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.

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.

CSPH 5535 & 5536 Reiki Healing I and II (1 credit each) introduces the history, principles, precepts and clinical application of Reiki. Participants will learn how to provide self, seated, and full treatments in Reiki I. A portion of each class meeting will be used to practice Reiki, discuss incorporation into clinical practice, and review current research. Please note: those enrolling in Reiki II must have taken the Reiki I course prior to this course.

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.

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.

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