

### 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. The Integrative Health and Healing certificate program is intended to enhance current skills and abilities used in a healthcare setting.

### 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.

### Completion Requirements

- A minimum of 12 semester credits in courses numbered 1000 or above must be completed at ARCC.
- 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 courses requirements must be complete before a certificate will be awarded.
- Students must complete a Certificate Application. Certificate Applications are available online, in the Office of Records & Registration, and in the Advising Center. Submit a completed form to the Office of Records & Registration.
- The requirements of this program are subject to change without notice.

### Program Requirements: 26 credits

- IHH 1100\* Introduction to Holistic Healing ..... 3
- 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 and Healing..... 3
- IHH 2104 Health and Wellness Coaching Skills ..... 2
- IHH 2105\*\* Basics in Business and Ethics for the Holistic Practitioner ..... 3
- IHH 2297^ Internship (*Optional*) ..... 3

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

### Program Electives: 3 credits

Choose one of the following:

- HCCC 1000 Introduction to Healthcare Careers..... 3
- IHH 1110 Aromatherapy..... 2
- IHH 2106\*\* Introduction to Qigong ..... 3
- IHH 2107\*\* Healing Touch ..... 3
- Select any HPER course..... 1-3

\*\*Please note courses are offered every other year. Please see college catalog appendix for specific semester and year offered.

### Program Sequence:

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

	Fall Semester	Spring Semester
<b>1<sup>st</sup> YEAR</b>	IHH 1100..... 3	IHH 2101 ..... 3
	IHH 1102..... 3	IHH 2102..... 3
	IHH 1103..... 3	IHH 2103..... 3
	<b>TOTAL ..... 9</b>	<b>TOTAL ..... 9</b>
<b>2<sup>nd</sup> YEAR</b>	Fall Semester	Spring Semester
	Elective ..... 3	IHH 2297 (optional)..... 3
	IHH 2100..... 3	
	IHH 2104..... 2	
	IHH 2105..... 3	
	<b>TOTAL ..... 11</b>	<b>TOTAL ..... 3</b>

◆ *Course has prerequisite - see course schedule or catalog description.*

^ *Course requires Instructor permission.*

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.