The 2021 Symposium hosted by the Academic Consortium for Integrative Medicine & Health, was a virtual event attended by more than 500 researchers, educators, clinicians, trainees and students from around the world with an interest in this rapidly-developing field.

As Chair of the Academic Consortium, I am so very proud that, despite the limitations of a pandemic, we were able to come together virtually, to share our knowledge and experience with each other, nurture new ideas and cultivate new friendships. It was a richly rewarding opportunity to stay connected during a challenging time and continue our momentum together toward a transformative healthcare system, available to everyone.

**Inside:**

Special Sessions & Other Hot Topics
Impact Data
Participant Demographics
Plenaries Worth Sharing
Coordinating Committees/Planning Focus
Organizational Support

Françoise Adan, MD
Chair, Academic Consortium
Board of Directors
2021 SYMPOSIUM SPECIAL SESSIONS & OTHER HOT TOPICS

This event surprised me! I am zoom-fatigued as much as anyone, and I attended more of the sessions than I anticipated! This is because they were comprised of real, kind, wonderful people who also are at the top of their clinical and/or research game! The Academic Consortium community is a community I could feel, even online.

SPECIAL ACCME OPENING SESSION

Engineering Learning for Healthcare Professionals: Adapting and Evolving

ACCME President and CEO Graham McMahon, MD, MMSc, discussed the significance of updated ACCME standards for integrative medicine and its impact on transformative healthcare. The new standards recognize a changing healthcare environment and address some concerns expressed by members of the Academic Consortium regarding outdated restrictions imposed on CME for integrative medicine. Watch session video.

NCCIH SPECIAL SESSION

Using Artificial Intelligence to Solve the Puzzle of Salutogenesis

Salutogenesis is understudied and poorly understood. NCCIH is co-leading an exciting new initiative involving artificial intelligence (AI) that will create research opportunities for the integrative medicine community to generate multilevel datasets on health restoration/salutogenesis, bringing novel and transformative analytical methods to the integrative health community. Watch the session video.

Helene Langevin, MD
NCCIH Director

SPECIAL MEMBERS’ MEETING WORKSHOP

Conscious Leadership

Individual reflection and group breakouts provided opportunity for members of the Academic Consortium to expand their skillsets and grow as a leader. Led by Benjamin Kligler, MD, MPH, VHA, and Melinda Ring, MD, FACP, ABOIM, Osher Center for Integrative Medicine, Northwestern University. Watch session video.

HOT TOPICS – ATTENDEE FAVORITES

- Eliciting Motivation in Clinical Encounters in 5 Minutes-Lifestyle Medicine & Nutrition
- Education Goes Viral: What We Are Learning from Online PivotsCOVID-19 Pivots
- mHealth for Managing Headache: Current Technologies and Future Opportunities-COVID-19 Pivots
- Interoceptive Awareness Training: Mindful Awareness in Body-Oriented Therapy-Resilience & Well-Being
- Oral Abstracts: Resilience & Well-being
- Mindfulness-Based Interventions in Medical Settings to Improve Outcomes-Resilience & Well-Being

Symposium Resource for Advancing Healthcare Together - Abstracts Supplement

...More than 100 oral and poster abstracts have been gathered into a special collection available at 2021 Integrative Medicine & Health Symposium Abstracts.
IMPACT DATA

513 researchers, educators, faculty, trainees and students
37 states
11 countries, including Australia, Brazil, China, Germany, the Netherlands, and Scotland
80+ educational sessions--TED-style, experiential, panel discussions, chats and plenaries
94% rated session quality excellent/good
92% rated breadth of sessions topics excellent/good
18 health coach mentors
56 moderators/chat facilitators
116 speakers
100+ poster presentations

In a post-symposium survey, attendees said the event helped them to:
- Discuss a multidisciplinary approach to patient care using integrative modalities and lifestyle approaches.
- Recognize the benefits and indications of mind-body interventions.
- Describe the current evidence base for integrative therapies such as acupuncture, yoga, tai chi and mindfulness-based interventions for health conditions such as pain and symptom management.
- Identify nonpharmacologic tools for the treatment of pain and other conditions such as depression/anxiety.

Attendee quotes

This was my first Symposium and it was extraordinary! It was wonderful to be in spaces with like-minded people. The dedication to patients’ well-being, to innovation and to research was palpable. I learned something in every session; reminded of my desire to do better and actively seek answers and not to be passive or indifferent.

Great conference from academics across the country regarding the spectrum of topics from vascular biology to equity!

Not like other conferences in the best way possible. Lots of opportunity for movement, fun and connection in addition to great science.

Great place to learn about true integrative medicine topics and network with like-minded colleagues.

It was very helpful to feel connected to a community working to create an evidence base that will support the wider adoption of integrative modalities.
ATTENDEE DEMOGRAPHICS

Total Attendees: 512

**Attendee by Gender**
- Female: 72%
- Male: 21%
- Non-Binary: 6%
- Pangender: 0%
- Prefer Not To Say: 1%

**Attendee by Race & Ethnicity**
- Asian: 64%
- Black or African American: 15%
- Hispanic or Latino/Latina/Latinx: 3%
- White: 5%
- Indigenous American: 0%
- Indigenous Hawaiian or Other Pacific Islander: 0%

**Attendee by Primary Discipline/Field**
- Acupuncture & East Asian Medicine: 3%
- Allied Health: 0%
- Behavioral/Social Sciences: 1%
- Biological & Health-Related Sciences: 1%
- Chiropractic: 20%
- Massage Therapy: 11%
- Medicine (Allopathic and Osteopathic): 6%
- Naturopathic Medicine: 6%
- Nutrition: 2%
- Nursing: 32%
- Public Health: 0%
PLENARIES WORTH SHARING
Educational tracks for the 2021 Symposium were divided into four slices of current professional focus: COVID Pivots, Health & Healthcare Equity, Lifestyle Medicine & Nutrition and Resilience & Well-being. These areas of concentration have the best potential for the greatest impact in this fast-growing field.

Subject experts on these topics led each track with a plenary session that delivered their deep experience and visionary perspective for the future, and identified opportunities for integrative medicine and healthcare professionals.

**COVID Pivots**
*Counting Those Things that are Difficult to Count: Innovations Towards a Salutogenic Science*

David Rakel, MD
University of New Mexico School of Medicine
Professor and Chair, Dept of Family & Community Medicine
[VIEW DR. RAKEL’S SESSION](#)

**Lifestyle Medicine & Nutrition**
*Innovations in Nutrition - Eating to Beat Disease*

William W. Li, MD
Angiogenesis Foundation
[VIEW DR. LI’S SESSION](#)

**Health and Health Equity**
*Re-imagining Healthcare & Collective Healing: Equitable Change & Embodied Mindfulness*

Rhonda Magee, MA, JD
University of San Francisco
Professor of Law
[VIEW DR. MAGEE’S SESSION](#)

**Resilience & Well-being**
*Transforming Trauma: Wellness and Resilience in the Time of COVID-19*

James Gordon, MD
The Center for Mind-Body Medicine
Founder and Executive Director
[VIEW DR. GORDON’S SESSION](#)

- Dr. Rakel is editor-in-chief of practiceupdate.com for Primary Care. He has received NIH funding to study the placebo effect and to incorporate healing modalities into medical school curricula.
- Dr. Magee notes that the “inner work of racial justice” involves “healing ourselves and transforming our communities through mindfulness.”
- Dr. Li says, “Just as there are ideal doses for pharmaceutical drugs, there is an effective disease-beating prescription for many of the foods that we consume every day.”
- Dr. Gordon leads an international faculty of 130 who have trained more than 6,000 clinicians, educators, and community leaders, confronting anxiety, depression, and chronic and life-threatening illnesses.

*If you have been advocating for integrative services, this is your tribe. Come find strength and renewal in the village. You are not alone. Science and objective outcomes are important and data is available to use in discussion with administrative leaders.*
COORDINATING COMMITTEES/PLANNING FOCUS

Innovation was our theme for the 2021 Symposium, in recognition of exciting new research, education and interventions resulting from the increasing public and professional embrace and practical expansion in this field. This symposium was designed to help us connect, include and interact, discover, share and move forward together to the bright future we know lies ahead.

