

**INTEGRATIVE HEALTH (IHLT)**

**101 Mind/Body Skills for Health and Healing** 1 credit hour  
Meets fifteen hours a semester. Meeting times vary. Please check the semester schedule. Fee: \$10.00.

This course will provide an experiential introduction and appreciation of the relationship among Mind/Body skills, group processes, and healing. Students will develop self-awareness about their unique response to stress and relaxation, the connection between this response and wellness, and the healing power of relationships. Utilizing a variety of Mind/Body skills such as meditation, biofeedback, breathing and imagery, students will acquire basic skills essential to personal health and professional practice.

**106 Introduction to Energy Healing** 1 credit hour  
Meets fifteen hours a semester. Meeting times vary. Please check the semester schedule. Fee: \$10.00.

This course introduces basic components of evidence based energy healing. Students learn the anatomy of subtle body energies and acquire an overview of various types of energy healing and the research that supports their effectiveness in health care settings. Reiki, Chi Gong, thought field analysis and other energy-based approaches will be covered.

**107 Energy Healing II** 1 credit hour  
Meets fifteen hours a semester. Meeting times vary. Please check the semester schedule. Fee: \$10.00.

This course builds on the basics taught in Introduction to Energy Healing. Students continue their learning of energy systems through working with the chakras and reiki in connection with evidenced based research.

*Prerequisite: Integrative Health 106.*

**109 Becoming A Healing Presence** 2 credit hours  
Two hours lecture a week. Fee: \$10.00.

This course equips students with the knowledge and tools to be a healing presence in any situation whether professional or personal. Students will explore empirical evidence from the healthcare perspective of the meaning of presence and of healing. Practice logs, group discussions, and experiential exercises will be used to deepen understanding of what it means to be present to another person.

**110 Tai Chi** 1 credit hour  
Two and a half hours of lecture, demonstration, and participation a week. Fee: \$10.00.

This course will provide students with the knowledge and skills to perform Tai Chi, a Chinese martial art and meditation that combines a series of movements with mental concentration and coordinated breathing. Topics to be discussed are: Tai Chi movements, the history of Tai Chi, and how to incorporate Tai Chi into your lifestyle.

**111 Introduction to Qigong** 2 credit hours  
Two hours lecture and experiential learning activities each week. Fee: \$10.00.

This course provides an introduction to the ancient Chinese mind/body/spirit practice of Qigong. Through a combination of lecture and experiential learning, the class will provide an overview of the research on health applications of Qigong, a foundational understanding of the philosophy and historical development of Qigong, and an introduction to the basic practice of this ancient form of "moving meditation".

**112 Spirituality and Healing Traditions** 1 credit hour  
Meets fifteen hours a semester. Meeting times vary. Please check the semester schedule. Fee: \$10.00.

This course explores the many facets of the world's wisdom and healing traditions in order to apply diverse spiritual approaches to personal health and professional practice. Emphasis will be upon developing an

understanding of one's own spiritual beliefs and resources within the multi-cultural context of the world's spiritual traditions. Students will utilize research, self-reflection, and practical application to identify the unique aspects of each tradition as well as the commonalities which underlie all of the areas studied. This course is especially appropriate for students entering the healthcare, social service, or education professions.

**114 Integrative Approach to Health and Healing** 2 credit hours  
Offered fall and spring semesters. Two hours lecture a week. Fee: \$10.00.

This course provides an overview of the philosophy, principles, and practices of integrative health care - holistic (mind/body/spirit) approach to health and healing based on a partnership between the health care provider and the patient in which conventional, complementary, and self-care strategies are used to stimulate and support the body's natural healing potential. Students will examine current research on such complementary and self-care practices including massage, meditation, imagery, prayer, yoga, tai chi, acupuncture, humor, expressive arts, and others. The role of relationships, self-awareness, beliefs, spirituality, and emotions in health and healing will also be examined. Field trips, lecture, film, demonstration, and experiential activities enable the student to apply course content to personal and professional practice.

**126 Yoga for Wellness I (Physical Education 126)** 1 credit hour  
Offered spring semester. Two hours a week. Fee: \$10.00.

This course includes the history, basic skills, principles, and Yoga postures to develop a personal routine for mental, physical, and spiritual training. Students will develop an understanding of how Yoga can improve physical flexibility and control relaxation to harmonize the body, mind, and spirit.

**127 Yoga for Wellness II (Physical Education 127)** 1 credit hour  
Two hours a week. Fee: \$10.00.

This class will build on the skills learned in Integrative Health 126 and will also focus on the healing benefits of Asana (posture), Pranayama (breathwork), and Meditation. More advanced asanas will also be explored, including inversions.

*Prerequisite: Integrative Health 126.*

**230 Introduction to Health Psychology** 3 credit hours  
(Psychology 230)  
Offered spring semester. Three hours lecture and discussion a week. Fee: \$10.00.

This course provides an introduction to the field of health psychology. Course content includes an overview of scientific principles and current research findings; applications to specific diseases, stress management, and to health promotion; demonstration of the most widely used and effective intervention strategies; and the role of health psychology and mind/body medicine in health care practice. Experiential learning, lecture, and a case-based approach are the primary teaching learning approaches.

*Prerequisite: Psychology 101 or consent of instructor.*

**298 Special Topics in Integrative Health** 1-4 credit hours  
Offered fall and spring semesters. Fee: \$10.00.

This course is designed to address a range of topics and emerging areas of evidence-based practice in the field of integrative health. The format and credits offered varies depending on the course content and will be of special interest to allied health, education, and human service professionals and students.