

Osher Center for Integrative Medicine



The University of California, San Francisco’s (UCSF) Osher Center for Integrative Medicine is now accepting applications for our Clinical Fellowship in Integrative Medicine. The UCSF Osher Center is a founding member of the Academic Consortium for Integrative Medicine and Health (ACIMH), as well as the Bravewell Collaborative, and has been on the forefront of advancing patient care through integrative medicine services since its inception in 1997. Widely acknowledged as a leader in the field, the UCSF Osher Center is housed within UCSF, a world-renowned health science institution.

The UCSF Osher Center’s Clinical Fellowship in Integrative Medicine offers specialized training for physicians interested in clinical integrative medicine. This one-year program is designed to prepare physicians for academic careers in integrative medicine. Our mission is to train highly skilled, compassionate, and innovative leaders. The training experience includes:

- Supervised clinical training in integrative medicine;
- Classroom-based curriculum in integrative medicine; and
- Mentorship for an integrative medicine-related project.

Applicants to the fellowship program must have successfully completed an accredited residency program at a US-based institution. Salary and benefits will be provided at the UCSF PGY 4 level.

For application details, please see our website:

<http://www.osher.ucsf.edu/education/fellowships/clinical-fellowship/>

For more information, please contact Joe Cook at joe.cook@ucsf.edu or 415-514-8692.

About Integrative Medicine

Integrative medicine (IM) is defined as “the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.”(ACIMH) The 2012 National Health Interview Survey, a survey of 35,424 adults and 10,218 U.S. children conducted by the Centers for Disease Control and Prevention’s National Center for Health Statistics, found that 33.2% of U.S. adults use integrative and complementary health approaches. The use of IM is higher among those with chronic illness.



About the UCSF Osher Center for Integrative Medicine

The Osher Center is a multidisciplinary program established in 1997. Shelley Adler, PhD. is the current Interim Director, and Sanford Newmark, MD is the Medical Director. The aims of the Osher Center are:



- to scientifically research the effectiveness and value of integrative medicine;
- to bring to the patient approaches of proven value;
- to bring to students and practitioners in the health professions a new paradigm of relationship-centered integrative medicine; and
- to disseminate information on the efficacy of integrative medicine to the public and the medical community.

The Osher Center operates within the UCSF School of Medicine, with relationships with all the UCSF Schools: Medicine, Nursing, Dentistry, Pharmacy, and Graduate; its five affiliate hospitals; and its extensive research laboratories. It has strong ties to the community and to other integrative medicine-related organizations nationally and internationally.

The intention of the Osher Center is neither to debunk nor endorse complementary therapies, but to evaluate, integrate, and advocate for proven and beneficial principles of practice, whatever their source. In so doing, the Osher Center hopes to explain the biological mechanisms that may underlie effective complementary therapies, examine the behaviors and beliefs associated with their practice, and explore how and if they can be harnessed to support individual health.

The Osher Center's Clinical Practice has approximately 750 patient visits per month. The clinic offers a variety of integrative MD services, including oncology, pediatrics, manual medicine, and psychiatry, as well as Ayurvedic medicine, acupuncture, biofeedback, massage therapy, and women's health services. Our group programs include mindfulness courses, yoga, and specialized cancer classes. The clinic serves patients presenting with a wide variety of conditions, including musculoskeletal pain, diabetes, obesity, coronary heart disease, chronic obstructive lung disease, inflammatory bowel disease, ADHD, autism, and cancer and treatment-related side effects.



The Osher Center also has a robust Research Program that conducts rigorous scientific research on treatments that address multiple aspects of patients' health and wellness: biological, psychological, social, and spiritual. The program has received two prestigious Center of Excellence awards from the National Institutes of Health, in 2004 and again in 2008. It has received over \$29 million in extra-mural research funding.

The Osher Center has an established history of training clinicians in integrative medicine, including Bravewell fellows and UCSF medical students, residents, and nurse practitioner students. The Clinical Fellowship in Integrative Medicine was launched in 2015.