

NCIM Academy Prospectus

Integrative Healthcare Training



✧ Gain an accredited qualification in the growing field of Integrative Medicine.

✧ See a wider range of approaches become part of mainstream healthcare.

✧ Be part of an exciting movement for a more diverse, empowering model of healthcare.

✧ Be part of a professional community shaping the future of whole-person care.



National Centre for
Integrative Medicine

Inspiring health and wellbeing

ALAN LONG GARDEN ROOM
A happy place



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National Centre for Integrative Medicine Academy

THANK YOU FOR YOUR INTEREST IN THE NATIONAL CENTRE FOR INTEGRATIVE MEDICINE (NCIM), THE LEADING PROVIDER OF INTEGRATIVE HEALTHCARE EDUCATION IN THE UK.

NCIM is a Centre of Excellence for Integrative Medicine (IM) which supports the transformation of healthcare, within a model that combines the best of conventional, functional, holistic and lifestyle approaches to maximise patient choice and individualise care to improve health and wellbeing.

NCIM brings together a team of healthcare professionals focused on health promotion, self-care and lifestyle management. It supports connections between mind and body and between individuals and their communities.

Within the NCIM Academy we offer a number of accredited masters-level courses in integrative healthcare, including our flagship Diploma, an Extended Diploma which focuses on research, and single modules that can build towards the Diploma.

We believe in:

- Whole person care that supports a working collaboration between patients and practitioners, to improve health and wellbeing.
- Increased patient choice and access to services by generating an awareness of IM activities.
- A model that reaches out to deliver services to diverse communities where they can be best accessed.
- A model that works collaboratively with patients to support, educate and promote self-care and self-management using healthy-living solutions.
- Being a Centre of Academic Excellence for IM education, research and evaluation.

AIMS OF THE MASTER'S DIPLOMA, SINGLE MODULES AND EXTENDED DIPLOMA PROGRAMMES

The aims of these programmes are to develop the theoretical and practical knowledge, the critical and analytic abilities and the professional and reflective practice of healthcare professionals to help them transform healthcare into a more effective and compassionate practice that respects the individual as a whole person.

These programmes will:

- Lead learners into a sound knowledge of Integrative Medicine and to develop a critical and enquiring approach to a variety of therapeutic interventions and their use in a range of common conditions.
- Develop and inspire a network of practitioners with a knowledge of practice-based research and its role in evidence-informed Integrative Medicine.
- Develop healthcare professionals' self-confidence and skills in holistic assessment to help patients towards maintaining health, personal resilience, and self-empowerment.
- Assist healthcare professionals, through self-reflection and self-care, to build personal resilience and deal with the rigours of contemporary working environments.
- Assist healthcare professionals to manage and communicate a transition towards being an IM practitioner in clinical practice.
- Develop a community of practice that helps to redefine the concept of health as contextual, communal and connected to nature.
- Our Extended Diploma qualification allows you to develop either your research skills further to either support your own business development or advance the integrated healthcare research evidence base.
- Our Single Modules allow more flexible learning when you need it.

Thank you for considering us. We hope you will join us on this exciting journey to create a transformation in healthcare.



Dr Elizabeth Thompson
Founder NCIM





The master's Programme: Course Information

PRIOR LEARNING AND CRITERIA FOR ADMISSION

Supporting a transformation in healthcare is also about building multi-professional teams which reflect the ethos of diversity and mutual respect. We therefore welcome a wide variety of healthcare practitioners to apply.

Candidates can be:

- a) a Doctor, Nurse, Pharmacist, Surgeon, Dentist and registered with a professional body (i.e. GMC or GNC)
- b) a Complementary Medicine (CM) practitioner, Social Prescriber, Health Coach, or Nutritionist, who is a member of a professional association in their field of provision
- c) enrolled as a learner onto a course to qualify as any of the healthcare providers stated in part a or b
- d) working in business or industry relating to integrative healthcare or health and wellbeing
- e) a researcher within an Integrative Medicine clinical team or Integrative Medicine organisation in the country where you work.

Those whose first language is not English must provide evidence of English language proficiency. This may include, for example, an IELTS score of 6.5 or higher, or a Cambridge English Scale Score of 176 or above.

We will also assess your application on a one-to-one basis, and meet with you for an individual interview.

BLENDED AND FLEXIBLE LEARNING

The mode of study for the Diploma, Single Modules and Extended Diploma is part-time blended learning, including online and face-to-face components. The Diploma would normally be completed over 2 academic years, although the single modules allow for a more flexible study pathway.

There will be three 3-day 'intensives' per year. These are teaching and networking events, which learners must attend. Learners will also be encouraged to take advantage of a range of IM related CPD events throughout the academic year.

THE LEARNING ENVIRONMENT

We aim to provide a learning environment that inspires collaboration, dialogue and appropriate social responsibility. Learners should find a welcoming space that honours their individuality and their struggles yet still encourages personal and collective responsibility. Our conviction is that learning experiences can be gained in many different forms and in a range of environments, including virtual learning forums, and is not limited to lecture halls, seminar rooms or classrooms.

TUTORING ASSISTANCE

Learners who experience study or learning difficulties may require additional support to successfully complete their subjects. Tutors will provide additional learning support in such circumstances, and tutoring assistance can be accessed through the Academic Team who will arrange appropriate support.

FELLOWSHIP

As learners graduate with the master's Level 7 Diploma, they will become part of the Alumni of NCIM and can choose to sign up for the Fellowship Programme to become part of a network of Fellows extending the frontiers of Integrative Medicine in the UK, in Europe and across the globe.

The master's Programme: Learning Outcomes

YOU WILL BROADEN

Knowledge and understanding of:

1. What constitutes Integrative Medicine (IM)
2. How this concept has developed within the western medical tradition from a local and international perspective
3. What therapeutic modalities might contribute to a holistic model of care in IM
4. Legal and ethical challenges that may arise in integrating different therapeutic modalities within patient care
5. Current research challenges and findings in relation to the evidence base for IM
6. What approaches within an IM framework may be applied in relation to a range of common conditions
7. Leadership and the inner and outer journey that equips us to fulfil our potential and support others to fulfil theirs

YOU WILL DEEPEN

Intellectual skills which will enable you to:

1. Use critical judgement to enhance practice
2. Critically evaluate research in the field of IM
3. Define and analyse problems
4. Apply critical reasoning to issues through independent thought and informed judgement from a range of sources
5. Develop the ability to evaluate opinions, make decisions and to reflect critically on the justifications for decisions
6. Employ the ability to balance emotional intelligence and critical reasoning to define and analyse problems
7. Use critical self-reflection to enhance practice and increase professional awareness

YOU WILL DEVELOP

Practical skills and be able to:

1. Carry out a holistic assessment
2. Design an appropriate treatment plan for individual patients
3. Utilise a range of self-management techniques to facilitate self-care and inform practice
4. Understand the boundaries of our scope of practice including safe management and connecting people to medical experts where appropriate
5. Establish effective working relationships
6. Develop a programme of audit and evaluation to assess practice
7. Develop a business plan to support the introduction of IM within your practice
8. Identify leadership skills that might be needed to implement those business plans

YOU WILL LEARN

Transferable skills and be able to:

1. Model professional values of equality, inclusion and integrity
2. Recognise the emotional issues that, in self and others, will be part of the personal change that education can bring about
3. Demonstrate personal resilience
4. Collaborate successfully with a team
5. Make informed judgements regarding future trends and wider contexts
6. Build and contribute to IM networks
7. Develop effective communication skills – verbal, non-verbal, sensitive listening and effective case taking
8. Develop the ability to engage effectively and appropriately with information and communication technologies
9. Develop leadership skills and support change in your field of work

The master's Programme:

Course Structure

FEATURES, STRUCTURE AND HOURS

This master's Level 7 Diploma in the Study of Integrative Healthcare is based on achieving 120 credits at master's level, with each credit representing approximately 10 hours of study.

- There are six 100-hour modules and two 300-hour modules – see 'Learning Modules' below
- The final module of 100 hours is an independent project
- The elements of each module include:- Course Attendance (F2F live) plus E-learning (live) and Home study, Assignments, Personal and Professional Integration
- Each module is also a self-sustaining study module that connects to the longer curriculum

MODE OF STUDY

The master's programme is designed to be undertaken part-time and delivered via a blended learning platform.

