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Integrative Medicine Residency Program Hits 100-Site Milestone

Unique curriculum developed at the Andrew Weil Center for Integrative Medicine at the University of Arizona Health Sciences is now being taught to medical residents nationally and internationally.

TUCSON, Ariz. — The University of Arizona Andrew Weil Center for Integrative Medicine announced that the Feinberg School of Medicine at Northwestern University in Evanston, Illinois is the 100th site to adopt the Integrative Medicine in Residency physician training program.

The Integrated Medicine in Residency program is available for residencies in family medicine, internal medicine, pediatrics and psychiatry. The content focuses on integrating alternative medical approaches and treatments not always represented in conventional residency training.

“Integrative medicine education should begin in medical school, but I believe including it in residency training is a higher priority,” said center founder and director **Andrew Weil, MD**. “It is during residency training that attitudes and behaviors of physicians are formed. Exposing physicians to integrative medicine during residency and teaching them during this time of deep learning is the most effective approach.”

Launched in 2008, the Integrated Medicine in Residency program is a 200-hour online curriculum. Study topics include pain management, well-being, nutrition, vitamins, minerals, and common supplements, and mind-body techniques and tools to enhance a patient’s mental and physical health – to name a few.

Residents enrolled in the program are guided by a site leader, often a graduate of this or another Andrew Weil Center for Integrative Medicine program, who supports the integration of integrative medicine training into traditional residency training. At Northwestern’s Feinberg School of Medicine, that person is Anna B. Shannahan, MD, a graduate of the UArizona Integrative Medicine in Residency program.

“Completing the Integrated Medicine in Residency curriculum influenced me both personally and professionally,” Dr. Shanahan said. “Not only was I able to

apply what I learned to patient care, but it also inspired me to pursue Fellowship in Integrative Medicine training and make healthy changes in my own life.”

The Integrated Medicine in Residency program is used at clinical sites across the U.S. as well in in Canada, Germany and Taiwan.

“I am so proud of the growth we have accomplished, particularly over the past five years,” said **Mari Ricker, MD**, an associate professor of family and community medicine at the UArizona College of Medicine - Tucson and Integrative Medicine in Residency director at the Andrew Weil Center for Integrative Medicine. “We started out with just eight sites. This new milestone shows that we are really making an impact in post-graduate medical training.”

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Photos available upon request.

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About the Andrew Weil Center for Integrative Medicine

The Andrew Weil Center for Integrative Medicine (AWCIM) at the University of Arizona 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. The AWCIM 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 AWCIM's vision of making integrative care available to all is being realized worldwide: AWCIM graduates are now guiding more than 10 million patients to take a greater role in their health and healing. For more information: awcim.arizona.edu (Follow us: [Facebook](#) | [Twitter](#)).

About the University of Arizona College of Medicine – Tucson

The University of Arizona College of Medicine – Tucson is shaping the future of medicine through state-of-the-art medical education programs, groundbreaking research and advancements in patient care in Arizona and beyond. Founded in 1967, the college boasts more than 50 years of innovation, ranking among the top medical schools in the nation for research and primary care. Through the university's partnership with Banner Health, one of the largest nonprofit health-care systems in the country, the college is leading the way in academic medicine.

For more information: medicine.arizona.edu (Follow us: [Facebook](#) | [Twitter](#) | [LinkedIn](#) | [Instagram](#)).

About the University of Arizona Health Sciences

Located on campuses in Tucson and Phoenix, the University of Arizona Health Sciences is one of the top-ranked academic medical centers in the southwestern United States. UArizona Health Sciences includes the College of Medicine – Phoenix, College of Medicine – Tucson, College of Nursing, College of Pharmacy and the Mel and Enid Zuckerman College of Public Health. In addition, 12 UArizona Health Sciences centers focus on cancer, neurodegenerative diseases, pain and addiction, and respiratory diseases; biomedical informatics, health technology innovation and simulation training; and precision health care and health disparities. A leader in next-generation education, biomedical research and public outreach, UArizona Health Sciences employs nearly 5,000 people, has approximately 4,000 students and 900 faculty members, and garners more than \$200 million in research grants and contracts annually. For more information: uahs.arizona.edu (Follow us: [Facebook](#) | [Twitter](#) | [YouTube](#) | [LinkedIn](#) | [Instagram](#)).