

BACKGROUND

- Although a 2012 U.S. national survey indicated that 30% of adults and 12% of children engaged in non-allopathic care, little attention is devoted to this in medical school curricula, both in understanding the practices and communicating about them with our patients.

OBJECTIVES

- Provide basic introduction to most-commonly encountered non-allopathic practices
- Explore the evidence base for other models of healing
- Discuss communication with our patients about these practices

THEMES THROUGHOUT COURSE

- Humility and Hubris
- Mind-Body Connection vs. Divide
- Additional tools in our toolbox

METHODS

- Extensive review of popular and peer-reviewed literature
- Development of 1-2 page pre-class readings
- Development of class discussion questions

Creating an Integrative and Mind-Body Medicine Elective for Medical Students

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**Seeking humility: What can allopathic physicians gain by better understanding other models of healing, and how does that lead to better communication with our patients?
(Lead by listening)**



Dartmouth
GEISEL SCHOOL OF
MEDICINE

CLASSES

1. Why not just allopathy?
2. Healthcare and wellbeing: Pharmaceuticals, Surgery and Procedures, Mind-Body-Spirit, Self-care and Community
3. Placebo and Nocebo
4. Non-Western Systems: Traditional Chinese Medicine and Ayurvedic Medicine
5. Western Systems: Chiropractic, Naturopathic Medicine, and the Supplement Industry
6. Manual Medicine: Chiropractic, Massage, Craniosacral, Reflexology, and others
7. Energetic Medicine: Reiki and others
8. Mind-Body Medicine I: Meditation and the Relaxation Response
9. Mind-Body Medicine II: Yoga and Tai Chi
10. Mind-Body Medicine III: Breathing and breathwork
11. Integration

REFERENCES