- Mandatory three 3-day 'intensives' are timetabled each year of the two-year Diploma
- Learners will have access to the Virtual Learning Environment (VLE)
- Regular online tutorials with experts in the field of Integrative Medicine
- Attendance at the NCIM Conferences with lectures and interactive workshops with experts in the field of Integrative Medicine. These days are also an opportunity to network with conventional, lifestyle and CAM practitioners
- In Year 2 learners will have the opportunity to sit in IM practices to gain clinical experience of this emerging field of work

ASSESSMENT

Each module has assignments which learners can tailor to their own interests. Assignments are practical and designed to support the learner on their journey of transformation. Assignment types include:

- Essays
- Clinical placements and field work
- Reports from clinical placements
- Video of holistic consultations
- Case studies to reflect learning
- Reflective journal
- Dissertation
- Presentations

SUPPORT FOR LEARNERS AND THEIR LEARNING

- All learners receive one-to-one pastoral support for the duration of the course
- The virtual learning environment is organised to ensure regular contact with tutors and to foster peer-support
- Learners will be supported to undertake an independent project in their chosen field of interest to deepen learning for future areas of professional activity
- One day of each 3-day 'intensives' will be open to other healthcare professionals (including CAM practitioners, researchers and health commissioners) to support networking and to build a community of change-makers for the future.

The master's Programme: Learning Modules

 **IM701: THE MODERN CONTEXT OF IM: PHILOSOPHY, HISTORY AND CHANGING TIMES IN MEDICINE**

 **IM702: INTEGRATIVE MEDICINE APPROACHES AND MANAGEMENT OF CONDITIONS 1**

 **IM703: HOLISTIC ASSESSMENT: THE THERAPEUTIC RELATIONSHIP, MOTIVATIONAL INTERVIEWING & CLINICAL DECISION MAKING IN INTEGRATIVE MEDICINE**

 **IM704: CRITICAL APPRAISAL OF MEDICINE AND IM RESEARCH**

 **IM705: HOLISTIC MANAGEMENT: SOCIAL PRESCRIBING, A COMMUNITY APPROACH IN INTEGRATIVE MEDICINE**

 **IM706: MANAGING A DYNAMIC IM PRACTICE AND DEVELOPING LEADERSHIP SKILLS**

 **IM707: IM APPROACHES AND MANAGEMENT OF CONDITIONS 2**

 **IM708: INDEPENDENT STUDY ON INN**

IM701 THE MODERN CONTEXT OF IM: PHILOSOPHY, HISTORY AND CHANGING TIMES IN MEDICINE (100hrs)

This module provides the learner with an understanding of the history underpinning traditional medicine and whole medical systems from early human existence to the present day in diverse cultures worldwide. Social, cultural and political developments are considered in the evolution of healing and medicine, as well as the parallel developments in anatomy, physiology and other sciences.

The study of health philosophy across all disciplines and modalities is seen as fundamental to the learners' understanding of the role of the modern healthcare practitioner within the wider healthcare system.

IM702 IM APPROACHES AND MANAGEMENT OF CONDITIONS 1 (300hrs)

Integrative Medicine seeks to provide the very best holistic care and draws from many different traditions in order to do so. Though an IM healthcare practitioner does not need to practise any particular complementary therapy, they do need to know a basic minimum about various different approaches (their underlying philosophy, their methods of assessment, how they deliver treatment and how to refer patients appropriately and safely).

This module will allow learners to gain an understanding of the different approaches and how they might be used in the care of patients. It does not train the learner to become proficient in the practice of these therapies though we may teach some simple techniques and can signpost people to further training. Approaches include Complementary Eastern and Western Traditions (e.g. Traditional Chinese Medicine, Ayurveda, Shiatsu, Homeopathy, Herbal Medicine), Mind-Body Approaches (e.g. Mindfulness, Hypnosis, Healing), Body-focused Approaches (e.g. Nutrition, Exercise-medicine, Osteopathy, Alexander Technique) and many more.

The module will involve face-to-face, online and self-study components. There will be some patient contact and some teaching will be carried out by experienced complementary practitioners. The conditions covered will vary from year to year, and include:

- **Stress**
- **Cardiovascular Health (including hypertension)**
- **Fatigue (chronic fatigue and fibromyalgia)**
- **Chronic pain (including lower back pain)**
- **Musculoskeletal Health**
- **Gut Health**
- **Respiratory Health**
- **Health in Later Life**
- **Cancer**
- **Women's Health**
- **Men's Health**

The master's Programme: Learning Modules Continued...

