

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.