

ANNUAL REPORT

2025



CABSIN
BRAZILIAN ACADEMIC
CONSORTIUM FOR
INTEGRATIVE HEALTH



CHAPTER BRAZIL



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2025

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CHAPTER BRAZIL

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A NEW CYCLE OF GLOBAL IMPACT

Since our board took office in November 2024, I have expressed my gratitude to Mariana Cabral Schweitzer's administration for the progress we have made. We have continued our projects to strengthen and expand the consortium's strategic operations.

The new board focused on holding the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM) in Rio de Janeiro. As the first of its kind in Latin America, this milestone represents CABSIN's growth and positions us for a challenge of great responsibility.

The conference is an opportunity to "listen to the global South with the world's ears." I invite the academic community, healthcare professionals, and partners to engage in co-building pathways for science in integrative health. Everyone's collaboration is essential to advancing the field in addressing global health challenges.

On this journey, it's crucial to recognize the dedication of our entire team. I'd like to especially thank Ricardo Ghelman, our vice president and congress president, for his leadership on this front, and Ana Paula, our secretary director, for all her support during this intense year of work. I'd like to thank Marina Leal, our secretary, for her tireless work, commitment to CABSIN's purpose, and immense patience. I also thank the communications team, which has worked tirelessly thus far, including William and Jaciara (our press officer), as well as Anderson, whose immense contribution during his time at CABSIN. My gratitude extends to all the committee members, volunteers, and partners who made this movement possible.

May this movement plant many seeds. Seeds like those of the Embaúba, a pioneering tree of the Atlantic Forest, whose Tupi-Guarani name, "ambaúba," means "hollow-trunk tree"—a reference to its symbiotic relationship with the ants that find shelter within it. CABSIN believes in pioneering growth, collective resilience, and the integration of diverse knowledge to regenerate health and society. Plant this seed with us.

Caio Portella

President Director of CABSIN

OUR MISSION IN ACTION

From Evidence to Public Policy

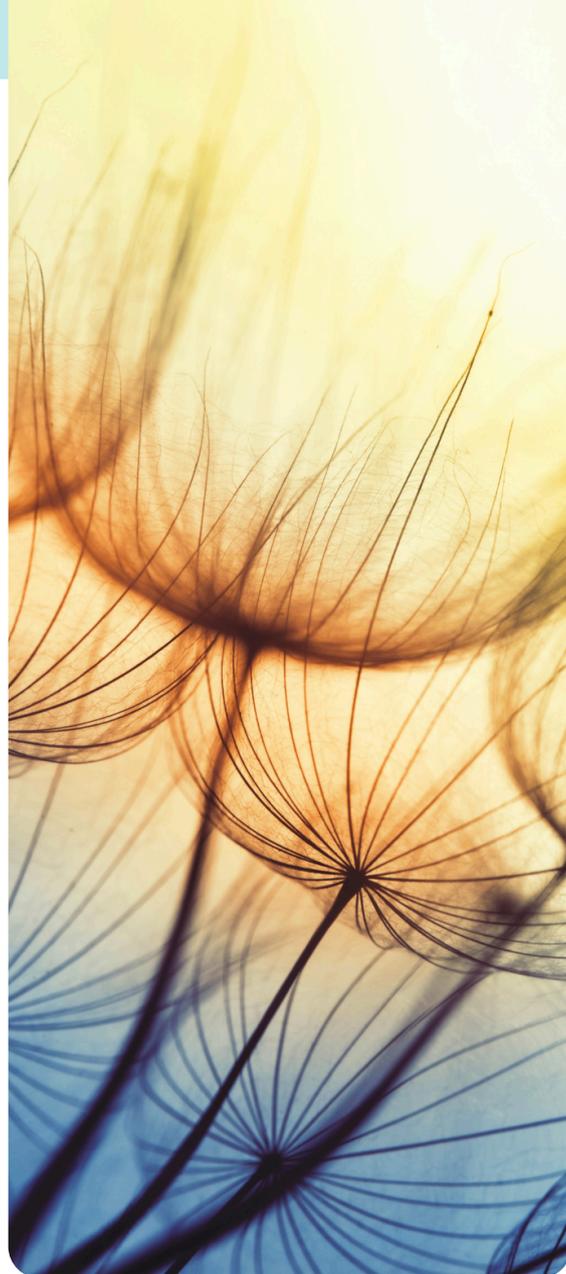
CABSIN's mission is to "promote scientific development and the dissemination of knowledge to contribute to the implementation of evidence-informed policies." In recent years, this directive has manifested itself in actions that connect research to practice and public debate, generating tangible results on several fronts.

Evidence Generation

The publication of new maps such as the EVIDENCE MAP OF CLINICAL EFFECTIVENESS OF YOGA PRACTICE, supported by WHO India, exemplifies our commitment to applying rigorous methodology to emerging topics. The study, conducted in partnership with BIREME/PAHO, offers a valuable overview of research in this field.

Direct Social Impact

The knowledge generated translates into a direct impact on the community. A notable example is the work of researcher Adriana Nunes Wolffenbuttel, who applied an aromatherapy protocol to 350 people displaced during the floods in Rio Grande do Sul. The initiative, which resulted in reduced anxiety and stress, and improved sleep, received international recognition with first place in the Aromashowcase 2024 award from the Gattefossé Foundation (France).



Influence on Policies

We actively work to ensure that scientific evidence informs decision-making. CABSIN's participation in the "Deliberative Dialogue" on PICS for chronic conditions, organized by Fiocruz Brasília and the Ministry of Health on August 21, 2025, is an example of this collaboration. Furthermore, we contributed to the public debate by analyzing the WHO's new strategy for TCIM, which received national media coverage.

GOVERNANCE AND LEADERSHIP



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Continuity and Renewal

CABSIN's governance reflects the maturity and institutional solidity achieved throughout its history. Approved at an Extraordinary General Meeting on November 29, 2024, the board of directors for the 2024-2025 period was structured to combine the continuity of strategic projects with renewed perspectives.

The management retains the experience of Caio Portella, who previously served as Secretary Director, and Ricardo Ghelman, who continues as Vice President Director. The appointment of Ana Paula Antunes Ferreira as Secretary Director brings a new perspective to the consortium's leadership, reinforcing the narrative of continuity and renewal.

The multidisciplinary composition of the board of directors and scientific committees is a strategic differentiator that reflects the nature of integrative healthcare. This leadership model, which unites researchers and professionals from diverse fields of knowledge, strengthens the impact of CABSIN's actions in academic, clinical, and social settings.



CAIO PORTELLA
President Director
2024-2025



RICARDO GHELMAN
Vice President Director
2024-2025



ANA PAULA A. FERREIRA
Secretary Director
2024-2025

Ana Paula holds a degree in physiotherapy, specializing in neurophysiology, from IBMRRJ, and a PhD and master's degree in Rehabilitation Sciences from UNISUAMRJ. She holds a diploma in osteopathy from the Brazilian Institute of Osteopathy (IBO), is a member of the Brazilian Register of Osteopaths, and has extensive international experience. She was president of the board of the Osteopathic International Alliance (OIA), is a visiting researcher at the Australian Research Center in Complementary & Integrative Medicine (ARCCIM) at the University of Technology Sydney, is an international affiliate member of the American Academy of Osteopathy, and is a member of the board of directors of the COME Collaboration – Center for Osteopathic Medicine Collaboration.



