



Twin Cities Campus

Integrative Therapies and Healing Practices Postbaccalaureate Certificate

Spirituality & Healing, Center for
Graduate School

Link to a [list of faculty](#) for this program.

Contact Information:

Earl E. Bakken Center for Spirituality & Healing, Mayo Memorial Building, Room C591, MMC 505, 420 Delaware Street SE, Minneapolis, MN 55455 (612-624-9459; fax: 612-626-5280).

Website: <http://www.csh.umn.edu>

- Program Type: Post-baccalaureate credit certificate/licensure/endorsement
- Requirements for this program are current for Spring 2019
- Length of program in credits: 12 to 20
- This program does not require summer semesters for timely completion.
- Degree: Integrative Therapies & Healing Practices PBacc Cert

Along with the program-specific requirements listed below, please read the [General Information](#) section of the catalog website for requirements that apply to all major fields.

The integrative therapies and healing practices certificate is an interdisciplinary program designed to expose students to a global range of integrative, complementary, cross-cultural and spiritual healing practices. Courses enhance the preparation of students in health sciences and other disciplines by developing knowledge and skills in the emerging field of integrative health care. Specifically, the certificate provides students with a theoretical basis for applying integrative therapies and healing practices; prepares students to research integrative therapies and healing practices; and prepares students to work collaboratively with other health professionals and patients in a multicultural, pluralistic healthcare system. The curriculum for the 12-credit certificate includes a core introductory course that provides the theoretical foundation for the program, as well as a course in self-care. Students choose additional courses offered by the Earl E. Bakken Center for Spirituality & Healing in clinical applications, spirituality, or cross-cultural health and healing. The program draws upon the rich expertise of University and community-based faculty who encourage and challenge students to discover new ways of caregiving, and to cultivate diverse skills that will transform their life's work, experiences and relationships with others.

The certificate is also available with a health coaching track. Students who pursue the certificate with the health coaching track complete a total of 20 credits, including the core introductory course.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)
- primarily online (at least 80% of the instruction for the program is online with short, intensive periods of face-to-face coursework)
- partially online (between 50% to 80% of instruction is online)

Prerequisites for Admission

The preferred undergraduate GPA for admittance to the program is 3.00.

The certificate requires applicants to have a bachelors or higher degree in a healthcare or healthcare-related field.

Other requirements to be completed before admission:

This field of study is designed for the healthcare professional, those currently enrolled in a graduate health professions program, board-certified chaplains with at least three years in a healthcare setting, and those with a non-healthcare bachelor's degree with direct work experience in health related areas. Such fields include nursing, social work, psychology, medicine, nutrition, pharmacy, chiropractic, naturopathy, and licensed acupuncture.

The certificate's Health Coaching track requires an applicant interview prior to admission.

Special Application Requirements:

In addition to the University's online application, applicants submit a personal statement describing their goals for obtaining the certificate and their professional qualifications. The statement should address your interest in integrative therapies and short- and long-term professional goals after completing the program. Two letters of recommendation are required, preferably one from an academic source and one from an employer/supervisor. A current C.V. or resume is also required. All items are uploaded directly into the University's online application.

Applicants to the Health Coaching track are required to provide three letters of recommendation and a three-to-five page personal



statement focusing on what led to the applicant's interest in Health Coaching as a professional activity, including a description of interest in and experience with holistic integrative health and healing. A current C.V. or resume is also required. All items are uploaded directly into the University's online application. Selected Health Coaching track applicants will be chosen for admissions interviews.

The application deadline is March 15 for entrance into program the following fall semester.

International applicants must submit score(s) from one of the following tests:

- TOEFL
 - Internet Based - Total Score: 79
 - Internet Based - Writing Score: 21
 - Internet Based - Reading Score: 19
 - Paper Based - Total Score: 550
- IELTS
 - Total Score: 6.5
- MELAB
 - Final score: 80

The preferred English language test is Test of English as Foreign Language

Key to [test abbreviations](#) (TOEFL, IELTS, MELAB).

For an online application or for more information about graduate education admissions, see the [General Information](#) section of the catalog website.

Program Requirements

Use of 4xxx courses toward program requirements is permitted under certain conditions with adviser approval.

