Study Integrative Therapies in Hawaii
In January 2021

January 5 - 7  CSPH 5341 Overview of Indigenous Hawaiian Healing (2 credits) examines principles and practices of traditional Hawaiian healing. Content includes traditional Hawaiian values, plants, and healing practices, including lomi lomi massage. Students will have the opportunity to meet with Hawaiian healers and to visit sacred sites.

or

CSPH 5631 Healing Imagery 1 (2 credits) will teach students how imagery and imagery interventions are implemented for healing, and to promote health and wellbeing. You will experience a wide variety of imagery interventions in class and work on creating your own imagery interventions. The primary instructional strategies that will be utilized for this course include: experiential, discussions, readings, lecture and individual learning interventions.

January 9 - 10  CSPH 5535 Reiki Healing I (1 credit) introduces the history, principles, precepts and clinical application of Reiki. Participants will learn how to provide self, seated, and full treatments. A portion of each class meeting will be used to practice Reiki, discuss incorporation into clinical practice, and review current research.

or

CSPH 5806 Wellbeing and Resiliency for Health Professionals (1 credit) will teach health professional students and health professionals’ self-care strategies that will improve their individual wellbeing and reduce the stress and burnout often experienced in these professions. Improving individual wellbeing will also contribute to greater wellbeing in the teams and systems in which these professionals work.

January 13 - 14  CSPH 5307 Integrative Nursing: Application across Settings and Populations (1 credit) teaches skills that can be immediately applied to nursing practice, advanced nursing practice, and nurse leadership. Clinical case studies and interactive discussion will be used for students to learn how to practice integratively in their current healthcare role or to develop into a new role or paradigm.

or

CSPH 5536 Reiki Healing II (1 credit) will teach advanced principles and application of Reiki energy healing. The four levels of healing will be further explored, with emphasis on healing at the spiritual level. Following activation of the Reiki energy, you will learn the energy symbols that allow for energy transfer through space and time. You will learn to use second level Reiki energy for both distance healing and the standard Reiki treatment. Please note: those enrolling in Reiki II must have taken the Reiki I course prior to this course.

or

CSPH 5503 Aromatherapy Fundamentals (1 credit) will provide an overview of essential oil therapy and current aromatherapy practices in clinical settings; examine key safety and toxicity issues with the use of essential oils, and critique the scientific and historical evidence about the therapeutic qualities of six essential oils in common use by the public and in clinical settings.

Students can take one course from each section, for a maximum of three courses and five credits. Housing preference is given to those attending the full session.

Pricing for courses ranges from $4,500 - $7,000, depending on the course load and lodging options.

Students are responsible for their own airfare to and from Hawaii.

Contact Erin at fider002@umn.edu for more information.

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