



**American Board of  
Integrative Holistic Medicine**

**Dear American Board of Integrative Holistic Medicine Diplomate,**

**As you know, continued interest and commitment to learning are essential when maintaining a level of expertise in a given field. Time limited certification and certification maintenance processes are now standard with all certifying boards.**

**The American Board of Integrative Holistic Medicine (ABIHM) has developed their certification maintenance process to test continued proficiency and growth in the art and science of Integrative Holistic Medicine (IHM). Proficiency in Integrative Holistic Medicine is a combination of academic, work-based, personal, and relationship growth. We therefore intend to evaluate the ABIHM Diplomates' progress in all of these areas. Certification maintenance with the ABIHM is required every 7 years. The following are the requirements for certification maintenance along with the necessary forms to complete this process.**

**Thank You,  
The Board of Directors  
The American Board of Integrative Holistic Medicine**

## **Certification Maintenance**

### **Diplomates of the American Board of Integrative Holistic Medicine**

The following are the required areas of proficiency to maintain Diplomate level certification:

**ABIHM Diplomate status** – All candidates must have been certified as an ABIHM Diplomate within the 6 1/2 years period prior to certification maintenance application.

**Current Licensure** - All Candidates must be currently licensed in the United States, Puerto Rico or Canada as an MD or DO in good standing to be eligible for certification maintenance.

#### **Academic Growth**

- A. A total of 120 hours of Category 1 CME credits are required during the seven-year recertification period, derived in part from material in Integrative and Integrative Holistic Medicine. This would include the courses offered by the ABIHM, American Holistic Medical Association (AHMA), University of Arizona and local courses in CAM and Integrative Medicine. Some of these courses may also be used in the Personal Growth category (see below). Please see the attached list of topic areas suggested for these CME hours for guidance. *Please note, this does not include the initial ABIHM Review Course attended before taking your certification exam.*
  
- B. Informational reviews and questions in your areas of preference. The candidate will be given a list of topic areas from which they will choose six areas of study. These topic areas will be derived from the current ABIHM syllabus materials (See list of syllabus topics below). Each topic area will have a series of questions that the candidate will answer and send back to the ABIHM as part of the certification maintenance process. This process can begin at the candidate's discretion but must be completed prior to six and one half years following original certification.

#### **On-Going Work Based Growth:**

As growth in the candidate's work life is an important part of the Integrative Holistic approach, the ABIHM will evaluate the candidate in this area. For Diplomates who are in clinical practice, this will involve a case evaluation. For Diplomates who are in the business or academic arena of Integrative Holistic Medicine, this will involve documentation of business growth in the area of Integrative Holistic Medicine. Diplomates who work in both the clinical and business arenas can choose which process they wish to follow.

- **Case presentation**—for Diplomates in clinical practice. The ABIHM will provide the candidate with forms to present a clinical case, representing their holistic medical diagnosis and management of a patient. This may include laboratory and testing evaluations. To maintain confidentiality, this will be done without using the patient name or any identifying label.

[www.holisticboard.org](http://www.holisticboard.org)

American Board of Integrative Holistic Medicine, 5313 Colorado St. Duluth, MN 55804-1615,  
218.525.5651 fax 218.525.5677 nsudak@holisticboard.org

- ***Growth in understanding the business of Integrative Holistic Medicine***—for Diplomates not actively in medical practice at the time of certification maintenance or who have left clinical practice in between certification periods. The candidate will describe their work in the arena of Integrative Holistic Medicine and the demonstration and application of new strategies in this area. Participation in meetings and seminars involving the business of Integrative Holistic Medicine should also be documented by the candidate.

### **Personal Growth**

Personal growth is a vital aspect of training as an integrative holistic physician. The ABIHM therefore requires that the certification maintenance candidate attend courses and/or participate in programs specifically oriented towards personal growth and development. We suggest a minimum of 10 hours of participation per year (70 total hours) in this area. If the personal growth choices are CME approved, these CME hours can be applied to the required 120 hours as mentioned above and be used for both personal growth and CME. The candidate will meet this requirement by submitting in writing a list of the coursework, retreats, self-study (including books, journals), or counseling that they have participated in since initial certification.

These processes can include, but are not limited to the following:

- Courses that promote self-growth and heighten self-awareness can be used to meet this requirement. The ABIHM can provide a partial list of such courses at the candidate's request;
- Training courses for teaching personal growth to their clients;
- Various forms of psychotherapy;
- Spiritual growth courses or retreats;
- Growth in humanities areas
  - Art classes, writing, music, literature, etc.

Personal holistic health assessment questionnaires will also be utilized to evaluate your own health status.

