

## **Lifestyle Transformation Program Launches, to Build Integrative Teams**

*First class boasts enrollment of nurses, psychologists, dietitians and other licensed professionals who will partner with their patients and treat the whole person rather than just the symptoms.*

TUCSON, Ariz., April 2, 2014 – Filling a need to develop full integrative teams that partner with their patients and treat the whole person rather than just the symptoms, the [University of Arizona Center for Integrative Medicine](#) (AzCIM) has launched its [lifestyle transformation program](#) series, opening integrative study opportunities to a much larger group of health professionals than those who previously were eligible for AzCIM offerings. The series includes the **Integrative Health and Lifestyle** program (IHeLp) and the **Integrative Health Coaching** certification program.



The first IHeLp class of 43 health professionals began online in January and will end in July. The class includes registered nurses, dietitians, psychologists, holders of master's of social work degrees, physical therapists and other licensed health professionals in emergency medicine, family medicine, geriatrics, neonatal, women's health, oncology, pain management, physical medicine and rehabilitation, psychiatry, public health and surgery.

"IHeLp has been wonderfully received by the students, who are maintaining the heavy work load, connecting and sharing online, and practicing some amazing transformative self-care," said **Molly K. Burke, MFA**, AzCIM director of online education.

"I have found the IHeLp program to be exhilarating. I have learned so much in such a short amount of time and it's all applicable," said **Kristin Sheldon, RN**, with Dignity Healthcare in Woodland, Calif., and IHeLp class of summer 2014. "I am keeping lists of ideas on how to apply my new knowledge and skills upon completion of the program and as I review this list I am so inspired. This program is going to provide me with the tools I have wanted and the credibility of an excellent institution to create the path of my dreams."

Students begin with IHeLp, a six-month online certificate program that combines lifestyle approaches, including nutrition, mindfulness, sleep health and physical activity; techniques to motivate behavior change and reduce stress; and a broad overview of complementary medicine, such as aromatherapy, botanicals and manual medicine. In addition to more than 200 hours of engaging online curriculum and self-care assignments, the program will bring the group together for a Tucson educational retreat to learn alongside renowned expert faculty including Tieraona Low Dog, MD, director of the AzCIM fellowship; Steven Gurgevich, PhD, a psychologist specializing in behavioral and mind-body medicine; Robert Rhode, PhD, life management therapist for Canyon Ranch; and Mindy Green, CMT, clinical aromatherapist. The next IHeLp class begins June 16 and applications are being accepted now.

The Integrative Health Coaching certification program currently is in development for a 2015 launch and focuses on skill attainment in the areas of applied coaching theory, behavioral change theory, motivational interviewing, goal setting and self-care.

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](http://www.azcim.org/lifestyle)

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### **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. AzCIM is internationally recognized for its evidence-based clinical practice, innovative educational programs, and research that substantiates the field of integrative medicine and influences public policy. Since its creation in 1994, the Center's vision of making integrative care available to all is being realized worldwide: Center graduates now are guiding more than one million patients to take a greater role in their health and healing. To learn more about AzCIM, please visit [www.azcim.org](http://www.azcim.org)

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