



Holistic Health Care Program

Course Descriptions for Undergraduate and Graduate Students

Required Courses for Undergraduate Minor in Holistic Health Care

HOL 1000 Choices in Living (Prerequisite for the minor) 3 credits

This course will focus on the relationship among individual choices, social responsibilities and social functioning. Students will be educated in current theories and techniques of values clarification, motivation, and behavior change. Health and social issues relevant to young adults and throughout the life cycle will be examined. This course is designed for undergraduate students in all majors and is especially valuable for students interested in health and human services professions.

HOL 2000 Choices in Global Living 3 credits

This course considers the concept of “health” at both the individual and global level by exploring the connection between an individual’s lifestyle choices and their impact on the larger world of work and service. The theory of holism, along with several related theories (multiculturalism, sustainability, and ecological systems) are considered across a variety of disciplines in order to examine current initiatives that are occurring in order to improve the human condition.

HOL 4700 Relationship-Centered Skills, 3 credits

This course provides students with a holistic approach to interpersonal process and communication in order to prepare them to function effectively in health care and relationship-centered settings. Students are exposed to theory and practice in the following areas: key principles of effective communication, holistic approaches to interpersonal process, and relationship-centered approaches to providing health and human services. This course is intended for students pursuing either the minor in holistic health or a major in health and human services.

HOL 4400 Issues and Ethics in Holistic Health, 3 credits

This course serves as a follow-up to HOL 100 and HOL 200. It provides an in-depth exploration of the key issues and ethics that arise when considering health at an individual, interpersonal, and global level. The course provides students with critical-thinking skills and decision-making skills in order to effectively assess scientific information in the field of holistic health. The course format includes lectures, small-group discussions of case examples, experiential exercises, and a final.

Undergraduate Electives—Students may also take any of the 5000 level holistic courses as electives.

HOL 3000 Exploring Practices in Integrative Health Care, 3 credits

This course provides a general survey of holistic health practices and issues, with a focus on the variety of alternative and complementary modalities that are present in integrative health care settings. Students will complete an assessment of the values and attitudes which underpin their current health practices, as well as examining the values and issues that shape our current health care models. They will explore and critically evaluate a variety of holistic health services and their application. The format for the course will be a combination of lectures, experiential activities, and student presentations.

HOL 3300: Holism and Nature, 3 credits

This course is designed to increase awareness of environmental problems and their connection to our own health – physically, mentally and spiritually. We will examine the connections between individual lifestyle choices and the effects those choices have on the earth. The intentions of the course are to assist participants in the exploration of human interactions with nature on a global and historical level as well as an individual level. The impacts of our lifestyles on the earth (e.g., over-consumption, pollution, and resource depletion) and alternative lifestyle choices (e.g., sustainable agriculture, deep ecology, and voluntary simplicity) will be explored. The course will include experiential activities, and time spent immersing ourselves in nature.

HOL 3960: Learning, Work and Lifestyles: Holistic Perspectives, 3 credits

This course is designed as an academic and experiential exploration of “whole person” approaches to learning, work and lifestyle choices. Using the lens of holism, it explores individual learning styles, meaningful work theories and practices as well as personal, communal and global lifestyle options. Students will have an opportunity to deepen their understanding of how they make decisions regarding these dimensions of life, the physical, mental and spiritual interconnection of these decisions and how this has an impact on their health/healing.

Required Core Courses for Graduate Certificate in Holistic Health Care

HOL 5310: Introduction to Holistic Health Care, 3 credits (required for certificate)

The primary purpose of this course is to provide an introduction to the philosophies, concepts, principles, and approaches involved in holistic health care. It is meant to serve both as a general educational experience for persons wishing to become familiar with holism and as essential basic instruction for persons wishing to apply for admission to the graduate speciality program in Holistic Health Care.

Prerequisite: senior undergraduate or graduate status.

