

# INTEGRATIVE HEALTH, M.A.

## Overview

The Master of Arts in Integrative Health is based on a philosophy of interconnectedness and grounded in the principles, strategies, and concepts of using mind-body-spirit integration to achieve optimal life quality. This 36-credit program (27-credit core course requirement and 9 elective credits) provides professionals with the educational framework necessary to explore the role of integrative health as an integration of Western (conventional/allopathic) and Eastern (traditional) approaches to health, spiritual and psychological meaning, and our relationship with the environment. The program includes principles and techniques to ensure mastery of content and competence in educating individuals in matters related to mind-body-spirit integration, quality of life, and complementary (traditional) health care. The coursework is based on a scientific foundation and a philosophical paradigm that includes both Eastern and Western approaches to health and provides a framework that allows students to develop a personal holistic philosophy of physical, social, mental, spiritual, and emotional well-being. Students explore choices within integrative health that affect human connectedness and encourage respect and cooperation with others and with the environment.

## Learning Outcomes

Upon successful completion of the program of studies for Integrative Health, the student will receive an M.A. in Integrative Health and will have given evidence of the following outcomes and goals:

- Learners will demonstrate advanced knowledge of the Integrative Health discipline through research-based class assignments and capstone paper based on a cumulative final project.
- Learners will provide evidence of application and integration of the principles of Integrative Health through extensive journaling as they progress through the program. These journals provide the learner the opportunity to reflect on current and future practice of the arts of holistic health, and the learner's reflection is evaluated periodically within the program.
- Learners will demonstrate professional presentation skills and effective communication skills in writing, which are developed and evidenced through in-class seminar presentations and cumulative in their final project poster or oral presentation.
- Learners will demonstrate ethics and professional standards through passing the NIH web-based training course and an endorsement from their professional supervisor or community affiliation partners.
- Learners will demonstrate their deepening awareness, empathy, and compassion for self and others through the in-depth study of holistic spirituality and counseling technique courses evidenced through extensive journaling.

## Admission

### Requirements for Admission

- Baccalaureate degree from an accredited college or university (Registered nurses (RN) can apply for certificate program without baccalaureate degree.)
- Cumulative grade point average of 3.0 on a 4.0 scale
- Academic preparation in behavioral or health-related sciences
- Completed self-managed application packet, including:

- Completed application for admission
- A check or money order for \$40 (nonrefundable) made payable to Georgian Court University
- A reasonably complete statement of applicant's reasons for undertaking this program of graduate study. An explanation of what factors influenced applicant's decision and how this program will facilitate attainment of applicant's professional goals for the future should be addressed.
- Sealed and signed envelopes containing the official transcripts of each undergraduate and graduate institution applicant has attended. If the official seal has been broken, the transcript is then considered to be unofficial and cannot be accepted for use toward your application.
- Three letters of recommendation written by college professors, deans, supervisors, or other persons engaged in or familiar with the profession for which applicant wishes to prepare.
- Accepted students will receive a health form that must be completed and submitted to the Office of Health Services.
- A personal interview is required. Candidates who do not have the necessary background will be required to complete HH500 Anatomy & Physiology: A Holistic Approach with a grade of B or better before matriculation into the program.
- Students who hold a Integrative Health minor (or undergraduate certificate) will be placed in the advanced standing as they begin their M.A. in Integrative Health program at GCU. A 3- to 6-credit course waiver (one elective course and or HH515 Holistic Stress Management) may be granted based on their academic standing.

## Requirements

Code	Title	Credits
<b>Required Courses</b>		
HH500	Anatomy & Physiology: A Holistic Approach	3
HH501	Foundations of Holistic Healing	3
HH502	Advanced Healing Methods	3
HH515	Holistic Stress Management	3
HH520	Energy Medicine	3
HH525	Integrative Counsel Coach Tech	3
HH530	Research Methods	3
HH555	Holistic Spirituality	3
HH599	Project in Holistic Health	3
<b>Electives</b>		
Select three of the following:		9
HH535	Eastern Approach to Nutrition	
HH540	Humor & Healing	
HH545	Ayurvedic Approach to Mind-Body Healing	
HH550	Integrative Healing Arts	
HH560	Native American Medicine	
HH565	Homeopathy	
HH570	Special Topics in Holistic Health	
HH580	Health & the Environment	
Total Credits		36