

Minnesota State College Southeast

IHHA 1100: Introduction to Integrative Medicine and Health

A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: 2

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course gives you an overview and foundation of the field of integrative health and healing. You will explore the interconnectedness of mind, body and spirit of the human system as well as healing through social, cultural, environmental and global perspectives of healing. You will also discuss and evaluate emerging trends in holistic health and the complexities around current healthcare models. (Prerequisites: none) (2 credits: 2 lecture/0 lab)

B. COURSE EFFECTIVE DATES: 07/30/2009 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

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 explain 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 five categories of complementary and alternative medicine therapies as defined by the National Institute of Health, Center for Complementary and Alternative Medicine and the therapies included in each of the categories
6. Explore and explain the differences and complementary aspects between traditional scientific western treatment and holistic integrative healthcare
7. Discuss and evaluate emerging trends in holistic health and issues and complexities around current healthcare models
8. Identify references, resources and articles including scientific research to evaluate the emerging field of Integrative Health and Healing
9. Define ethical responsibilities in the practice of holistic healing
10. Identify 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

This course was previously called Introduction to Holistic Healing.