

Advancing
new possibilities
for healing



Osher Center for
Integrative Medicine

AT VANDERBILT

VANDERBILT  HEALTH

INTEGRATIVE MEDICINE

is the practice of medicine
with an emphasis on:

Affirming the relationship between
practitioner and patient

Focusing on the whole person

Applying scientifically proven
treatment methods

Using all appropriate therapies
for optimal health and healing

OUR TEAM

Our team of experts includes:

- Acupuncturists
- Doctors
- Health psychologists
- Massage therapists
- Mind-body
movement instructors
- Nurse practitioners
- Nutrition coaches
- Physical therapists



WHO CAN BENEFIT

We serve people coping with chronic pain, cancer, diabetes, heart disease and other long-term conditions. We also serve people seeking resources and support for their overall wellness journey.

WHAT TO EXPECT

Your first visit will be an integrative health consultation with a doctor or nurse practitioner. Together, we create a custom plan tailored to your needs and quality of life goals. Common areas of focus include:

- Finding the cause of your pain
- Emotional coping skills
- Medication evaluation
- Nutrition
- Pain education
- Therapeutic movement

The clinician guides this process and provides support over a 6-12 month period. We help patients build resources, skills and practices for healing that can be sustained over a lifetime.

We do not serve as a replacement for your Primary Care Provider.

CLINICAL SERVICES

The clinical services we offer include:

- Acupuncture
- Group Therapy
- Health Coaching
- Massage Therapy
- Mind / Body Counseling
- Nutrition Coaching
- Pain Education Group
- Physical Therapy
- Therapeutic Yoga



CLASSES AND PROGRAMS

This list includes classes we've offered in the past; please visit our website for a current class schedule:

- Healing Qigong
- Mindful Eating
- Mindfulness-Based Stress Reduction
- Mindfulness and Positive Psychology Skills (MAPPS)
- Tai Chi
- Yoga for Chronic Pain

We also offer workshops, training events, retreats and community events.

Tapping into the world's **healing** **traditions**

At the Osher Center for Integrative Medicine, we combine traditional medicine with proven complementary therapies such as acupuncture and yoga. We focus on healing the whole person: mind, body and spirit. Here, patients and providers work together and with providers of different specialties to create personalized care plans.

[VANDERBILTHEALTH.COM/OSHER](https://www.vanderbilthealth.com/osher)



HOW TO MAKE AN APPOINTMENT

You can call our office to make an appointment. Depending on your insurance, you may need a referral to see any of our doctors, nurse practitioners, Ph.D.s or physical therapists. To enroll for any of our classes, workshops or retreats, you can register online by visiting our website.

Osher Center for Integrative Medicine

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*We are part of the Consortium of Academic
Health Centers for Integrative Medicine.*