

**The Family & Community  
Medicine Residency  
Program Provides  
Curriculum and Training in  
Integrative Medicine and  
Physician Wellness**

- Stress Management
- Mind-Body Medicine
- Innovative, Award-Winning Integrative Medicine Curriculum
- Experience with Complementary Alternative Medicine Modalities
- Experiential Learning



*Resident relaxing during restorative yoga experiential session*

**For More Information**

Whittier Clinic  
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Minneapolis, MN 55408

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**[hcmc.org/familymedresidency](http://hcmc.org/familymedresidency)**

# Integrative Medicine in Residency

Family & Community  
Medicine Residency  
Program



Hennepin County Medical Center provides services without regard to race, color, creed, age, sex, disability, marital status, sexual orientation, public assistance, or national origin.



## Integrative Medicine in Residency (IMR)

The Family & Community Medicine Residency Program collaborated with seven Family Medicine Programs in the U.S. to develop and implement the IMR web-based curriculum in June 2008.

IMR Curriculum complements on-site didactic and experiential learning and training in Integrative Medicine, Patient-Centered Care, Resident Wellness, and Behavioral Medicine.

The IMR Curriculum has been selected for The Most Innovative Program Award by The Society of Teachers of Family Medicine for 2011.



*IMR project staff and site leaders/faculty gathered for annual project meeting in Tucson, AZ (11/2010)*

## Resident Competencies

- Integrate knowledge and skills about mind-body, nutrition, botanicals/supplements, whole systems, and physical activity into conventional medicine and patient care
- Facilitate lifestyle change
- Practice patient-centered care
- Learn to collaborate with and refer to Complementary Alternative Medicine (CAM) Practitioners

## Curriculum

- Organized by topics: Prevention, Wellness, Acute Care, Pediatrics, Women's Health, Chronic Disease, Whole Systems and Tools
- Integrated into 3-year Family Medicine curriculum longitudinally
- Web-based curriculum
- Experiential learning

## Opportunities

- Elective in Integrative Medicine
- Track in Integrative Medicine
- IMR Certification on Completion



*Taking a break, relaxing in the massage chair in the Resident Teaching/Lounge area*

## About Whittier Clinic

Hennepin County Medical Center's Whittier Clinic is a multi-specialty clinic located in the heart of South Minneapolis' Whittier neighborhood. Formerly known as Family Medical Center, Whittier has provided community-centered primary care since 1986. In October 2010, it relocated to a brand-new, 60-000-square-foot facility just two blocks north of its old space.