ABIHM will provide a list of suggested course work in this area as an attachment to these documents. Other course work may be approved by the Executive Director of the Board on a case by case basis.

### **Cost of certification maintenance**

The maintenance of certification is supervised by The American Board of Integrative Holistic Medicine (ABIHM). The cost of administration of this oversight shall be the responsibility of the ABIHM.

**The fee for this process is \$600.**

**Applications received after the December 31<sup>st</sup> deadline will incur a \$150 penalty fee. Applications will not be accepted if received more than one year past the due date.**

**Necessary submissions:**

Please submit the following to complete your application for certification maintenance (forms attached). Include with this either credit card authorization or a check for \$600 to The American Board of Integrative Holistic Medicine:

1. Photocopy of your current licensure
2. Current contact information
3. CME documentation form
4. Case presentation form (where applicable)
5. Business or academic growth log (where applicable)
6. Personal growth log
7. Request for topic chapters form
8. Answers to topic chapter questions (sent separately)
9. The ABIHM Holistic Health Assessment (this is not to be returned to us, but is suggested for your self awareness)

**Send all documents to:**

The American Board of Integrative Holistic Medicine  
5313 Colorado St.  
Duluth, MN 55804  
Fax 218.525.5677  
nsudak@holisticboard.org

**PAYING BY CREDIT CARD**

**Visa or Mastercard Only**

Number \_\_\_\_\_

Expiration \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_

Address number and zipcode of address where credit card statements are received:

\_\_\_\_\_

**Current Contact Information**

Name \_\_\_\_\_

Name and degree(s) *EXACTLY* as you prefer on your certificate:

\_\_\_\_\_

HOME ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone (optional) \_\_\_\_\_

Private Email \_\_\_\_\_

WORK ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work Phone \_\_\_\_\_

Fax \_\_\_\_\_

Public Email \_\_\_\_\_

Website \_\_\_\_\_

Please indicate the address you prefer we use to contact you:

HOME \_\_\_\_\_

BUSINESS \_\_\_\_\_

**Note:** If any of your contact or practice information has changed since initial certification, please update your profile on our website, [www.holisticboard.org](http://www.holisticboard.org). If you have forgotten your user name or password, please contact us for recovery.





**Case Presentation**

Please use the space below and any additional attachments to present one clinical case, representing your integrative holistic diagnosis and management of a patient. This may include laboratory and testing evaluations. Please do not use the patient's name or any identifying label, for confidentiality reasons.

## Case Presentation (continued)

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**Business or Academic Growth Log**

Use the space below or any additional attachments to describe your work in the arena of Integrative Holistic Medicine and the demonstration and application of new strategies in this area. Please, also document participation in meetings and seminars involving the business of Integrative Holistic Medicine.

**Business or Academic Growth Log (continued)**

## **Personal Growth Log**

Please list and write one or two sentences (each) about personal growth activities that in which you have been involved. We suggest a minimum of 10 hours of participation per year (70 total hours) in this area. Please take as many pages as needed to complete this information.

## Personal Growth Log (continued)

## Topics of study

Please choose six of the following topic areas for home study. You will be mailed these chapters and questions upon receipt of your application. Please read the chapters and answer the attached questions. When complete, please mail the answer sheets back to the ABIHM at the following address:

Insert address when ready

### Topics (choose six from the following):

#### Core areas:

- Integrative Holistic Medicine: The Science of Connection
- Acupuncture and Traditional Chinese Medicine
- Adrenal and Thyroid Dysfunction
- Ayurveda
- Behavioral Medicine
- Botanical Medicine
- Ecological Medicine
- Energy Medicine
- Essential Fatty Acids
- Exercise Medicine
- Functional Medicine
- Guided Imagery
- Homeopathic Medicine
- Manual Medicine
- Menopause Management
- Men's Sexual Health
- Nutritional Medicine
- Spiritual Counseling, Prayer, and Forgiveness

- Diabetes Type II & Metabolic Syndrome
- Fibroids and Hormone Imbalance
- Optimizing GI Function
- Hypertension
- Insomnia
- Low Back Pain
- Migraine Headache
- Osteoarthritis
- Osteoporosis
- Chronic Pain
- Prostate Cancer, BPH, and Prostatitis
- Chronic Sinusitis & Allergic Rhinitis

#### The Integrative Holistic Treatment of:

- Addictions
- Asthma
- Attention Deficit Disorder
- Cancer
- Chronic Fatigue Syndrome and Fibromyalgia
- Coronary Artery Disease & Heart Failure
- Depression and Anxiety

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**DO NOT RETURN THIS PORTION OF THE DOCUMENT; IT IS FOR YOUR  
USE AND SELF ASSESSMENT ONLY**

Answer the questions in each section below and total your score. Each response will be a number from 0 to 5. Please refer to the frequency described within the parentheses (e.g. “2 to 3x/wk”) when answering questions about an *activity*; e.g. “Do you maintain a healthy diet?” However, when the question refers to an *attitude* or an *emotion* (most of the Mind and Spirit questions), e.g., “Do you have a sense of humor?” the response is more subjective, less exact, and you can refer only to the items describing the frequency, such as *often* or *daily*, but not to the numbered frequencies in parentheses.

