

Integrative Medicine & Health Science (IMHS)

IMHS 4520 Mind Body Medicine Skills 3 Credits

This course utilizes experiential learning modalities to promote self-awareness, stress management and self-care.

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

IMHS 520 Mind-Body Medicine Skills 1 Credit

This course utilizes experiential learning modalities to promote self-awareness, stress management and self-care.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Equivalent to IMHS 6520

IMHS 6504 Intro to Exp Dsgn Data Anlys 3 Credits

This course provides an overview of the fundamental principles and concepts related to experimental design and data analysis with the goals of achieving statistical literacy and acquiring the skills needed for critical reading and evaluation of the research literature. The students will learn about the most commonly used statistical methods and experimental and observational study designs by studying fundamental methods and by practice examples of statistical analysis using STATA software on epidemiological data from studies related to CIM. Additionally, students will become familiar with graphical representations of data and the proper interpretation of the results from the statistical analyses. After finishing this course the students will be able to be competent members of team science research projects in the area of CIM.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6520 Mind-Body Medicine Skills 1 Credit

This course utilizes experiential learning modalities to promote self-awareness, stress management and self-care.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6521 Assessing Evidence in CIM 2 Credits

This course builds on the EBM course, by focusing on the primary methods of evidence acquisition and discrimination, types of evidence and their relative utility, and the ethical, legal and practical considerations in the field of CIM.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6522 Intgrtv Med Health Clerkship 5 Credits

Students will work directly with physicians and practitioners in the community who offer an integrative medicine approach to treating patients in their clinics. Students will shadow/observe how practitioners from various complementary and integrative medicine disciplines utilize their clinical skills and apply those therapies in the context of patient care and disease prevention. Students will complete three 4-week rotations in integrative medicine clinics throughout the semester. This course is designed for students who have completed medical school or equivalent level of basic science courses. Students will submit a written report on each rotation and will be evaluated by the preceptors and course director. The final grade is a combination of the report assessment and the evaluation by the preceptor.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6523 Integrative Nutrition Btncls 4 Credits

This course will cover the clinical applications of clinical and functional nutrition including the impact of various diets on health and wellness. It will also include lectures on dietary supplements, botanicals, and lifestyle modifications in health and disease.

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6525 Intro Evidence-Based Medicine 2 Credits

This course provides an overview of what is required in the practice of Evidence-Based Medicine (EBM) with an emphasis on developing know-how in information retrieval and research literacy. Students will learn of the resources available for searching the literature to gather scientific evidence pertaining to the efficacy and other aspects of various CIM modalities. Additionally, students will become familiar with common study designs and associated statistical concepts used to evaluate the quality of the data and derive reasonable conclusions. Throughout the course, the application of EBM for CIM will be emphasized. By the end of the course students will model the steps of the EBM process as well as practice and demonstrate their proficiency, culminating in a final project and presentation.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6530 Introduction to IMHS Practicum

Students will participate in an approved CIM or public health-related internship for eight (8) weeks during the summer after completion of their course work. Selection of a site and arrangements for the Practicum will begin during the academic year and will be finalized through consultations among the program directors, the student, and the preceptor at the selected site. Students will be required to submit a report after completion of their internship, and the preceptor/mentor will submit an evaluation of the student's performance. The practicum is a very important component of the program, as it gives students an immersion experience in integrative medicine as it is practiced or researched. This is an introductory course for the IMHS Field Practicum course.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6531 Physiologic Basis of MBM 2 Credits

Mind-Body Medicine and the closely related field of biofeedback are areas of CIM for which there is a growing scientific literature. This course will explore the major psycho-neuro-endocrine and immune pathways governing the mind-brain-body interactions.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6532 IMHS Literature Research 1-2 Credits

Students will perform a library research project in a specific topic related to CIM under the mentorship of a faculty member.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6535 Reflective Wrtng Self-Awareness 1 Credit

This course will introduce students to the field of narrative medicine. Students will explore how doctors/practitioners understand themselves and their practice of medicine using narrative approaches.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6536 Intgrtd Health Systems Policy 1 Credit

The course on Integrated Health Systems Policy and Medical Pluralism aims to provide a comprehensive understanding of the integration of Complementary and Integrative Medicine (CIM) in healthcare systems worldwide. It emphasizes the concept of medical pluralism and places the idea of integrated health systems in the context of existing policies for healthcare system development and approaches to improve healthcare systems' performance globally.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

IMHS 6539 Bioethics in CIM 1 Credit

Complementary and integrative medicine (CIM) is increasingly used not only in concert with mainstream approaches but also as a 'stand-alone' intervention. Although they have assumed a progressive position in the current hierarchy of medical practices, CIM disciplines remain somewhat fractionated in philosophy, practice ideologies, ethos, and ethics. This dis-coordination gives rise to questions of what treatments should be used, how should they be used, and for whom should they be used? Basic approaches that adhere to ethical principles will be presented to allow students to understand how these perspectives can contribute to the right and good conduct of patient care and research. Evidence-based research models will be presented and evaluated in light of their relative appropriateness to CIM outcomes and mechanisms. The ethical obligations to conduct effective research will be discussed with particular emphasis upon how such research fulfills epistemological, humanitarian and social dimensions of medicine.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6540 Western Practc of Eastern Med 1 Credit

This course is an overview of Western medical research studies and ancient Eastern philosophical concepts that verify the importance of the link between mind, body, and spirit in health and healing.

