

IHeLp Overview

2018 SPRING

ORIENTATION	<i>June 5–August 20, 2017</i> Getting Started • Intro to Coursework
unit 1	<i>August 21–October 1, 2017</i> 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 <i>Self-care Report #1 - Spirituality</i> <i>Self-care Report #2 - Stress Resiliency</i> <i>Self-care Report #3 - Sleep</i>
unit 2	<i>October 2–November 12, 2017</i> 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 <i>Self-care Report #4 - Physical Activity</i> <i>Self-care Report #5 - Relationships</i> <i>Self-care Report #6 - Nutrition</i>
unit 3	<i>November 13, 2017–January 7, 2018</i> Micronutrients & Supplements • Vitamins • Minerals • Common Dietary Supplements • Self-Care: Self-select • Botanicals • Whole Systems • Manual Medicine • Energy Medicine: Foundations • Energy Medicine: Deeper Studies <i>Self-care Report #7 - Healthy Environment</i> <i>Self-care Report #8 - Self-select from self-care goals</i> <i>Self-care Report #9 - Self-select from self-care goals</i> HOLIDAY Breaks: Thanksgiving November 23 - 26, 2017 Winter Break December 23, 2017 - January 2, 2018 RETREAT IN TUCSON - January 7 - 10, 2018
unit 4	<i>January 15–February 25, 2018</i> Integrative Health Informatics • Self-Care: Self-select • Intro to Integrative Mental Health • Self-Care: Wrap-up • Nutrition & Cardiovascular Health • Program Evaluation <i>Self-care Report #10 - Self-select from self-care goals</i> <i>Self-care Report #11 - Final Self-care Assessment & Goals</i> GRADUATION PROJECT DUE - February 20, 2018
FINAL EXAM	<i>February 26 - March 11, 2018</i> Final Exam



ARIZONA CENTER FOR
Integrative Medicine