Western Michigan University’s Integrative Holistic Health and Wellness Program is one of very few similar university-based programs in the country, offering a graduate certificate which fosters holism within health care and across other disciplines.

The graduate certificate complements and supports a focus on other disciplines such as: counseling, social work, spirituality, education, occupational therapy and business. It also enables students to apply holism within their chosen profession and enhances certain career opportunities.

Integrative and complementary modalities are presented to promote optimal health and healing and are taught via academic and experiential methods.

The graduate certificate entails 18 credit hours, 9 required and 9 electives, which appeal to a variety of interest areas, including: spirituality, self-care, wellness, aging and end of life, expressive arts, nutrition, relationships and stress reduction.

Weekly, weekend and two week time frames—and face-to-face and online formats—provide students with convenient options for scheduling courses.

The 180-hour Professional Field Experience offers students the opportunity to focus on and enhance qualifications in specific interest areas.
Integrative Holistic Health and Wellness (Certificate)

**Teaching, Research, and Program Focus Areas**

WMU's Integrative Holistic Health and Wellness faculty are deeply invested in ongoing research and publications. Key areas of research include: impact of meditation/mindfulness practices on stress reduction and spirituality and health. Areas of faculty expertise include spirituality, wellness and self-care, expressive arts therapies, relationships, nutrition, biofeedback, love and forgiveness, environment and sustainability, illness and end of life and grief. Students are encouraged to carefully evaluate research regarding evidence-based holistic practices.

The mission of the Integrative Holistic Health and Wellness Program is to cultivate the inter-connive relationships of individuals’ body, mind, and spirit to positively enhance personal, professional, community and global health.

**Admissions**

Applicants for the graduate certificate program must have a bachelor’s degree from an accredited institution. Applicants will apply via the graduate application online system. In addition to providing general information (including educational history details), there are also specific program requirements. For program requirements and other details, visit wmich.edu/holistic.

Applications are accepted on an ongoing basis. However, the application must be complete (i.e. all official transcripts and required documents received) two weeks prior to the start of any given semester/session or the application will be deferred to the following semester/session. Once a semester/session has started, all applications will be deferred to the following semester/session.

**Graduate Assistantships**

Graduate assistantships related to the Integrative Holistic Health and Wellness graduate certificate may be available.

**Contacts**

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**Western Michigan University**

One of the top-100 public universities in the United States, Western Michigan University offers many nationally known graduate programs, including 29 doctoral and 64 master’s degrees. More than 20 percent of its 25,000 students are enrolled in graduate course work.

**Kalamazoo**

With a population of more than 325,000, Kalamazoo is the sixth largest metropolitan area in Michigan and among the 150 largest in the country. Kalamazoo is rated one of the 25 best cities in the country for young college graduates, and is located midway between Chicago and Detroit.