



SCHOOL OF HEALTH AND HUMAN SERVICES

MASTER OF SCIENCE IN COMPLEMENTARY AND INTEGRATIVE HEALTHCARE

Integrate Mind, Body, and Spirit with Modern Healthcare

This master's program will give you the advanced knowledge and skills needed to succeed in the field of complementary and integrative health. In the process, you'll learn to develop a therapeutic relationship with your clients that will encourage the integration of mind, body, and spirit. The program will explore evidence-based practices and incorporate a variety of modalities to achieve optimal health and healing. The program emphasizes prevention, health maintenance, early intervention, and patient-driven care.

The integrative health studies course will help you cultivate skills in communication, leadership, business management, as well as in working within a changing healthcare system. With this master's degree, you'll be able to apply your new knowledge and skills

in healthcare environments such as hospitals, integrative health facilities, acute care facilities, private clinical practices, nursing homes, hospice, wellness centers, health clubs, and corporate settings.

Program highlights:

- Entire program can be completed online
- Evaluate the principles of complementary and integrative healthcare
- Develop skills as a mindful, reflective, and culturally competent integrative healthcare practitioner
- Implement evidence-based health and healing strategies for yourself and clients
- Formulate an evidence-based research project related to your studies

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MASTER OF SCIENCE IN COMPLEMENTARY & INTEGRATIVE HEALTHCARE

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The Master of Science in Complementary and Integrative Health (MSCIH) is a graduate professional degree designed to provide the student with advanced knowledge and skills in complementary and integrative health practices. The program prepares students to master their ability to develop a therapeutic relationship between clients and practitioners that highlights the integration of mind, body and spirit, identifies appropriate evidence-based practices, and incorporates multiple modalities to achieve optimal health and healing. The curriculum emphasizes prevention, health maintenance, early intervention and patient-driven care. Recognizing that integrative health is more than practicing modalities, students will also develop skills in communication and leadership, business management, and how to work within a transforming healthcare system.

Graduates with this degree will be able to apply their new knowledge and skills in many healthcare environments including hospitals, integrative health facilities, acute care facilities, private clinical practices, nursing homes, hospice, wellness centers, health clubs, and corporate settings.

The degree is divided into three distinct areas of concentration. Initially, students learn the evidence supporting the use of integrative health and the impact of the Affordable Care Act on integrative care delivery. Second, many of the proven modalities are studied and experienced including but not limited to Traditional Chinese Medicine (TCM), Ayurvedic medicine, mind-body medicine, energy healing practices, nutrition, fitness, meditation, compassion cultivation, and expressive arts. Lastly, leadership, business management skills, coaching and consulting are included to provide graduates with practical competencies to lead an integrative health system.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Evaluate the numerous domains and principles of complementary and integrative healthcare practices.
- Develop practices and skills to be a mindful, reflective and culturally competent integrative healthcare practitioner.
- Design responsible management and leadership practices for integrative healthcare settings.
- Create evidence-based health and healing strategies for implementation and assessment with self and clients.
- Formulate an evidence-based research project related to complementary and integrative healthcare.

Degree Requirements

To receive a Master of Science in Complementary and Integrative Healthcare students must complete at least 54 quarter units of graduate work. A total of 13.5 quarter units of graduate credit may be granted for equivalent graduate work completed at another graduate institution as it applies to this degree and provided that the units were not used in earning another advanced degree. Refer to the section on graduate admission requirements for specific information regarding application and evaluation.

Core Requirements

(12 courses; 54 quarter units)

CIH 600	Foundations of CIH
CIH 610	Evidence Based Practice
CIH 620	Health Policies and Issues
CIH 630	The Energetic Body
CIH 640	Lifestyle Management
CIH 650	Healing Envir. & Modalities
CIH 660	Health Coaching & Consulting
CIH 670	Integrated Healing Modalities
CIH 680	Nutritional Medicine
CIH 685	Mindfulness & Stress Mgt.
CIH 690	Business Mgt & Leadership
CIH 699	Integrative Health Capstone

Prerequisite: CIH 630, CIH 640, CIH 650, CIH 660, CIH 670, CIH 680 and CIH 685