

## COURSE SYLLABUS

# Integrative Whole Person Health CME Certification

Co-developed by INM and Georgetown University

## CREDIT SUMMARY

This activity was planned by and for the healthcare team, and learners will receive 24.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

1. **Physicians:** MedStar Health designates this enduring material for a maximum of 24.0 AMA PRA Category 1 Credits™
2. **Physician Assistants:** This activity is designated for 24.0 AAPA Category 1 CME credits. Approval valid until April 28, 2029.
3. **Nurses:** This activity is approved for 24.0 ANCC contact hours.

## TARGET AUDIENCE

- Medical Doctors (MDs)
- Doctors of Osteopathic Medicine (DOs)
- Family Nurse Practitioners (FNPs)
- Nurse Practitioners (NPs)
- Registered Nurses (RNs)
- Physician Assistants (PAs)
- Students of any field above

## COURSE DIRECTORS

**Hakima Amri, PhD**, Professor, Georgetown University, Co-Founder, CAM Graduate Program

**Leonard A. Wisneski, MD, FACP**, Clinical Professor of Medicine, George Washington University, Adjunct Faculty Member, Georgetown University, University of Colorado

## COURSE MODERATORS

**Mari Ricker, MD, FAAFP, ABOIM**, Director of Integrative Medicine in Residency, Andrew Weil Center for Integrative Medicine

**Adam Silberman, NMD, IFMCP**, Director of Naturopathic Medicine and Clinical Research, Blueprint Wellness, Former Volunteer Faculty Education, University of California, San Diego, School of Medicine, Department of Family Medicine

## COURSE SUMMARY

Developed for conventionally trained clinicians, the Integrative Whole Person Health certification course will help providers understand, evaluate, and incorporate evidence-based whole person and integrative practices into standard medical care.

### Learning Objectives:

By the end of this course, participants will be able to

1. Define the core components and value of the whole person health approach.
2. Evaluate the evidence for whole person health providers and their care strategies.
3. Create a system of high-quality interprofessional collaboration to increase patient choice and improve health outcomes.

**Total Course Length:** 24 Hours

## COURSE STRUCTURE

This course is provided in a fully virtual, self-paced format, allowing participants to complete sections online at their convenience. Moderator questions and panel discussion have been previously recorded.

Section	Title	Format	Length
1	Introduction to Whole Person Health	Lecture/Q&A	7 hrs
2	Frequently Used Whole Health Modalities	Lecture/Q&A	8 hrs
3	Case Studies and Clinical Approaches	Lecture/Case Based/Q&A	9 hrs

### SECTION 1: INTRODUCTION TO WHOLE PERSON HEALTH

A primer introducing conventional clinicians to frequently utilized integrative providers and traditional systems that support a whole person approach to care, including chiropractors, acupuncturists, traditional Chinese medicine, Ayurveda, nutritionists, and naturopathic doctors. Participants will explore the foundational question “what is whole person health,” evaluate the evidence for these care approaches, explore advanced training opportunities in lifestyle and functional medicine, and explore best practices for integrating patient-centered care models into conventional health systems.

#### An Introduction to the Evolution and Acceptance of Whole Person Health

**Presenters:** Hakima Amri, PhD, Professor, Georgetown University, Co-Founder, CAM Graduate Program; Tracy Gaudet, MD, Former Founding Executive Director, National Office of Patient-Centered Care and Cultural Transformation, U.S. Department of Veterans Affairs

**Description:** A review of the principles and leading institutional definitions of whole person health, as well as its evolution and historical relationship to integrative medicine. Special emphasis will be placed on emerging strategies for systems integration, with a case example from the VA Whole Health model.

**Length:** 60 minutes

## **Naturopathic Doctors—Specialists in Whole Person Health**

**Presenter:** Michelle Simon, PhD, ND, President & CEO, Institute for Natural Medicine

**Description:** Discover the foundations, philosophy, and practice of naturopathic medicine. Naturopathic physicians/doctors are trained to diagnose, treat, and manage acute and chronic conditions guided by a clinical framework that addresses all dimensions of health and prioritizes prevention, root causes of illness, and minimally invasive interventions.

