Study Integrative Therapies in Hawaii
In January 2023

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 5305 Introduction to Integrative Mental Health (2 credits) This course focuses on introducing students to the concept of integrative mental health (IMH). In it we will explore different definitions of IMH, the history and background of the concept and how it relates to psychiatric care and health care in general.

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.

or

CSPH 5313 Acupressure (1 credit) By the end of the course, you will be able to demonstrate an understanding of the basic principles and applications of Acupressure as a component within the theory of Traditional Chinese Medicine. You will learn the location, indications for use and techniques of stimulation of several acupressure points.

or

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 5631 - Healing Imagery I section 003 (2 credits) In this course you will learn 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.

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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