HOL 6500: Seminar in Holistic Methods, 3 credit hours (required for certificate)

This course offers students an exploration of holistic approaches to promoting wellness that honor the interdependent relationship between body, mind, spirit, and community. The course also provides an overview of various paradigms of health, holistic approaches to assessment, skills in accessing and discerning relevant research, methods for self-care, and examples of “holism in action” in the community. The format for the course will be a combination of experiential activities, lectures, discussions, small group activities, guest speakers, and audio/visual presentations. Students will have an opportunity for personal reflection on several topics. Through these learning experiences students will have the opportunity to develop a deeper knowledge of the relationship between body, mind, spirit, and community as well as how to integrate this into their personal and professional practice.

Prerequisite: HOL 5310 or permission of instructor.

HOL 6700 (masters level): Professional Field Experience or HOL 7120 (doctoral level) 2-12 credit hours

(Must be approved by Field Education Coordinator, Gay Walker) Three credit hours required for Holistic Health Care Certificate Program (180 hours).

The purpose of this course is to provide advanced students in a health care related area an opportunity to become more familiar with the “holistic” approach to health care. While using their own discipline as a take-off point, each student will become acquainted with different approaches to health care from traditional and nontraditional perspectives. The principle goal is to encourage a perception of clients as whole persons. Prerequisites: HOL 5310, 6500 Note: Students who have a required field placement in Social Work, OT, and CECP may sign up for 1 credit of HOL 6700 if taken concurrently with the internship in their major field of study, as long as they have a holistic perspective in their work.

Electives: Holistic Health Modalities

HOL 5500: Introduction to Holism and Expressive Arts, 3 credits

This course will be a survey of expressive arts therapies used to facilitate the healing process and will deepen the student’s understanding and experience of the role of creative expression in health and healing. The use of arts therapies to promote health, reduce stress, and complement the traditional treatment of physical and mental illness will be discussed. Topics covered will be visual arts, music, movement, poetry, and drama. The format for the course will be a combination of experiential creative activities; guest lectures; and video and audio presentations. No artistic experience or background required.

HOL 5510: Holistic Approaches to Healing Through Visual Art, 3 credits

This course is an introduction to the holistic use of visual art in healing. Topics covered will be: overview of healing through art; how to choose and present appropriate art experiences; resources and materials; focal points for understanding art; and ethics. The format for the course will be a combination of experiential activities, lectures, video and slide presentations. The course is designed to give students and professionals in the counseling, psychology, social work, health care, OT, and art fields some practical tools and considerations for using visual art in healing with others or for personal growth. No artistic talent required.

HOL 5520: Holistic Approaches to Healing Through Movement, 3 credits

This course is a survey of the use of movement for health and healing. Several movement and dance speciality areas are covered, exploring movement for personal expression, health promotion, stress reduction, and healing. Body awareness, breathing, and creativity will be emphasized throughout the exploration of movement modalities, such as Authentic Movement, Contact Improvisation, Gabrielle Roth movement, Dance Therapy, Laban Movement Analysis, Universal Dances of Peace, and other forms of movement. The format for the course will be a combination of experiential activities, guest lectures, and video presentations. Students enrolled in social work, counseling psychology, occupational therapy, nursing, physical education, and dance will especially benefit from this course. No movement or dance experience required.

HOL 5370: Health and Humor, 3 credits

This course will focus on the physical, intellectual, emotional and spiritual dimensions of laughter and humor. We will explore recent discoveries and research regarding their role in human physical and mental health. Students will learn about the social significance of humor, what makes people laugh and why, the role of happiness and “good humours”, and will learn ways to increase happiness and use laughter and humor as a stress management technique.

HOL 5360: Counseling Skills for Health Professionals, 3 credits

This course is an introduction to basic counseling approaches for students and professionals working in the health and human services fields. This course is designed to provide basic information on the counseling process and techniques as they apply to health care settings. This course is designed for health care professionals in allied health professions and not for majors in Counselor Education and Counseling Psychology or in Social Work.

