

Anoka-Ramsey Community College

IHH 2110: Optimal Healing Environments

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

Recommended Skills, Abilities, or Coursework: College-level reading

Creating the Optimal Healing Environment incorporates the ancient Chinese Art of placement or Feng Shui to create a harmonious healing environment. These principles will be learned to create healing environments for hospice and palliative care as well as working with the geriatric population. Techniques can also be applied to create your own healing space to enhance the quality of your own life.

B. COURSE EFFECTIVE DATES: 01/11/2010 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Principles of Feng Shui and the environment
2. Feng Shui and balancing the energies - heaven and earth to improve the quality of life
3. Defining Chi and the concepts of harmony and disharmony
4. Impact of energy (Chi) on space and the environment
5. The environment and how it may affect an individual's holistic well being
6. Laws of intention and attraction, attitudes, thinking and dreams (desires)
7. Incorporation of practices into the total patient healthcare plan

D. LEARNING OUTCOMES (General)

1. Understand the philosophies of creating sacred healing spaces through the ancient Chinese Art of placement or Feng Shui
2. Demonstrate how intention and the laws of attraction work to support the art and science of creating healing spaces and support the principles of Feng Shui
3. Explain the impact of energy, color, furniture, elements, and nature in spaces to create the flow of energy (chi) for optimal healing
4. Describe how an individual's physical, mental and emotional well-being are influenced by the environment
5. Identify ways to create healing environments for a variety of settings including hospice and palliative care and working with the geriatric population
6. Write a plan to create a healing environment for yourself and/or a client/patient

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted