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)
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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