



I H E A R

Integrative Health & Applied Research (IHEAR) Summer Training Program Application

Osher Center for Integrative Medicine, University of California, San Francisco
Funded by the National Center for Complementary and Integrative Health
(T35AT010592)

General Criteria and Requirements

- Applicants to the program must be currently enrolled in a health professions doctoral program (e.g., acupuncture, medicine, naturopathy, nursing, osteopathy, pharmacy, public health).
- Applicants must be a United States citizen, a non-citizen national, or a foreign national possessing a visa permitting permanent US residence.
- Applicants from diverse backgrounds underrepresented in the biomedical, clinical, behavioral, and social sciences will be given priority, although membership in one of these groups is not a requirement. For details regarding NIH diversity eligibility, see Notice of [NIH's Interest in Diversity](#) Statement.

Four items are required to submit an application to this program:

- 1) This form, with the personal information completed
- 2) Personal Statement (600-word maximum, submitted as PDF):

- Why are you interested in integrative medicine and underserved, vulnerable populations?
- What are your academic and career goals?
- What has inspired or motivated you to pursue these goals? (Expand on community involvement, volunteer experiences, previous research, personal life experiences, etc.)
- How will participating in IHEAR help you reach your goals?
- Any other information about yourself that you would like us to know.

- 3) A current copy of your Resume/CV uploaded as a PDF.
- 4) Names, titles, and emails of the two people who will be submitting letters of recommendation on your behalf.

Completed application items, including letters of support, are due by 5:00 pm PST, Monday, March 2, 2026.

If you have any questions regarding the application or the IHEAR program, please contact the Program Coordinator, Yvette Coulter at yvette.coulter@ucsf.edu

Full Name

First Name

Middle Name

Last Name

Suffix

Preferred Name

Please share whichever name you'd like to be called.

Current Address

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Permanent Address (if different)

Street Address

Street Address Line 2

City

State / Province

Postal / Zip Code

Daytime Phone Number

(000) 000-0000

primary phone number

Mobile Phone Number

(000) 000-0000

cell phone number

E-mail

example@example.com

Citizenship and Residency Status

- US Citizen
- Foreign National with a Permanent Resident Visa
- Other

If you responded "other" above, and if you are comfortable doing so, please include your current immigration status or visa type below.

Citizenship open-ended

Degrees Earned

Current College/University Name

Current Doctoral Program

Expected Graduation Year

ex: 2024

Upload Personal Statement

Upload a File

Drag and drop files here

600-word maximum, please use the following name format: LASTNAME_FIRSTNAME_PS.pdf

Upload Resume/CV



Upload a File

Drag and drop files here

Please use the following name format: LASTNAME_FIRSTNAME_CV.pdf

Names, titles, and email addresses of two people who will be submitting letters of recommendation on your behalf. Please contact letter-writers early to ensure on-time receipt of all application materials.

Letters of recommendation should be addressed to the Program Directors, Shelley R. Adler, PhD, and Maria T. Chao, DrPH, and emailed to Yvette Coulter at yvette.coulter@ucsf.edu (phone 415.353.7991).

1)

2)

How did you hear about the IHEAR training program?

Optional Demographic Information Statement

As part of our commitment to ensure that our outreach efforts attract a large and varied pool of qualified applicants, we invite applicants to voluntarily provide demographic information during the fellowship application process. **Submission of this information is entirely optional, and choosing not to provide it will have no impact on your application or eligibility for the fellowship.**

The collection of demographic information helps us better understand the diversity of our applicant pool, assess outreach efforts, and support compliance with applicable federal and state laws. **Any data provided will be kept confidential, used solely for aggregate reporting purposes, and will not be linked to your individual application during the review process.**

Compliance with Anti-Discrimination Laws

Our fellowship program adheres to all relevant federal and state anti-discrimination laws, including but not limited to:

- Federal Protections: Title IX, Title VI, Title VII, and other applicable statutes that prohibit discrimination based on race, color, national origin, sex, religion, disability, age, and other protected categories.
- State Protections: California Proposition 209, AB 2925, and other relevant statutes that prohibit discrimination in public education, employment, and contracting based on race, sex, ethnicity, or national origin.

In compliance with these laws, demographic information provided by applicants will not be used in any manner that could result in discrimination or preferential treatment, nor will it influence the selection process.

Optional Nature of Submission

Providing demographic information is entirely voluntary. If you choose to complete this section of the application, your information will be used only in accordance with applicable laws and regulations. If you prefer not to provide demographic information, you may simply skip this section without penalty.

We appreciate your consideration and thank you for helping us ensure a fair and inclusive application process that attracts a diverse pool of qualified applicants.

If you have any questions about this statement or the application process, please contact the fellowship coordinator, Yvette Coulter at yvette.coulter@ucsf.edu

What is your gender identity?

- Woman
- Man
- Non-binary person
- Decline to State

Do you have lived experience as a trans person (meaning your gender identity does not align with your gender assigned at birth)?

- Yes
- No
- Decline to State

Do you consider yourself to be Hispanic or Latino? (A person of Mexican, Puerto Rican, Cuban, South or Central American, or other Spanish culture of origin, regardless of race. The term, "Spanish origin," can be used in addition to "Hispanic or Latino.")

- No – not Hispanic, Latino, or Spanish origin
- Yes – Mexican, Mexican American, Chicano
- Yes – Puerto Rican
- Yes – Cuban
- Yes – Dominican Republic
- Yes – another Hispanic, Latino, or Spanish origin (specify from where specify which country in open text section below)
- Prefer not to answer
- Open Text

How would you describe your race?

