

# *INTEGRATIVE MEDICINE (INDE 243A): A Primer for Future Doctors*

**CLASS SPEAKER SCHEDULE (in progress; some changes likely)**

***Introduction to Integrative Medicine:*** scientific evidence, off-label use in allopathic practices

SPEAKERS: Dr. Emily Ratner, Dr. Sam LeBaron, Dr. Archana Dubey

## ***Medical Acupuncture***

SPEAKER: Dr. Brenda Golianu, Department of Anesthesia, Division of Acupuncture

PRACTICUM: practical session with acupuncture, tongue diagnosis with Dr. Emily Ratner

## ***Mindfulness Based Stress Reduction***

SPEAKER: Dr. Marc Abramson, Department of Psychiatry and Behavioral Sciences

PRACTICUM: relaxation techniques helpful before final exams

## ***Hypnosis***

SPEAKER: Dr. David Spiegel, Department of Psychiatry and Behavioral Sciences

PRACTICUM: Harvard Group induction (hypnotizing the class)

## ***Ayurvedic Medicine***

SPEAKER: Dr. Archana Dubey, Department of Family and Community Medicine

PRACTICUM: personality test, body typing, etc.

## ***Traditional Chinese Medicine and Herbs***

SPEAKER: To Be Determined

PRACTICUM: tea and herbs, patient

## ***Massage, Yoga***

SPEAKER: Juno Obedin-Maliver, SMS III+

PRACTICUM: demonstrating massage techniques

## ***Chiropractic Medicine***

SPEAKER: To Be Determined

# *COURSE LOGISTICS*

Class time: Thursday 5:45-7:30pm, starting January 17th through March 6th  
Room: CCSR 4205  
INDE 243A or ANES 243A  
Axess Numbers: 19261 or 23720  
Units: 1-2 (2 units will have an additional written requirement besides attendance!)

## **Course Directors:**

Dr. Sam LeBaron ([slebaron@stanford.edu](mailto:slebaron@stanford.edu))  
Dr. Archana Dubey ([dubeymd@stanford.edu](mailto:dubeymd@stanford.edu))  
Dr. Emily Ratner ([eratner@stanford.edu](mailto:eratner@stanford.edu))  
Dr. John D. Mark ([jmark@stanford.edu](mailto:jmark@stanford.edu))

## **Course Assistant:**

Arthur Johnson

## **TAs:**

Jason Bartos ([jabartos@stanford.edu](mailto:jabartos@stanford.edu))  
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Emily Tsai ([ebtsai@stanford.edu](mailto:ebtsai@stanford.edu))

## **Food:**

Dinner will be provided!!!!!! Please arrive on time to grab dinner, this way we will start on time and leave on time. If you have a particular food allergy, please let us know and we will try to accommodate you.

## **Grading:**

80% attendance is mandatory (8 out of 10 sessions). If you **MUST** miss a third session, there will be a small written assignment (1-2 pages) discussing that modality—please see us in advance if possible. No more than 3 missed classes.

## **Experiential component:**

There will be some sessions with the opportunity to experience that specific modality first-hand. We hope everyone will be willing to participate in the experiential components, but it is optional.

## **Course Sponsors:**

Center for Education in Family and Community Medicine  
Department of Anesthesia/Division of Medical Acupuncture