Studies will be presented on the science of acupuncture, yoga, and meditation that address the mechanisms by which these modalities improve health and promote healing. There will also be an experiential component including the Eastern practice of yoga and meditation. This course is taught in a 4-week period in the spring semester.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to students with a program in Integrative Med Health Sci, Integrative Med Health Sci, Integrative Med Health Sci or Integrative Med Health Sci.

Enrollment is limited to Graduate level students.

IMHS 6574 Intro to Clinical Anatomy 2 Credits

This course is an introductory level course designed for Master level students. Students will gain familiarity with gross anatomy and become conversant with any medical professional, including the allied health field. Body regions that will be covered include the thorax, abdomen, pelvis, upper, and lower limbs. Students will be assessed by bi-weekly quizzes and a project. Because the course does not include hands-on dissection, at the completion of the thorax, abdomen and pelvis sections, students will have the opportunity to view prosected donors in the Georgetown anatomy laboratory. This course will meet in person and content will be delivered via lecture and group discussion.

Level: Graduate, Undergraduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6600 Survey of CIM Sys Therapies 4 Credits

Students will be introduced to the five domains of Complementary and Integrative Medicine: Global Medical Systems (Traditional Chinese Medicine, Ayurveda, Unani, Homeopathy, and Naturopathy); Mind-Body Interventions (yoga, meditation); Energy Medicine (biofeedback, Qi Gong, Tai Chi); Pharmacognosy; and Manipulation and Body-based Techniques (osteopathy, chiropractic, massage). This course is designed to (i) inform students about medical systems used in the US and all over the World, (ii) sensitize students to the ways in which cultural diversity influences the approach to human health and disease and the practice of medicine, and (iii) encourage students to examine medical practices from different cultures, and critically assess the efficacy and safety of the practices.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6604 Critical Readings in Int Med 1 Credit

Students will read, analyze, and discuss original research papers from the CIM field. This course is aimed at introducing students to basic science research design with a focus on explaining underlying mechanisms of action from evidence obtained in CIM research studies.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 6607 CIM Therapies in Pathophy Sts 2 Credits

In this course students will study the underlying mechanism(s) of the most prevalent diseases and adverse health conditions in the US and will review the current therapeutic use of CIM therapies. Consideration of the various CIM therapies will emphasize the scientific evidence or lack thereof in support of their efficacy.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

IMHS 6608 CIM in Oncology 1 Credit

This course will focus on CIM methods used in cancer treatment and management of cancer symptoms. The CIM modalities will be compared with conventional therapies, and the strategies for integrating them into holistic cancer treatment will be presented. Advantages and challenges of such an approach will be discussed.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 7003 Seminars in IMHS 0.5-1 Credits

Weekly seminars will be presented by national and international experts in CIM and related fields. All full-time students are required to attend the seminar series during each semester of enrollment. Attendance is mandatory. Part-time students must complete at least two semesters of PBIO-703/704.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 7004 Seminars in IMHS 0.5 Credits

Weekly seminars will be presented by national and international experts in CIM and related fields. All full-time students are required to attend the seminar series during each semester of enrollment. Attendance is mandatory. Part-time students must complete at least two semesters of IMHS-703/704.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 7950 IMHS Research Techniques 1-3 Credits

Students anticipating further graduate education in a research-oriented field or a career involving research will participate in a CIM-related research project in a GUMC laboratory. The student will be instructed in research techniques under the supervision of a faculty member.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 7951 IMHS Field Practicum 3 Credits

Students will participate in an approved CIM or public health-related internship for eight (8) weeks during the summer after completion of their course work. Selection of a site and arrangements for the Practicum will begin during the academic year and will be finalized through consultations among the program directors, the student, and the preceptor at the selected site. Students will be required to submit a report after completion of their internship, and the preceptor/mentor will submit an evaluation of the student's performance. The practicum is a very important component of the program, as it gives students an immersion experience in integrative medicine as it is practiced or researched.

Level: Graduate

Grading: Main Campus (UGrad, Grad)

Course registration restrictions:

Enrollment is limited to students with a program in Integrative Med Health Sci, Integrative Med Health Sci, Integrative Med Health Sci or Integrative Med Health Sci.

Enrollment is limited to Graduate level students.

IMHS 9993 Continuous Registration

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Graduate level students.

IMHS 9994 Continuous Registration

Level: Graduate, Undergraduate

Grading: No Grade

Course registration restrictions:

Enrollment is limited to Graduate level students.