A minimum GPA of 2.80 is required for students to remain in good standing.

At least 1 semesters must be completed before filing a Degree Program Form.

Required Course

Students pursuing either the general certificate or the certificate with health coaching track must complete this course.

[CSPH 5101](#) - Introduction to Integrative Healing Practices (3.0 cr)

Certificate Options

General Certificate

Self Care Course Requirement

General certificate students complete one of the two following courses for at least one credit:

[CSPH 5102](#) - Personal Wellbeing: The Journey of Self-Care (1.0 cr)

or [CSPH 5806](#) - Wellbeing and Resiliency for Health Professionals (1.0 cr)

Electives

Students are encouraged to choose electives, in consultation with their faculty advisor, from CSPH courses consistent with their academic training and professional goals. Up to 3 credits of CSPH courses at the 4xxx-level may be applied to the certificate.

Take 3 or more course(s) totaling 8 or more credit(s) from the following:

- [CSPH 4311](#) - Foundations of Hatha Yoga: Alignment & Movement Principles (3.0 cr)
- [CSPH 4312](#) - Hatha Yoga Philosophy, Lifestyle, & Ethics (3.0 cr)
- [CSPH 4313](#) - Hatha Yoga Teaching Principles & Methodology (2.0 cr)
- [CSPH 5000](#) - Explorations in Integrative Therapies and Healing Practices (1.0 - 4.0 cr)
- [CSPH 5102](#) - Personal Wellbeing: The Journey of Self-Care (1.0 cr)
- [CSPH 5111](#) - Ways of Thinking about Health (2.0 cr)
- [CSPH 5115](#) - Cultural Awareness, Knowledge and Health (3.0 cr)
- [CSPH 5118](#) - Whole Person, Whole Community: The Reciprocity of Wellbeing (3.0 cr)
- [CSPH 5121](#) - Planetary Health & Global Climate Change: A Whole Systems Healing Approach (2.0 cr)
- [CSPH 5201](#) - Spirituality and Resilience (2.0 cr)
- [CSPH 5212](#) - Peacebuilding Through Mindfulness: Transformative Dialogue in the Global Community (3.0 cr)
- [CSPH 5215](#) - Forgiveness and Healing: A Journey Toward Wholeness (3.0 cr)
- [CSPH 5225](#) - Meditation: Integrating Body and Mind (2.0 cr)
- [CSPH 5226](#) - Advanced Meditation: Body, Brain, Mind, and Universe (1.0 cr)
- [CSPH 5303](#) - Pain Management and Evidence Based Complementary Health Approaches (3.0 cr)
- [CSPH 5305](#) - Introduction to Integrative Mental Health (2.0 cr)
- [CSPH 5311](#) ~~(Inactive)~~ (2.0 cr)



