

A woman with dark skin and curly hair is shown from the chest up, wearing a dark blue tank top. She has her eyes closed and her arms raised, with her hands clasped together above her head in a yoga-like pose. She is wearing a gold beaded bracelet on her right wrist and small hoop earrings. The background is a solid blue-grey color.

Integrative Medicine Programs

A Proactive, Predictive,
& Preventive Approach
to Medicine



Health Sciences



Integrative Medicine (INTM) is defined by The American Board of Integrative Medicine® (ABOIM®) and the Academic Consortium for Integrative Medicine & Health (The Academic Consortium) as the practice of medicine that reaffirms the importance of the practitioner-patient relationship. It focuses on the whole person and is informed by evidence-based medicine, while making use of all appropriate therapeutic approaches, health care professionals, and disciplines to achieve optimal health and healing.

A HOLISTIC APPROACH TO HEALING

A shift toward personalized and lifestyle medicine is occurring within health care today—one that is more proactive, predictive, and preventive. This shift is supported by health technology, changes in environmental policy, and advanced natural product development. Recognizing the need to prepare physicians and clinicians to adapt to this method of health care, the George Washington University (GW) School of Medicine and Health Sciences (SMHS) created unique opportunities for health care professionals to enhance their education with online programs in INTM: Fellowship, Master of Science in Health Sciences (MSHS) in INTM or INTM Nutrition, and Graduate Certificate in INTM or Integrative Nutrition & Lifestyle Medicine.

Many of the resources available in the program allowed me to access databases that I could use in my day to day work as well as in the program. There was such a wide range of backgrounds from other students in the program, that I have maintained contact with several post-graduation.

— Mark Webster
MSHS in Integrative Medicine, '19

LEARN FROM LEADERS IN THE FIELD

Developed in collaboration with leading practitioners of INTM, these programs provide a perspective frequently lacking in typical medical curricula.

The programs teach students to understand the importance of blending technologic advances in medicine with an individualized touch. Learning how to balance treating disease with wellness care in an evidence-based practice is an important aspect of our programs.

WHAT WILL I LEARN?

The INTM Programs prepare graduates with the knowledge and skills needed to facilitate and lead innovation in health care. Throughout the programs, practitioners will learn to utilize their new knowledge of biological systems and advanced analytical methods to evaluate the needs of patients and make informed decisions while building each patient's care and wellness plan.

Our programs include the only Master of Health Sciences (MSHS) in Integrative Medicine (INTM) offered at a major academic medical center along with a Fellowship and Graduate Certificate.

MSHS in INTM

Take part in a scientifically-backed course of study that shows you how to create successful multidisciplinary treatment plans that help your patients achieve and maintain optimal wellness.

MSHS in INTM Nutrition

Study the integrative medicine approach to health care with an emphasis on the role of diet and nutrition, so you can empower patients to avoid or manage chronic diseases like type II diabetes, obesity, and heart disease.

With an additional 1,000 extracurricular hours of supervised experience, graduates are eligible to sit for the Certified Nutrition Specialist (CNS) exam and be recognized by the Board for Certification of Nutrition Specialists.

MSHS in INTM + Fellowship

This academic track is only available to licensed physicians to improve the level of care offered. It offers 1,200 supervised clinical hours and prepares you to sit for the ABOIM exam.

Graduate Certificate in INTM

Learn how you can apply INTM competencies, whole-person care, and principles of nutrition and metabolism to your practice in just 18 months. Credits can be transferred into the MSHS in INTM or INTM Nutrition online degrees.



Graduate Certificate in Integrative Nutrition & Lifestyle Medicine

Add the basics of the INTM approach with foundational nutrition and lifestyle counseling to your practice in just 18 months. Credits can be transferred into the MSHS in INTM or INTM Nutrition online degrees.

BOLD, INNOVATIVE, PROFOUND

GW SMHS is a premier research institution focused on the nexus between wellness, lifestyle, medical education, research, technology, and personalized medicine. Our INTM Program combines contemporary medical knowledge with evidence-based complementary approaches, providing practitioners with the best tools from each.

The curricula demonstrate key concepts and approaches as defined by the expertise of our public and private partnerships. Our collaborative partnerships provide an unprecedented opportunity for health care professionals to develop an evidence-based framework to guide patients to optimal health and healing.

WHAT MAKES GW INTM UNIQUE?

We have a strong emphasis in using a critical eye and leveraging clinical research. Our program is based in the latest in science as it applies to clinical care as well as clinical and translational research. This coupled with our excellence in nutrition counseling and nutrition science are the hallmarks of the GW INTM programs.

For more information, contact us at: hsctrl@gwu.edu

smhs.gwu.edu/integrative-medicine

**School of Medicine
& Health Sciences**

THE GEORGE WASHINGTON UNIVERSITY