

Meeting M i n u t e s
Complementary and Integrative Medicine MIG
April 15, 2026

A videoconference meeting of the Complementary and Integrative Medicine MIG was held on April 15, 2026, beginning at 8:00 pm.

Present: Dr. Esther Konigsberg, Dr. Farah Tabassum, Dr. Richard Nahas

Regrets: Dr. Fred Hui, Dr. Adrienne Junek, Dr. Elliot Jacobson

By Invitation:

OMA Staff: Alex Skublics

Call to Order

The Chair called the meeting to order.

Approval of Agenda

1. Webpage update.
2. Dr. Elliot Jacobson's talk. Scheduling Dr. Adrienne Junek's talk. Getting accreditation for webinars.
3. Spring Newsletter
4. Dr. Adrienne Junek update re: fellowship program
5. Updates on CIMA.
6. Update re: University of Toronto fellowship in Integrative Medicine – Dr. Adrienne Junek and Dr. Elliot Jacobson.
7. Royal College update.
8. For discussion: research framework for communicating with insurers regarding Ayurveda
9. Any other business.

Minutes for Approval, Meeting of February 26, 2026

-The meeting minutes for the January 14, 2025 meeting were approved by the team.

1. CIM MIG webpage update

-Dr. Esther Konigsberg said she sent an email about an upcoming psychiatric conference to share with MIG and asked the team to confirm sharing it around.

-there were no objections from the team to sharing the conference email.

-Dr. Esther Konigsberg mentioned the sunsetting of OMA Connect & the OMA assistant found all forms, and they are now on the webpage. Dr. Esther Konigsberg was informed that the newsletter repository will also be uploaded shortly.

-Dr. Esther Konigsberg said that the repository of IM patient forms on the webpage cannot be made members-only and that automated welcome letters could not be done, it would have to be sent manually.

-Dr. Esther Konigsberg asked Dr. Richard Nahas to send links for getting webinars accredited.

-Dr. Richard Nahas reported he shared those links with the group by email yesterday and will resend them.

2. Dr. Elliot Jacobson's upcoming talk. Scheduling another talk.

-Dr. Esther Konigsberg reminded that Dr. Elliot Jacobson's talk is on March 25, 2026, at 7 pm for and that Dr. Adrienne Junek is willing to do another talk in a couple of months.

-Dr. Esther Konigsberg also stated that getting the talks accredited would be a good way to engage membership.

- Dr. Adrienne Junek reported she taught a session with family medicine residents on an approach to chronic fatigue syndrome (CFS) and is willing to do that for the CIM MIG membership and she will discuss with Dr. Farah Tabassum to formulate the talk

-Dr. Fred Hui stated the topic of CFS is broad and suitable

3. Spring Newsletter

-Dr. Esther Konigsberg questioned whether there were volunteers for writing a paper

-Dr. Adrienne Junek proposed writing a recruitment-focused paper to share what the group is trying to accomplish, ask for people with expertise to help, and invite them to reach out.

-Dr. Farah Tabassum supported the idea as a way to let people know what the group is working on.

-Dr. Fred Hui also agreed it is good to inform the group about what is happening.

4. Dr. Adrienne Junek update re: (University of Ottawa) fellowship program

-Dr. Adrienne Junek reported ongoing meetings are taking time. She is working with Dr. Esther Konigsberg on what the fellowship will look like to make it eligible for board exams and to ensure guidelines/framework match and she is considering clinical and didactic structure. Once concrete, she has connections to pursue a grant to help build it.

-Dr. Konigsberg stated she will speak with a fellowship directors for the U of Michigan and Greater Lawrence IM fellowships to learn how they established their fellowship, created materials, and deliver them. She will ask whether they can share materials such as curriculum outlines, to help with building a fellowship.

-Dr. Fred Hui questioned whether materials would include the content delivered. Dr. Esther Konigsberg said it would cover the curriculum outline, the manner of delivery and the nature of content (clinical vs didactic), but not the specific content itself.

5. Discuss structure/goals of the “*Canadian Association of Integrative and Functional Medicine*” or CIMA.

-Dr. Adrienne Junek said she contacted the former leader of CIMA, Stephen Malthouse, and learned the following information: during the pandemic the group split, most of the remaining physicians are not active, it is still registered not-for-profit, it is behind on annual reports but not discredited, it has ~10 directors listed but many near or in retirement, Stephen is looking into bank account and leadership transition factors, the current website appears up for purchase so a new website may be needed; to take over they need a new board, prior-year annual filings, an AGM to register, and website recreation.