MAPPING KNOWLEDGE THE CONSTANT EVOLUTION OF EVIDENCE MAPS

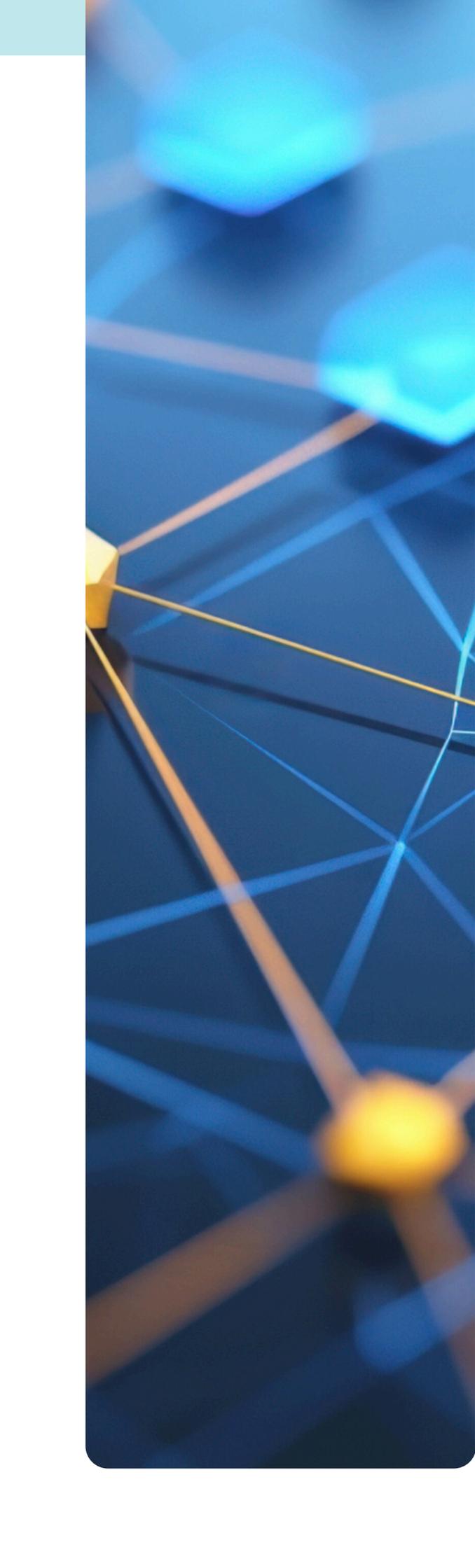
Aromatherapy Evidence Map Update

CABSIN reaffirms its commitment to continually updating scientific knowledge by launching a new version of the Aromatherapy Clinical Effectiveness Evidence Map. This initiative comes three years after the document's original publication in November 2021.

The update was made possible through a partnership signed on February 15, 2024, with the Brazilian Association of Aromatherapy and Aromatology (ABRAROMA). This collaboration model unites academia, represented by the work of CABSIN in conjunction with BIREME/PAHO, and professional practice, represented by ABRAROMA, ensuring that the knowledge generated meets the real needs of health managers and professionals.

The importance of this collaboration is highlighted by Mayra Corrêa e Castro, president of ABRAROMA:

The stance of public health managers and professionals demands—and rightly so—evidence to justify investment in this natural practice and to support their clinical practice. Offering care simply because it's natural and pleasant isn't enough: it must also be supported by evidence of its effectiveness.



Publication of the Evidence Map: Family and Systemic Constellation

Aiming to apply a robust methodology to emerging topics, CABSIN, in partnership with the Latin American and Caribbean Center on Health Sciences Information (BIREME/PAHO), completed and published in December 2024 the Evidence Map on the "Clinical Effectiveness of Family and Systemic Constellations." This is the 29th map produced by the collaboration and aims to provide an overview of research on the practice.

The analysis included 16 publications and identified that the outcomes studied focused primarily on mental health (87.5%). Neutrally, the map concluded that, of the 40 health outcomes analyzed, 75% presented potentially positive results, 15% positive, and 10% inconclusive.

The study is presented as a "first step" toward improving research in this field. Experts who participated in the map's development point to the need for further refinement of research methods in future studies so that objective data meets the evaluative criteria for this type of analysis.

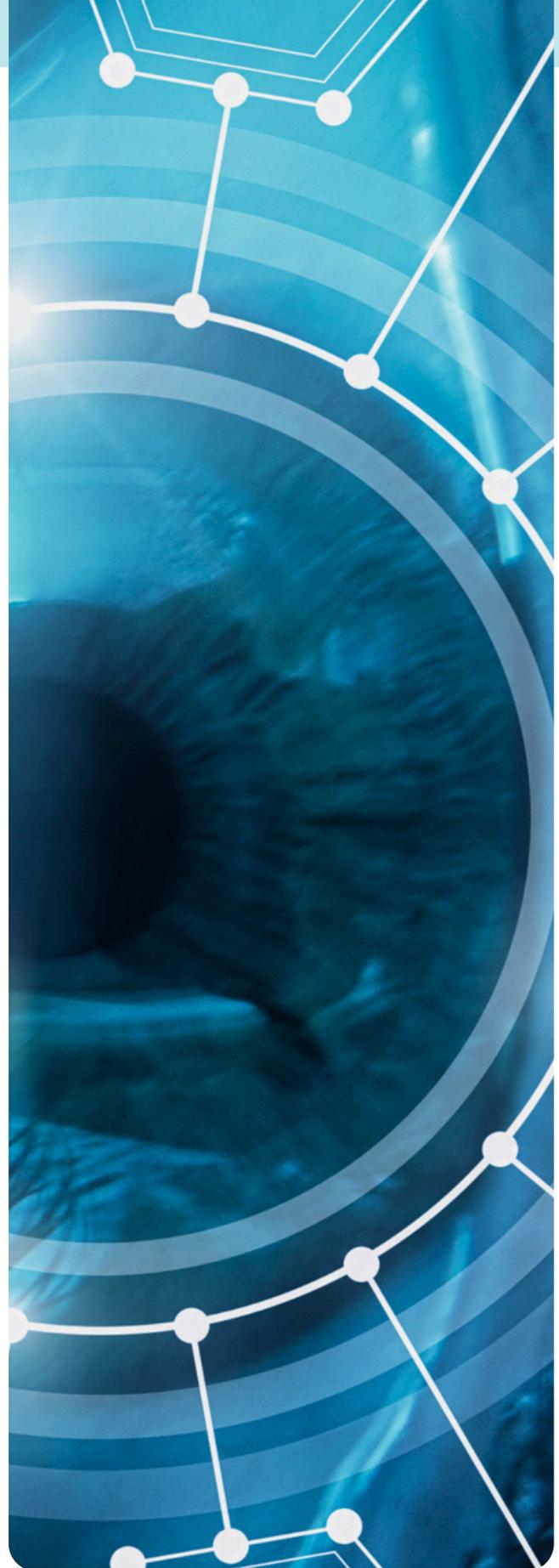
The project reinforces CABSIN's partnership model, having been made possible with funding from the Brazilian Association of Constellations (ABC) and the Brazilian Institute of Family Constellations (IBCF).

Participation in Evidence Week: Translating Knowledge into Health Policies

Evidence Maps are positioned as active tools for public policymaking. One example of this application was CABSIN's participation in the roundtable "Producing Evidence Maps: Experiences in Using Them for Health Policies," held online on November 11, 2024.

The event, organized in partnership with the Hcor Research Institute and the Federal University of São Paulo (Unifesp), demonstrated CABSIN's integration into a broader evidence-gathering ecosystem. The discussion highlighted how these tools help translate scientific knowledge into the practical realm of public policy.

During the discussion, it was explained that the maps allow "identifying knowledge gaps" and organizing data in an accessible way, helping managers formulate more informed and efficient policies. The initiative connects scientific production to its ultimate purpose: to support decision-making and improve healthcare quality.



