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

Christa Kuck, BA and James E. Stahl, MD, MPH

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)

REFERENCES
Creating an Integrative and Mind-Body Medicine Elective for Medical Students
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1. Why not just allopathy?
3. Placebo and Nocebo
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