



Twin Cities Campus

Integrative Therapies and Healing Practices Minor

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: Graduate free-standing minor
- Requirements for this program are current for Spring 2019
- Length of program in credits (Masters): 8
- Length of program in credits (Doctorate): 12
- This program does not require summer semesters for timely completion.

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 minor 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 graduate students in health sciences and other disciplines by developing knowledge and skills in the emerging field of integrative health care. Specifically, the minor 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 includes a core introductory course that provides the theoretical foundation for the program. 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.

Program Delivery

This program is available:

- via classroom (the majority of instruction is face-to-face)
- completely online (all program coursework can be completed online)
- 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 minor is designed for graduate students pursuing health or other careers, and who are seeking to deepen their understanding of integrative therapeutic topics.

Graduate students come from wide-ranging backgrounds and careers, including nursing, pharmacy, medicine, nutrition, psychology, physical therapy, liberal studies and public health.

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 towards program requirements is not permitted.

Note that students may not use course credits to satisfy requirements for both a major and the minor.

Program Sub-plans

Students are required to complete one of the following sub-plans.

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



Masters

Required Course

All students complete the Introduction to Integrative Therapies and Healing Practices course.

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

Elective Options

Take 2 or more course(s) totaling 5 or more credit(s) from the following:

- 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)

Doctoral

Required Course

All students take the Introduction to Integrative Therapies and Healing Practices course.



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

Elective Options

Take 2 or more course(s) totaling 9 or more credit(s) from the following:

- 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)
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- 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)
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- 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)
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