INTEGRATIVE HOLISTIC HEALTH AND WELLNESS

This program will introduce you to research-based complementary and alternative methods, and contemplative approaches that promote health and healing. You’ll get a framework for wellness that can help you and others make knowledgeable and healthy lifestyle choices, while establishing respect and cooperative relationships with others, the environment and the greater whole.

You’ll build on a core of holistic health courses, complimented by elective courses, including nutrition, mindfulness, humor, successful aging, meditation and spirituality. Then you’ll develop your skills with a professional field experience in holistic health.

MEETING YOUR NEEDS

Our certification in Integrative Holistic Health and Wellness complements and supports the coursework of related fields, which can enable you to work within your chosen profession from a more holistic perspective. It provides tools to enable yourself and help you enable others to succeed in holistic self-discovery, self-expression, self-care, self-responsibility and active participation in their own health.

In particular, this 18-credit program can help equip you for career advancement in health and human service fields such as counseling, education, psychology, social work, nursing, music therapy, occupational therapy, health care management, public health, exercise science and health promotion, business, public administration, theology and medicine.

PROGRAM INFORMATION

wmich.edu/online/holistic
Western Michigan University is a national research university enrolling nearly 24,000 students from across the United States and 100 other countries. The University supports research centers and public-service clinics that work with partners nationwide to make new discoveries and improve people’s lives.

WMU’s College of Health and Human Services offers four graduate programs ranked in the top 50 by U.S. News & World Report. The college is home to the latest teaching technology and lab equipment, and offers unmatched clinical education. CHHS at WMU is preparing professionals today; transforming health and human services tomorrow.

PROGRAM COMPONENTS AND COURSE REQUIREMENTS

Courses are offered completely online and on our main campus in Kalamazoo. Flexibility in course delivery allows you to balance work and your personal life while earning your certificate. This graduate certificate can be pursued independently and as a supplement to other graduate training.

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<th>INTEGRATIVE HOLISTIC HEALTH AND WELLNESS</th>
<th>18 CR</th>
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<tbody>
<tr>
<td>HOL 5310  Introduction to Holistic Health Care</td>
<td>3 cr</td>
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<tr>
<td>HOL 6500  Seminar in Holistic Methods</td>
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<td>HOL 6700  Professional Field Experience</td>
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<td>Elective Courses</td>
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LEARN MORE

ONLINE OR BY PHONE:

WMU-Online Education
wmich.edu/online
(269) 387-4200

WMU-Kalamazoo Campus
wmich.edu/holistic
(269) 387-2650