-Dr. Esther Konigsberg questioned whether the exact same name would be used

-Dr. Adrienne Junek replied that the organization name would be used for setting it up, but a different website name could be used later if needed.

-Dr. Esther Konigsberg questioned whether the name is associated with brands or whether the reputation had been tarnished at all

-Dr. Adrienne Junek reported Stephen mentioned an open statement about benefits of vitamin D, C, and zinc in infection prevention but otherwise no other public content and to her knowledge the name has not been tarnished.

-Dr. Adrienne Junek said she reached out to Dr. Adam Gavsie who is interested in joining the CIMA board and will reach out to others since directors can be minimum 3 and maximum 15.

-Dr. Esther Konigsberg noted Dr. Mandeep Singh joined today because he is interested in doing more with the group and advocating integrative medicine and asked if he could help with CIMA, noting his partner is a lawyer who could advise on the transition.

-Dr. Farah Tabassum questioned what can be learned from how the prior organization fell apart and if it is possible it could happen again

-Dr. Adrienne Junek stated the prior group was polarized in terms of views toward the college and less-recognized therapies whereas the current group has more standardized education exposure and interest in working with the college for specialty status and integration of conventional and complementary care.

-Dr. Richard Nahas asked Dr. Mandeep Singh regarding his background and work

-Dr. Mandeep said he has a psychiatry background in a Mississauga hospital. He described his private integrative/holistic practice with training in psychedelic therapy, medical cannabis therapy, ADHD, depression, anxiety. He emphasized interest in medicine/therapy/spirituality. In terms of a national organization, he emphasized the importance a website/platform for ideas plus academic offerings (webinars, fellowship).

-Dr. Adrienne Junek stated the current goal for CIMA is for it to exist for certification first, before working on things like AGMs

-Dr. Mandeep Singh suggested AI could help build the website nicely and that once transition issues are resolved, the group should aim to build the website quickly.

-Dr. Richard Nahas advised Dr. Adrienne Junek and the new directors to clarify what CIMA will stand for and what it will do if the website exists.

Dr. Adrienne Junek reported they have been discussing goals and she emailed a loose mission statement draft including networking, promoting education in IM, and hosting educational content (lectures/talks).

-Dr. Richard Nahas emphasized the value of communicating what IM is and suggested language framing values such as physician autonomy and patients' right to explore healthcare options aligned with their values/needs.

-Dr. Esther Konigsberg asked whether this framing is intended to promote inclusivity so a broad range of physicians could join

-Dr. Richard Nahas confirmed and said inclusivity and equity are core values that would be very valuable to incorporate into the mission statement.

-Dr. Adrienne Junek agreed and stated she added a mandate item that the group should develop a defining IM statement emphasizing equity, inclusion, physician autonomy, and personalized patient care

-Dr. Esther Konigsberg said the group can pull standards from the CPSO policy they agree with to base this off

-Dr. Adrienne Junek said she will send the mission/definition draft as a Word document attachment for review/editing/alternative suggestions and that she has sent a Google Drive version for group review and suggestions.

-Dr. Mandeep Singh stated the team should discuss actionable targets by April, including a rough idea of what a board would look like and how CIMA would look.

-Dr. Esther Konigsberg noted that since CIMA is separate from this group, there would likely be a different meeting for CIMA.

-Dr. Adrienne Junek said she will reach out to Dr. Mandeep Singh about recruitment for the organization, noting the group is close to having a director network and has enough people to move forward. She also indicated Dr. Farah Tabassum and Dr. Elliot Jacobson could attend a board of directors meeting if they would like.

-Dr. Esther Konigsberg stated the Google Doc should also be shared with other current board members as well.

-Dr. Adrienne Junek said the doc was already sent and some input received but she will need to send it to Dr. Adam Gavsie

6. Update re: University of Toronto fellowship in Integrative Medicine – Dr. Adrienne Junek and Dr. Elliot Jacobson

-Dr. Esther Konigsberg reported Angela Cheung's fellowship was previously based on fellows' interest and is being formalized but she is currently looking at creating a more formal fellowship.

-Dr. Esther Konigsberg continued to say the group is trying to reach out to her again, and Dr. Elliot Jacobson is interested in collaborating regarding the fellowships with University of Toronto.

-Dr. Adrienne Junek stated she spoke with Dr. Angela Cheung in December, and this formalization was not mentioned so she is curious how the process occurred.

-Dr. Farah Tabassum asked how the group heard about this information

-Dr. Adrienne Junek reported a family medicine physician reached out about IM and was connected to Angela.

