Purpose of Course: This course is designed to introduce medical students, other health professions students, faculty, health practitioners, and researchers, as well as the knowledgeable lay public, to the philosophies, practitioners, techniques, and evidence of efficacy of complementary and alternative medicine (CAM) therapeutics currently in use in the United States, including chiropractic, dietary, mind-body medicine, acupuncture, homeopathy, healing touch and energy therapies, prayer, and herbal therapies.

A large and growing percentage of Americans use one or more of a wide range of complementary, alternative or unconventional healing therapies, often in addition to seeking advice from physicians and other care providers. Increasingly, research is showing efficacy for many of these therapies, and conventional care providers are beginning to take notice, in some instances incorporating selected CAM therapies into care plans. Ability to understand and communicate effectively with patients and other care providers about these therapies, and recommend evidence-based CAM therapies and practitioners when appropriate, should enhance patients’ health and safety and optimize health care.

Course Objectives: As a result of the course, learners should be able to:

- Describe the use of CAM therapies in the United States;
- Describe healing paradigms and rationales for patients’ use of these therapies;
- Describe the philosophies, theoretical basis and techniques of various CAM therapies;
- Discuss the training and certification of practitioners of these therapies;
- Discuss uses of each therapy and evidence of efficacy; and
- Describe the knowledge, attitudes, and skills necessary to communicate effectively with practitioners and users of CAM and conventional therapies.

Format: The course provides an introduction to the field of CAM and integrative health-care, including a wide range of alternative modalities, in lecture-and-discussion format, presented by an active practitioner of the therapy and/or a person knowledgeable in the field, with patient presentations, demonstrations and audience participation where applicable. Presentations cover diagnostic methods, treatment, evidence of efficacy and safety for various conditions, training of practitioners, the practitioner-patient relationship, patient satisfaction, role of prevention, and potential for interactions with conventional healthcare. Topical readings supplement lectures and demonstrations.

Evaluation (for student course credit only): Evaluation with possible total of 100 points is based on

1) Attendance/sign-in, sign-out sheets/questions (4 pts. x 13 classes) 52 possible points
2) First short-answer take-home exam (covers classes 1-4) 10 points – due Sunday, September 28
3) 1 pg description of experience with a CAM modality + reflection 5 points – due Sunday, October 12
4) Second short-answer take-home exam (covers classes 5-8) 10 points – due Sunday, October 26
5) Interviews w/ CAM/IM patients/ practitioners & reflection 10 points – due Sunday, November 2
6) Third short-answer take-home exam (covers classes 9-12) 10 points - due Sunday, November 30
7) Final 1 page reflection/commentary on IM Health Care 5 points - due Friday, December 5

Total points = 102 points

Grading: 

<table>
<thead>
<tr>
<th>Medicine</th>
<th>H= 100-90</th>
<th>HP= 89-80</th>
<th>P= 79-60</th>
<th>F= &lt; 59</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursing (Grad/Undergrad)......</td>
<td>H/A= 100-90</td>
<td>P/B= 89-80</td>
<td>L/C=79-60</td>
<td>F= &lt;59</td>
</tr>
<tr>
<td>Public Health (HBHE)..........</td>
<td>H/A= 100-90</td>
<td>P/B= 89-80</td>
<td>L/C=79-60</td>
<td>F= &lt;59</td>
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</tbody>
</table>
Class Dates, Time: Fall, 2014: August 25–December 1, **Monday** evenings, 6:00 - 8:30/8:45 pm

No class meetings on:
- September 1/Labor Day
- October 6

Location: UNC Cancer Hospital, Main Conference Room (#CG-222), off main lobby (entrance off pedestrian bridge)

OR smaller Conference Room 2 (located around corner from Main Conf Rm)

Course Information: Via Sakai at: https://www.unc.edu/sakai/ (to login, use your UNC ONYEN)

to get an ONYEN, use your Personal ID (PID) - http://www.pid.unc.edu/

Web Site: http://www.med.unc.edu/phyrehab/pim (Program on Integrative Medicine)
PRINCIPLES AND PRACTICES OF ALTERNATIVE AND COMPLEMENTARY MEDICINE
COURSE SYLLABUS

Suggested Text and Other Selected Readings:

- Selected Readings on SAKAI.

