

IHeLP Overview

2023

ORIENTATION	<p>November 7, 2022–January 8, 2023 Getting Started • Intro to Coursework</p>
unit 1	<p>January 9–February 19 2023 Introduction to Integrative Health • Self-care: An Overview • Spirituality & Health • Intro to Mind-Body Medicine • Stress, Resilience and Health • Mindfulness and Meditation • 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 - Mindfulness</i> <i>Self-care Report #4 Sleep</i></p>
unit 2	<p>February 20–April 2, 2023 Motivational Interviewing • Introduction to Nutrition • Nutrition: Phytonutrients • Self-Care: Healthy Eating • Environmental Health • Self-Care: Healthy Environments • Mind-Body Modalities • Aromatherapy & Health • Aromatherapy: Blending <i>Self-care Report #5 - Physical Activity</i> <i>Self-care Report #6 - Relationships</i> <i>Self-care Report #7 - Nutrition</i></p>
unit 3	<p>April 3–May 21, 2023 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 #8 - Healthy Environment</i> <i>Self-care Report #9 - Self-select from self-care goals</i> <i>Self-care Report #10 - Self-select from self-care goals</i> RETREAT* - May 21 - 23, 2023</p>
unit 4	<p>May 30–July 10, 2023 Integrative Health Informatics • Self-Care: Self-select • Intro to Integrative Mental Health • Self-Care: Wrap-up • Nutrition & Cardiovascular Health • Smoking Cessation • Program Evaluation <i>Self-care Report #11 - Self-select from self-care goals</i> <i>Self-care Report #12 - Final Self-care Assessment & Goals</i> GRADUATION PROJECT DUE - June 22, 2023</p>
FINAL EXAM	<p>July 11 - 24, 2023 Final Exam</p>

*May switch to virtual retreat