**Length:** 60 minutes

## **Acupuncture and Traditional Chinese Medicine in Clinical Care**

**Presenter:** Bill Reddy, DiplAc, LAc

**Description:** An overview of acupuncture and Traditional Chinese Medicine (TCM) as integrated modalities in clinical care. Through an exploration of philosophical roots and historical development, learners will gain insight into the evolving responsibilities of licensed acupuncturists and TCM providers in today's healthcare systems. This lecture will also identify opportunities for interdisciplinary collaboration and referral and discuss education and accreditation standards that ensure safe, ethical, and effective practice.

**Length:** 60 minutes

## **Integrating Ayurvedic Practitioners Into Whole Person Health Care**

**Presenter:** Anisha Durve, DAc, AD, Founder, Marma Institute of Ayurvedic Acupressure

**Description:** This lecture introduces Ayurveda as a valuable component of integrative, whole person health care, focusing on practitioner scope, indications, treatment pillars, and outcomes. As a complement to conventional medicine, Ayurveda has the potential to fill gaps in prevention, personalized care, and lifestyle medicine. Special emphasis is placed on decision-making for referrals and interdisciplinary collaboration.

**Length:** 30 minutes

## **How Certified Yoga Therapists Support Whole Person Health in Conventional Medical Settings**

**Presenter:** Kristine Weber, MA, C-IAYT, ERYT500, YACEP

**Description:** Certified yoga therapists (C-IAYT) are trained to translate whole person goals into safe, accessible, clinically appropriate, and affordable care plans that complement conventional care. Yoga therapy, a holistic body–mind–spirit modality, can support nervous system regulation, resilience skill building, stress and pain management, and patient self-management in chronic conditions. Participants will learn about appropriate referrals and a C-IAYT's role in clinical workflows.

**Length:** 30 minutes

## **From Alignment to Outcomes: The Role of Chiropractic in Collaborative Whole Person Care**

**Presenter:** Sherry McAllister, MS(ed), DC, CCSP, FACC, President, Foundation for Chiropractic Progress

**Description:** This session provides an overview of the clinical focus and scope of chiropractic care. Drawing on current research, participants will examine the benefits of chiropractic care for improved movement and function, pain management, and reduced reliance on prescription medication. Learners will also receive guidance on identifying appropriate referral pathways and collaborative opportunities supporting comprehensive patient care.

**Length:** 30 minutes

### **Manual Therapy: The Art and Science of a Listening Touch**

**Presenter:** Gail Wetzler, PT, DPT, BI-D, EDO, Director, Scientific and Professional Collaboration, Barral Institute

**Description:** This session emphasizes the scientific basis and clinical relevance of manual therapy in conventional health care. Participants will learn how manual therapy fits within interdisciplinary care models and supports whole person health.

**Length:** 30 minutes

### **How CNS Providers Can Support Whole Person Health**

**Presenter:** Megan Barnett, MS, CNS

**Description:** Certified Nutrition Specialists (CNS®) practice individualized whole person care, improving patient outcomes through systems biology and evidence-based medical nutrition therapy. Participants will review the limitations of disease-centered care models, clinical rationale for personalized nutrition, and scope and training of CNS providers within interdisciplinary healthcare teams.

**Length:** 30 minutes

### **The Integrative and Functional RDN**

**Presenter:** Kellie Blake, RDN, LD, IFNCP

**Description:** Understanding the role of integrative and functional registered dietitians in supporting whole person, evidence-informed care alongside conventional treatment. Participants will learn how integrative dietitians assess health status beyond standard nutrition counseling, why targeted nutrition and lifestyle interventions can improve outcomes in complex chronic cases, and when to refer.

**Length:** 30 minutes

### **Advanced Training Pathways: Lifestyle Medicine**

**Presenter:** Brenda Rea, MD, DrPH, PT, RDN, FACLM, Founding Member, Medical Director of Education, American College of Lifestyle Medicine

**Description:** This session explores lifestyle medicine as a foundational approach to conventional clinical practice, highlighting evidence-based applications in healthcare settings and reviewing lifestyle medicine certification pathways and their professional implications.

