

Integrative Health & Healing Certificate Program 2008-2009

Program Core Requirements	29
Optional	<u>3</u>
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. 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, College of St. Catherine, St. Mary's 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; and, 6) Identify current scientific literature to support the emerging field of Integrative Health and Healing.

Program Admission: To apply for the Integrative Health & Healing program, submit the Application for the Integrative Health & Healing program to the Records and Registration Office. Applications are available in Counseling and Advising Services or the Records and Registration Offices on either campus. The IHH core courses are only offered at the Coon Rapids Campus.

Developmental Courses: Some students may need preparatory courses in the areas of mathematics, or typing/ keyboarding. Courses numbered below 1000 will not apply toward this certificate program.

Program Core Requirements: 29 credits

IHH 1100 Intro to Holistic Healing*	2	IHH 2102 Food as Medicine/Biologically Based Therapies	3
BIOL1104 The Human Body	4	IHH 2103 Spirituality & Healing	3
IHH 1102 Energy Healing	3	IHH 2104 Health & Wellness Coaching Skills	2
IHH 1103 Movement and Body Manipulation Therapies	3	Electives (Choose one of the following):	3
IHH 2100 Holistic Healing Systems	3	IHH 2105 Basics in Business and Ethics in Holistic Healing	
IHH 2101♦ Mind/Body Connections	3	IHH 2106 Introduction to Qigong	
IHH 2297♦ Internship (Optional)	3	IHH 2107 Healing Touch	

* Introduction to Holistic Healing is strongly recommended as a first course or concurrently with other courses.

♦ Course has a prerequisite.

Notes: 1) A minimum cumulative grade point average (GPA) of 2.0 in courses numbered 1000 or above at ARCC. 2) A minimum grade of C must be earned in all Program Core Requirements.

Recommended 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.

First Year

Fall Semester

IHH 1100 Introduction to Holistic Healing	2	
BIOL 1104 The Human Body	4	
IHH 1102 Energy Healing	3	
IHH 1103 Movement and Body Manipulation Therapies	<u>3</u>	
TOTAL	12	

Spring Semester

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	<u>3</u>	
TOTAL	12	

Second Year

Fall Semester

IHH 2297 Internship (Optional)	3	
Elective – IHH 2105, IHH 2106 or IHH 2107	3	
IHH 2104 Health & Wellness Coaching Skills	<u>2</u>	
TOTAL	8	