THE VOICE OF EVIDENCE CONTRIBUTIONS AND IMPACTS ON PUBLIC POLICIES

Repercussion in the National Press About the New WHO Strategy

CABSIN's ability to transcend academic debate and shape public opinion was demonstrated by the impact of an article by Ricardo Ghelman, published on The Conversation Brasil. The article was featured in major national media outlets, including Veja magazine, one of the country's most influential weeklies.

In the article, Ghelman analyzes the impact of the World Health Organization's (WHO) new strategy for Traditional, Complementary, and Integrative Medicine (TCIM). He highlights Brazil's leading role in the field—with over 9 million integrative practices provided by the Unified Health System (SUS) in 2024—and the political importance of the 3rd WCTCIM, the first global congress on the topic to be held in the Global South.



CABSIN's productions have already had an impact in Latin America, such as Chile, which incorporated data from our evidence maps to compose technical documents and guide strategic decisions in the area of TCIM.



CABSIN's Participation in the Launch of the Practical Guide for Implementing Integrative Community Therapy (ICT) in PHC

Translating evidence into action and strengthening management in the Unified Health System (SUS), CABSIN participated in the launch, on July 1, 2025, of the "Practical Guide for Implementing Integrative Community Therapy (ICT) in Primary Health Care (PHC)." The publication represents a strategic management tool developed to help managers and health professionals overcome the practical challenges of implementing Integrative and Complementary Practices (ICPs) in their services.

The guide is structured to be a highly functional resource, offering detailed step-by-step instructions and case studies that serve as practical models. The goal is to provide a clear path for incorporating Integrative Community Therapy into routine primary care, from initial planning to outcome evaluation, ensuring effective and sustainable implementation.

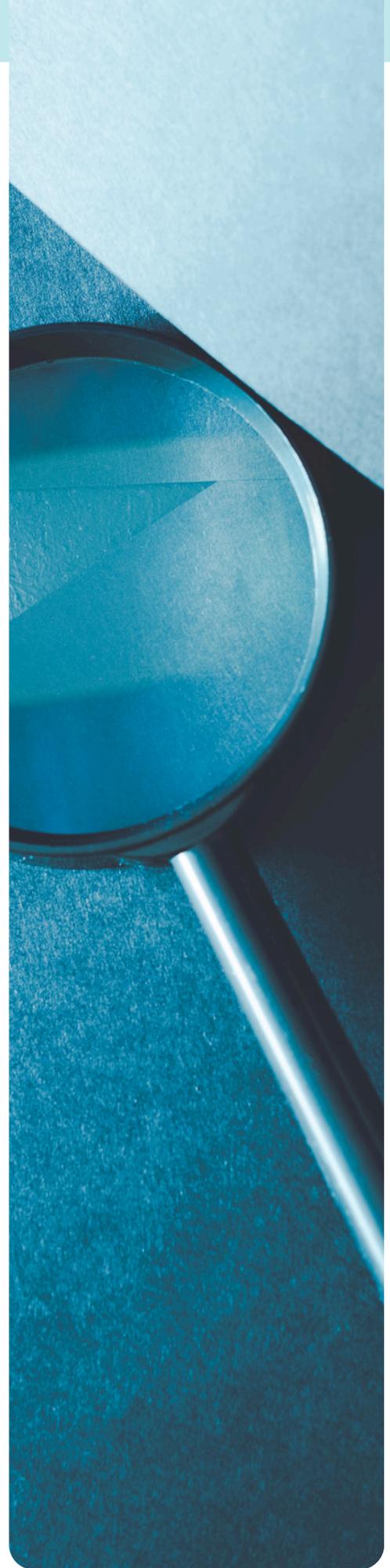
The publication's credibility and relevance are reinforced by important institutional endorsements. The guide features a foreword from the National Health Council (CNS) and a note from the Pan American Health Organization (PAHO). The CNS's support lends legitimacy to the tool before the SUS's social oversight bodies, while the PAHO note situates the initiative within the context of best health practices in the Americas. This validation positions the guide as a reference document for the qualified expansion of ICT in Brazil.

Development of the Evidence Map Repository

In a significant step toward the democratization of knowledge, CABSIN is developing, together with BIREME, the Evidence Map Repository, a publicly accessible digital platform. This initiative reflects the consortium's commitment to the principles of open science, which promote transparency, collaboration, and the broad dissemination of scientific research results.

The repository is being developed to centralize all Evidence Maps produced in partnership with BIREME/PAHO. By bringing together these complex knowledge syntheses in a single location, the platform facilitates access to qualified information on the efficacy and safety of various Integrative and Complementary Health Practices (PICS). The tool was designed to serve a broad audience, including researchers seeking to identify knowledge gaps, policymakers needing data to inform public policies, and the general public interested in reliable information.

The creation of this platform represents not only a technological advancement, but also a strategic alignment with global open science trends. By making the results of years of work publicly available, CABSIN reinforces the transparency of its activities and expands the potential impact of its research, allowing the knowledge generated to be used and validated by a global community. It is expected to be available later this year.



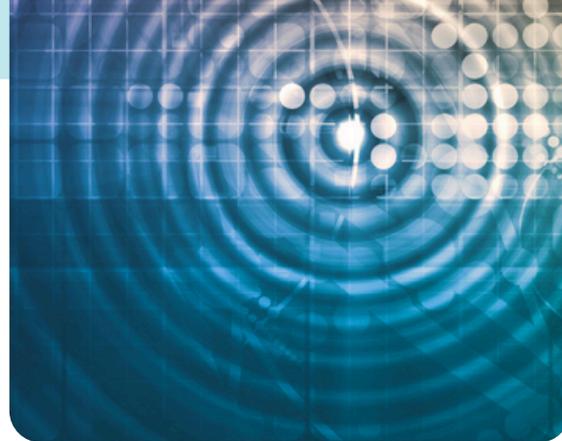
EXPANDING REACH PARTNERSHIPS FOR SCIENTIFIC DISSEMINATION

Strategic Partnership with Cochrane Complementary Medicine

To strengthen the dissemination of high-quality scientific evidence, CABSIN has established a strategic partnership with Cochrane Complementary Medicine, an international organization recognized for its excellence in systematic reviews in the healthcare field. The collaboration aims to facilitate access to content produced by researchers from both institutions, with a special focus on the field of Traditional, Complementary, and Integrative Medicine (TCIM).

Cochrane is known worldwide for its rigorous methodology in conducting and synthesizing evidence, serving as a global reference for evidence-based healthcare. The partnership with CABSIN reinforces both institutions' commitment to promoting reliable and up-to-date scientific information, serving as a bridge to bring cutting-edge content to the Portuguese-speaking audience.

The first fruit of this collaboration was the creation of a dedicated page on the CABSIN website, where "Blogshots" translated into Portuguese are available. These materials consist of visual summaries of systematic reviews conducted by Cochrane.



These summaries cover topics such as the effectiveness of exercise for acute low back pain, the use of probiotics for abdominal disorders in children, and the use of natural products for neuropathic pain relief. These summaries help healthcare professionals and researchers make evidence-informed decisions.

In addition to sharing content, the partnership includes support for mutual scientific projects, publications, and training in methodologies for systematic reviews, strengthening the quality of research in the field.



Cochrane
Complementary Medicine

TRAINING THE NEXT GENERATION

TRAINING AND DIALOGUE EVENTS

Focus on Specialties: Symposia and Webinars in Osteopathy, Integrative Pediatrics and Homeopathy

CABSIN's scientific committees actively promote training and knowledge exchange through specialty-focused events, demonstrating the depth of their work and their ability to foster interdisciplinary dialogue. These initiatives are essential for advancing research and clinical practice in various areas of integrative health.