-Dr. Adrienne Junek also stated she spoke with a team member about Dr. Farah Tabassum's work and the environmental health fellowship and is curious whether it could be a springboard for the IM fellowship.

-Dr. Esther Konigsberg questioned whether the environmental program is recognized by the Royal College

-Dr. Farah said it is not Royal College-recognized but it is an enhanced skills certification run by an advanced skills department at the hospital and is considered a PGY3 family medicine program. Dr. Farah Tabassum described the structure as flexible, including elective components.

-Dr. Adrienne Junek asked what the didactic curriculum component is.

-Dr. Farah Tabassum said the didactic component is missing, that resources/papers are suggested during clinical work, but there is no formal didactic course and teaching is largely one-on-one through cases. She personally also did functional medicine didactic training concurrently, which overlapped well.

-Dr. Adrienne Junek stated Dr. Farah Tabassum had effectively already done the vision of the desired fellowship structure, closely representing the intended clinical + didactic model.

-Dr. Farah agreed what she did is on the right track including both clinical experience and didactic components, with flexibility for individual interests.

-Dr. Adrienne Junek proposed the didactic course could be distributed to universities as foundational education for PGY3, etc, so trainees graduate with didactic experience alongside clinical, building a comprehensive IM/functional medicine course to clarify what the discipline can involve.

-Dr. Mandeep Singh stated many people don't know what IM/functional medicine is, that it is not just a subspecialty but spans many integrative approaches and could support multidisciplinary integration. He concluded the definition is key if the goal is inclusive IM practice.

-Dr. Adrienne Junek agreed the definition is important given the variety of elements under the umbrella of integrative medicine.

7. For discussion: research framework for communicating with insurers regarding Ayurveda

-this was not discussed in the current meeting

8. Any other business.

New Business

-Meeting minutes for the Meeting of February 25, 2026 were approved by the team.

1. Webpage update.

-Dr. K reported that the newsletters had been uploaded to the webpage and that Elliot's talk was also now available there and said she would email members a direct link to Elliot's talk and to the webpage.

2. Dr. Elliot Jacobson's talk. Scheduling Dr. Adrienne Junek's talk. Getting accreditation for webinars.

-Dr. Esther Konigsberg said she thought the talk was excellent and well received.

-Dr. Richard Nahas confirmed that he had attended Dr. Elliot Jacobson's talk and said it was great.

-Dr. Esther Konigsberg said Dr. Addrienne Junek had volunteered to do the next talk and that she had asked her to send possible dates to be considered.

-Dr. Farah Tabassum asked whether Dr. Esther Konigsberg had any sense of how difficult webinar accreditation would be.

-Dr. Esther Konigsberg replied that she had not yet investigated it, but Dr. Richard Nahas had sent her the information.

-Dr. Richard Nahas said his group had recently applied for accreditation and received approval within 48 hours.

-Dr. Farah Tabassum asked whether that accreditation had been through the College of Family Physicians of Canada.

-Dr. Richard Nahas explained that it had instead gone through the University of New England College of Osteopathic Medicine, which he said was accredited through both osteopathic and AMA pathways. He stated that the process had a fee of about \$500 USD

-Dr. Esther Konigsberg asked whether that fee applied to each webinar?

- Dr. Richard Nahas suggested emailing the accrediting body to ask whether multiple webinars could be grouped together under one application, since the fee would likely apply.
- Dr. Richard Nahas said accreditation could be worthwhile long term but questioned whether enough members would pay
- Dr. Esther Konigsberg questioned whether it was within the budget and if they could charge based on it being free
- Dr. Richard Nahas asked how many members there were and how many might realistically pay, noting that accreditation might not be worthwhile for this particular event.
- Dr. Esther Konigsberg agreed that it might not be worthwhile in this case.
- Dr. Farah Tabassum said she had not realized there was a cost involved, though she understood why.
- Dr. Esther Konigsberg said her impression was that attendance would likely have been lower if participants had been required to pay.
- Dr. Richard Nahas said there remained a clear need for CME.
- Dr. Esther Konigsberg agreed and asked whether CME could be obtained for recorded and for live events.
- Dr. Richard Nahas explained that separate application processes existed for live versus recorded events, with the same fee but different forms.
- Dr. Esther Konigsberg said that recorded events might qualify for a different CME category rather than Category 1.
- Dr. Richard Nahas agreed
- Dr. Farah Tabassum mentioned an example from the Medical Psychotherapy Association of Canada, which she said had about 300 members and offered accredited one-hour webinars at approximately \$25 for members and \$40 for non-members, including recordings for registrants. She suggested that our group use a similar model of differential pricing for annual fee-paying MIG members
- Dr. Esther Konigsberg agreed that the approach made sense.
- Dr. Farah Tabassum said she would also be interested to know what College of Family Physicians of Canada-related accreditation costs or requirements might look like
- Dr. Richard Nahas responded that the College did not itself accredit events but it evaluated submitted credits, while accreditation was typically handled through university-affiliated CME offices.
- Dr. Farah Tabassum asked what those university departments typically charged.

