

# Anoka-Ramsey Community College

## IHH 1100: Introduction to Holistic Healing

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course gives students a foundation and interactive overview of the field of integrative health and healing through a variety of modalities. Students will explore the interconnectedness of mind, body and spirit of the human system. In addition, there is an exploration of healing through social, cultural, environmental and global perspectives. Students will discuss and evaluate emerging and expanding trends in, and the credibility of, holistic health and the complexities around current healthcare models.

**B. COURSE EFFECTIVE DATES:** 06/01/2019 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Fundamental principles of integrative health and healing
2. The concept of healing the whole person including physical, mental, emotional and spiritual aspects
3. Methods of self-care and the impact of self as healer
4. The mind, body and spirit of the human system
5. Healing through social, cultural, environmental and global perspectives
6. The broad categories of complementary and integrative healthcare
7. The growing number of modalities within the broad categories of complementary and integrative healthcare
8. The differences and similarities between traditional western medicine and holistic integrative healthcare
9. Emerging and expanding trends, issues and complexities around current holistic healthcare models
10. Peer-reviewed versus popular references, resources and articles related to the credibility of Integrative Health and Healing
11. The social, political, and economic barriers to the mainstreaming of holistic healthcare
12. The concept of health freedom
13. Ethical responsibilities in the practice of holistic healing
14. Personal IHH program goals

#### **D. LEARNING OUTCOMES (General)**

1. Describe the fundamental principles of integrative health and healing
2. Demonstrate an understanding of healing the whole person including physical, mental, emotional and spiritual aspects
3. Develop methods of self-care and the impact of self as healer
4. Explore and demonstrate an understanding of the interconnectedness of mind, body and spirit of the human system as well as healing through social, cultural, environmental and global perspectives of healing
5. Describe the broad categories of complementary and integrative healthcare including energy healing, movement and body manipulation therapies, holistic healing systems, mind body connections, and biologically-based therapies
6. Recognize the most common modalities within the broad categories of complementary and integrative healthcare
7. Compare and contrast the differences and similarities between traditional western medicine and holistic integrative healthcare
8. Discuss and evaluate emerging trends, issues and complexities around current holistic healthcare models
9. Assess references, resources, and articles including scientific research to support the credibility of the emerging and expanding field of Integrative Health and Healing
10. Analyze the social, political, and economic barriers to the mainstreaming of holistic healthcare and the impact on health freedom
11. Define and illustrate the ethical responsibilities in the practice of holistic healing
12. Identify and describe one's own personal IHH program goals

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

None

#### **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

#### **G. SPECIAL INFORMATION**

None noted