A notable example of collaboration between committees was the first joint Symposium on Osteopathy and Integrative Pediatrics, held on November 23, 2024. With the theme "Evidence & Clinical Practice at the Interface between Integrative Pediatrics and Osteopathy," the event brought together researchers from both fields to analyze evidence-based practices for child care, a differentiator that enriches the debate and promotes more complete and comprehensive care.



In addition to joint initiatives, the committees furthered discussions in their respective fields. The Osteopathy Committee hosted a livestream on October 1, 2024, on "Osteopathic Treatment in Women with Hypertension Syndrome in Pregnancy," addressing a topic of great relevance to women's health. On September 3, 2025, the webinar "Integrative Pediatrics" was held, a preparatory event for the 3rd WCTCIM that analyzed a clinical case of childhood allergy from the perspective of different medical systems, such as Ayurveda, Chinese Medicine, Anthroposophic Medicine, and Homeopathy. Additionally, the Homeopathy Research Project Seminar, on October 23, 2024, sought to form a collaborative network among research groups to expand and strengthen scientific production in the field.



Strategic Cooperation between CABSIN and PAHO/WHO Strengthens Integrative Health

The Brazilian Academic Consortium for Integrative Health (CABSIN) maintains its strategic cooperation with the Pan American Health Organization (PAHO/WHO), renewed in November 2023 and valid until 2026. The partnership, initiated in 2019, focuses on expanding scientific evidence in Traditional, Complementary and Integrative Medicines (TCIM), strengthening public policies in Brazil and strengthening international collaborations.

Throughout 2024 and 2025, CABSIN has fulfilled the objectives agreed upon in the agreement, highlighting the implementation of seven strategic projects, including the Repository of Systematic Reviews, the Pan-American Compendium of Medicinal Plants, the Observatory of Integrative Oncology, and the International Network of Integrative Pediatrics. These initiatives integrate scientific production, technological innovation, and researcher training, consolidating the relevance of TCIM in national and regional health agendas.

The cooperation will continue until 2026, with impressive results already achieved, such as the joint production of 28 evidence maps in partnership with BIREME/PAHO and direct support for the development of protocols and public policies in Brazil and the Americas. CABSIN thus reaffirms its leading role in building evidence-based integrative healthcare.



Focus on Mental Health and Well-Being: Discussions on Mindfulness, Family Constellations and Community Resilience

Aligned with the most current well-being themes, CABSIN hosted a series of events focused on mental health, demonstrating its commitment to accessible and relevant approaches for the community. The initiatives sought to explore different practices and their evidence bases, strengthening the dialogue on comprehensive care.

On June 27, 2025, the Mental Health and Spirituality Committee hosted an open class on "Mindfulness and Meditation: Mindfulness Practices as Tools to Reduce Anxiety and Promote Spiritual Well-Being." The virtual meeting was led by Dr. Marcelo Demarzo, a Health Promotion specialist, who presented the theoretical, practical, and scientific foundations of mindfulness as a tool for self-care.

To discuss community resilience, the livestream "Mental Health and Community in Global Crises: Contributions of Integrative Medicine" was held on September 15, 2025. The event, held in partnership with the Brazilian Association of Integrative Community Therapy (ABRATECOM), explored how integrative practices can strengthen collective well-being in climate emergencies and violence. Participating in the discussion were psychiatrist Dr. Adalberto Barreto, founder of Integrative Community Therapy, and Dr. Adriana Nunes Wolffenbuttel, who presented her experience with aromatherapy in humanitarian crises.

Furthermore, to strengthen the newly created committee and enhance the debate on emerging practices, a livestream event on Family Constellations was held on March 17, 2025. The event discussed the available scientific evidence and therapeutic applications of the approach, in line with the publication of the Evidence Map on the topic.

NATIONAL ARTICULATION: STRENGTHENING THE PICS ECOSYSTEM IN BRAZIL

Support for Regional and Municipal Initiatives Throughout Brazil

CABSIN works to strengthen the field of Integrative and Complementary Health Practices (PICS) from the bottom up, supporting and actively participating in events that strengthen local and regional networks throughout Brazil. This collaboration is essential for legitimizing initiatives, disseminating evidence-based knowledge, and connecting administrators, professionals, and academia.

At the state level, the Consortium supported the 2nd São Paulo State Meeting of PICS, held in Analândia from September 12 to 14, 2025. This event focused on deepening the implementation of PICS in São Paulo municipalities. Director Ghelman presented the Evidence Maps, who was honored at this event, along with other leading figures from the national scene. The Consortium's role as a liaison between academia, health services, and management was also highlighted at the 1st State Meeting of PICS between the SESSP and the Third Sector, held on October 31, 2024.



CABSIN's reach extends across several regions of the country. In November 2024, the Evidence Maps methodology was disseminated at the II Microregional PICS Meeting in Ouro Preto, Minas Gerais. In June 2025, the consortium had a prominent participation in the II ENPICPR in Curitiba, the main PICS event in the South region.

The actions were expanded to the Central-West region with participation in the 3rd Central-West Meeting on Integrative Health Practices, in September 2025, with the aim of disseminating methodologies for implementing and evaluating PICS.

Engagement also occurs at the municipal and academic levels. On November 13, 2024, an online lecture at the Joinville (SC) PICS Seminar trained municipal professionals on the use of evidence in clinical practice. Participation in the 4th UFRJ PICS Meeting, on November 7, 2024, solidified the partnership with the university, opening doors for joint research projects and strengthening the national academic network.



Influence on SUS Policies: Deliberative Dialogue in Brasília

CABSIN acts as a strategic advisor to government health agencies, seeking to directly influence national policymaking. A clear example of this was its participation in the "Deliberative Dialogue: Recommendations for the Adoption of PICS for Chronic Conditions in the Unified Health System (SUS)," held on August 21, 2025, in Brasília, Federal District.

The event, organized by Fiocruz Brasília in partnership with the Ministry of Health, represented a high-level forum to discuss the integration of Integrative and Complementary Practices in the treatment of highly prevalent diseases, such as chronic pain, hypertension, and diabetes mellitus. The central objective of the meeting was to "translate scientific knowledge into practical actions" that could inform decision-making within the scope of the National Policy on Integrative and Complementary Practices (PNPIC).

The consortium was represented by CABSIN President Caio Portella, demonstrating the institution's engagement in the strategic discussions shaping the future of PICS within the Unified Health System. The participatory format of the dialogue sought to generate clear recommendations for managers and professionals, ensuring that the adoption of new practices is always based on robust scientific evidence and aligned with the needs of the Brazilian population.

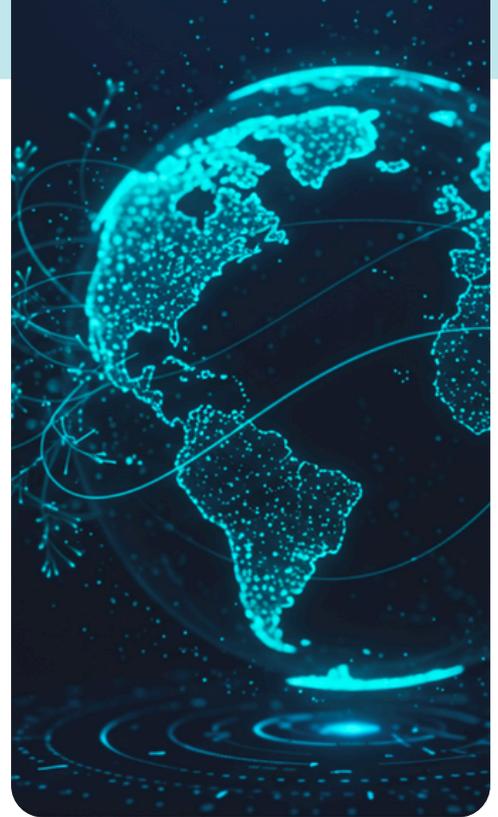
CABSIN GLOBAL PRESENCE ON THE INTERNATIONAL STAGE

Leadership in WHO and PAHO Strategic Forums

CABSIN's international recognition is evidenced by its active and influential participation in strategic forums of the World Health Organization (WHO) and the Pan American Health Organization (PAHO). Invited by these agencies, the consortium has contributed to the formulation of global guidelines, the definition of research agendas, and the presentation of Brazilian innovations as models for the world.