- 0 = Never or almost never (once a year or less)
- 1 = Seldom (2 to 12 times/year)
- 2 = Occasionally (2 – 4 times/month)
- 3 = Often (2 – 3 times/week)
- 4 = Regularly (4 – 6 times/week)
- 5 = Daily (every day)

**BODY: Physical and Environmental Health**

- \_\_\_ 1. Do you maintain a healthy diet (low fat, low sugar, fresh fruits, grains and vegetables) ?
- \_\_\_ 2. Is your water intake adequate (at least ½ oz./lb. of body weight; 160 lbs. = 80 oz.) ?
- \_\_\_ 3. Are you within 20 percent of your ideal body weight ?
- \_\_\_ 4. Do you feel physically attractive ?
- \_\_\_ 5. Do you fall asleep easily and sleep soundly ?
- \_\_\_ 6. Do you awaken in the morning feeling well-rested ?
- \_\_\_ 7. Do you have more than enough energy to meet your daily responsibilities ?
- \_\_\_ 8. Are your five senses acute ?
- \_\_\_ 9. Do you take time to experience sensual pleasure ?
- \_\_\_ 10. Do you schedule regular massage or deep-tissue body work ?
- \_\_\_ 11. Does your sexual relationship feel gratifying ?
- \_\_\_ 12. Do you engage in regular physical workouts lasting at least 20 minutes ?
- \_\_\_ 13. Do you have good endurance or aerobic capacity ?
- \_\_\_ 14. Do you breathe abdominally for at least a few minutes ?
- \_\_\_ 15. Do you maintain physically challenging goals ?
- \_\_\_ 16. Are you physically strong ?

- \_\_\_ 17. Do you do some stretching exercises ?
- \_\_\_ 18. Are you free of chronic aches, pains, ailments and diseases ?
- \_\_\_ 19. Do you have regular effortless bowel movements ?
- \_\_\_ 20. Do you understand the causes of your chronic physical problems ?
- \_\_\_ 21. Are you free of any drug or alcohol dependency (including nicotine and caffeine) ?
- \_\_\_ 22. Do you live in a healthy environment with respect to clean air, water and indoor pollution ?
- \_\_\_ 23. Do you feel energized or empowered by nature ?
- \_\_\_ 24. Do you feel a strong connection with and appreciation for your body, your home and your environment ?
- \_\_\_ 25. Do you have an awareness of life-energy or *qi* ?

TOTAL BODY SCORE \_\_\_\_\_

**MIND: Mental and Emotional Health**

- \_\_\_ 1. Do you have specific goals in your personal and professional life ?
- \_\_\_ 2. Do you have the ability to concentrate for extended periods of time ?
- \_\_\_ 3. Do you use visualization or mental imagery to help you attain your goals or enhance your performance ?
- \_\_\_ 4. Do you believe it is possible to change ?
- \_\_\_ 5. Can you meet your financial needs and desires ?
- \_\_\_ 6. Is your outlook basically optimistic ?
- \_\_\_ 7. Do you give yourself more supportive messages than critical messages ?
- \_\_\_ 8. Does your job utilize all of your greatest talents ?
- \_\_\_ 9. Is your job enjoyable and fulfilling ?
- \_\_\_ 10. Are you willing to take risks or make mistakes in order to succeed ?
- \_\_\_ 11. Are you able to adjust beliefs and attitudes as a result of learning from painful experiences?
- \_\_\_ 12. Do you have a sense of humor ?
- \_\_\_ 13. Do you maintain peace of mind and tranquility ?
- \_\_\_ 14. Are you free from a strong need for control or the need to be right ?
- \_\_\_ 15. Are you able to fully experience (feel) your painful feelings such as fear, anger, sadness, and hopelessness ?
- \_\_\_ 16. Are you aware of and able to safely express fear ?

