

# IHeLp Overview

2019 SUMMER

ORIENTATION

November 5, 2018–January 13, 2019  
Getting Started • Intro to Coursework

unit 1

January 14–February 24, 2019

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

February 25–April 7, 2019

Motivational Interviewing • Introduction to Nutrition • 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

April 8–May 19, 2019

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*

**RETREAT IN TUCSON - May 19 - 22, 2019**

unit 4

May 27–July 14, 2019

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 - June 24, 2019**

FINAL EXAM

July 15 - July 28, 2019  
Final Exam



ARIZONA CENTER FOR  
**Integrative Medicine**