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Dr. Julie C. Conner, RD, CDN, MPH, BCHN, IFMCP, PhD

Registered Dietitian/Certified Dietitian-Nutritionist

Board Certified Functional Medicine Practitioner

Dr. Brian P. Conner, DC, CKTP, CNS, CDN, IFMCP

Chiropractic Physician/Certified Kinesio Taping Practitioner

Certified Nutrition Specialist/Certified Dietitian-Nutritionist

Board Certified Functional Medicine Physician

Colleen Wall, RD, CD-N

Registered Dietitian/Certified Dietitian-Nutritionist

Nutrition, Functional Medicine and Integrative Medicine Residency Program

This is a competitive six to twelve-month Nutrition, Functional Medicine and Integrative Medicine Residency program designed for masters or doctoral level nutritionists, chiropractors and physicians who need to gain experience and supervised practice hours for CNS (Certified Nutrition Specialist) certification, CD-N (Certified Dietitian-Nutrition) certification, BCHN (Board Certification Holistic Nutrition) supervised practice hours or general practice experience. This program will be individually tailored to meet the needs of the practitioner as well as the guidelines of the specific certification program being pursued. This program is designed to be onsite but online is an option.

Program Summary:

- Total Length: 6 months to 1 year
- Start dates: July and January
- Allows for two weeks' vacation
- Flexible scheduling during EST business hours

Three options:

- 1) 850 hours supervised (1-year program) approximately 20 hours/week EST
- 2) 500 hours supervised (9-month program) approximately 15 hours/week EST
- 3) 250 hours supervised (6-month program) approximately 11 hours/week EST

This program is supervised by Dr. Julie Conner, RD, CD-N, MPH, PhD, IFMCP and Dr. Brian Conner, DC, CKTP, CNS, CD-N, IFMCP. Colleen Wall, RD, CD-N will also be providing guidance and practice experience to the residents. There is no other residency program in the country whose clinical instructors are Registered Dietitians, Certified Dietitian-Nutritionists, Certified Nutrition Specialists, and Board Certified in both Functional Medicine and Holistic Nutrition. The experience that you will gain is priceless. Dr. Julie has 36 years of practice experience, Dr. Brian has six years of practice

experience and Colleen Wall has five years of practice experience for a total of 47 years of practice experience.

Application Process:

- \$200 Application Fee – check payable to Healthy Weighs Wellness Center
- Three letters of reference from health care professionals
- Four writing samples
- Official transcript from all schools attended
- Curriculum vitae
- Cover letter which clearly outlines goals, experience, passions and why you are looking for a supervised Nutrition, Functional Medicine, Integrative Medicine residency program
- Interview (in person or Skype)

Application deadline is March 1, 2019 for July 23, 2019 start. Applicants will be notified by March 15, 2019. If accepted, payment is due by April 1, 2019 for July program start.

Application deadline is September 1, 2019 for mid- January 2020 start. Applicants will be notified by September 15, 2019. If accepted, payment is due by October 1, 2019.

Payment:

- 1) 850- hour program (1 year) payment in full: \$22,000
 - 2) 500- hour program (9 months) payment in full: \$13,500
 - 3) 250- hour program (6 months) payment in full: \$9,000
- July program start: payment due April 1, 2019
January program start: payment due October 1, 2019

Payment Plan Options:

3 payment plans for any of programs above (20% higher payment):

- 1) 850- hour payment plan: \$26,400 total
 - April 1: \$12,000
 - June 1: \$7,200
 - September 1: \$7,200
- 2) 500- hour payment plan: \$16,200
 - April 1: \$7,200
 - June 1: \$4,500
 - July 1: \$4,500
- 3) 250-hour payment plan: \$10,800
 - April 1: \$4,800
 - June 1: \$3,000
 - July 1: \$3,000

Program Description:

Based on the length of the program (250, 500 or 850 hours), the degree of time spent on each practice area will vary. Based on the program that the student is looking to certify in, additional requirements may be needed that will be addressed. This program is very individualized, which is why only three students will be accepted. The 250- hour program will focus only on the practice area that the student needs to get supervision hours for.

This program will include most of the following as time allows:

- HIPAA Compliance
- Medical Records
- Patient Charting
- IFM Matrix
- IFM Timeline
- Systems Survey
- Proper Body Measurements and Weighing Techniques
- Wellness Scans
- Body Fat Analysis
- BioPhotonic Antioxidant Scanning
- Working with Weight Management Clients: Their Own Food and Food Programs
- The Comprehensive Nutritional Assessment Process
- The Exchange System
- Pharmaceutical Grade Supplements, Whole Food Supplements, Herbs and CBD Oils and Balms
- Meal Replacement Bars and Shakes
- Essential Oils
- Review of all Specialized Diets
- Functional Medicine Diagnostic Testing: Blood, stool and urine
- Standard Laboratory Testing
- Shadowing Nutrition and Functional Medicine Consultations
- Shadowing and/or assisting/interviewing all Integrative Practitioners in the center and becoming familiar with all services offered: Acupuncture, Chiropractic, Custom Orthotics, DOT/CDL Physicals, Emotional Freedom Technique, Tapping, Energy Medicine, Exercise Physiology, Facial Rejuvenation, Guided Imagery, Hypnosis, Kinesio Taping, Massage Therapy, Medical Reiki, Reiki, Nutrition Counseling, Personal Training, Skin Care, Spa Services, Yoga, Thermography, Holistic Moms Network.
- Creating Individualized and Customized Food Plans for all specialized diets
- Development of Blogs, Social Media Posts, Healthy Weighs Newsletter Material
- Preparing and presenting nutrition and functional medicine classes
- The Marketing and Business side of a Nutrition and Functional Medicine Practice