HEAL-IM Optional Activities

During the summer after the first year of the HEAL-IM program, students may choose from several scholarly or clinical experiences, including:

- **Leadership and Educational Program for Students in Integrative Medicine (LEAPS-IM)** — The Oceanside-based program is focused on developing leadership skills, Integrative Medicine education, self-care skills and designing IM projects to implement at medical students' home schools. Students are expected to implement a project at their home institution and are eligible to apply for a $200 grant to fund the project.

- **Integrative Research Project** — This project requires faculty review of a project description, approval from a faculty mentor or a project's principal investigator. A three-to-five page summary paper of the project and findings is required.

- **Clinical Shadowing Experience** — Find placement in approved Integrative Health clinical site. A three-to-five page paper reflecting on the experience is required.

During the fifth year (or between MS3 and MS4 Years), students may choose to participate in either of the following:

- An Integrative Health Training program culminating in a certificate for:
  - Acupuncture
  - Osteopathic manipulation
  - Medical hypnosis
  - Culinary medicine
  - Biofeedback

- A masters program in public health, business or science that supports effective implementation of a student’s future Integrative Health practice.