the patient's health was prepared to work in an integrative way, the power and potential of that experience would be exponentially stronger," said **Molly K. Burke, MFA**, AzCIM director of online education. "For more than a decade we have heard from health-care professionals like nurses, dietitians, psychologists and others who have wanted to train with us, and we are so excited to finally have a program that will meet their needs with the same high quality, engaging, community-based online learning that we have fine-tuned over the years."

Students begin with Integrative Health and Lifestyle (IHeLp), a six-month online certificate program that combines conventional and complementary wisdom in lifestyle approaches including nutrition, mindfulness and physical activity; techniques to motivate change and reduce stress; manual medicine; traditional Chinese medicine; energy work and more. Self-care activities are woven throughout the program. Applications opened Aug. 5 and online coursework will begin Jan. 13, 2014.

"The AzCIM Integrative Health and Lifestyle Program provides a much needed opportunity for individuals in the health field to receive training in evidence-based, patient-centered wellness and lifestyle transformation that truly is integrative and focused on promoting optimal health," said **Robert L. Crocker, MD**, AzCIM director of strategic clinical planning

and implementation. "This will enable its graduates to be more effective in promoting meaningful change in the lives of their patients/clients while increasing the graduates' sense of fulfillment in their work."

The second program in the lifestyle transformation series is the six-month Integrative Health Coaching certification program that focuses on applied coaching theory, behavioral change theory, motivational interviewing, goal setting and self-care.

Both programs combine engaging online curriculum with in-person educational retreats in Tucson, Ariz., giving participants the opportunity to learn by experience, build teams and establish relationships, and interact with AzCIM expert faculty.

Development of this program series is made possible, in part, to generous contributions from the Blythe Brenden-Mann Foundation.

For more information about IHeLP or Integrative Health Coaching, visit www.azcim.org/lifestyle

About the University of Arizona Center for Integrative Medicine

The University of Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body and spirit. Integrative medicine takes account of all lifestyle factors that influence health and makes use of conventional and complementary therapies, as appropriate. Since its inception, the AzCIM has focused its efforts on three areas: education, clinical care and research, with the primary emphasis on education. AzCIM was built on the premise that the best way to change a field is to educate the most gifted professionals and place them in settings where they can teach others. To learn more about AzCIM, please visit www.azcim.org

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