Study Integrative Healing and Wellbeing

FALL 2018 COURSES

CSPH 1001 Principles of Holistic Health & Healing Self, Society and Environment: An Interconnected Worldview

CSPH 3001 Introduction to Integrative Healing

CSPH 3201 Intro to Mindfulness-Based Stress Reduction

CSPH 3211 Living on Purpose

CSPH 3301 Food Choices: Healing the Earth, Healing Ourselves

CSPH 4311 Foundations of Hatha Yoga: Alignment & Movement Principles

CSPH 4312 Hatha Yoga Philosophy, Lifestyle, & Ethics

CSPH 4313 Hatha Yoga Teaching Principles & Methodology

CSPH 5000 (001) Evidence Based Complementary and Integrative Approaches for Pain Management

CSPH 5000 (002) Wellbeing, Culture, and Practice: Exploring Tensions and Applications

CSPH 5000 (003) Developing Capacity in Cross-Cultural Engagement

CSPH 5101 Intro to Integrative Healing Practices

CSPH 5102 Art of Healing: Self as Healer

CSPH 5111 Ways of Thinking About Health

CSPH 5118 Whole Person, Whole Community

CSPH 5121 Whole Systems Healing

CSPH 5215 Forgiveness & Healing

CPSH 5225 Meditation: Integrating Body and Mind

CSPH 5311 Introduction to Traditional Chinese Medicine

CSPH 5315 Traditional Tibetan Medicine: Ethics, Spirituality, and Healing

CSPH 5317 Yoga: Ethics, Spirituality, and Healing

CSPH 5331 Foundations of Shamanism & Shamanic Healing

CSPH 5341 Overview of Indigenous Hawaiian Healing (Hawaii only)

CSPH 5343 Ayurveda Medicine: The Science of Self-healing

CSPH 5421 Botanical Medicines in Integrative Healthcare

CSPH 5431 Functional Nutrition

CSPH 5503 Aromatherapy Fundamentals (Hawaii section available)

CSPH 5513 Living Well, Dying Well

CSPH 5535 Reiki Healing I (Hawaii section available)

CSPH 5536 Advanced Reiki Healing II (Hawaii section available)

CSPH 5541 Emotional Healing & Happiness

CSPH 5631 Healing Imagery I (Hawaii only)

CSPH 5642 Nature Heals

CSPH 5701 Fundamentals of Health Coaching I

CSPH 5702 Advanced Health Coaching Practicum

CSPH 5703 Business of Health Coaching Practicum

CSPH 5706 Lifestyle Medicine

CSPH 5711 Optimal Healing Environments

CSPH 5805 Wellbeing in the Workplace

CSPH 5806 Wellbeing & Resilience for Health Professionals (Hawaii section available)

CSPH 5807 Mindfulness in the Workplace

CSPH 5905 Food Matters: Cook Like Your Life Depends On It

CSPH 8701 Health Coaching Capstone

Register at onestop.umn.edu or contact Erin at fider002@umn.edu for more information