

# INTEGRATIVE HEALTH TEAM TRAINING

*Surveys from the National Institutes of Health show that nearly 40% of patients and clients are engaging in some form of complementary or alternative healthcare.*

The Andrew Weil Center for Integrative Medicine at the University of Arizona, is now offering institutions an option for interprofessional healthcare teams to learn the foundations of integrative health and wellness. This self-paced online program can improve self-care, reduce burnout, and improve the long-term health outcomes of both patient and practitioner. All while saving your institution money in the long run.

## Benefits of Integrative Health Team Training

### For Health Professionals:

- Substantial reduction in burnout.
- Significant health improvement through self-care.

### For Patients and Clients:

- Increased access to detailed information on supplements, stress reduction, manual therapies, and other evidence-based complementary treatments.

### For Institutions:

- Lower burnout scores offer bottom-line savings by reducing medical errors as well as expensive turnover and hiring costs.
- Promote a cultural change toward whole-person care and enable healthcare teams to communicate, coordinate, and discuss integrative modalities with patients and clients, improving outcomes.



MJG 7/28/2020



THE UNIVERSITY OF ARIZONA

**Andrew Weil Center  
for Integrative Medicine**

For additional information on implementing this dynamic program at your institution, contact our business development team at [biz-dev@list.arizona.edu](mailto:biz-dev@list.arizona.edu).

## Program Details

- 144 hours of online education
- 1 year to complete
- \$3201.12 per learner with a 3 learner minimum
- Optional: A 2-4 day onsite retreat (priced separately) will add an experiential, team learning, element to the program. Contact us for details.

## What Will Your Interprofessional Staff Learn?

- Stress, health, and resilience
- Mind-Body tools
- Motivational interviewing
- Healing Relationships (Professional and personal)
- Integrative mental health (focus on wellbeing, depression, and anxiety)
- Aromatherapy and botanicals
- Spirituality and wellbeing
- Lifestyle approaches, including
  - » Physical activity
  - » Sleep and dream health
  - » Nutrition and supplements
  - » Environmental health
- Complementary & Whole Systems, like
  - » Traditional Chinese Medicine
  - » Ayurveda
  - » Manual medicine
  - » Energy medicine

**“This curriculum has allowed me to integrate a patient-centered approach and a greater appreciation of all aspects of health. I have a better appreciation of the impact on health of lack of physical activity, sleep, and nutrition, as well as exposure to environmental toxins. Integrative health should be the model of care all over the country.”**

**—Marta Kazandjian Ranaldo, MA, CCC, SLP, BRS-D**



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