Contributing to the Global Strategy

CABSIN's leadership is manifested in its direct participation in the development of documents that will guide global health policies for the next decade. Dr. Ricardo Ghelman, Vice-President and Director, served as an external consultant to the WHO on crucial fronts, joining the working group that developed the WHO Traditional Medicine Strategy 2025-2034, a document that will guide 170 countries. Ghelman was also invited to coordinate the Ayurveda Module development team with the WHO and appointed a group of experts from the CABSIN Ayurveda Committee, coordinated by Jose Rugue and Ana Maria Araujo. They also participated in international trips and played a prominent role in representing Brazil in the development of the Ayurveda Module (TM2) for the new International Classification of Diseases (ICD11), a fundamental step forward for the standardization and recognition of these practices.



Shaping the Research Agenda for the Americas

The consortium's influence on defining research agendas was also highlighted during the PAHO/WHO Regional Consultation on Research Prioritization in TCIM, which brought together managers, academics, and representatives of traditional communities in Latin America in São Paulo on June 11 and 12, 2025. On that occasion, the experience accumulated by CABSIN in the production and application of Evidence Maps was fundamental in helping to shape the new TCIM research agenda for the entire region of the Americas, positioning Brazil as a reference in the topic.

Engagement in Strategic International Congresses and Missions

Building a global collaboration network is a central pillar of CABSIN's work, manifested in proactive participation in key events and international missions. This global presence aims to strengthen partnerships, attract collaborations for the 3rd WCTCIM, and position Brazilian research on the global stage.

Throughout the period, the consortium attended important international conferences through the presence of Director Ghelman, who is the Ambassador for Brazil of the Society on Integrative Oncology, representing Latin America on topics related to oncology, pediatric oncology, and phytotherapy for cancer, and presenting the foundations of the WHO Global Library. In October 2024, participation in the 21st International Conference of the Society for Integrative Oncology (SIO) strengthened partnerships and allowed for the sharing of SUS experiences in integrative oncology. Attendance at the European Congress of Integrative Medicine (ECIM24) in Madrid in November 2024 was a fundamental step in strengthening connections with European researchers. In December 2024, participation in the IV Congress of Integrative Medicine in Porto, Portugal, aimed to strengthen ties with the Portuguese-speaking community for future research collaborations. Finally, attendance at the SIO Europe Congress in June 2025 allowed for updates on new evidence in integrative oncology.

Strategic missions were carried out to deepen cooperation

international. Between March and April 2025, a mission to China focused on establishing partnerships with traditional Chinese medicine institutions, aiming for technological exchanges and joint research projects. President Caio Portella's task force was crucial. In June 2025, the Amazon Expedition, conducted with a Chinese TV station for the production of the documentary "Four Seas of Chinese Medicine," represented a high-impact partnership to promote Brazilian biodiversity and traditional knowledge to an Asian audience.

High-level exchanges were also a priority. On July 23, 2025, Dr. Marion Debus, head of the international Anthroposophical Medicine department (Goetheanum, Switzerland), Director Ghelman, and Adalberto Aguemí, coordinator of the integrative health department at the São Paulo Municipal Health Department, met to discuss future public health projects. In September 2025, Ana Paula A. Ferreira participated in the SOLAR Program, promoted by the Australian Research Center for Complementary and Integrative Medicine (ARCCIM), with the goal of developing management and leadership skills in osteopathy.

Intersectoral Dialogue: Participation in Forums of Innovation, Technology and Ergonomics

CABSIN has expanded its reach beyond the healthcare sector, participating in intersectoral dialogues to connect integrative healthcare with technology, innovation, and ergonomics ecosystems. This strategy aims to position integrative practices at the center of discussions about the future of care, acting as a bridge between traditional knowledge and cutting-edge innovations.

An example of this work was Dr. Ricardo Ghelman's participation in Rio Innovation Week 2025, one of the largest innovation events in Latin America. On August 14, 2025, he participated in the conference "Technology and Longevity: Innovations for an Active Life," alongside healthtech CEOs. At the event, Ghelman discussed how emerging technologies can interact with traditional and complementary approaches to promote longer, higher-quality lives, combining scientific evidence and innovation to propose transformative solutions for healthcare systems.

On the same day, CABSIN President Dr. Caio Portella participated in the 2nd Seminar on Ergonomics and Applied Technologies (SETA), an online event themed "Technologies, Innovations, and Humanized Practices in Health." He delivered the lecture "International Panorama of Integrative Health: Traditional and Modern: Innovating Health Care," contributing a global perspective to the debate on ergonomics and the application of new technologies in care. Participation in both events reinforces the consortium's role in integrating knowledge of TCIM into the most advanced discussions about the future of health.



RESEARCH PROJECTS APPLIED IN SUS

Expansion of the Multicenter Project of Anthroposophic External Therapies (TEAn)

The research project on Anthroposophic External Therapies (TEAn) is a success story that demonstrates CABSIN's innovation model in public health, encompassing training, implementation, and scientific evaluation. TEAn are therapeutic practices aligned with the National Policy for Integrative and Complementary Practices (PNPIC) that utilize techniques such as compresses, massages, and the application of natural substances to the skin to stimulate self-healing processes and balance the body.

The research began in São Paulo on October 7, 2024, with the training of 40 professionals from the municipal health network, and expanded to Recife on January 10, 2025, involving 17 health professionals in 14 primary care units. The multicenter nature of the study is one of its strengths, as it integrates initiatives in São Paulo and Recife with a similar project led by Fiocruz in the Federal District, enabling the generation of more robust and generalizable evidence across different sociocultural contexts in Brazil.



The successful implementation is due to a strong network of partnerships. The project is carried out in collaboration with the Municipal Health Departments of São Paulo and Recife, as well as academic institutions such as the University of Pernambuco (UPE), and with the support of partners such as the MAHLE Institute. This collaboration between academia, public administration, and civil society is essential for the viability of applied research within the SUS.

The main objective of the research is to consolidate scientific evidence on the benefits of AnET, evaluating its effectiveness and cost-effectiveness in real-world scenarios. The data collected aims to assist healthcare managers and professionals in decision-making and in the future implementation of this practice on a larger scale in the public healthcare system.

A close-up photograph of a person's hands, wearing a green sweater, gently holding a small, hand-painted globe of the Earth. The globe is primarily blue with green and yellow landmasses. The background is a soft, out-of-focus green.

Innovation in Care and Sustainability: Health and Nature Project in Goiás

CABSIN demonstrates its ability to develop innovative projects that connect health, community, and the environment through the Health and Nature Project in Goiás. The initiative, whose field activities began on February 25, 2025, establishes a care model that integrates health practices with the conservation of the Cerrado biome, valuing biodiversity and local knowledge.