- CSPH 5313 - Acupressure (1.0 cr)
- CSPH 5315 - Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2.0 cr)
- CSPH 5317 - Yoga: Ethics, Spirituality, and Healing (2.0 cr)
- CSPH 5318 - Tibetan Medicine, Ayurveda, and Yoga in India (4.0 cr)
- CSPH 5319 - Yoga and Ayurveda in India (4.0 cr)
- CSPH 5331 - Foundations of Shamanism and Shamanic Healing (2.0 cr)
- CSPH 5341 - Overview of Indigenous Hawaiian Healing (2.0 cr)
- CSPH 5343 - Ayurveda Medicine: The Science of Self-healing (2.0 cr)
- CSPH 5401 - People, Plants, and Drugs: Introduction to Ethnopharmacology (3.0 cr)
- CSPH 5421 - Botanical Medicines in Integrative Healthcare (3.0 cr)
- CSPH 5423 - Botanical Medicines: Foundations and Practical Applications (1.0 cr)
- CSPH 5431 - Functional Nutrition: An Expanded View of Nutrition, Chronic Disease, and Optimal Health (2.0 cr)
- CSPH 5503 - Aromatherapy Fundamentals (1.0 cr)
- CSPH 5513 ~~(Inactive)~~(2.0 cr)
- CSPH 5521 - Therapeutic Landscapes (3.0 cr)
- CSPH 5522 - Therapeutic Horticulture (3.0 cr)
- CSPH 5523 ~~(Inactive)~~(2.0 cr)
- CSPH 5533 ~~(Inactive)~~(2.0 cr)
- CSPH 5535 - Reiki Healing (1.0 cr)
- CSPH 5536 - Advanced Reiki Healing: Level II (1.0 cr)
- CSPH 5541 - Emotional Healing and Happiness: Eastern and Western Approaches to Transforming the Mind (2.0 cr)
- CSPH 5555 - Introduction to Body and Movement-based Therapies (2.0 cr)
- CSPH 5561 - Overview of the Creative Arts in Health and Healing (2.0 cr)
- CSPH 5601 - Music, Health and Healing (2.0 cr)
- CSPH 5605 ~~(Inactive)~~(2.0 cr)
- CSPH 5631 - Healing Imagery I (2.0 cr)
- CSPH 5641 - Animals in Health Care: The Healing Dimensions of Human/Animal Relationships (3.0 cr)
- CSPH 5642 - Nature Heals: An Introduction to Nature-Based Therapeutics (3.0 cr)
- CSPH 5643 - Horse as Teacher: Introduction to Equine-Assisted Services (EAS) (3.0 cr)
- CSPH 5701 - Health Coaching Fundamentals I (3.0 cr)
- CSPH 5706 - Lifestyle Medicine (2.0 cr)
- CSPH 5708 - Mind-Body Science and Trauma-Informed Mental Health (3.0 cr)
- CSPH 5711 - Optimal Healing Environments (3.0 cr)
- CSPH 5712 - Supervised Health Coaching Skills Advancement (1.0 cr)
- CSPH 5713 - Health Coaching for Health Professionals (2.0 cr)
- CSPH 5805 - Wellbeing in the Workplace (3.0 cr)
- CSPH 5806 - Wellbeing and Resiliency for Health Professionals (1.0 cr)
- CSPH 5807 - Mindfulness in the Workplace: Pause, Practice, Perform (2.0 cr)
- CSPH 5905 - Food Matters: Cook Like Your Life Depends On It (1.0 cr)
- CSPH 6000 ~~(Inactive)~~(1.0 - 4.0 cr)
- CSPH 8101 ~~(Inactive)~~(2.0 cr)
- CSPH 8191 - Independent Study in Integrative Therapies and Healing Practices (1.0 - 6.0 cr)

-OR-

Health Coaching track

Coursework for the certificate with the health coaching track is detailed in sub-plan requirements.

Program Sub-plans

A sub-plan is not required for this program.

Students may not complete the program with more than one sub-plan.

Health Coaching

Health coaching is an emerging method of partnering with clients to achieve their overall goals. It is practiced from a holistic perspective that views each person as intrinsically whole and the ultimate expert in his or her healing journey. Health coaching is being offered in a wide range of venues including hospitals, clinics, community health and fitness facilities, corporations, educational institutions, and private practices. The Earl E. Bakken Center for Spirituality & Healing is a pioneer in the field of health coaching, working to advance education, research and care model innovation.

University of Minnesota health coaching programs have program approval from the National Consortium for Credentialing Health and Wellness Coaches (www.ncchwc.org), and were permanently accredited in 2017.

In addition to the required CSPH 5101 introduction course, students complete the health coaching track course requirements for a minimum of 20 credits. Students are strongly encouraged to confer with their faculty advisor concerning the specific sequence in which the track coursework must be taken. A minimum GPA of 3.0 must be maintained for all required track coursework.



Coursework may be completed in a minimum of four semesters or may be spread over a variable amount of time up to a maximum of four years.

Health Coaching track requirements

- [CSPH 5701](#) - Health Coaching Fundamentals I (3.0 cr)
- [CSPH 5702](#) - Health Coaching Fundamentals II (4.0 cr)
- [CSPH 5703](#) - Advanced Health Coaching Practicum I (1.0 cr)
- [CSPH 5704](#) - Diversity, Equity, & Inclusion in Health & Wellbeing (3.0 cr)
- [CSPH 5705](#) - Health Coaching Professional Internship (2.0 cr)
- [CSPH 5706](#) - Lifestyle Medicine (2.0 cr)