GEORGETOWN UNIVERSITY

WHOLE PERSON HEALTH CERTIFICATION WITH CME

INSTITUTE FOR NATURAL MEDICINE

COURSE SYLLABUS

Integrative Whole Person Health Certification with CME

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.
4. Pharmacists: This activity is approved for 24.0 contact hours. This learning activity is knowledge-based. The Universal Activity Number for this program is JA4008151-9999-26-075-H99-P.

TARGET AUDIENCE

- Medical Doctors (MDs)
- Doctors of Osteopathic Medicine (DOs)
- Family Nurse Practitioners (FNPs)
- Nurse Practitioners (NPs)
- Registered Nurses (RNs)
- Physician Assistants (PAs)
- Pharmacists (PharmD)
- 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	7.5 hrs
2	Frequently Used Whole Health Modalities	Lecture/Q&A	8 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: Tracy Gaudet, MD, Former Founding Executive Director, National Office of Patient-Centered Care and Cultural Transformation, U.S. Department of Veterans Affairs; Helene Langevin, MD, Research Director, Osher Center for Integrative Health, University of Vermont, Former Director, National Center for Complementary and Integrative Health

Description: A review of the principles and leading institutional definitions of whole person health, as well as its historical relationship to integrative medicine, evolution, and future. 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

Case Study: Perimenopause and Postmenopause

Presenters: Joy Evers, MD, MPH, Board-Certified Emergency Physician, Healthtopia Clinics; Bridget Anderson, ND, Healthtopia Clinics

Length: 45 minutes

Case Study: Recurrent Urinary Tract Infection

Presenters: Joy Evers, MD, MPH, Board-Certified Emergency Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 minutes

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

Case Study: Low Back Pain

Presenters: James Howard, MD, MS, Board-Certified Emergency Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 minutes

The Integrative and Functional RDN: Bringing Whole Person Care Into Conventional Practice

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

Certified Nutrition Specialists Support Whole Person Health in Conventional Settings

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

Case Study: Integrative Medicine Approach to Hyperlipidemia Management

Presenters: Asha P. Raj, DO, Board-Certified Family Medicine and Integrative Medicine Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 minutes

Case Study: Metabolic Syndrome

Presenters: Asha P. Raj, DO, Board-Certified Family Medicine and Integrative Medicine Physician, Healthtopia Clinics; Bridget Anderson, ND, Healthtopia Clinics

Length: 45 minutes

Integrating Ayurvedic Practitioners Into Whole Person Health Care

Presenter: Gillian Ehrlich, DNP, ARNP, FNP–BC

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

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

How Licensed Massage Therapists Support Whole Person Health

Presenter: Michael Hamm, LMP, CCST

Description: This session emphasizes the scientific basis and clinical relevance of massage therapy in conventional health care. Participants will learn how massage therapy fits within interdisciplinary care models and advances whole health outcomes.

Length: 30 minutes

Acupuncture and Traditional Chinese Medicine in Clinical Care

Presenter: Amy Sear, BS, AP, Dipl. AHM (NCBAHM)

Description: An overview of acupuncture and traditional Chinese medicine (TCM) as integrated modalities in clinical care. Learners will gain insight into the evolving responsibilities of licensed acupuncturists and TCM providers within today's healthcare systems, exploring both philosophical roots and historical development. The lecture will also identify opportunities for interdisciplinary collaboration and referral, and review education and accreditation standards that ensure safe, ethical, and effective practice.

Length: 60 minutes

Case Study: Osteoarthritis and Chronic Joint Pain

Presenters: James Howard, MD, MS, Board-Certified Emergency Physician, Healthtopia Clinics; Bridget Anderson, ND, Healthtopia Clinics

Length: 45 minutes

Advanced Training Pathways: Integrative Medicine

Presenter: Mari Ricker, MD, FAAFP, ABOIM

Description: This session explores integrative medicine fellowships, board certification options, and additional training opportunities for clinicians who wish to deepen their training in integrative approaches. It also reviews the context of these educational opportunities within the history of integrative medicine in the United States.

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

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

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.

Nutraceuticals and Natural Products: Vitamins, Minerals, Herbs, and Mushrooms

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 a data-informed approach.

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

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

Clinical Considerations for Herb–Drug Interactions

Presenter: Lara Zakaria, PharmD, MS, CNS, CDN, FMCP

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

Case Study: Subclinical Hypothyroidism and Hashimoto's Thyroiditis

Presenters: Asha P. Raj, DO, Board-Certified Family Medicine and Integrative Medicine Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 minutes

Understanding and Interpreting External Labs

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

Case Study: Irritable Bowel Syndrome With Small Intestinal Bacterial Overgrowth Overlap

Presenters: Joy Evers, MD, MPH, Board-Certified Emergency Physician, Healthtopia Clinics; Bridget Anderson, ND, Healthtopia Clinics

Length: 45 minutes

Case Study: Ulcerative Colitis and Inflammatory Bowel Disease

Presenters: Joy Evers, MD, MPH, Board-Certified Emergency Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 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

Case Study: Migraines

Presenters: James Howard, MD, MS, Board-Certified Emergency Physician, Healthtopia Clinics; Alyson Freedman, ND, Healthtopia Clinics

Length: 45 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

Case Study: Anxiety and Insomnia

Presenters: Asha P. Raj, DO, Board-Certified Family Medicine and Integrative Medicine Physician, Healthtopia Clinics; Bridget Anderson, ND, Healthtopia Clinics

Length: 45 minutes

Meaning and Purpose

Presenter: Benjamin Kligler, MD, MPH

Description: An introduction to the conceptual foundations of meaning and purpose in medicine, with attention to provider burnout and strategies for addressing and preventing it.

Length: 60 minutes



ACCREDITATION

In support of improving patient care, this activity has been planned and implemented by MedStar Health, The Institute of 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 hours. 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.

Pharmacists: This activity is approved for 24.0 contact hours. This learning activity is knowledge-based. The Universal Activity Number for this program is JA4008151-9999-26-075-H99-P.

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 05/07/2029. PAs should only claim credit commensurate with the extent of their participation.