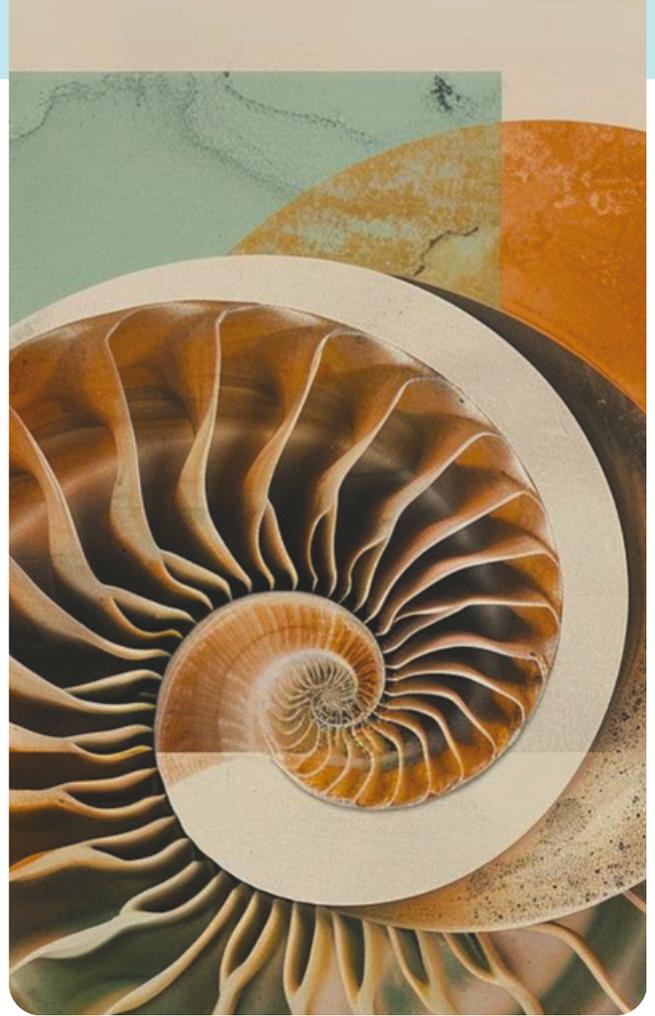
The project focuses on training community health workers and mapping traditional nature-based practices, such as the use of medicinal plants native to the Cerrado. By working directly with community workers, CABSIN strengthens the link between the health system and popular wisdom, promoting more contextualized and culturally relevant care. This community-based approach is essential for the sustainability and ownership of health actions by the population itself.

The initiative is framed as a care model aligned with the concept of Planetary Health, which recognizes the interdependence between human health and the health of ecosystems. By valuing biodiversity and local knowledge, the project not only promotes community well-being but also contributes to environmental preservation, exemplifying a truly integrated, innovative, and sustainable healthcare approach.

Cost-Effectiveness Assessment of the Farol Model in Partnership with RD Saúde

Positioned at the forefront of healthcare management and innovation, CABSIN has initiated a research project focused on evaluating the economic impact of integrative care models. In partnership with RD Saúde and strategic partners such as Transverso Assessoria, the first data analysis of the study "Evaluation of the Cost-Effective Potential of the Farol Model" was initiated, conducted between August and November 2025. The Farol project is a social business initiative that offers care journeys with Integrative and Complementary Health Practices (PICS), focusing on mental health and chronic pain.

The research applies rigorous methodologies with an innovative objective: to measure not only clinical outcomes and improvements in patients' quality of life, but also the value generated for the healthcare system. This analytical approach seeks to quantify the model's efficiency, assessing how investment in integrative practices can optimize resource use and reduce costs in other areas of the system. To ensure data quality, a Data Intelligence Unit was created to standardize the collection and application of evaluation metrics.



Cost-effectiveness analysis is a crucial step toward the sustainability and expansion of PICS in Brazil. By generating evidence on the economic impact, CABSIN provides public and private managers with robust data to inform decisions about investing in integrative care models. This study represents a breakthrough in the way integrative healthcare is evaluated, moving from a purely clinical analysis to a comprehensive assessment of its strategic value.

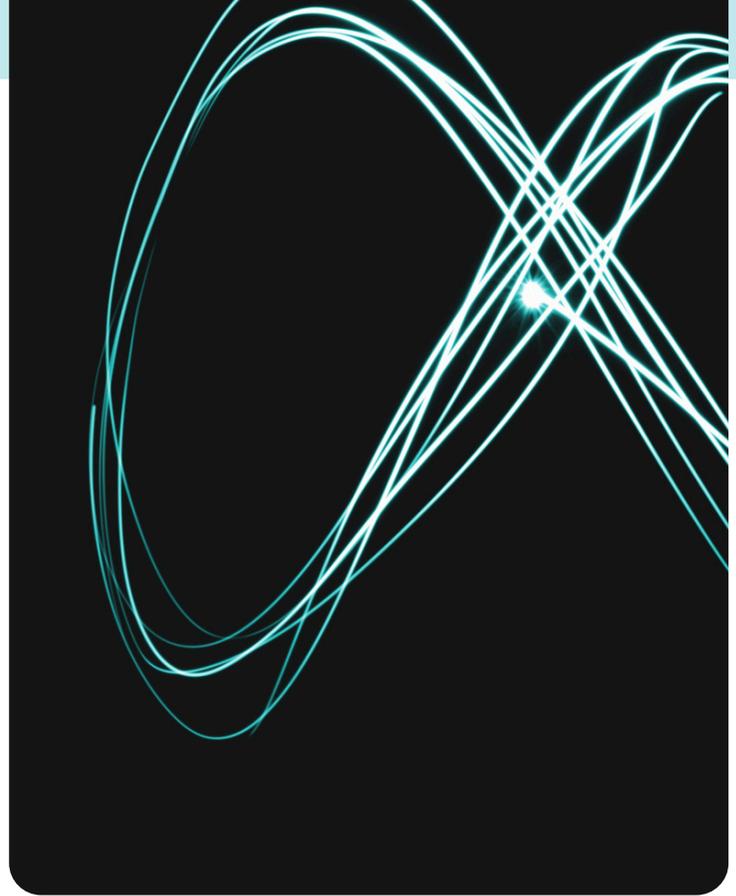
Through this initiative, in 2025, CABSIN became part of Bravenet, a network created in 2007 to generate evidence on integrative medicine in clinical practice, today with 32 members from several countries.

FOSTERING INNOVATION STIMULUS TO THE NEW GENERATION OF RESEARCH

Launch of the Call for Research Support and Approval of Funding for TEAN Projects

Demonstrating its institutional maturity, CABSIN has evolved from its exclusive role as a research executor to also acting as a promoter, strengthening the entire integrative health research ecosystem in Brazil. This new front of action is reflected in initiatives that attract external funding while simultaneously creating opportunities to train and engage new researchers.

An important step in this direction was the approval, on June 23, 2025, of a R\$70,000.00 grant from the MAHLE Institute. The funds were specifically earmarked to facilitate the training of professionals from the Unified Health System (SUS) in Anthroposophic External Therapies (TEAN), expanding access to this practice and laying the foundation for future research.



As a direct result, CABSIN launched a Research Support Call to select researchers interested in providing technical support to TEAN projects. The call's objective is to recruit professionals to assist in crucial research stages, such as the regulatory submission of projects to Plataforma Brasil and monitoring data collection, ensuring methodological rigor and study compliance.

The connection between these two initiatives demonstrates a complete and virtuous cycle of scientific development. CABSIN works to raise external funds and then reinvests this capital in the scientific community, training researchers to ensure the quality and scale of projects. This strategy not only enables research but also contributes to the development of a new generation of integrative health specialists.