- \_\_\_ 17. Are you aware of and able to safely express anger ?
- \_\_\_ 18. Are you aware of and able to safely express sadness or cry ?
- \_\_\_ 19. Are you accepting of all your feelings ?
- \_\_\_ 20. Do you engage in meditation, contemplation, or psychotherapy to better understand your feelings ?
- \_\_\_ 21. Is your sleep free from disturbing dreams ?
- \_\_\_ 22. Do you explore the symbolism and emotional content of your dreams ?
- \_\_\_ 23. Do you take the time to let down and relax, or make time for activities that constitute the abandon or absorption of play ?
- \_\_\_ 24. Do you experience feelings of exhilaration ?
- \_\_\_ 25. Do you enjoy high self-esteem ?

TOTAL MIND/EMOTIONS SCORE \_\_\_\_\_

**SPIRIT: Spiritual and Social Health**

- \_\_\_ 1. Do you actively commit time to your spiritual life ?
- \_\_\_ 2. Do you take time for prayer, meditation, or reflection ?
- \_\_\_ 3. Do you listen to your intuition ?
- \_\_\_ 4. Are creative activities a part of your work or leisure time ?
- \_\_\_ 5. Do you take risks or exceed previous limits ?
- \_\_\_ 6. Do you have faith in a God, spirit guides, or angels ?
- \_\_\_ 7. Are you free from anger toward God ?
- \_\_\_ 8. Are you grateful for the blessings in your life ?
- \_\_\_ 9. Do you take walks, garden, or have contact with nature ?
- \_\_\_ 10. Are you able to let go of your attachment to specific outcomes and embrace uncertainty ?
- \_\_\_ 11. Do you observe a day of rest completely away from work, dedicated to nurturing yourself and your family ?
- \_\_\_ 12. Can you let go of self-interest in deciding the best course of action for a given situation ?
- \_\_\_ 13. Do you feel a sense of purpose ?
- \_\_\_ 14. Do you make time to connect with young children, either your own or someone else's ?
- \_\_\_ 15. Are playfulness and humor important to you in your daily life ?

- \_\_\_ 16. Do you have the ability to forgive yourself and others ?
- \_\_\_ 17. Have you demonstrated the willingness to commit to a marriage or compatible long-term relationship ?
- \_\_\_ 18. Do you experience intimacy, besides sex, in your committed relationships ?
- \_\_\_ 19. Do you confide in or speak openly with one or more close friends ?
- \_\_\_ 20. Do you or did you feel close to your parents ?
- \_\_\_ 21. If you have experienced the loss of a loved one, have you fully grieved that loss ?
- \_\_\_ 22. Has your experience of pain enabled you to grow spiritually ?
- \_\_\_ 23. Do you go out of your way or give time to help others ?
- \_\_\_ 24. Do you feel a sense of belonging to a group or community ?
- \_\_\_ 25. Do you experience unconditional love ?

TOTAL SPIRIT SCORE \_\_\_\_\_

**TOTAL BODY, MIND, SPIRIT SCORE** \_\_\_\_\_

**HEALTH SCALE**

- 325 – 375 Optimal Health
- 275 – 324 Excellent Health
- 225 – 274 Good Health
- 175 – 224 Fair Health
- 125 – 174 Below Average Health
- 75 – 124 Poor Health
- 0 – 74 Extremely Poor Health = Surviving

### **ABIHM Approved Personal Growth and Education Programming**

The following is a list of courses approved by the ABIHM board for personal growth credit or educational credit. This list is intended to be a guide and is not complete. Please contact the Executive Director with questions about other course work which may apply to recertification.

Courses at the Omega Institute, Rhinebeck, NY

Courses at the Crossings, Austin, Texas

Courses at the Institute of Noetic Sciences, Petaluma, CA

CME offerings through The Scripps Center for Integrative Medicine

Finding Balance in a Medical Life Programs by Lee Lipsenthal, MD, ABIHM

Courses with the Center for Mind Body Medicine by Jim Gordon, MD

The American Hospital Association program on Integrative Medicine

The American Holistic Medical Association annual meeting

The University of New Mexico, SIMPLE conference

Holistic Primary Care's Heal Thy Practice conference

Course work with The Program for Integrative Medicine, University of Arizona

Applying Functional Medicine in Clinical Practice

The Functional Medicine International Symposia

Mindfulness Meditation retreats and trainings, Jon Kabat-Zinn

The True North conference - Bethany Hayes

Orthomolecular Medicine Today - The International Orthomolecular Society

Boulderfest sponsored by Crayhon Research

The Restorative Medicine Conference

Course work by the following:

- Herb Benson
- Judith Orloff
- The Hui Ho'Olana
- Deepak Chopra