- American Indian/Alaska Native
- Black/African American
- White/Caucasian
- Asian Indian
- Chinese
- Filipino
- Hmong
- Japanese
- Kampuchean (Cambodian)
- Korean
- Laotian
- Pakistani
- Thai
- Vietnamese
- Other Asian: (please check box & enter specifics below)
- Other South Asian: (please check box & enter specifics below)
- Fiji Islander
- Guamanian or Chamorro
- Melanesian
- Micronesian
- Native Hawaiian
- New Guinean
- Samoan
- Tahitian
- Tongan
- Other Pacific Islander: (please check box & enter specifics below)
- Prefer not to answer
- Open Text

As a child, did you or your family ever qualify for State or Federal assistance (e.g., food stamps, free and reduced lunch, Medicaid, other forms of monetary support)?

- Yes
- No
- Decline to Answer

As a child, did you or your family live in poverty outside of the United States?

- Yes
- No
- Decline to Answer

Do you consider yourself to have a rural background?

- Yes
- No
- Decline to Answer

Do you consider yourself to have a rural background?

- Yes
- No
- Decline to Answer

Is your generation the first one in your family to attend college?

- Yes
- No
- Decline to Answer

Please read carefully the information below regarding various requirements of the National Institutes of Health. Please sign the last page to verify that you understand these guidelines will apply to you if you are accepted into the Osher Center's IHEAR Program.

The Osher Center's IHEAR eight-week summer research program, co-directed by Shelley R. Adler, PhD, and Maria T. Chao, DrPH, provides:

- Instruction in the science of social health and healthcare disparities and enhancing the under-developed role of complementary and integrative health approaches in advancing health equity;
- Development of foundational research skills (e.g., formulating research questions, selecting research methods, interpreting evidence);
- Participation in mentored, applied research projects; and
- Monthly stipend of \$2,788, plus additional funds for tuition and travel.

The IHEAR predoctoral fellowship program is funded by a T35 Training Grant from the National Center for Complementary and Integrative Health (NCCIH), part of the National Institutes of Health (NIH). Programs receiving training funds from the NIH (<http://grants.nih.gov/training/nrsa.htm>) must comply with various guidelines and requirements. Participants in the IHEAR program need to be aware of the following important information.

Educational Requirements: Trainees must be enrolled in a qualifying PhD or MD/DO program, or in a doctoral degree program in a designated integrative health field. Eligible doctoral degrees include, but are not limited to, the following: DACM, DAOM, DC, DMD, DNSc, DO, DPM, DrPH, DSW, DVM, EngD, ND, OD, PharmD, PsyD, ScD, as well as a doctoral degree in nursing research or practice.

Trainee Citizenship: At the time of appointment to the training program, individuals selected for research training supported by NRSA institutional training grants must be citizens or non-citizen nationals of the United States, or must have been lawfully admitted to the United States for permanent residence, i.e., in possession of a currently valid Alien Registration Receipt Card I-551, or some other legal verification of legal admission as a permanent resident. Non-citizen nationals are generally persons born in outlying possessions of the United States (e.g., American Samoa and Swains Island). Individuals on temporary or student visas are not eligible for Kirschstein-NRSA support. In addition, trainees must be able to commit full-time effort in the program at the time of appointment.

Trainee Appointments: All trainees are required to pursue their research training full time, normally defined as 40 hours per week, or as specified by the sponsoring institution in accordance with its own policies.

No individual trainee may receive more than 5 years of aggregate NRSA support at the predoctoral level or 3 years of support at the postdoctoral level, including any combination of support from institutional training and individual fellowship awards. Any exception to the maximum period of support requires a waiver from the NIH awarding office based on a review of the written justification from the individual trainee and endorsed by the Program Director and the sponsoring grantee institution. Trainees seeking additional support are strongly advised to consult with the NIH awarding office.

Stipends: The Osher Center for Integrative Medicine is required to compensate post-doctoral participants in the IHEAR program according to the stipend levels approved by the NIH. <https://grants.nih.gov/grants/guide/notice-files/NOT-OD-19-036.html>

Taxability of Stipends: Internal Revenue Code Section 117 applies to the tax treatment of all scholarships and fellowships. The Tax Reform Act of 1986, Public Law 99-514, impacts on the tax liability of all individuals supported under the NRSA program. Under that section, non-degree candidates are now required to report as gross income all stipends and any monies paid on their behalf for course tuition and fees required for attendance. Degree candidates may exclude from gross income (for tax purposes) any amount used for tuition and related expenses such as fees, books, supplies, and equipment required for courses of instruction at a qualified educational organization.

The IRS and Treasury Department released regulations in January 2005 (Revenue Procedure 2005-11) clarifying the student exception to the FICA (Social Security and Medicare) taxes for students employed by a school, college, or university where the student is pursuing a course of study. Our understanding is that these final regulations do not apply to or impact Kirschstein-NRSA programs or awards. An NRSA stipend is provided by the NIH as a subsistence allowance for Kirschstein-NRSA fellows and trainees to help defray living expenses during the research training experience. NRSA recipients are not considered employees of the Federal government or the grantee institution for purposes of the award. We must note that NIH takes no position on the status of a particular taxpayer, nor does it have the authority to dispense tax advice. The interpretation and implementation of the tax laws are the domain of the IRS.

Individuals should consult their local IRS office about the applicability of the tax laws to their situation and for information on their tax obligations.

Evaluation and Tracking: Trainees will be asked to remain “in touch” with program coordinators and the NIH for a 10-year period following completion of the program to aid in determining the success or failure of the program. The program will be deemed successful (by the NIH) based on numbers of people who remain in a research-related profession, especially those actively conducting research in complementary and alternative medicine.

