

The World's Healing Traditions

Here 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. Patients and providers work together, along with providers of different specialties, to create individualized care plans.

We exist to provide relationship-centered care in a healing environment using an inter-professional, team-based model to engage the whole person in accessing their natural capacity of health and healing.

We do not serve as a replacement for your primary care provider.

Osher Center for Integrative Medicine

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Phone: (615) 343-1554
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Appointments

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, psychologists or physical therapists. To enroll for any of our classes, workshops, or retreats, you can register online by visiting our website.

VanderbiltHealth.com/Osher



Osher Center for Integrative Medicine at Vanderbilt

VANDERBILT  HEALTH

VANDERBILT  HEALTH

INTEGRATIVE MEDICINE

is the practice of medicine with an emphasis on:

Affirming the relationship between patient and practitioner

Applying scientifically proven treatment methods

Focusing on the whole person

Using all appropriate therapies for optimal health and healing

OUR TEAM

Our team of experts includes:

- Acupuncturists
- Doctors
- Health coaches
- Health psychologists
- Massage therapists
- Mind-body facilitators
- Movement instructors
- Nurse practitioners
- 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.



CLASSES AND PROGRAMS

We offer classes and programs for patients, employees and community members. This list represents the types of classes that we offer. We also offer workshops, trainings, retreats and community events. Please visit our website to see our current offerings.

- Healing Qigong
- Mindful Eating
- Mindfulness-Based Stress Reduction
- Mindfulness Skills
- Tai Chi
- Yoga

WHAT TO EXPECT

At the Osher Center for Integrative Medicine at Vanderbilt, providers from different modalities work together to support those who want to improve their health. Many of our patients have challenging medical diagnoses and/or pain that is difficult to treat.

Improving their health starts with a consultation with a member of our medical

team of nurse practitioners and physicians. The patient and the practitioner work together to develop a plan based on the individual patient's needs and goals.

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

CLINICAL SERVICES

- Acupuncture
- Group Therapy
- Health Coaching
- Integrative Health Consult
- Massage Therapy
- Mind/Body Counseling
- Mindfulness Classes
- Nutrition Coaching
- Physical Therapy
- Therapeutic Yoga