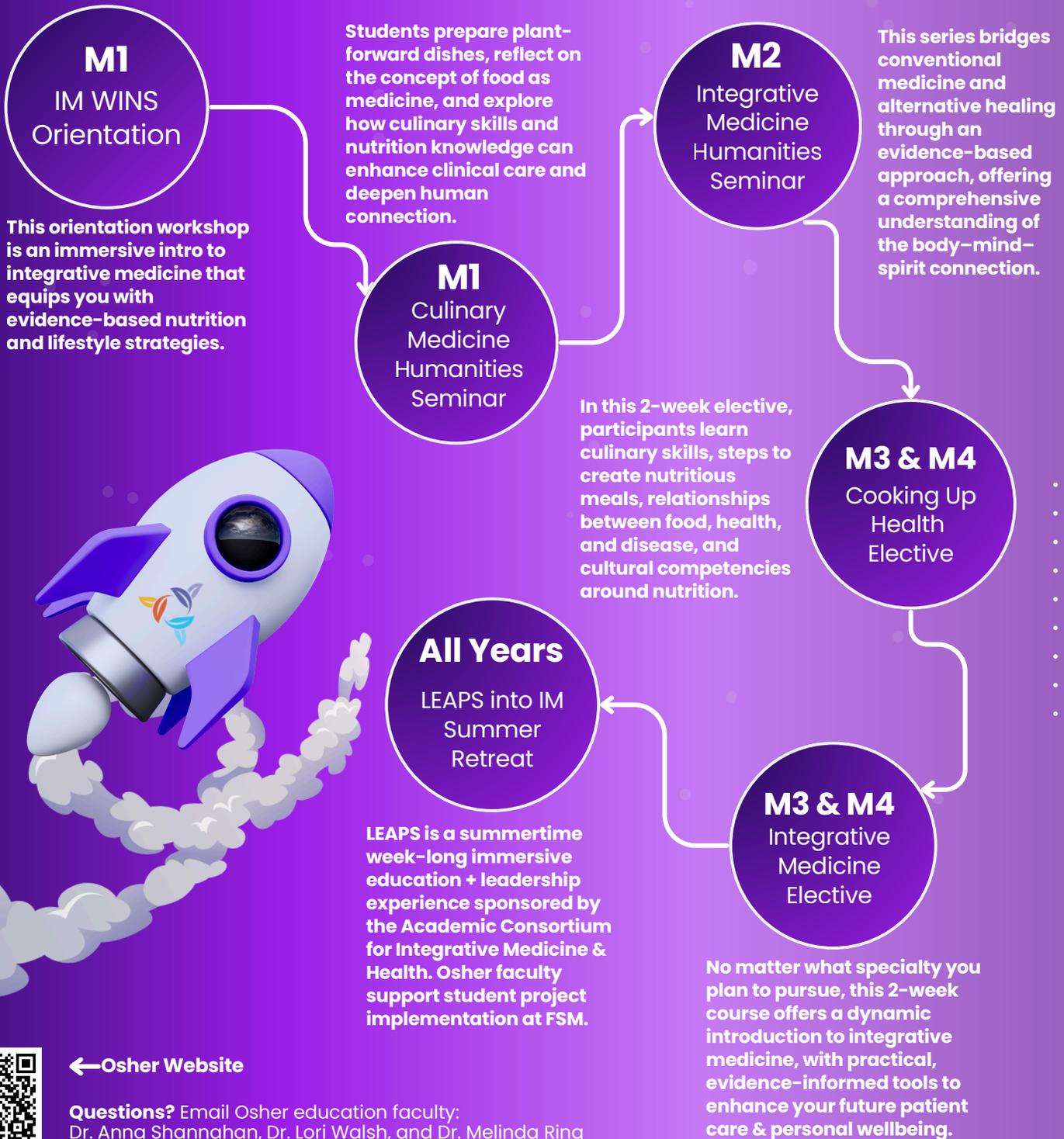


Integrative Medicine

Med School Roadmap



The Osher Center for Integrative Health is a resource for medical students interested in exploring a whole-person approach to care that combines conventional medicine with evidence-based complementary therapies. We offer a variety of educational opportunities to help you learn more about integrative health and how to incorporate it into your future practice.