**Length:** 30 minutes

## **Advanced Training Pathways: Functional Medicine**

**Presenter:** Robert Luby, MD, Director of Medical Education, Institute for Functional Medicine

**Description:** An overview of the principles and evidence base for the functional medicine approach and review of advanced functional training pathways and certification options for numerous healthcare degree types working interprofessionally in conventional medical settings.

**Length:** 30 minutes

## **SECTION 2: FREQUENTLY USED WHOLE HEALTH MODALITIES**

This section will equip participants with practical strategies for navigating patient questions about whole health modalities, including food as medicine, nutraceuticals, herb–drug interactions, mind–body therapies, and more. The course will also explore popular and emergent topics, such as psychedelic therapy for mental health and finding meaning and purpose in medicine.

### **Food as Medicine and Culinary Medicine: Translating Nutrition Science Into Practical, Whole Person Care**

**Presenter:** Jennifer Massa, MS, DSc, Lead Research Scientist, Department of Nutrition, Harvard T.H. Chan School of Public Health

**Description:** This lecture will examine the evidence base and clinical application of Food as Medicine and culinary medicine approaches in chronic disease prevention and management. Emphasis will be placed on dietary patterns, food quality, and practical counseling strategies for clinicians to support sustainable behavior change, health equity, and whole person care. The session will bridge nutrition science with real-world implementation across clinical and community settings.

**Length:** 60 minutes

### **An Introduction to Dietary Supplements: Nutraceuticals Overview, Quality Considerations, and State of the Evidence**

**Presenter:** Lise Alschuler, ND, MBA, FABNO, President & CEO, Professor of Naturopathic Medicine, Sonoran University of Health Sciences

**Description:** This session provides an overview of the U.S. dietary supplement industry, addressing regulatory considerations with an emphasis on safety. Evidence on common dietary supplements will be highlighted in a discussion of their use, equipping learners to critically evaluate supplements and counsel patients using an evidence-based approach.

**Length:** 60 minutes

### **Clinical Considerations for Herb–Drug Interactions**

**Presenter:** Bill J. Gurley, PhD, Professor and Principal Scientist, National Center for Natural Products Research, School of Pharmacy, University of Mississippi

**Description:** A review of the origins and clinical considerations of herb–drug interactions (HDIs). Topics include botanical extracts and their phytochemical complexity, recognition of HDIs in clinical practice, pharmacokinetic and pharmacodynamic mechanisms, and risk considerations associated with conventional and novel botanical delivery systems.

**Length:** 60 minutes

### **Nutrition, Epigenetics, and Chronic Disease Risk Throughout Life**

**Presenter:** Kent Thornburg, PhD, FAPS, Professor and Director Emeritus, Oregon Health & Science University

**Description:** Discover how dietary and lifestyle factors influence gene expression without altering DNA, shaping health outcomes across the lifespan. This knowledge supports personalized and preventive approaches to chronic disease management, maternal and early life care, and lifestyle-based interventions. In research, it enables the study of gene–diet relationships and epigenetic biomarkers that inform public health strategies. Education is another opportunity to emphasize the biological impact of nutrition, laying the foundation for prevention-first care.

**Length:** 60 minutes

### **Mind–Body Medicine and Whole Person Health**

**Presenter:** Noshene Ranjbar, MD, DFAPA, DFAACAP, ABOIM, Associate Professor of Psychiatry and Director, Integrative Psychiatry Program, University of Arizona

**Description:** An introduction to the science and mechanisms of mind–body medicine and its role in managing stress, trauma, chronic conditions, and overall well-being. Explore foundational practices, including breathing, movement, meditation, and mindfulness, and how they can be applied in clinical settings.

**Length:** 60 minutes

### **Understanding and Interpreting Integrative Laboratories and Imaging**

**Presenter:** Hannah Gordon, FNP, RN, ND, Site Medical Director, International Clinic, Seattle International Community Health Services

**Description:** How to refine diagnostic and ordering skills to benefit patients and inform treatment plans. Participants will learn best practices and protocols for labs and imaging, along with strategies for assessing quality and performance.