IM703

HOLISTIC ASSESSMENT: THE THERAPEUTIC RELATIONSHIP, MOTIVATIONAL INTERVIEWING AND CLINICAL DECISION MAKING IN INTEGRATIVE MEDICINE (100hrs)

Learners will study the structures of existing holistic assessments using existing holistic tools as exemplars. Once acquainted with the structure they will then practise with clinical scenarios. This will include role-play comparing non-holistic with holistic assessments to experience progressive learning.

The content will include working in role-plays to practise sensitive listening, and to look at how practitioners can enhance their skills of enquiry to elicit important information that can contribute to the action plan for the individual in front of them. They will also study examples of optimal healing environments and assess and reflect on some of the research available into healing rates influenced by the environment.

They will also study videos of different consulting approaches to investigate the nature of symptoms as a form of communication and pattern recognition across a range of complementary approaches. Learners will also be reflecting and writing about their placements as holistic practitioners in relationship to their holistic assessments. This will include placements with holistic doctors and health professionals. As with other areas of the course, content will also include critical analysis of any evidence base that exists to demonstrate the usefulness of holistic assessments in practice.

IM704

CRITICAL APPRAISAL OF MEDICINE AND INTEGRATIVE MEDICINE RESEARCH (100hrs)

Along with research that will be presented continuously throughout the Diploma, there will also be a focus on critical analysis and skills associated with being able to make sense of data and information presented across a range of IM approaches.

The module will consist of a presentation exploring the issues of carrying out research in medicine, and the particular problems posed by Integrative Medicine.

IM704 CONTINUED...

Learners will be provided with an opportunity to discuss this presentation. They will explore a range of critical appraisal tools which can be used to evaluate research and discuss a selection of appropriate papers, covering both quantitative and qualitative methodologies. Finally, learners will present an assignment within which they examine and critique a paper relating to their area of clinical practice.

IM705

HOLISTIC ASSESSMENT: SOCIAL PRESCRIBING, AND A COMMUNITY APPROACH IN INTEGRATIVE MEDICINE (100hrs)

The content of this module will include a revision of the structure of holistic assessment and the range of treatment options will be enlarged through an understanding of Social Prescribing which encourages learners to make use of community resources to enhance their practice. For example, learners will study the development of the Bristol Kitchen on Prescription Alliance, looking at how connecting to existing networks of health providers can improve lifestyle options for patients. Learners will also study other lifestyle approaches such as Green Care and the Arts in Healthcare provided by community and third sector organisations.

As with other modules in the programme there will be an emphasis on critical analysis and learners will look at the available evidence into the usefulness of Social Prescribing across a range of communities and the challenges of evaluating such initiatives. Content in this module will also include an emphasis on health inequalities and the impact that social deprivation has on quality of life. They will learn the nature of asset-based services that empower individuals and communities to support self-care. They will investigate outcome tools e.g., the Happiness Index and Patient Activation Measure (PAM) to ensure that evaluation is part of their new and dynamic IM practice.

The master's Programme: Learning Modules Continued...

IM706

MANAGING A DYNAMIC IM PRACTICE (100hrs)

This module will cover ways in which IM practice can be implemented. It will include current and future IM clinical models, managing the change from traditional to IM practice, the consequences of the development and implementation of treatment protocols and the of various business models. The importance of record keeping, audit and evaluation will be addressed including scope of practice, ethics, and law. Emphasis will be on the science behind implementing and managing change.

The module will also cover marketing, message, advertising, practice-building and the use of the media. The focus will be on developing a thriving practice, while at the same time managing self-care and staying resilient.

This module will also develop leadership skills, acknowledging that you are likely to be creating change in their field of practice. Graduates will be at the leading edge of change in healthcare and gaining confidence and insight and a balanced relationship to the inner and outer journey of taking up your authority in the world will be a key aspect.

IM707

IM APPROACHES AND MANAGEMENT OF CONDITIONS 2 (300hrs)

This module will be a chance to revisit the various approaches covered in IM Approaches and Conditions 1 but the larger part of this module will be devoted to covering the management of various conditions. We do not intend the learner to become proficient in the practice of any particular complementary approach though we may teach some simple techniques and can signpost people to further training.

