

# Integrative Health & Healing

Certificate Program 2012-2013

Program Requirements..... 26-29  
 Program Electives ..... 3  
**TOTAL CREDITS.....29-32**

## PROGRAM INFORMATION:

The emerging field of Integrative Health and Healing (IHH) has captured the interest of healthcare providers, practitioners and consumers. This program is designed for students, practitioners and learners seeking to understand the exciting, new field of Integrative Health & Healing. Ideal candidates for the certificate program will have previously earned a degree in healthcare. This certificate is intended to enhance current skills and abilities used in a healthcare setting. Curriculum in this program include core courses such as Introduction to Holistic Healing, The Human Body, Holistic Healing Systems, Energy Healing, and elective classes such as Qigong, Healing Touch, and others. Courses in this program will transfer to baccalaureate and masters degrees at Metropolitan State University, and American Academy of Acupuncture and Oriental Medicine. For additional information about our IHH programs, visit our Web site at <http://www.AnokaRamsey.edu>.

## PROGRAM GOALS:

By completing this certificate, students will achieve the following learning goals:

1. Evaluate the fundamental principles of integrative health and healing, trends in holistic health, and the complexities of this emerging field.
2. Demonstrate an understanding of the interconnectedness of mind, body and spirit of the human system.
3. Describe holistic healing philosophies and healing through social, cultural, environmental and global perspectives of healing.
4. Evaluate the role of healing strategies for self-care as well as strategies in the healthcare system.
5. Describe ethical responsibilities in the practice of holistic healing.
6. Identify current scientific literature to support the emerging field of Integrative Health and Healing.

## COMPLETION REQUIREMENTS:

- A minimum of 12 semester credits must be completed at Anoka-Ramsey Community College.
- A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC.
- A minimum grade of C must be earned in all program requirements.
- All course requirements must be complete before a certificate will be awarded.

## Program Sequence:

The sequence that follows is suggested for full-time students. Part-time students will need more time to complete this program; many courses are offered in the evening.

	Fall Semester	Spring Semester
<b>FIRST YEAR</b>	IHH 1100..... 2	IHH 2100.....3
	BIOL 1104..... 4	IHH 2101 .....3
	IHH 1102..... 3	IHH 2102.....3
	IHH 1103..... 3	IHH 2103.....3
	<b>TOTAL ..... 12</b>	<b>TOTAL ..... 12</b>
<b>SECOND YEAR</b>	<b>Fall Semester</b>	
	IHH 2297 (Optional)..... 3	
	Elective..... 3	
	IHH 2104..... 2	
	<b>TOTAL ..... 8</b>	

## Program Requirements:

**26 credits**

- IHH 1100 Intro to Holistic Healing\* .....2  
*\* Introduction to Holistic Healing is strongly recommended as a first course or concurrently with other courses.*
- BIOL 11041 The Human Body .....4
- IHH 1102 Energy Healing .....3
- IHH 1103 Movement and Body Manipulation Therapies.....3
- IHH 2100 Holistic Healing Systems .....3
- IHH 2101\* Mind/Body Connections .....3
- IHH 2102 Food as Medicine/Biologically Based Therapies .....3
- IHH 2103 Spirituality & Healing .....3
- IHH 2104 Health & Wellness Coaching Skills .....2
- IHH 2297\* Internship (Optional) .....3

## Electives

**3 credits**

Choose one of the following

- IHH 2105 Basics in Business and Ethics in Holistic Healing.....3
- IHH 2106 Introduction to Qigong .....3
- IHH 2107 Healing Touch .....3

For more information about our program graduation rates, the median debt of students who completed the program, and other important information, please visit our Web Site at <http://anokaramsey.edu/classes/Certificates/Holistic%20Geriatric%20Health%20-%20Certificate.aspx> and click on the "Gainful Employment Disclosure Report" link at the bottom of the page.

\* Course has a prerequisite. Prerequisites are listed on the course schedule and in the ARCC Catalog Course Descriptions pages.

NOTE: The requirements of this program are subject to change without notice. You are encouraged to contact an academic advisor, Cambridge Campus 763-433-1840 or Coon Rapids Campus 763-433-1240, for course planning assistance and information about transfer credit evaluation.

