

## **UA's Inaugural Class of Integrative Health Professionals Exceeds Expectations**

*Graduates of Integrative Health and Lifestyle Program are trained 'to be present and mindful' in their care of patients and beyond*

TUCSON, Ariz., Aug. 15, 2015 – The [University of Arizona Center for Integrative Medicine](#) (AzCIM) will graduate its inaugural class of Integrative Health and Lifestyle program (IHeLp) participants today. The IHeLp program equips health professionals from a wide range of backgrounds and credentials with the skills they need to enhance their roles as crucial members of integrative health-care teams worldwide.

The 42 graduates of the IHeLp 2014 summer class began their studies in January. This 250-hour comprehensive program offers participants flexibility in scheduling with online delivery of curriculum, while joining a community of like-minded professionals. They get hands-on training at a four-day educational retreat in Tucson, which expands and applies their online learning through team building, faculty interaction and experiential exercises.

IHeLp is a six-month online certificate program that emphasizes a patient-centered approach, combining conventional and complementary treatment, including nutrition, mindfulness and physical activity; techniques to motivate change and reduce stress; manual medicine; traditional Chinese medicine; energy work; self-care; and more.

It is open to credentialed health professionals, including nurses, psychologists, counselors, clinical behavioral health professionals, therapists, nutritionists, physical, occupational and speech therapists, acupuncturists, pharmacists, dentists and dental hygienists. Graduates are eligible to apply for the competitive Integrative Health Coaching certification program.

"I thought it would legitimize what I already knew, but to my surprise, I realized how much I did not yet know and how simple lifestyle changes would impact the quality of my life," **Linda Lisle-Kelly, BSN**, Reiki practitioner and labor and delivery nurse at the University of Arizona Medical Center – University Campus, said of IHeLp. "I loved the online learning; I was able to take the time to not only do the required reading, but look deeper with links to excellent resources that were provided, and I could do things at my own speed in the comfort of my own home.

"I think I approach my patients in a more mindful and compassionate way and I'm more interested in what is meaningful to them," said Lisle-Kelly, adding she is better able to care for her patients as a result. "I'm more present. It's helped with my family, my patients, my

coworkers and the doctors – how I relate to them, how they relate to me – it’s all changed. I feel I’m a much better practitioner because of that.”

"IHeLp is a vital step in providing interprofessional training in integrative health and wellbeing," said **Molly K. Burke, MFA**, AzCIM director of online education. "The dedication the students in this class have shown – their passion for integrative health care and success in applying it in both their professional and personal lives – has amazed me."

Burke emphasized that large-scale change results from individual actions in the right direction. "One of our graduates started a mindfulness program for youth in her neighborhood in Colorado; another is leading the creation of a program to offer tai chi and acupuncture to residents of an underserved neighborhood in Wisconsin," she said. "We are very proud of this graduating first class and look forward to seeing how future students change health care for the better, on both a personal and broader community level."

**Integrative Health and Lifestyle (IHeLp) and Integrative Health Coaching** allows AzCIM to fulfill a long-anticipated need to reach a broader and more diverse population of health care professionals. The Center’s flagship Fellowship in Integrative Medicine has trained more than 1,000 physicians, nurse practitioners, physician assistants and certified nurse midwives worldwide to date. Other Center offerings support the educational needs of medical students and residents around the nation, as well as the general public. IHeLp and Integrative Health Coaching develop integrative teams and support this growing movement for a patient-centered approach to health and wellness.

Development of IHeLp was made possible, in part, to generous contributions from the Blythe Brenden-Mann Foundation.

Applications are being accepted now for the IHeLp class of 2015 Summer, which begins in January 2015. For more information about IHeLp or Integrative Health Coaching, please 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, 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](http://www.azcim.org)