The Approaches covered include Complementary Eastern and Western Traditions (e.g. Traditional Chinese Medicine, Ayurveda Shiatsu, Homeopathy, Herbal Medicine) Mind-Body Approaches (e.g. Mindfulness, Hypnosis, Healing), Body-focused Approaches (e.g. Nutrition, Exercise-medicine, Osteopathy, Alexander Technique) and many more.

IM707 CONTINUED...

The Conditions covered come under various areas of health, such as:

- **Women's Health**
- **Men's Health**
- **Child health**
- **Health in Later Life**
- **Cancer**
- **Neuro-degenerative disorders**
- **Infection**
- **Auto-immune conditions**
- **Inflammation**
- **Endocrine Conditions**
- **Skin conditions**
- **Mental Health**
- **Sleep**
- **Approaching a Good Death**

We also look at the complex area of multi-morbidity.

IM708

INDEPENDENT STUDY ON INNOVATION IN INTEGRATIVE MEDICINE (100hrs)

This module provides the learner with an opportunity to demonstrate knowledge and understanding obtained through undertaking previous modules. It will provide the opportunity for the learner to show how they will introduce a more integrated approach into their practice, and how they propose to evaluate this development.

It will therefore be specific to their own practice, but demonstrate skills of critical analysis and synthesis to an advanced level. It will include discussion of legal and ethical issues that may be encountered, and how these may be addressed.

Diploma in Integrative Healthcare Research

Course Information

PRIOR LEARNING AND CRITERIA FOR ADMISSION

The Extended Diploma is available to Diploma graduates (Extended Diploma in Integrative Healthcare) or through direct entry (Diploma in Integrative Healthcare Research).

Prospective learners entering from the Diploma are invited to have an exploratory conversation to talk through their motivations, ensure they fit the remit of the programme and discuss the type of research project that can be offered. This will be held by the Extended Diploma Lead.

Other candidates will need to fulfil the following entry requirements, submit an application form and be invited to interview:

1. Candidates should have a background medicine and healthcare and wish to focus in on an area of integrative healthcare research to support their practice or business.
2. Candidates should wish to develop their qualitative and quantitative research skills as part of their career development, and do not require any prior research experience (aside from academic assignments).
3. Candidates must have a project in mind and be willing to work within the research project criteria outlined by NCIM (e.g. we cannot support clinical trials, or research based on NHS premises).
4. Learners may require additional governance and ethical checks from their employer or jurisdiction and be prepared to gain these.

Prior level of study:

As these modules are at Level 7 on the Regulated Qualifications Framework (RQF), a grounding in good academic practices and the use of citation and referencing is recommended. Ideally candidates should have a Bachelor's Degree (RQF Level 6) in order to apply.

Language:

Candidates for whom English is not a first language will require evidence of a level of written and spoken English at IELTS 6.0 or equivalent. Candidates should note that all learning resources, discussions and assessment are in English.

The qualification will provide the following opportunities to learners:

1. To develop research skills that can be applied in a range of academic and business contexts, including qualitative and quantitative research methods.
2. To identify and critique information sources from the academic literature or business reports to develop a research proposal and literature review for your chosen project area.
3. To identify a relevant methodology and design a research project to collect data for analysis.
4. To make recommendations for your own practice or business ventures to improve patient care, or to inspire others to adopt integrative health approaches.
5. To help grow integrative healthcare research community to further a transformation toward integrative healthcare.
6. To use the postnominals Extended Diploma in Integrative Healthcare (Ext Dip. IH).

Diploma in Integrative Healthcare Research

Learning Outcomes

YOU WILL BROADEN

Knowledge and understanding of:

1. The Integrative Medicine (IM) evidence base.
2. Different types of research – academic/discovery, market research, audit, evaluation.
3. Qualitative and quantitative research techniques.
4. Ethical considerations for conducting research.

YOU WILL DEVELOP

Practical skills that will enable you to:

1. Produce a research protocol including the aims, methodologies, and include the ethical and technical considerations for conducting research.
2. Carry out a research project through careful planning and time management.
3. To analyse, interpret and present research data using appropriate statistical tests.
4. To write a thesis (in the form of a draft journal article) including accurate citation and referencing.

