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Module 1: Introduction to Integrative Medicine

A 12-week, CPD accredited module
offered via web-based, online education.

The Division of Family Medicine and Primary Care at Stellenbosch University's Faculty of Medicine and Health Sciences, is pleased to offer the first of 3 modules towards a **Certificate in Integrative Medicine**.

Integrative Medicine is a healing-oriented medicine that takes account of the whole person (body, mind and spirit), including all aspects of lifestyle. It emphasises the therapeutic relationship and makes use of all appropriate therapies, healthcare professionals and disciplines, in an evidence-based approach. In essence, Integrative Medicine seeks to combine the very best of conventional, complementary, alternative and traditional medicine in a new paradigm of healthcare. This new paradigm not only incorporates existing practices, but transcends each of them to define an entirely new system of healing.

What others have said about this module:

- Be prepared for a paradigm shift!*
- The most intellectually stimulating module of my four year residency programme*
- A great course, particularly if you are grappling with the practice of medicine and frustrated with the limitations*
 - An opportunity to learn how to practice medicine as was meant to be*
 - A wonderful journey of the self*
 - Brings back the art of medicine*
- It will open your mind and perhaps reaffirm some of your initial thoughts about medicine. An eye-opening journey.*
 - The module will positively change your personal life and your practice*
- Does not necessarily require a change in your choice to use the western medical approach to healthcare, but the influence it will have on your approach to people, patients, the doctor-patient interaction and yourself as practitioner and individual, will improve the quality of healthcare in a way that may allow for patients, families, communities and health professionals to heal.*

Who: Suitable candidates must have a **minimum 4-year degree** that entitles them to registration with the **Health Professions Council of South Africa (HPCSA) or Allied Health Professions Council of South Africa (AHPSCSA)**. They must also be computer literate, able to participate in online learning activities on a regular basis, and proficient in English at an academic level.

What: Key emphasis during **Module 1** is on:

- Exploring theories and philosophies relevant to healthcare that are drawn from conventional, complementary, alternative and traditional systems
- Introducing concepts and foundational principles of an integrative approach
- Introducing mindfulness-based practices
- Practitioner self-awareness and reflection as essential to professional development and health outcomes

When: **24th January – 21st April 2013** with a **COMPULSORY 2-day contact session** at the University's Tygerberg campus in Cape Town at the beginning of the module.

Why: Successful completion of Module 1 will entitle participants to a short-course certificate and CPD points. It is also a compulsory entrance requirement for participation and registration in 2 additional modules that will be offered annually. Successful completion of all 3 modules will entitle students to a **Certificate of Competence in Integrative Medicine**. Each module is offered as a separate short course in order to allow students the option of completing 1 or more modules during any given year, according to the flexibility of their budget and schedule. Modules 2 and 3 will focus on:

- A Functional Approach to Integrative Medicine
- Different Therapeutic Systems and Modalities in Integrative Medicine

Cost: **R5 500** includes all tuition fees and course materials for **Module 1 only**.

CPD: 30 CPD points have been applied for.

Registration closes 30th November 2012.

For more information and registration forms, please contact:

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