-Dr. Esther Konigsberg said her impression was that university-based accreditation would likely cost more.

-Dr. Richard Nahas suggested that partnering with a Canadian institution would be worthwhile as part of a longer-term relationship, especially if a future certification program or fellowship were to run through that university.

-Dr. Esther Konigsberg agreed

-Dr. Richard Nahas said that if Dr. Addrienne Junek were to partner with an institution such as the University of Toronto, CME submissions could be a part of that.

-Dr. Richard Nahas said he did not think there were major barriers to accreditation beyond time and money.

-Dr. Esther Konigsberg replied that money itself could still be a barrier.

-Dr. Esther Konigsberg said it would be useful to know whether the same number of people would have signed up had they needed to pay.

-Dr. Richard Nahas noted that membership had grown substantially and asked what members were being charged for MIG membership.

-Dr. Esther Konigsberg explained that payment remained discretionary

-Dr. Farah Tabassum added that the optional fee was about \$50.

-Dr. Esther Konigsberg said the fee had never been increased and that the group now had over 600 members, but very few responded to surveys, making it difficult to know who was simply curious, career-interested, or already practicing in the area.

-Dr. Farah Tabassum asked whether they knew how many of the 600 were paid OMA members.

-Dr. Esther Konigsberg estimated that it was a small portion, likely well under 100.

-Dr. Richard Nahas recalled that the OMA membership renewal process had previously included a once-yearly prompt for members to select MIGs and that the OMA could provide feedback on how much money had been collected and asked whether Dr. Esther Konigsberg remembered when that process occurred.

-Dr. Esther Konigsberg said it might occur around the time membership renewals came due, likely before January.

-Dr. Farah Tabassum confirmed she had completed a renewal in January

-Dr. Esther Konigsberg noted that both the newsletter and webpage encouraged payment

-Dr. Esther Konigsberg said the OMA previously shared Excel spreadsheets with membership data but reiterated that only a small number of members paid the fee.

-Dr. Richard Nahas suggested that although accredited continuing education and third-party-recognized certificates were important goals, developing curriculum in the meantime would still be consistent with those goals.

-Dr. Esther Konigsberg said that during her University of Arizona Fellowship she had been able to claim credits, though not Category 1, and therefore wondered how expensive full Category 1 accreditation for a thousand-hour fellowship would be.

-Dr. Richard Nahas said he presumed a fellowship would need both live/in-person and self-paced components.

-Dr. Esther Konigsberg agreed that this had been the direction of prior discussions.

-Dr. Richard Nahas remarked that Dr. Tabassam's upcoming module sounded relevant to the MIG.

-Dr. Farah Tabassum explained that access required yearly membership in the Foundation for Medical Practice Education, which distributed about nine modules per year.

-Dr. Farah Tabassum also said she was preparing a free one-hour Lunch and Learn webinar, likely with a patient partner, on the Centre for Effective Practice tools relating to ME, fibromyalgia, and POTS, sponsored through the Community Health Centre system and open to the broader community.

-Dr. Richard Nahas then described a one-day online workshop scheduled for May 3 called Neural Therapy Foundations, organized with colleagues from the Neural Therapy Academy.

-Dr. Richard Nahas explained that the workshop would cover the clinical significance of previously injured areas such as scars, fractures, or sites of recurrent infection as treatment targets, whether through injections, manual therapy, or acupuncture.

-Dr. Richard Nahas asked whether they could share the workshop with members of the MIG.

-Dr. Esther Konigsberg agreed.

-Dr. Richard Nahas noted that the day would cost \$150.

-Dr. Esther Konigsberg said that was reasonable and asked Dr. Richard Nahas to send the information so she could forward it to the communications team.

3. Spring Newsletter

-Dr. Esther Konigsberg then said the group had planned to produce a Spring newsletter, with both she and Dr Junek intending to write pieces, but that nothing had yet been written.

-Dr. Richard Nahas offered to help by writing something if needed.

-Dr. Farah Tabassum suggested that Dr. Nahas' earlier discussion about scars, prior procedures, and therapeutic targeting would make an interesting newsletter topic.