YOU WILL LEARN

Transferable skills that will enable you to:

1. Completion further research as part of your career development, or leading to further postgraduate study.
2. Apply research findings to either health or business settings.
3. Work effectively in a research team and engage with the wider integrative healthcare research community.

YOU WILL DEEPEN

Knowledge and understanding of:

1. Define a research question for investigation by weighing up the existing evidence.
2. Critically evaluate existing research.
3. Analyse other people's arguments and present your own clear arguments yourself and recommendations.
4. Be reflexive and understand your own values and assumptions within your work.

Diploma in Integrative Healthcare Research

Course Structure

FEATURES, STRUCTURE AND HOURS

This year long Level 7 Extended Diploma in Integrative Healthcare is based on achieving 60 credits at master's level, and is awarded in combination with your 120 Diploma credits already achieved. Each credit representing approximately 10 hours of study.

- There is one compulsory module (three months) at around 200 hours of study.
- There is a choice of modules (lasting seven months) at around 400 hours of independent and supervised study.
- The elements of each module include course tutor and research supervisor support (online sessions); reading materials and document templates provided via Moodle; assessments in the form of a protocol and research dissertation.
- Please note that learners will need at least 8-10 hours of study time per week to cover the material and assessments.

MODE OF STUDY

The course is part-time and delivered a blended learning platform.

- Learners will have access to the Virtual Learning Environment (VLE)
- Regular online tutorials with course tutors and research supervisors, including group discussion sessions with fellow students and researchers in the field of Integrative Medicine
- Optional attendance at the NCIM Conferences with lectures and interactive workshops with experts in the field of Integrative Medicine. These days are also an opportunity to network with conventional, lifestyle and CAM practitioners

ASSESSMENT

The NCIM Learning, Teaching and Assessment Strategy is inspired by a holistic and integrative approach to education with the aim of engaging a diversity of learners to develop their inherent capacities within an environment of mutual respect, safety and support.

There will be a range of assignments which will be assessed over the two years including:

- Essays
- Clinical placements and field work
- Reports from clinical placements
- Video of holistic consultations
- Case studies to reflect learning
- Reflective journal Dissertation
- Open-book exams

SUPPORT FOR LEARNERS AND THEIR LEARNING

- All learners receive one-to-one pastoral support for the duration of the course
- The virtual learning environment is organised to ensure regular contact with tutors and to foster peer-support
- Online learning will support personal learning and study during the two-year period
- Learners will experience a spiral of learning, revising topics and knowledge as their experience grows
- Learners will be supported to undertake an independent project in their chosen field of interest to deepen learning for future areas of professional activity
- One day of each 3-day intensive will be open to other healthcare professionals (including CAM practitioners, researchers and health commissioners) to support networking and to build a community of change-makers for the future.

Extended Diploma: Learning Modules

IM RESEARCH MODULES FOR EXTENDED DIPLOMA

- **IM709: ADVANCED RESEARCH SKILLS (20 credits)**
- **IM710: TRANSFORMING BUSINESS PRACTICE (40 Credits)**

OR

- **IM711: TRANSFORMING HEALTHCARE (40 Credits)**

IM709

COMPULSARY MODULE - ADVANCED RESEARCH SKILLS

In this module learners will produce a research protocol. It steps learners through a thorough understanding of research methods relevant to integrative healthcare. It introduces research philosophy, different types of research (academic, evaluation, audit, market research) and methods (qualitative or quantitative).

Learners will bring their own research idea which will develop over the course of the module, and be guided in completing a research proposal document. This will include ethical considerations for working with the public or patient groups as well as planning.

A choice of either:

IM710

TRANSFORMING BUSINESS PRACTICE

In this module learners will complete an original piece of research. This module is for learners who are seeking to develop their business practice, or to set up a business. In this module, learners will develop business skills and critical thinking through completing a programme of market research through independent study using relevant qualitative or quantitative methods.

Learners will produce a market research report and business recommendations for their final dissertation. They will work to Market Research Society ethics standards, and effectively project manage their work within the timeframe.

OR

IM711

TRANSFORMING HEALTHCARE

In this module learners will complete an original piece of research. This module is for learners who are seeking to develop their academic career or contribute to the integrative healthcare research community.