IMPACT STORIES RECOGNITION AND INNOVATIVE APPLICATIONS

International Aromatherapy Award for Action in Humanitarian Crisis

CABSIN's mission to translate science into real-world impact is embodied in the story of researcher Adriana Nunes Wolffenbuttel, coordinator of the consortium's Natural Products Scientific Committee. Her work demonstrates the value of Integrative and Complementary Health Practices (PICS) in the most vulnerable settings, offering care and relief amid a humanitarian crisis.

In the wake of the floods that devastated Rio Grande do Sul in early 2024, Adriana developed and implemented an aromatherapy protocol focused on supporting victims. Working as a volunteer, she provided care to 350 people, including the homeless and healthcare professionals, in three public shelters in Porto Alegre. The three-month project utilized the inhalation of essential oils to support the mental and physical health of the affected population.

The results were remarkable. Participants reported significant benefits, such as reduced anxiety, stress, sadness, and fear, as well as a significant improvement in sleep quality and an overall sense of well-being and relaxation. The protocol's relevance and innovation were recognized internationally: the project won first place in the Aromashowcase 2024, an award granted by the Gattefossé Foundation (France) and considered the most important in the field of aromatherapy.

This award is not only a personal achievement, but also a recognition of the entire support network of companies that donated essential oils and volunteers who transported them to Porto Alegre. It also recognizes the importance of PICS in promoting evidence-based integrative solutions, especially in times of vulnerability.

Adriana Nunes Wolffenbuttel

The project's impact transcends recognition. The protocol was documented in a technical report and will be published in a scientific paper, with the aim of replicating it in other disaster situations around the world. The initiative thus becomes a model for disaster response, with the potential to bring care and relief to vulnerable communities anywhere in the world.

AN EVENT FOR HISTORY

BRINGING THE WORLD TO THE GLOBAL SOUTH



3rd World Congress on
Traditional, Complementary
and Integrative Medicine

The Conquest of the Headquarters and the Official Launch of 3rd WCTCIM in Rio de Janeiro

Winning the right to host the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM) represents a strategic and collective victory for integrative health in Brazil.

The approval of Rio de Janeiro's candidacy, led by CABSIN in collaboration with the International Society for Traditional, Complementary, and Integrative Medicine Research (ISCMR) and the European Society of Integrative Medicine (ESIM), marks a historic moment, being the first time that the main world congress on the topic will take place in Latin America.

The official launch of the congress was held in two strategic stages. On October 15, 2024, an Executive Meeting formalized the event and selected Brazil as the host, aligning the congress's infrastructure with its global scale. Subsequently, on October 18, 2024, the virtual launch was held in partnership with Fiocruz's IdeiasUS platform, a far-reaching event that introduced the congress to the scientific community and the public, generating strong initial engagement.

The strength of the consortium's international network was a decisive factor in this achievement. The Brazilian bid received formal support from TCIM-related organizations in more than 17 countries, including partners such as the TCIM Americas Network and the PICS Brazil Network. This massive support demonstrated the global community's confidence in CABSIN's ability to organize an event of global significance and solidified the legitimacy of Rio de Janeiro's bid as a hub for the future of integrative healthcare.

STRUCTURING SUCCESS CONGRESS MANAGEMENT AND PLANNING

Key Stages of Congress Organization

Organizing a global event like the 3rd WCTCIM requires professional, complex, and detailed planning, executed over months. The congress management was structured into key stages to ensure excellence on all fronts, from scientific conception to logistical execution.

Planning began in 2023, the first actions with the companies contracted to support the event were in November 2024, and the Organizing Committee's kickoff meeting was on November 20, 2024. At this first official meeting, the work fronts were established — scientific, logistics, communication, and fundraising —, with the distribution of responsibilities and the definition of the congress's macro schedule.

The communications strategy was defined on February 18, 2025, in a meeting focused on developing the event's central narrative, focusing on the themes of "Sustainability and the Amazon." This guideline guided subsequent steps, such as the alignment meeting with public and private sector sponsors on April 15, 2025, which was crucial to ensuring the project's financial viability.



To ensure the visibility of the congress in national and international media, a communications agency was hired on July 15, 2025.

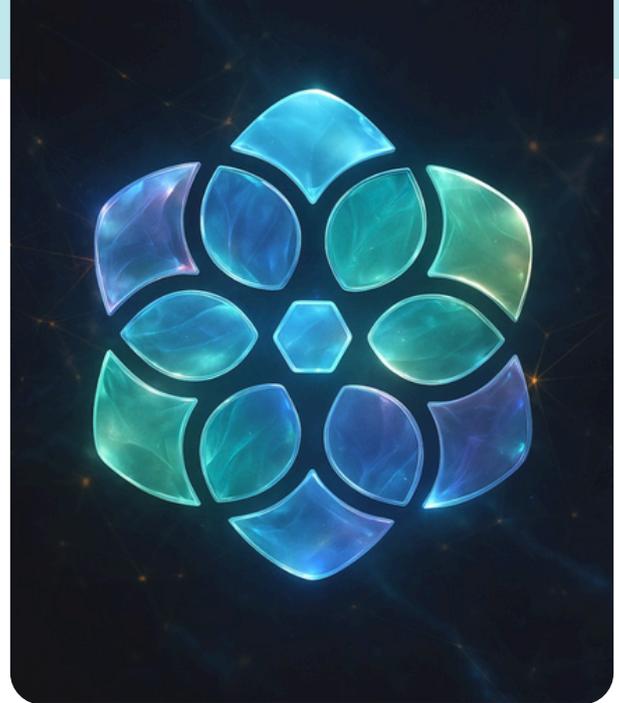
Careful execution was maintained until the very last moment. On September 30, 2025, the Final Logistics and Operations Meeting was held to finalize all operational details of the event. During this phase, supplier contracts, volunteer coordination, broadcast technology, and programming were reviewed, ensuring that all aspects were aligned for a flawless execution.

GLOBAL MOBILIZATION ENGAGING THE COMMUNITY FOR CONGRESS

Pre-Congress Training and Articulation of National and International Networks

More than just a one-off event, the 3rd WCTCIM was designed to create a lasting legacy of capacity-building and network strengthening. The mobilization strategy included a series of coordinated actions to empower the scientific and professional community, engage national stakeholders, and expand the congress's impact on public policy.

Internationally, the "PreCongress Advocacy and Communication Training Series" was launched, a series of free virtual trainings hosted by the TCIH Coalition beginning July 1, 2025. The initiative aimed to equip professionals and researchers with advanced communication and advocacy skills. The program aimed to strengthen participants' ability to communicate the value of TCIM and actively participate in discussions that will shape the future of integrative health policies.



To mobilize nationwide, a livestream event was held in partnership with the PICS Brazil Network on November 26, 2024. The event discussed the strategic role of networks in consolidating integrative healthcare and aligned the participation of state PICS centers in the congress, ensuring broad reach and Brazilian representation at the event.

With a focus on expanding the impact on public policies, the campaign "Health Managers: Mobilize your Institutions for the 3rd World TCIM Congress" was launched on March 18, 2025, to encourage the participation of health departments and hospitals. Additionally, on July 4, 2025, discussions began with the National Health Council (CNS) to secure institutional support and the organization's participation in the congress, strengthening the PICS agenda at the national policy level.

THE WORLD KEEPS AN EYE ON BRAZIL REPERCUSSION AND VISIBILITY

Platform Launch, Record Submissions and Institutional Support

The international impact and prestige of the 3rd WCTCIM were demonstrated by concrete data and significant milestones, demonstrating the event's global reach from its early stages of publicity. The mobilization of the scientific community and the support of important institutions solidified the congress as one of the most anticipated in the integrative health field.

The launch of the official website and the opening of registration on January 30, 2025, marked the beginning of international audience engagement. The multilingual platform served as the central hub for the conference, providing information about the program and speakers.