Oversight Committee

Alison Whitehead, MPH, RYT500
Symposium Chair
Veterans Health Administration

Seneca Block, MA, MT-BC
University Hospitals Connor Integrative Health Network

Maria Chao, DrPH, MPA
Osher Center for Integrative Medicine at University of California, San Francisco

Leslie Mendoza Temple, MD
University of Chicago

Scott Mist, PhD
Oregon Health & Science University

Melinda Ring, MD, FACP, ABOIM
Osher Center for Integrative Medicine at Northwestern University

Scarlet Soriano, MD
Boston University

Oversight Committee

Dale West, CAE
Academic Consortium for Integrative Medicine & Health

Program Committee

Melinda Ring, MD, FACP, ABOIM
Committee Co-Chair
Osher Center for Integrative Medicine at Northwestern University

Scarlet Soriano, MD
Committee Co-Chair
Osher Center for Integrative Medicine at Northwestern University

Kathryn Hansen, ANP-BC
Committee Co-Chair
Osher Center for Integrative Medicine at Vanderbilt University

Samantha Simmons, MHP
Oregon Collaborative for Integrative Medicine

Anne Weisman, MPH, PhD
UNLV School of Medicine

Members Meeting Committee

Seneca Block, MA, MT-BC
Committee Co-Chair
University Hospitals Connor Integrative Health Network

Leslie Mendoza Temple, MD
Committee Co-Chair
University of Chicago

Rebecca Schultz, MSN, FNP-BC, MN-BE, CCAP
University of Wisconsin School of Medicine and Public Health

Scientific Review Committee

Marla Chao, DPH, MPA
Committee Co-Chair
Osher Center for Integrative Medicine at University of California, San Francisco

Scott Mist, PhD
Committee Co-Chair
Oregon Health & Science University

ACADEMIC CONSORTIUM FOR INTEGRATIVE MEDICINE & HEALTH
The Dr. Rogers Prize for Excellence in Complementary and Alternative Medicine is a $250,000 prize awarded every two years to individuals of foresight and imagination whose work has advanced the field of CAM and integrative medicine in health care. Open to individuals whose complementary, alternative or integrative medicine activities are carried out in Canada, Dr. Rogers Prize recipients embody the same level of vision, leadership and integrity as that of Dr. Roger Hayward Rogers for whom the award is named. A Canadian physician and pioneer in the field of CAM, Dr. Rogers was among the first to provide non-traditional therapies for cancer patients. He was appointed to the Order of British Columbia in 2001 in recognition of his groundbreaking work. Learn More About Dr. Rogers Prize

The Bernard Osher Foundation was founded in 1977 by Bernard Osher, a respected businessman and community leader. The Foundation seeks to improve quality of life through the support of higher education and the arts. Specifically, both operating and endowment grants are provided for post-secondary scholarships, lifelong learning institutes for seasoned adults, integrative medicine programs, and – in the San Francisco Bay Area and the State of Maine – organizations focused on culture and the arts.

At present, the Foundation funds scholarships and fellowships at nearly 250 institutions of higher education across the country and provides support to 124 lifelong learning institutes at colleges and universities in all fifty states and the District of Columbia. It also benefits programs in integrative medicine in the United States and Sweden, including centers at the University of California, San Francisco (UCSF); Harvard Medical School and Brigham and Women’s Hospital in Boston; the Karolinska Institute in Stockholm; Northwestern University in Chicago; Vanderbilt University in Nashville; University of Miami; and University of Washington in Seattle. The Osher Collaborative for Integrative Medicine has its Coordinating Center located at UCSF. An array of performing arts organizations, museums, and select education programs in Northern California and Maine receive both current-use and capital support. Barbro Osher, Honorary Consul General of Sweden in California, serves as Chair of the Foundation’s nine-member Board of Directors.

For more detailed information, click here

The mission of NCCIH is to define, through rigorous scientific investigation, the usefulness and safety of complementary and integrative health interventions and their roles in improving health and healthcare.
Thank you from Emerson Ecologics! It was our distinct pleasure to sponsor this year’s Integrative Medicine & Health Symposium in support of our shared mission to advance and empower the integrative health community. Emerson Ecologics has been supporting integrative practitioners for over 40 years with our comprehensive dispensary solution including EE Wholesale and Wellevate Online Dispensary. We are especially proud of our selection of high-quality products and the educational content we’ve curated to help you put your patients on a path to balanced health and wellness. We encourage you to learn more [here](#) and request a personalized proposal for your clinic or health system.

**Friends of the Academic Consortium**

**THE UNIVERSITY OF ARIZONA**

Andrew Weil Center for Integrative Medicine

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**Join us in Phoenix!**


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