Class 1: Monday, August 25, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-6:30</td>
<td>Introduction to CAM/IM &amp; Course Overview</td>
<td>Susan Gaylord, PhD – Associate Professor, Dept. of Physical Medicine/Rehabilitation</td>
</tr>
<tr>
<td>6:30-7:20</td>
<td>Mindfulness: Current Research</td>
<td>S. Gaylord/Karen Bluth, PhD, Post-doctoral Fellow, UNC PIM</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Mindfulness: Intro. to Practice</td>
<td>Ron Vereen, MD – Duke Mindfulness Program</td>
</tr>
</tbody>
</table>

Objectives:
- Describe the use of CAM in the U.S.
- Describe mindfulness and its uses in health and wellness

Readings:
- MICOZZI: Chapter 1
- SAKAI: Greeson, Update on Mindfulness.

Monday, September 1, 2014
NO CLASS - LABOR DAY HOLIDAY

Class 2: Monday, September 8, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Hypnotherapy</td>
<td>Holly Forester Miller, PhD, Wellness Consultants Intl, Durham</td>
</tr>
<tr>
<td>7:15-8:15</td>
<td>Psychobiol Mindful/Somatic Practice</td>
<td>Ralph LaForge MS, Duke Lipid Clinic &amp; Disease Mgmt, Div. of Endocrinology, Duke Univ Medical Center</td>
</tr>
</tbody>
</table>

Objectives:
- Describe the range of mind-body practices;
- Describe the psychobiological therapeutic mechanisms of mindful and somatic practices;
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: hypnotherapy;
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: biofeedback.

Readings:
- MICOZZI Chapters 7-9
### Class 3: Monday, September 15, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:15</td>
<td>Neurofeedback/Biofeedback/HeartMath</td>
<td>Dan Chartier, PhD, Life Quality Resources, Raleigh</td>
</tr>
<tr>
<td>7:30-8:30</td>
<td>Restorative Yoga</td>
<td>Paula Huffman RN, Hillsborough Yoga &amp; Healing Arts</td>
</tr>
<tr>
<td>8:30-8:50</td>
<td>Tai Chi &amp; Qigong</td>
<td>Jay Dunbar PhD, Dir – Magic Tortoise Taijiquan School</td>
</tr>
</tbody>
</table>

**Objectives:**
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: neurofeedback;
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: biofeedback.

**Readings:**
- MICOZZI: Chapter 28; chapter 31

### Class 4: Monday, September 22, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:15</td>
<td>Massage &amp; Other Bodywork</td>
<td>Rick Rosen, Founder/Co-Dir, Body Therapy Inst, Silk Hope, NC</td>
</tr>
<tr>
<td>7:30-8:40</td>
<td>Chiropractic Medicine</td>
<td>Kirk &amp; Sandra Childers, DC, Univ. Chiropractic, Durham NC</td>
</tr>
</tbody>
</table>

**Objectives:**
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: bodywork/massage;
- Describe the psychobiological therapeutic mechanisms of massage and other bodywork therapies;
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: Chiropractic

**Readings:**
- MICOZZI Chapter 15, 16 & 18

**SUNDAY, SEPT. 28 (MIDNIGHT): FIRST “TAKE-HOME” TEST DUE** – Covering classes 1-4

### Class 5: Monday, September 29, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Botanicals: Use and Research</td>
<td>Kim Faurot PhD, UNC Post-Doctoral Fellow</td>
</tr>
<tr>
<td>7:10-8:30</td>
<td>Herbs: Indications/Applications</td>
<td>Judith Brooks Lac.</td>
</tr>
</tbody>
</table>

**Objectives:**
- Describe the history, research, and evidence of efficacy of herbal therapeutics;
- Discuss resources available to judge herbal product quality;
- Discuss the training and certification of practitioners of herbal medicine;
- Discuss approaches to healing used by herbal medicine practitioners;
- Describe the preparation of herbal products;
- Describe five popular herbs and their clinical applications

**Readings:**
- MICOZZI: Chapter 4; chapter 22

**Monday, October 6, 2014:** **NO CLASS** (School of Medicine Clinical Week)

**SUNDAY EVENING, OCTOBER 12, COMMUNITY EXPERIENCE – REPORTS DUE**
<table>
<thead>
<tr>
<th>Class 6:</th>
<th>Monday, October 13, 2014</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Naturopathic Medicine</td>
<td>Susan DeLaney ND, Wellness Alliance, Carrboro NC</td>
</tr>
<tr>
<td>7:10-8:30</td>
<td>Nutritional Approaches to Health Mgmt.</td>
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</table>

**Objectives:**
- Describe the range of nutritional approaches to disease management and their mechanisms and evidence of efficacy;
- Describe the foundations and healing methodologies of naturopathic medicine.