← Osher Website

Questions? Email Osher education faculty:
Dr. Anna Shannahan, Dr. Lori Walsh, and Dr. Melinda Ring

What is Integrative Medicine?

Integrative Medicine is a patient-centered approach that considers the full spectrum of physical, emotional, mental, social, spiritual, and environmental factors affecting health. It emphasizes the therapeutic practitioner-patient relationship, is evidence-informed, and incorporates appropriate treatments and lifestyle practices from diverse disciplines to promote optimal healing and wellness.

Educational Programs and Events

MS1: IM WINS

This immersive workshop is an introduction to integrative medicine that equips you with evidence-based nutrition and lifestyle strategies to support whole-person, preventive care. Through hands-on learning, you'll build confidence and practical counseling tools in clinical and community settings.

MS1: Culinary Medicine Humanities Seminar

Culinary Medicine offers a unique lens into the medical humanities, exploring how food connects to culture, ethics, history, and health. In this course, students will engage with both the science of nutrition and the art of cooking, gaining insight into how dietary practices impact individual care, public health, and health equity—reflecting the complexity of whole-person care.

MS2: Integrative Medicine Humanities Seminar

Integrative Medicine bridges conventional care with evidence-based complementary therapies, exploring the body-mind-spirit connection to support whole-person health. This course empowers students to understand diverse healing traditions, critically evaluate evidence, and reflect on how cultural beliefs, self-care, and health equity shape both personal and patient well-being.

MS3 & MS4: Cooking Up Health Elective

This 2-week hands-on course blends the science of nutrition with the art of cooking to prepare future clinicians to confidently counsel patients on dietary choices. Students will explore how food influences chronic disease, practice cooking skills, explore community-based food and nutrition resources, and develop culturally sensitive strategies to support behavior change and health equity—while also enhancing their own well-being.

MS3 & MS4: Integrative Medicine Elective

This two-week hybrid rotation offers a rich mix of self-paced online learning, small-group discussions, clinical experiences, and hands-on exposure to therapies like acupuncture, massage, and meditation. Students explore topics such as mind-body medicine, nutrition, and supplements, while also engaging in self-care practices like movement and wellness assessments.

All Years: Leadership & Education Program for Students in Integrative Medicine (LEAPS into IM)

LEAPS is a **summer week-long immersion** run by the Academic Consortium for Integrative Health and Medicine. The overall goal of LEAPS is to enhance student education in evidence-based integrative modalities, and to prepare participants to become leaders in integrative health education at their home institutions.

Additional Opportunities

- The Osher Center offers free **Grand Rounds** throughout the year, featuring leading experts and the latest developments in Integrative Medicine—watch our website for upcoming events!
- Feinberg's **Lifestyle and Integrative Medicine Interest Group (LIMSIG)** connects students to the Osher Center and provides a space to explore healing and self-care practices with peers and faculty advisors.
- Interested in research? The Osher Center is home to cutting-edge studies in integrative health. Reach out to explore **AOSC research projects or summer internships** with faculty mentors.
- Contact our **Osher clinic** to access care for yourself and your patients, including massage, acupuncture, chiropractic care, dietitian support, psychological services, primary care, and integrative medicine consults. Visit us at **150 E Huron St, Suite 1100**, across from NMH. Clinic offerings can be seen at www.ocih.nm.org.

Stay connected: join our mailing list, **email us** directly (integrate@northwestern.edu), or join the **Osher Next Gen ListServ** and watch your student inbox for updates.

We look forward to supporting your journey toward compassionate, whole-person care!