CSPH Courses For Nursing Students

CSPH 5305  Introduction to Integrative Mental Health (2)
CSPH 5535  Reiki Healing (1)
CSPH 5713  Health Coaching for Health Professionals * approved 1Health IPE activity (2)
CSPH 5905  Food Matters: Cook Like Your Life Depends On It  * approved 1Health IPE activity (1)

At the Bakken Center for Spirituality & Healing, we promote health and wellbeing by blending the best of modern, conventional healthcare with integrative healing practices. We accomplish this by teaching healthcare professionals about interconnectedness of body-mind-spirit and the vital roles that world culture and spirituality play in achieving optimal health and wellbeing. The Center is a national leader in the field of integrative therapies and healing practices through its education, research, and outreach efforts.

The Center offers many interdisciplinary learning opportunities. You may pursue our master’s degree in integrative health and wellbeing coaching, a certificate or graduate minor in integrative therapies and healing practices, or take courses for personal growth and professional development.

For assistance with registrations, or for more information, please contact Christina in Student Services at csh-academics@umn.edu. Visit z.umn.edu/csphcourses for a full list.