



COLLEGE OF PROFESSIONAL STUDIES

# GRADUATE CERTIFICATE IN INTEGRATIVE HEALTH

## Focus on Healing

Combining the therapies and practices of conventional medicine and complementary and alternative medicine, integrative health focuses on healing rather than disease. It emphasizes a therapeutic relationship between client and practitioner, utilizes a holistic perspective, and supports the integration of mind, body, and spirit. In the Graduate Certificate in Integrative Health program, you'll examine spirituality and health, stress management, legal and ethical issues of integrative health, healing environments, energy medicine, Chinese medicine, Ayurveda, and nutrition and fitness.

The Certificate in Integrative Health and Wellness will enhance your knowledge, skill, and experience, providing a broad foundation of evidence-based information addressing the complexities of this field of study. You'll address the interconnectedness of mind, body, and spirit, explore healing philosophies and health systems and understand the impact of social, cultural,

environmental, and global perspectives on healing. Upon completion of the program, you'll be able to apply your new knowledge and skills in many settings, including acute care facilities, private clinical practices, nursing homes, wellness centers, chronic disease centers, health clubs, and corporate settings.

### Program highlights:

- Understand the philosophies that support healing environments and how to create sacred spaces and spiritually healing environments
- Apply energy medicine as an integrative approach to balance the mind, body, and spirit, and differentiate the meridians as energy pathways
- Recognize the impact of key food and drug laws and clinical drug trials relative to complementary and alternative therapies

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## GRADUATE CERTIFICATE IN INTEGRATIVE HEALTH

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The Certificate in Integrative Health and Wellness is designed for health care practitioners, students, and those interested in seeking to understand more about the emerging field of integrative health and healing. Combining the therapies and practices of conventional medicine and complementary and alternative medicine, integrative health focuses on healing rather than disease. It emphasizes a therapeutic relationship between client and practitioner, utilizes a holistic perspective, and supports the integration of mind, body, and spirit.

Topics in this unique Certificate Program examine spirituality and health, stress management, legal and ethical issues of integrative health, healing environments, energy medicine, Chinese medicine, Ayurveda, and nutrition and fitness.

The Certificate in Integrative Health and Wellness will enhance the learner's knowledge, skill, and experience through a thoughtfully designed curriculum that:

- Provides a broad foundation of evidence-based information addressing the complexities of this field of study.
- Addresses the interconnectedness of mind, body and spirit.
- Explores healing philosophies and health systems as well as the impact of social, cultural, environmental and global perspectives on healing.
- Describes the importance of personal responsibility and the dynamic, integral relationship between client and practitioner in the healing process.
- Examines the emerging and complex ethical and legal issues surrounding this field of study.

Graduates of this certificate program will be able to apply their new knowledge and skills in many settings including acute care facilities, private clinical practices, nursing homes, wellness centers, chronic disease centers, health clubs, and corporate settings.

### Program Learning Outcomes

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

- Examine the nature of stress as an integrative approach to balance the mind, body, and spirit.
- Describe the philosophies that support healing environments and describe creating the sacred spaces and spiritually healing environments.
- Examine energy medicine as an integrative approach to balance the mind, body, and spirit, and differentiate the meridians as energy pathways.
- Explain the role of herbs and herbalism in nutrition and health.
- Describe the physiological effects of movement and exercise.
- Compare and contrast spirituality in different groups.
- Differentiate between religion and spirituality.
- Describe the origins of Ayurvedic medicine and explain how diseases are manifested in the doshas.
- Explain the seven elements used by states to define the practice of medicine.
- Explain the impact of key food and drug laws and clinical drug trials relative to complementary and alternative therapies.

### Certificate Requirements

(8 courses; 36 quarter units)

IHM 600	Integrative Stress Management
IHM 605	Healing Environments
IHM 615	Nutrition and Fitness
IHM 625	Energy Medicine
IHM 630	Spirituality, Health & Healing
IHM 632	Chinese Medicine
IHM 635	Ayurveda
IHM 640	Legal and Ethical Issues