# IHep Overview

## Orientation

- **July 6–August 16, 2015**
  - Getting Started • Intro to Coursework

## Unit 1

- **August 17–September 27, 2015**
  - Introduction to Integrative Health • Self-care: An Overview • Spirituality & Health • Stress & Mind-body • Mindfulness in Healthcare • Sleep & Dream Health • Anti-Inflammatory Diet • Physical Activity • Healing Relationships
  - Self-care Report #1 - Spirituality
  - Self-care Report #2 - Stress Resiliency
  - Self-care Report #3 - Sleep

## Unit 2

- **September 28–November 8, 2015**
  - Motivational Interviewing • Nutrition: Macronutrients • Nutrition: Diet & Meal Patterns • Nutrition: Phytonutrients
  - Self-care: Healthy Eating • Environmental Health • Self-care: Healthy Environments • Mind-Body Modalities • Aromatherapy & Health
  - Self-care Report #4 - Physical Activity
  - Self-care Report #5 - Relationships
  - Self-care Report #6 - Nutrition

## Unit 3

- **November 9–December 20, 2015**
  - Micronutrients & Supplements • Vitamins & Minerals • Common Dietary Supplements • Self-Care: Self-select • Botanicals • Whole Systems • Manual Medicine • Energy Medicine: Foundations • Energy Medicine: Deeper Studies
  - Self-care Report #7 - Healthy Environment
  - Self-care Report #8 - Self-select from self-care goals
  - Self-care Report #9 - Self-select from self-care goals

**Holiday Break - December 21, 2015 - January 6, 2016**

**Retreat in Tucson - January 7 - 10, 2016**

## Unit 4

- **January 11–February 21, 2016**
  - Integrative Health Informatics • Self-Care: Self-select • Intro to Integrative Mental Health • Self-Care: Wrap-up • Nutrition & Cardiovascular Health • Program Evaluation
  - Self-care Report #10 - Self-select from self-care goals
  - Self-care Report #11 - Final Self-care Assessment & Goals

**Graduation Project Due - February 15, 2016**

## Final Exam

- **February 22 - March 6, 2016**
  - Final Exam