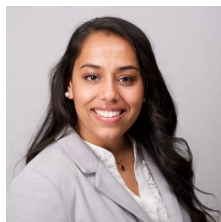


## MCS 2 Selective Integrative Medicine & Wellness

“Integrative Medicine & Wellness” is a brief introduction to select topics of interest to physicians, including alternative, complementary, holistic, spiritual and traditional ways of healing. Integrative Medicine combines the best in Conventional and Alternative Medicine to help patients reach a place of healing in the face of chronic disease. Additionally, a critical component of optimal care is the health of the physician who treats that patient. Along with learning about new approaches to treatment, students will also work on developing creative strategies for personal wellness and self-care.

### Instructor



Monica Patel (MS4)  
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Faculty Mentor: Raja Jaber, MD

### Syllabus

This course consists of four (4), two (2) hour classes with one final presentation. To complement the practice of conventional medicine that students learn in medical school, this course will expose students to alternative, complementary, holistic, spiritual and traditional ways of healing. Integrative Medicine combines the best in conventional and alternative medicine to help patients reach a place of healing in the face of chronic disease. Additionally, a critical component of optimal care is the health of the physician who treats that patient. Along with learning about new approaches to treatment, students will also work on developing creative strategies for personal wellness and self-care.

### Educational Objectives

At the conclusion of this course, you will have the ability to:

1. Understand the various components of Integrative Medicine and gain experience in alternative medicine modalities and approaches to health and healing not typically taught in conventional medicine schools.
2. Develop your own personalized Integrative Medicine treatment plan as part of a final project.
3. Recognize the need for self-care and learn practices to optimize your personal self-awareness and overall health.
4. Develop a lasting sense of balance and well-being.

### Topics and Dates

Week 1: 1:00-3:00 p.m.

Wellness Pre-Survey & Personal Goals, Lecture on Student Self-Care and Wellness, Meditation + Breathing Techniques, Origami Art Therapy, Gratitude Exercise

Week 2: 1:00-3:00 p.m.

Alternative & Complementary Medicine Lecture/Practice: Osteopathic Medicine, Ayurveda, Autonomous Sensory Meridian Response (ASMR), Yoga

Week 3: 1:00-3:00 p.m.

Alternative & Complementary Medicine Lecture/Practice: Naturopathic Medicine, Aromatherapy, Massage Therapy

Last updated on: 7/15/2019

Week 4: 1:00-3:00 p.m.

Nutrition Demo/Tasting, Final Presentations, Reflection + Wellness Post-Survey

**\*\* Final assignment DUE for in-class presentations**

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### **Evaluation**

Grading is based upon meaningful engagement and participation (50%) and successful completion of the final project (50%).

### **Class Size**

Minimum 5  
Maximum 10