

What Can I Do With a Major In **INTEGRATIVE HEALTH & HEALING (IHH)?**

Integrative Health is also known as holistic, complementary, or alternative medicine. The theory behind integrative or holistic health is that the interrelated parts of a being must be recognized as a whole to promote the healing process. Physical, mental, emotional, and spiritual aspects are essential for well-being. When one is disrupted, the others suffer as well. When we find that we are off balance, it is essential to look at each of these four elements that make up the whole being until we identify which aspect is the root cause. Then we can implement an integrative approach through various healing modalities to create balance and harmony. A primary concept within the field is that conventional (allopathic) and complementary (alternative) treatments should be combined or blended to optimize the benefits of both medical systems.

Career Preparation

The IHH program is designed to be broad and to provide a general background for students interested in integrative health but have not yet decided which specific healthcare field they intend to pursue at the upper-division level. Pursuing private practice after completion of the IHH program may require additional training.

Related Occupations

Animal Holistic Care	Herbalist	Music for Healing
Acupuncturist	Holistic Health Educator	Naturopathic Physician
Aromatherapist	Holistic Mental Health	Pain-relief Specialist
Author	Holistic Nutritionist	Skin Care Clinic Coordinator
Chiropractor	Homeopathic Practitioner	Pain-relief Specialist
Day Spa Coordinator	Hypnotherapist	Reiki Practitioner
Dietician	Lifestyle Coach	Sports Nutrition Specialist
Doula	Massage Therapist	Supplement Consultant
Energy Healing	Meditation Specialist	Traditional Chinese Medicine
Health & Wellness Coach	Midwife	Wellness Advocate
Health Food Store Manager	Mind/Body Healing	Yoga Instructor

Who Hires for this Occupation?

Wellness centers, birthing centers, hospitals, hospices, human service agencies, counseling centers, outpatient mental health centers, businesses, colleges & universities, and veterinarian clinics. Many individuals in this field also work in private practice.

Related Major Skills

Interpersonal Communication & Active Listening	Engage in Ethical Practice
Able to Observe, Analyze, & Interpret Information	Problem Solving & Decision Making
Concern for and Sensitivity to Others	Teach others how to do something
Critical and Inferential Thinking	Time Management

Minnesota Colleges and Universities with a major in INTEGRATIVE HEALTH & HEALING?

American Academy of Acupuncture and Oriental Medicine

St. Catherine's University (Master of Arts in Holistic Health Studies)

University of Minnesota (Master of Arts in Integrative Health and Wellbeing Coaching)

Professional Association Links

Academy of Integrative Health & Medicine, <https://www.aihm.org/>

American Academy of Pain Management, <http://www.aapainmanage.org/>

American Art Therapy Association, <https://arttherapy.org/>

American Association of Acupuncture and Oriental Medicine, <http://www.aaaonline.org/>

American Association of Naturopathic Physicians, <http://www.naturopathic.org/>

American Association of Nutritional Consultants, <http://www.aanc.net/>

American Chiropractic Association, <https://www.acatoday.org/>

American Counseling Association, <http://www.counseling.org/>

American Herbalists Guild, <http://www.americanherbalistsguild.com/>

American Holistic Health Association, <https://ahha.org/>

American Holistic Nurses Association, <http://www.ahna.org/>

American Massage Therapy Association, <https://www.amtamassage.org/index.html>

American Music Therapy Association, <http://www.musictherapy.org/>

American Society of Clinical Hypnosis, <http://www.asch.net/>

Childbirth and Postpartum Professional Association, <http://www.cappa.net/>

International Association of Administrative Professionals, <http://www.iaap-hq.org/>

International Association of Yoga Therapists, <http://www.iayt.org/>

Midwives Alliance North America, <https://mana.org/>

Minnesota Holistic Nursing Association, <http://minnhna.org/>

Minnesota Holistic Medicine Group, <http://minnesotaintegrative.com/>

National Association for Holistic Aromatherapy, <http://naha.org/>

National Association of Complementary and Alternative Medicines, <https://nacams.org/>

National Association of Nutrition Professionals, <https://www.nanp.org/>

National Center for Homeopathy, <http://www.homeopathycenter.org/>

Therapeutic Touch International Association, <http://therapeutictouch.org/>

For More Information:

Contact ARCC Career Counseling: (763) 433-1240 (CR campus), (763) 433-1840 (Cambridge campus)

or stop by the campus Information Desk

Information adapted from: ARCC IHH Program Information <http://www.anokaramsey.edu/academics/degrees-certificates/certificates/integrative-health-and-healing/>, American Holistic Health Association <https://ahha.org/professional-associations/>, and Minnesota Career Information System <https://mncis.intocareers.org>