Western Michigan University's Integrative Holistic Health and Wellness graduate certificates complement and support 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 to enhance certain career opportunities. Finally, it benefits any student by learning about self-care and burnout.

Full Certificate in IHHW
The 18-credit hour program includes weekly, weekend and two-week time frames, as well as face-to-face and online formats. It also includes a 180-hour professional field experience providing students the opportunity to apply and enhance qualifications in interest areas.

Specialty Certificates
The program offers nine credit hour certificates in:
• Holistic Approaches to Mindfulness
• Holistic Approaches to Stress Management
• Holistic Approaches to Spirituality and Healing
• Holistic Approaches to Enhance Living

Teaching, Research and Program Focus Areas
The department faculty are invested in ongoing research and publications. Students are encouraged to carefully evaluate research regarding evidence-based holistic practices. Key areas of research include: impact of meditation and mindfulness practices on stress reduction and retention, as well as spirituality and health. Areas of faculty expertise include: spirituality, wellness and self-care, relationships, love and forgiveness, career, environment and sustainability, aging and its issues, mindfulness and stress reduction. Part-time faculty bring added experience.

Points of Pride
• This is one of very few similar university-based programs in the country, offering graduate certificates which foster holism within health care and across other disciplines.
• Contemplative, integrative and complementary modalities are presented to promote optimal health and healing and are taught via academic and experiential methods.

Funding
Eligibility for financial assistance is only considered as part of another graduate program.

Admission
Domestic
Applications are accepted on an ongoing basis, allowing students to begin coursework in the fall, spring and summer semesters.

International
Fall 2018: April 1, 2018
Spring 2019: Aug. 1, 2018
Summer 2019: Jan. 15, 2019

Integrative Holistic Health and Wellness
wmich.edu/holistic | (269) 387-2650
Dr. Paula Andrasi, Program Coordinator
paula.andrasi@wmich.edu