The interest of the global scientific community exceeded all expectations. The congress received a record 842 scientific abstract submissions from 67 countries. Of these, 665 papers were approved for presentation, including around 400 research papers and 200 reports on implementation experiences in various countries. These numbers, unprecedented compared to previous editions of the world congress, attest to the relevance of the proposed topics and the scope of the mobilization.



The event also received significant institutional support, strengthening its legitimacy and reach. Of particular note was the official support of the Federal Nursing Council (COFEN), which was instrumental in strengthening the PICS agenda among Brazil's largest healthcare professional group. The congress's visibility was enhanced by coverage in specialized media outlets, such as the magazine Medicina S.A., which highlighted the event as a pillar for the future of public health.

THE EVENT

THE CULMINATION OF A YEAR'S WORK



3rd World TCIM Congress

From October 15 to 18, 2025, Riocentro in Rio de Janeiro hosted the 3rd World Congress of Traditional, Complementary and Integrative Medicine (3rd WCTCIM). The event represented the culmination of more than a year of strategic planning, global coordination, and tireless dedication, becoming a moment of celebration and, above all, of defining the future of integrative healthcare worldwide.



The conference was designed to have a global reach, bringing together thousands of participants. The hybrid structure, whose remote access was announced on September 12, 2025, allowed experts, researchers, and healthcare professionals from all continents to connect, either in person in the vibrant city of Rio de Janeiro or through the online platform. This democratization of access to knowledge was one of the pillars of ensuring that the discussions had a truly global impact.

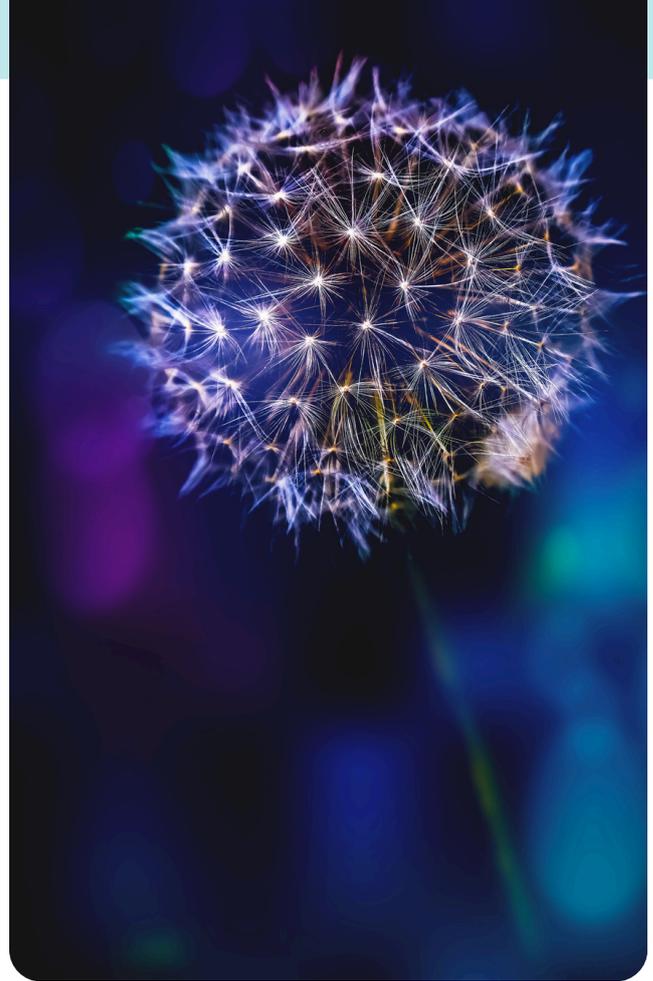
The ultimate goals of the 3rd WCTCIM transcended the simple exchange of information. The event was conceived as a platform to foster strategic collaborations between research institutions, healthcare services, and policymakers. Furthermore, it sought to directly influence the development of more inclusive and evidence-based public policies. Above all, the congress established itself as the forum where global leaders gathered to jointly define the future of integrative healthcare, charting the path toward more humane, sustainable, and accessible care for all.

STRUCTURING ORGANIZATIONAL GROWTH DEVELOPMENT

Professionalization of Management and Systems Modernization

To support its growth and the complexity of its operations, CABSIN invested in professionalizing its management and modernizing its internal systems. These operational initiatives symbolize the consortium's commitment to efficiency, transparency, and evidence-based management.

A milestone in this process was the implementation of the new membership system via the Galoá platform, whose final alignment took place on May 20, 2025. The modern tool was adopted to streamline member management, automating processes and improving communication with the member base. The commitment to data management was reinforced on May 6, 2025, with the creation of the Data Intelligence Unit for the Farol Project. The initiative established the standardization of data collection on the REDCap platform and the application of evaluation metrics. This was followed, on May 7, by technical training for the research teams, ensuring the quality of the data collected in the consortium's projects.



Strengthening the organizational structure also included expanding the management team. In August 2025, an internship position in Administration was opened to support the Executive Secretariat, an initiative to strengthen the organization's operational capacity.

All of these development actions were guided by the guidelines established at the Annual Strategic Planning Meeting, held on December 10, 2024. The meeting, which brought together the board to define priorities for 2025, served as the main governance milestone for the period, focusing on fundraising, scientific production, and the organization of the world congress.

OUR PARTNERS

THE POWER OF COLLABORATION

Renewal of Strategic Partnerships and New Sources of Funding

The success and sustainability of CABSIN's initiatives are built on a solid collaborative network. The support of strategic partners and the ability to attract funding from diverse sources are essential to the viability of projects and the continued growth of the consortium.



A strategic partnership that guarantees institutional and financial support was consolidated with the renewal of the contract with RD Saúde, formalized on October 28, 2024. This ongoing support is essential to enable the expansion of research and training projects in integrative health.

To hold the 3rd WCTCIM, the consortium received crucial support from the MAHLE Institute, which approved new funding on August 12, 2025. This funding was essential to ensuring a cutting-edge hybrid infrastructure for the congress, enabling remote participation and significantly expanding its global reach.

Furthermore, CABSIN innovated in diversifying its funding sources through a partnership with SOFTWARE AG. This collaboration resulted in the consortium's unprecedented qualification to raise international funds under German law, an initiative that strengthens the long-term financial sustainability of CABSIN and the 3rd WCTCIM. These partnerships demonstrate the strength of a collaborative work model and the trust placed in the consortium's work.

OUTLOOK FOR 2026: THE NEXT ONES STEPS OF THE JOURNEY

Expanding Epistemic Diversity with the Creation of New Committees

With an eye on the future, CABSIN is already planning its next cycle of innovation and impact, demonstrating a long-term vision that extends beyond the world congress. One of the main pillars of this vision is the expansion of the consortium's epistemic diversity, with the formation of new and strategic scientific committees. Committees on Medical Rationalities and Research Methodologies, Traditional Chinese Medicine, Family Constellations, Indigenous Medicines, and Afro-Brazilian Medicines were created. This expansion represents a fundamental step in the consortium's evolution and maturity, diversifying its areas of knowledge and practice.

The creation of the Indigenous and Afro-Brazilian Medicines committees, in particular, is framed as a significant step forward toward epistemic justice and the formal recognition of traditional knowledge within a scientific research framework. This initiative demonstrates a more mature CABSIN committed to the inclusion of diverse knowledge systems.



In concluding this report, CABSIN reaffirms its unwavering commitment to science, innovation, and collaboration. The next steps of the journey will continue to be guided by the mission of promoting scientific development and knowledge dissemination, with the ultimate goal of contributing to a more integrated, evidence-informed, and deeply human health system.

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