Learners will develop research skills and critical thinking through completing an original research project, using qualitative or quantitative methods. Learners will produce a draft of a research journal article for their dissertation. They will gain ethical approval through our centre's process and effectively project manage their work within the timeframe.

It is hoped that the learner will be able to present their work at a conference or publish in an academic journal following their completion of the course.

Single Modules: Course Information

START YOUR INTEGRATIVE HEALTHCARE JOURNEY BY STUDYING SINGLE MODULES FROM THE FULL MASTER'S LEVEL 7 DIPLOMA IN INTEGRATIVE HEALTHCARE

Our Single Module option offers a flexible and accessible pathway for those who wish to begin their journey in Integrative Healthcare without committing to the full master's programme. This approach allows learners to engage with the principles and practices of Integrative Medicine at their own pace, choosing modules that resonate with their personal or professional goals.

Whether you are a practising healthcare professional, an educator, or someone with a passion for whole-person care, each module offers academic depth, practical relevance, and opportunities for reflection and growth.

You'll join a supportive community of like-minded learners and be guided by NCIM's experienced teaching team, who bring expertise from both conventional and complementary healthcare backgrounds.

Prior Learning and Criteria for Admission

For learners who wish to take the Award or Certificate, and are looking to complete either one or two modules, the following entry requirements apply:

1. **Background interests:** Candidates can have any background interest in medicine and healthcare – for example, an interest in historical or ethnographic contexts, or a focus on research methodology.
2. **Prior level of study:** Candidates for the Award and Certificate do not need a background in biomedical science. However, it is recommended that they have a Bachelor's Degree (RQF Level 6) in order to apply. As these modules are at Level 7 on the Regulated Qualifications Framework, a grounding in good academic practices and the use of citation and referencing is recommended.
3. **Language:** Candidates for whom English is not a first language will require evidence of a level of written and spoken English at IELTS 6.0 or equivalent. Candidates should note that all learning resources, discussions and assessment are in English.

The Single Module courses will provide the following opportunities to learners:

- **Flexibility:** Study one module at a time, at your own pace.
- **Blended Learning:** Online learning, interactive forums, and live tutorials
- **Pathway to Diploma:** Credits earned can count towards Year 1 of the full master's programme
- **Community Connection:** Be part of a network advocating for whole-person healthcare.

Awards and Progression

Each module is worth 10 credits at master's Level 7. Upon completion of one module, learners will receive an Award in Integrative Healthcare. Learners who do both modules will receive a Certificate in Integrative Healthcare.

Credits can be transferred into Year 1 of the full master's Level 7 Diploma in Integrative Healthcare.

If you later enrol on the full master's programme, the cost of any completed single modules will be deducted from the master's programme course fees.

To study on the Diploma, you need to demonstrate to the centre that you fulfil the following entry requirements, please see p.4 for more details.

Application

To apply for a Single Module course, please contact the NCIM Education Team directly at education@ncim.org.uk to request an application form.

Single Modules: Learning Module Options

IM701S HISTORY AND MODERN CONTEXT OF INTEGRATIVE MEDICINE

Duration: 100 hours study over 3 months

Credits: 10 | master's Level 7

Explore the history of traditional medicine and whole medicine systems, from early human existence to today's diverse global cultures. Examine the social, cultural, and political forces that have shaped healing practices and discover major healthcare advances through the ages.

Learning Outcomes:

- Summarise the history and evolution of healing across diverse cultures, recognising common ground between different paradigms.
- Critically discuss how historical shifts in health concepts shape today's integrative healthcare landscape.
- Evaluate cultural and historical understandings of health and disease.

IM704S CRITICAL APPRAISAL OF MEDICINE AND INTEGRATIVE MEDICINE RESEARCH

Duration: 100 hours study over 3 months

Credits: 10 | Master's Level 7

Develop valuable research and appraisal skills for integrative healthcare. Learn how to critically evaluate both qualitative and quantitative research, and explore emerging methods for assessing complex healthcare interventions.

Learning Outcomes:

- Critically appraise research studies relevant to your own practice.
- Demonstrate in-depth understanding of critical appraisal tools.
- Review a range of evaluation methodologies to support your practice.

