Becoming an Integrative APRN

Nurse practitioners, clinical nurse specialists, and nurse midwives often have a desire to learn an integrative, whole person approach to care. The integrative therapies & healing practices certificate or graduate minor can provide you with additional tools that can improve patient outcomes as well as your own wellbeing. Patients are seeking whole person care and non-pharmacologic approaches to manage acute and chronic illness as well as support their overall health and wellbeing. A certificate or graduate minor in integrative therapies & healing practices can help prepare you for a more fulfilling way of practicing and meeting the needs of your patients.

The American Nurses Association (ANA) published the updated 4th edition of the Scope and Standards of Nursing Practice in May 2021. This document provides authoritative guidance on actions and behaviors all RNs are expected to perform competently, regardless of role, population, specialty and setting. Notably, the standards make frequent reference to whole person care and highlight the importance of mindfulness by inviting nurses to reflect on two questions:

*How can you integrate mindfulness and other integrative therapies into your self-care?*

*How can you integrate mindfulness and other integrative therapies into your professional practice?*

A more explicit expectation around the use of integrative therapies appears under Standard 5 - Implementation. The competency reads as follows: “The APRN prescribes traditional and integrative evidence-based treatments, therapies and procedures that are compatible with the healthcare consumer’s cultural preferences, norms and abilities.” (ANA, 2021)

Integrative Therapies & Healing Practices Certificate or Graduate Minor:

Students enrolled in any of the DNP specialty tracks can add the graduate certificate or minor to their degree plan. Both the minor and the certificate require a minimum of 12 credits, and enable you to customize a program to meet the needs of the patient population you intend to serve. Adding the minor is a relatively simple process that requires you to submit a form. The certificate requires an application through the graduate school prior to starting. These options are ideal for students who aspire to be an advanced practice nurse with a skill set in integrative therapies and/or health coaching.

Bakken Center classes are offered in a variety of formats including online, in person intensives, and hybrid options. See the back of this flier for a list of recommended courses.
# Bakken Center Courses for APRN Students

## Foundational Courses

- CSPH 5101 - Introduction to Integrative Therapies
- CSPH 5305 - Introduction to Integrative Mental Health
- CSPH 5421 - Botanical Medicine in Integrative Healthcare
- CSPH 5431 - Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health
- CSPH 5307 - Integrative Nursing: Application Across Settings and Populations
- CSPH 5806 - Wellbeing & Resiliency

## Skills-Based Courses

- CSPH 5226 - Advanced Meditation: Body, Brain, Mind, and Universe
- CSPH 5631 - Healing Imagery I
- CSPH 5713 - Health Coaching for Health Professionals
- CSPH 5313 - Acupressure
- CSPH 5503 - Fundamentals of Aromatherapy
- CSPH 5535 - Reiki Healing
- CSPH 5905 - Food Matters

## Courses to Shape the Way You Think About Practicing

- CSPH 5111 - Ways of Thinking About Health
- CSPH 5642 - Nature Heals: Intro to Nature Based Therapeutics
- CSPH 5541 - Emotional Healing and Happiness: Eastern and Western Approaches to Transforming the Mind
- CSPH 5561 - Overview of the Creative Arts in Health and Healing
- CSPH 5000 - Nature Rx: People, Plants, and Planetary Health
- CSPH 5303 - Pain Management and Evidence Based Complementary Health Approaches
- CSPH 5706 - Lifestyle Medicine