

Influence Positive Health and Wellness Outcomes

One of the leading complementary and integrative approaches in health care, practices in Mind-Body Medicine support physical, emotional, and mental health.

Applying the principles and evidence supporting the effectiveness of Mind-Body approaches, students and graduates integrate the philosophy, science, and practices in their personal life and professional work.

“ I’ve witnessed the benefits of mind-body medicine and welcome the opportunity to help expose others to its power. ”

—Beth Haggett, Faculty, Mind-Body Medicine, College of Integrative Medicine & Health Sciences

**DISCOVER
INTEGRATIVE CARE
FOR THE 21ST
CENTURY**

Mind-Body Medicine



The Learning Model



Interactive Design

Each course is taught online in an interactive fashion that builds a dynamic collaborative learning environment. Students in the Mind-Body Medicine programs learn the philosophy, principles, and integrative approaches to apply in their work as practitioners, educators, and researchers.

Virtual Course Learning Forum

Each course has a virtual online site that contains core materials and is the hub of instructor-student, student-student interaction.

Residential Conferences

Students and instructors from the degree programs convene as an entire learning community at periodic five-day events, usually once or twice a year depending on the program.

Global Coursework

Both the master's and doctoral programs prepare and empower students to develop their global perspective and cross-cultural skills to impact individuals, organizations, and communities around the world.

Programs in Mind-Body Medicine

M.S. Programs

- *M.S. Mind-Body Medicine*
- *Minor in Integrative and Functional Nutrition*
- *Minor in Integrative Wellness Coaching*

Ph.D. Programs

- *Ph.D. Mind-Body Medicine*
- *Ph.D. Mind-Body Medicine, Specialization in Applied Psychophysiology*
- *Ph.D. Mind-Body Medicine, Specialization in Integrative Mental Health*
- *Ph.D. Mind-Body Medicine, Specialization in Integrative Wellness Coaching*
- *Ph.D. Mind-Body Medicine, Specialization in Mindful Leadership in Healthcare*

Certificate Programs

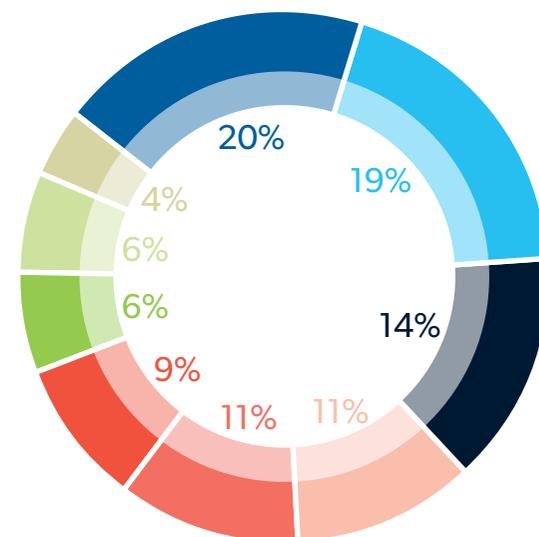
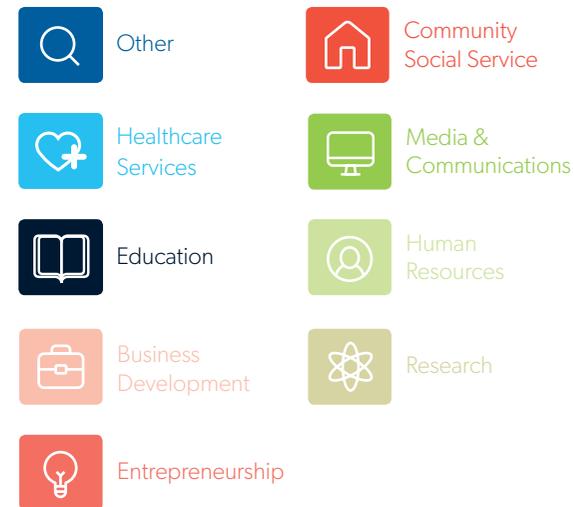
- *Mind-Body Medicine*

The Mind-Body Medicine curriculum represents domains of integrative healthcare, mind-body science, practice, research, and ethics. Students may choose to add a minor, specialization, or certificate to extend their expertise in one or more professional disciplines.

Students and graduates apply their knowledge as consultants, coaches, educators, and researchers in variety of professional settings such as

- *Private practice*
- *Integrative medicine and wellness centers*
- *Medical centers, hospitals, community health, primary care*
- *Medical spas and yoga retreat centers*
- *Corporate wellness programs*
- *Colleges and universities*

OUR ALUMNI HAVE CAREERS IN A WIDE VARIETY OF AREAS



* Percentages are based on 2017 student and alumni data gathered from LinkedIn.com