IM705S HOLISTIC MANAGEMENT: SOCIAL PRESCRIBING AND A COMMUNITY APPROACH IN INTEGRATIVE MEDICINE

Duration: 100 hours study over 3 months

Credits: 10 | master's Level 7

This module explores holistic assessment and introduces a wider range of treatment options that are available through community resources and in particular Social Prescribing.

Learning Outcomes:

- Explain what social prescribing is and the approaches and organisations that are available to an individual.
- Critically evaluate the range of non-pharmaceutical or non-surgical approaches that exist within the social prescribing model.
- Describe how communities can be resourced to self-care and support others through a health champion model.

IM706S MANAGING A DYNAMIC INTEGRATIVE HEALTHCARE PRACTICE

Duration: 100 hours study over 3 months

Credits: 10 | master's Level 7

This module is about starting-up an Integrative Healthcare practice or business. It steps learners through creating a business plan for your idea, including marketing and finances.

Learning Outcomes:

- Reflect critically on current clinical models and explore ways to enhance practice through advanced clinical skills.
- Develop strategies for personal growth, effective leadership, and sustainable professional wellbeing.
- Generate and evaluate a business plan and clinic policies and procedures with reference to relevant legislative and ethical requirements, being mindful of the pressures of evidence-based medicine and codes of ethics.
- Demonstrate how marketing, media and messaging skills can be developed to build a thriving practice.

ALAN LONG GARDEN ROOM

A happy place



Programme Delivery

This master's programme is delivered by a multi-professional team of experts who reflect the diversity within the Integrative Healthcare Model.

As well as our Academic Directors and Modular Leads, you will meet our Associate Tutor Team, who support the delivery of the tutorial programme.

The Modular Lead Team include:



Dr Elizabeth Thompson
Academic Director



Dr Vivien Rolfe
Academic Co-Director



Dr Alastair Gray
IM701 Module Lead



Dr Duncan Still
IM702 Module Lead



Megan Odell L.Ac.
IM704 Module Lead



Kiriaki Marselou
IM705 Module Lead



Dr Nikki Curtis
IM707 Module Lead



Dr Sally Moorcroft
IM708 Module Lead

Accreditation and Quality

ACCREDITATION

This master's Level 7 Diploma in Integrative Healthcare is the only one currently available in the UK and Europe and is certified as an Ofqual regulated qualification by the awarding organisation, Crossfields Institute (CFI).

Crossfields Institute qualifications are designed to cultivate attributes such as independent thinking, curiosity, resilience and social awareness alongside academic knowledge. Their holistic approach to education aims to encourage cognitive, practical, emotional and spiritual development, supporting learners to reach their full potential and become active citizens.

The Institute is an education charity that works to promote holistic, integrative education.

www.crossfieldsinstitute.com

Crossfields Institute 

QUALITY

As the awarding organisation, Crossfields Institute is responsible for monitoring ongoing delivery, assessment and quality assurance at NCIM. All learners are certified by Crossfields Institute. The Institute will conduct regular reviews of the quality processes and procedures at NCIM to ensure that appropriate standards are being maintained.

Within NCIM, the Core Education Team provides leadership in creating, shaping and reviewing the centre's IM courses and associated resources.

In consultation with Crossfields Institute (CFI) the Core Education Team will review, on an ongoing basis, the content of the qualification and ensure that high standards are being maintained. The Core Education Team will also liaise internally with the centre's Quality, Standards & Compliance processes to ensure continuous improvement in relation to the provision of the master's Level 7 course.

Sustainable Education

We are committed to education for sustainable development as outlined in the recently published guidelines by the Quality Assurance Agency. Our learning, teaching and assessment strategy is aligned with many of the principles discussed in their findings. Our strategy will therefore equip you with ‘the knowledge understanding, skills and attributes needed to work and live in a way that safeguards environmental, social and economic wellbeing, both in the present and future generations’.

BURSARIES

NCIM is committed to accessibility across our clinical and education services. Please find out more about bursaries that could be available to support your training.

This master’s Level 7 Diploma in Integrative Healthcare has been generously supported by the William Kadleigh Fund, set up to commemorate a young holistic doctor who died in the Staines air disaster of 1977.

For more information on education or to find out more about bursaries, contact us at:

education@ncim.org.uk

Or check out our website:

www.ncim.org.uk



National Centre for
Integrative Medicine

Inspiring health and wellbeing