**Readings:**
- MICOZZI Chapters 21 & 25

<table>
<thead>
<tr>
<th>Class 7:</th>
<th>Monday, October 20, 2014</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>6:00-7:30</td>
<td>Traditional Oriental Medicine</td>
<td>Fang Cai, MAOM, Lac, Dipl OM, Oriental Health Solutions, Durham</td>
</tr>
</tbody>
</table>

**Objectives:**
- Describe the philosophy, theory, techniques, uses, evidence, and practitioner training & certification re: Traditional Chinese Medicine
- Discuss the cultural context, philosophy and techniques of Ayurvedic Medicine.

**Readings:**
- MICOZZI : Chapter 26, 27, 29, & 32
- SAKAI:

<table>
<thead>
<tr>
<th>Class 8.</th>
<th>Monday, October 27, 2014</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>6:00-7:00</td>
<td>Aromatherapy/ Essential Oils</td>
<td>Cynthia Loving, LovingScents, Greensboro, NC</td>
</tr>
<tr>
<td>7:10-8:30</td>
<td>Functional Neurology</td>
<td>Sam Yanuck DC, private practice, Chapel Hill, NC</td>
</tr>
</tbody>
</table>

**Objectives:**
- Describe the mechanisms of action of essential oils;
- Discuss the evidence of efficacy of aromatherapy treatment

**Readings:**
- MICOZZI : Chapter 23

SUNDAY, OCTOBER 26 (MIDNIGHT): SECOND “TAKE-HOME” TEST DUE – Covering classes 5-8
Class 9.  Monday, November 3, 2014  Instructor  

Shamanism  Mara Bishop/Ernie Shoenfeld, PhD  
Mara Bishop MS, CSC, Shamanic Practice Intuitive

Objectives:  
- Describe the philosophy, theoretical basis, techniques, uses & cultural views of shamanism

Readings:  
- MICOZZI: Section Six (skim)  
- SAKAI:  

SUNDAY EVENING, NOVEMBER 2, PATIENT/PRACTITIONER INTERVIEWS – REPORTS DUE

Class 10:  Monday, November 10, 2014  Instructor  

6:00-7:10  Functional Medicine  Joanne Pizzino MD, Private Practice, Raleigh NC  
7:15-8:45  Ayurvedic Medicine  Lynnea Villanova, MD, Private Practice, Raleigh, NC

Objectives:  
- Describe the elements of functional medicine and Ayurvedic medicine.  
- Provide discussion and feedback about course content including topics, speakers, assignments, etc.  
- List the basic tenets of functional medicine and its approaches to treatment of various illnesses;  
- Describe the theoretical basis, techniques and therapeutic applications of functional medicine & Ayurvedic medicine.

Readings:  
- MICOZZI: Chapter 8

Class 11:  Monday, November 17, 2014  Instructors  

6:00-8:30  Homeopathic Medicine: Theory and Practice  Julie Insley TRS/CTRS, RSHom(NA), CCH, Durham NC  
Homeopathic Research  Manfred Mueller DHom, Asheville area  
Both Insley & Mueller are Homeopathic physicians

Objectives:  
- List the basic tenets of homeopathy;  
- Describe the approach to the patient in homeopathy;  
- Describe the preparation of a homeopathic remedy;  
- Discuss the training and certification of practitioners of homeopathy;  
- Discuss the evidence of efficacy of homeopathic treatment.

Readings:  
- MICOZZI : Chapter 10 & 24
### Class 12: Monday, November 24, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>6:00-7:00</td>
<td>Study/Science of Distance Healing,</td>
<td>Ginette Nachman MD PhD, Durham/Chapel Hill NC</td>
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<td>Noetic Science</td>
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<tr>
<td>7:15-8:15</td>
<td>Intuitive Diagnosis/Medicine</td>
<td>Donna Gulick, N.C. and beyond</td>
</tr>
</tbody>
</table>

**Objectives:**
- Discuss the philosophical and theoretical basis for healing at a distance;
- Describe the evidence of efficacy of spiritual healing;
- Describe the approach to the patient in intuitive diagnosis and healing.

**Readings:**
- MICOZZI: Chapter 10
- SAKAI:

**SUNDAY, NOVEMBER 30 (MIDNIGHT), THIRD “TAKE-HOME” EXAM DUE** – covering classes 9-12

### Class 13: Monday, December 1, 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>6:00-8:30</td>
<td>To Be Announced</td>
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**Objectives:**
- Describe how CAM therapies can be integrated into a hospital or other health care setting

**Readings:**
- MICOZZI, Chapter 3
- PIM SERIES: Mann, Gaylord & Norton: “Integrating CAM Therapies w/ Conventional Care”

**FINAL 1-page reflection/commentary on INTEGRATIVE HEALTH CARE DUE BY FRIDAY, DEC. 5, NOON**