-Dr. Richard Nahas agreed to write on that topic.

-Dr. Farah Tabassum asked whether Dr. Esther Konigsberg wanted the Lunch and Learn registration link shared as well.

-Dr. Esther Konigsberg said both Dr. Farah Tabassum and Dr. Richard Nahas should send her their materials so she could share them both

Dr. Richard Nahas asked when the Lunch and Learn would take place.

Dr. Farah Tabassum said it was scheduled for Wednesday, May 20, from noon to 1:00 p.m, confirming it was a webinar.

4. Dr. Adrienne Junek update re: fellowship program

-not discussed during this meeting

5. Updates on CIMA.

-not discussed during this meeting

6. Update re: University of Toronto fellowship in Integrative Medicine – Dr. Adrienne Junek and Dr. Elliot Jacobson.

-not discussed during this meeting

7. Royal College update.

-Dr. Esther Konigsberg said she had followed up with the Royal College regarding the application hiatus for Areas of Focused Competence and was still awaiting a response.

-Dr. Esther Konigsberg said the Royal College materials still referred to a hiatus of up to four years, making 2028 seem more realistic.

-Dr. Farah Tabassum asked why the Royal College had paused review of applications.

-Dr. Esther Konigsberg said the published explanation was periodic revamping of the application process

8. For discussion: research framework for communicating with insurers regarding Ayurveda

9. Any other business.

-Dr. Richard Nahas requested an update on developments in integrative medicine in Canada

-Dr. Esther Konigsberg added that she had also become less involved with the academic consortium and had not attended recent meetings

-Dr. Esther Konigsberg identified the University of Manitoba as one active university, linked to the Arizona Fellowship through an integrative medicine and family residency program

-Dr. Esther Konigsberg also said she had lost touch with Michael Epstein at the University of Saskatchewan and felt activity there had become quiet, with its mainly educational virtual center being downgraded.

-Dr. Esther Konigsberg noted that Angela Chung at the University of Toronto held a chair position, was leading some long COVID-related research with integrative medicine and had fellows creating individualized fellowships.

-Dr. Richard Nahas said he had been pivoting to a U.S. focus through an office in New York, not primarily to build practice there but to support larger initiatives.

-Dr. Richard Nahas said the NIH had been significantly disrupted and that funding patterns, staffing, and research priorities had changed, though the NCCIH might potentially benefit.

-Dr. Richard Nahas asked whether Dr. Esther Konigsberg had heard anything about how those changes were affecting research and integrative healthcare in the U.S.

-Dr. Esther Konigsberg said she couldn't fully answer due to not attending consortium meetings, noted that the previous head of NCCIH remained connected to the academic consortium, and said she did not know who was running the center now.

-Dr. Esther Konigsberg said Dr. Adrienne Junek had been networking extensively in Canada and somewhat in the U.S. and might be able to provide a more current overview.

-Dr. Richard Nahas said there had been substantial investment in long COVID research and asked Dr. Farah Tabassum about a larger series of trials, including low-dose naltrexone and other biologics.

-Dr. Farah Tabassum said she believed he was referring to the RECOVER trial.

-Dr. Richard Nahas asked whether Dr. Tabassum's group was involved in any clinical research.

-Dr. Farah Tabassum said her group was not funded for clinical research, though some work was being done on the side. she said she was involved in the interdisciplinary Canadian Collaborative

ME Research Network, which focused on another post-infectious illness rather than directly on long COVID but she personally has been focused more on education.

-Dr. Farah Tabassum stated that most clinics had been defunded and that patients with long COVID often lacked access to care and guidance.

-Dr. Richard Nahas noted that Ontario seemed to have a stronger organized presence in the field than most other provinces, stating that across Canada, practitioners in this area remained very rare.

-Dr. Farah Tabassum recalled that the Integrative Healthcare Symposium had previously come to Toronto as a smaller one-two day conference and said turnout had been very good, helping people connect with others sharing similar interests.

Tasks for executives:

- Dr. Esther Konigsberg to email MIG members with a direct link to Dr. Elliot Jacobson's talk and a link to the webpage
- Dr. Esther Konigsberg to investigate further in regards to webinar accreditation
- Dr. Richard Nahas to write something for the Spring newsletter regarding neural therapy
- Dr. Farah Tabassum to send Dr. Esther Konigsberg the Lunch and Learn registration link/details
- Dr. Nahas to send Dr. K information about the Neural Therapy Foundations event information to be shared

Date of Next Meeting: June 3rd, 2026, at 8:00pm

Adjournment

The meeting was adjourned at 9:00 pm