INTRODUCTION TO INTEGRATIVE HEALING

CSPH 3001 (3 Credits)

Instructor: Roni Evans Online

COURSE DESCRIPTION

By the end of this course you will demonstrate an understanding of complementary and integrative healing (CIH) approaches and how they fit into the big picture of the US healthcare system. Through reflection and application of critical appraisal techniques, you will gain the ability to weigh the strengths and weaknesses of different CIH information sources. You will be able to choose those most appropriate sources for answering questions about CIH, and gain skills in synthesizing information to reach well-informed, balanced conclusions about CIH for enhancing health and wellbeing.

COURSE OBJECTIVES

This course provides an overview of the current US health care system and US cultural views of health and wellness. Within this context, it then provides students with an overview of various complementary and alternative medical systems and practices that might be integrated into the current way of thinking about health and wellness and treatment of illness/disease. Examples include: whole systems of thinking about health such as traditional Chinese medicine or Native American healing, manual therapies like chiropractic, energy therapies like reiki and ongoing, mind body therapies like yoga and meditation, biologically based therapies like botanicals and aromatherapy.

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