**OBJECTIVES**

By the end of the course, students will:

- Analyze the impact that culture, history, and politics have on conventional and integrative health practices, including factors such as research funding, publication bias, attitudes of conventional practitioners, and the history of new ideas in medicine.

- Describe the theoretical constructs, practices, safety, efficacy, and evidence base of selected integrative modalities.

- Experience several types of integrative practices and interact with professionals in those areas.

- Discuss research methodologies to address the safety and efficacy of integrative therapies.

- Discuss clinical practice application of appropriate use of integrative therapies in a variety of clinical settings and processes.

- Recognize and develop an appreciation for different ways of knowing and healing.

**ON-SITE LEARNING**

The Institute is based at Woodwinds Health Campus, an extraordinary healthcare facility in Minnesota that is a model optimal healing environment. Students are required to complete additional online coursework after the in person sessions.

**FACULTY EXPERTS**

Faculty includes experts from the University of Minnesota’s Center for Spirituality & Healing and School of Nursing as well as Woodwinds Health Campus and other local and national leaders in integrative health and healing.

**ACADEMIC REGISTRATION**

An advance reservation is required for this special section of CSPH 5101 Introduction to Integrative Healing Practice (3 credits). Contact Erin Fider at fider002@umn.edu or (612) 624-5166 for more information on reserving a space in the class.

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There’s an overwhelming number of modalities and worldviews to inform a holistic approach to care. I appreciate seeing in person how different experts approach integrative therapies and wellness, especially in the context of self-care.

- Past Participant

I appreciated hearing about all the areas in healthcare that we can make a difference in. It really brings to light how important it is to care for yourself and support your patients.

- Past Participant