

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 and 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. 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 in courses numbered 1000 or above 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.
- You must apply in order to receive your certificate.
- The requirements of this program are subject to change without notice.

PROGRAM REQUIREMENTS: 26 CREDITS

- IHH 1100 Introduction to Holistic Healing*2
** Introduction to Holistic Healing is strongly recommended as a first course or concurrently with other courses.*
- BIOL 1104 The Human Body4
- IHH 1102 Energy Healing3
- IHH 1103 Movement & Body Manipulation Therapies3
- IHH 2100 Holistic Healing Systems3
- IHH 2101* Mind/Body Connections3
- IHH 2102 Food as Medicine/Biologically Based Therapies3
- IHH 2103 Spirituality & Healing3
- 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 & Ethics in Holistic Healing.....3
- IHH 2106 Introduction to Qigong3
- IHH 2107 Healing Touch3
- HCCC 1000 Introduction to Healthcare Careers3

For more information about our program graduation rates, the median debt of students who completed the program, and other important information, please visit the "Gainful Employment Disclosure Report" at http://www.mnscu.edu/admissions/ge/anokaramsey/GEDT_0152_6818_1/gedt.html

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
FIRST YEAR	BIOL 1104..... 4	IHH 2100..... 3
	IHH 1100..... 2	IHH 2101..... 3
	IHH 1102..... 3	IHH 2102..... 3
	IHH 1103..... 3	IHH 2103..... 3
	TOTAL 12	TOTAL 12
SECOND YEAR	IHH 2104 2	
	IHH 2297 (opt) 3	
	Elective..... 3	
	TOTAL 8	

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

NOTE: You are encouraged to contact an academic advisor, at 763-433-1230 for course planning assistance and information about transfer credit evaluation and transfer options.

