

**INTEGRATIVE
MEDICINE
DISTINCTION TRACK
CLASSES OF 2026, 2027, 2028**



Introduction

Distinction Tracks at the University of Arizona College of Medicine-Tucson provide students with the opportunity to explore interests beyond what is covered in the normal medical curriculum. Each track is unique in its requirements, but each ensures an enriched medical school experience for participants.

Completion credit is recorded in the College of Medicine transcript for participating students and is included in the MSPE letter. Prerequisite for Distinction Track participation is the continuing maintenance of good academic standing.

Requirements to graduate with Distinction

The Integrative Medicine Distinction Track is designed to allow students to independently explore and study facets of Integrative Medicine and Whole Health. There are 2 required activities, and 1 *selective* that must be completed. Here are details:

Required Activities (2)

- **Healer's Art Course (MED-E14):** The Healer 's Art course is offered to first and second year students in the Winter semester, and consists of five 3-hour weekly sessions held in the evening. It was designed by Rachel Naomi Remen, M.D., and is offered at more than 50 medical schools in the U.S. The course's innovative educational strategy is based on a discovery model, and draws on tested approaches and theories from such fields as humanistic psychology, formational theory, and cognitive and Jungian psychology. This requirement should be completed in either the M1 or M2 year, but may be done in the M3 year with permission.
- **Prevention & Wellness Course (FCM-896-P)** is open to all students who have completed their core clinical clerkships. It consists of approximately 35 hours of online modules that form the foundation of the student's studies in Integrative Medicine. They are self-paced and must be completed in their entirety to receive credit (1 graduation credit is offered). The modules were written by faculty of the Weil Center for Integrative Medicine.

Selectives (must also complete 1 activity below):

- **Integrative Medicine Elective Rotation (MED 8961):** A month-long immersive Integrative Medicine Elective Rotation This below dynamic and exciting month-long elective rotation, available twice yearly (one per each spring and fall semester), gives medical students and residents from around the world an in-depth exposure to Integrative Medicine. Community preceptors will present introductory sessions and workshops, focusing on different modalities of integrative medicine: botanicals, homeopathy, mind/body, naturopathy, nutrition, traditional Chinese medicine (TCM),

manual medicine, and energy medicine. The rotation also includes experiential activities.

- **Capstone Paper or Project** The Capstone gives students the opportunity to research an area of interest within the field of Integrative Medicine, and to prepare an original paper. This can either represent original research, or serve as a scholarly review of a topic of interest. Students may work with a faculty sponsor, and all topics must have prior approval of the Distinction Track director. The paper should be between 4000-5000 words in length (excluding references and figures), in standard journal format, fully referenced, with illustrations. The paper or project final report will be due by the end of March in the M4 year.

Optional Activities:

- **Patient Conference** These sessions include a patient presentation by our Integrative Family Medicine Fellow, along with commentary by select members of the faculty. It is an opportunity to observe Integrative Medicine in practice, with many therapeutic options being presented. It is hosted by the Andrew Weil Center for Integrative Medicine and the department of Family and Community Medicine. Advance email notices will be sent prior to each of these sessions, which are typically held on Friday afternoons.
- **LEAPS Summer Program:** The week-long Leadership And Education Program for Students in Integrative Medicine focuses on developing leadership skills, integrative medicine education, and self-care skills for students, held in Oceanside, CA.
- **Quarterly lunchtime sessions** to learn about important self-health lifestyle topics (nutrition, sleep, physical activity, etc). Focuses upon self-care strategies for medical students and their patients.

Enrollment

Students typically enroll in the Distinction Track during the first two years of Medical School, although we accept applications in the M3 /M4 year under certain circumstances. Students must be in good academic standing in order to enroll.

Applying

The application process is a simple web form accessible at:
<https://awcim.arizona.edu/education/imdt.html>

Distinction Track Faculty

Randy Horwitz, MD, PhD

Director of Integrative Medicine Distinction Track
 Medical Director, Andrew Weil Center for Integrative Medicine
 Professor of Medicine, University of Arizona College of Medicine

Andrew Weil, MD

Founder, Andrew Weil Center for Integrative Medicine
 Clinical Professor of Medicine and Public Health
 Jones/Lovell Endowed Chair in Integrative Medicine

Stephen Dahmer, MD

Director, Andrew Weil Center for Integrative Medicine
 Assistant Dean of Wellness, University of Arizona COM-T

Mari Ricker, MD

Director of Integrative Medicine in Residency
 Professor of Family and Community Medicine

Ann Marie Chiasson, MD, MPH

Director, Integrative Medicine Fellowship
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Contact Us

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