

**366 Federal Road, Brookfield, CT 06804**

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**Website: www.healthyweighs.com**

**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 three 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.

**Program Summary:**

* Total Length: 3 months to 1 year
* Start dates: January, April and July and October
* Flexible scheduling during EST business hours
* Onsite or Online or a Hybrid of onsite/online

**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 (3-6-month program)
4. 125 hours supervised (2-3 month program)

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.

**Program Description:**

Based on the length of the program (125, 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 125 and 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

Tuition is variable based on what the practitioner needs, the program requirements, if it is online or onsite as well as the hours requested per week. Please call Dr. Julie with any questions at 203-775-1819 or email julie@healthyweighs.com.