Study Integrative Healing and Wellbeing

FALL 2019 COURSES

CSPH 1001 Principles of Holistic Health & Healing (2)
CSPH 1101 Self, Society and Environment: An Interconnected Worldview (3)
CSPH 3001 Introduction to Integrative Healing (3)
CSPH 3101 Creating Ecosystems of Wellbeing (2)
CSPH 3201 Intro to Mindfulness-Based Stress Reduction (2)
CSPH 3211 Living on Purpose (2)
CSPH 3301 Food Choices: Healing the Earth, Healing Ourselves (3)
CSPH 4311 Foundations of Hatha Yoga: Alignment & Movement Principles (3)
CSPH 4312 Hatha Yoga Philosophy, Lifestyle, & Ethics (3)
CSPH 4313 Hatha Yoga Teaching Principles & Methodology (3)
CSPH 5101 Art of Healing: Self as Healer (1)
CSPH 5102 Ways of Thinking About Health (2)
CSPH 5118 Whole Person, Whole Community (3)
CPSH 5215 Forgiveness and Healing: A Journey Toward Wholeness (3)
CPSH 5225 Meditation: Integrating Body and Mind (2)
CPSH 5303 Evidence-Based Complementary and Integrative Approaches for Pain Management (3)
CSPH 5307 Integrative Nursing: Application Across Settings and Populations (1)
CSPH 5313 Acupressure (1)
CSPH 5315 Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
CSPH 5317 Yoga: Ethics, Spirituality, and Healing (2)
CSPH 5331 Foundations of Shamanism & Shamanic Healing (2)
CSPH 5341 Overview of Indigenous Hawaiian Healing (2) (Hawaii only)

CSPH 5343 Ayurveda Medicine: The Science of Self-healing (2)
CSPH 5421 Botanical Medicines in Integrative Healthcare (3)
CSPH 5431 Functional Nutrition (2)
CSPH 5503 Aromatherapy Fundamentals (1) (Hawaii section available)
CSPH 5513 Living Well, Dying Well (2)
CSPH 5535 Reiki Healing I (1) (Hawaii section available)
CSPH 5536 Advanced Reiki HealingII (1) (Hawaii section available)
CSPH 5541 Emotional Healing & Happiness (2)
CSPH 5631 Healing Imagery I (2) (Hawaii only)
CSPH 5642 Nature Heals (3)
CSPH 5643 Horse as Teacher: Equine-Assisted Activities & Therapies (3)
CSPH 5701 Fundamentals of Health Coaching I (4)
CSPH 5703 Advanced Health Coaching Practicum (3)
CSPH 5704 Business of Health Coaching Practicum (2)
CSPH 5706 Lifestyle Medicine (2)
CSPH 5711 Optimal Healing Environments (3)
CSPH 5805 Wellbeing in the Workplace (3)
CSPH 5806 Wellbeing & Resilience for Health Professionals (1) (Hawaii section available)
CSPH 5807 Mindfulness in the Workplace (2)
CSPH 5905 Food Matters: Cook Like Your Life Depends On It (1)
CSPH 8701 Health Coaching Capstone (2)

Enrolled students: Register at myu.umn.edu
Visiting students: Register at onestop.umn.edu

Contact Christina at csh-academics@umn.edu for more information