**Length:** 60 minutes

### **Psychedelic-Assisted Psychiatry for Mental Health**

**Presenter:** Nathan Sackett, MD, MS, Assistant Professor, Director, Center for Novel Therapeutics in Addiction Psychiatry, University of Washington

**Description:** This lecture provides an overview of psychedelic-assisted psychiatry, including current therapeutic models, evidence-based applications, safety considerations, and implications for treatment within mental health frameworks.

**Length:** 60 minutes

### **Balanced Meaning: A Model for Whole Person Mental Health**

**Presenters:** Edward MacPhee, MD, Associate Professor of Clinical Practice, Psychiatry–Outpatient, University of Colorado Anschutz; Amy Sholler Dreier, PhD, Assistant Professor, Director of Psychology, Adult Division & Clinical Lead, OPC, University of Colorado Anschutz

**Description:** An introduction to finding meaning and purpose in medicine and patient interactions through the Balanced Meaning Model, a multidomain framework consolidating historical and current perspectives on whole health and wellness. This presentation will provide guidance on incorporating the model in primary care and discuss its implications for the business of medicine.

**Length:** 60 minutes

## **SECTION 3: CLINICAL APPROACH TO THE PATIENT**

The course culminates in real-world applications, with clinical cases that demonstrate a whole person approach across disciplines and varied care philosophies. Cases will connect directly to the whole health modalities and providers referenced throughout the course, offering examples for structuring and integrating these concepts into everyday practice. An additional live, quarterly case discussion webinar with course moderators will allow participants to ask questions and explore relevant cases collaboratively as they complete the course beyond the pre-recorded sessions below.

**Case Studies Presented by Course Moderators:** Mari Ricker, MD, FAAFP, ABOIM, and Adam Silberman, NMD, IFMCP

### **Musculoskeletal Pain and Degeneration**

**Description:** Exploring an integrative approach to chronic low back pain, including issues related to osteoarthritis, persistent pain syndromes, and opioid dependence.

**Length:** 60 minutes

### **Gastroenterology and Gut Disorders**

**Description:** A whole person approach to irritable bowel syndrome and gastroesophageal reflux disease, including exploration of proton pump inhibitor titration strategies and additional testing methodologies.

**Length:** 60 minutes

### **Metabolic Health and Body Recomposition**

**Description:** A case examining metabolic syndrome, DM-II, obesity, and hypothyroidism, including glucagon-like peptide considerations, thyroid hormone replacement, and diagnostic assessments.

**Length:** 60 minutes

### **Rheumatology and Autoimmunity**

**Description:** Examining integrative management of inflammatory arthritis and osteoporosis, highlighting advanced screening techniques and therapies.

**Length:** 60 minutes

### **Post-Viral Syndromes**

**Description:** Integrative management of inflammatory arthritis and osteoporosis, with advanced screening techniques and therapies.

**Length:** 60 minutes

### **Cardiovascular and Neurological Health**

**Description:** Primary and secondary prevention strategies for coronary artery disease, cognitive decline, and dementia.

**Length:** 60 minutes

### **Hormonal Health**

**Description:** Two cases, the first focusing on prostate health and testosterone treatment, the second exploring perimenopause and menopause (including bioidentical hormone replacement therapy and diagnostics).

**Length:** 60 minutes

### **Environmental Medicine and Cancer Survivorship**

**Description:** Assessing how environmental factors affect specific health conditions, including asthma and allergies, and how to address them in a clinical setting.

**Length:** 60 minutes

## ACCREDITATION



In support of improving patient care, this activity has been planned and implemented by MedStar Health, The Institute for Natural Medicine, and Georgetown University. MedStar Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



### Credit Designation

This activity was planned by and for the healthcare team, and learners will receive 24.0 Interprofessional Continuing Education (IPCE) credits for learning and change.

**Nurses:** This activity is approved for 24.0 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

**Physicians:** MedStar Health designates this enduring material for a maximum of 24.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physician Assistants:** MedStar Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 24.0 AAPA Category 1 CME credits. Approval is valid until 04/28/2029. PAs should only claim credit commensurate with the extent of their participation.