HOL 6910: Spirituality and the Therapeutic Process, 3 credits

This seminar will explore the relationship of spirituality and the therapeutic process as they relate to clinical practice. Spirituality will be studied as an important resource in psychological health and in healing. In addition, the spiritual lives of therapists will be looked at as a means to support their ability to offer the core therapeutic conditions. Theoretical models for integrating spirituality into practice will be offered and specific teachings and practices from a variety of religious traditions will be presented as resources for the healing process. One goal of the seminar is to enable those in the helping professions to work with their client's spiritual life without imposing their own framework. This course is designed for all health and human service workers, but has a special emphasis on the therapeutic process.

Electives: Issues in Holistic Health**HOL 5320: Holistic Approaches to Relationships, 3 credits**

The purpose of this course is to provide an understanding of relationship development. In order to do this, students will acquire knowledge in self-concept formation, social systems theory, values development, and communication models. A major emphasis in the course will be on how to assist people in establishing and maintaining healthy relationships.

HOL 5330: Holism and Community, 3 credits

This course is designed to help students better understand the positive dynamics of community and the potential for holistic health and growth through the investment of self in a common and purposeful experience with others. This course will consider the history of communities, the formation of present day intentional communities, and the various influences that inform them with particular emphasis on those experiences that demonstrate a wellness perspective. The primary focus of the course will be on the integral relationship between body, mind, spirit and the environment in the lived experience of self and community in the present moment.

HOL 5340: Holistic Health and Spirituality, 3 credits

This course helps students better understand the spiritual dimensions of each individual and the relationship of spirituality to the meaning of health. Various spiritual traditions, philosophies, and practices will be explored, with the primary emphasis on the implications of these teachings for everyday living. The course will address the role of spirituality in the therapeutic process for health care professionals and resources available for practitioners and educators. The format for the course will include lecture, discussion, experiential activities, and audio/visual presentations.

HOL 5350: Holistic Approaches to Stress 3 credits

This course will focus on the nature, sources, and symptoms of stress, and provide a holistic approach for the management of stress. The relationship between stress and personality, lifestyle, health, illness, work, and academic performance will be explored. In addition, the reasons for and management of professional and organizational "burnout" will be presented.

HOL 5550: Successful Aging: Holistic Perspectives, 3 credits

This course will focus on holistic factors of aging and lifestyle choices that enable people to preserve and even enhance wellness and vitality in later life. Current images and myths of aging will be explored and research studies that outline holistic ways to delay, prevent, or positively treat common chronic diseases will be presented along with programs and policies that enable older people to practice positive aging strategies. This course will highlight the qualities of older people who remain physically active, intellectually engaged, emotionally involved, spiritually connected and vital throughout their years.

HOL 5530: Holistic Strategies for Illness and End of Life 3 credits

This course will examine a variety of complimentary strategies to support the healing process. An emphasis will be placed on holistic and relationship-centered techniques that can be used to coach and support others through illness and/or death. Topics will include: guided imagery; the use of creative expression in the healing process, complementary methods that assist in preparation for surgery or medical procedures; pain management; spiritual considerations; support groups, caring for the caregiver; and the dying process. Students will be asked to pursue their individual interests in a project in which they develop a multi-modal plan for an individual with a specific condition. Students will also explore their relationship to death and personal directives. This course is very experiential and is designed for professionals/students in healthcare and related fields to augment their medical background, and for individuals who are looking for assistance with their own illness or caring for a loved one.

Special Topics Courses (3 credit hours)**HOL 5300 Advanced Spirituality and Health, 3 credit hours**

Advanced Practicum in Spirituality and Health provides students with an opportunity to explore the theory and application of a variety of contemplative practices (e.g., meditation traditions, centering prayer, mindfulness, authentic movement, yoga, guided visualization, appreciative inquiry, & receptive listening). Students will consider how these practices are being used across the country to enhance educational, performance, and health outcomes. The course also provides an experiential introduction to these methods, as well as an examination of how to most effectively and ethically bring a contemplative and heart-centered presence into one's work as a health professional and educator. This course serves as a follow-up to HOL 5340 (Spirituality and Health) and/or for students with prior experience in the area of spirituality and health.

HOL 5300: Biofeedback and Neurofeedback 3 credits

Biofeedback addresses the self-regulation of one's own physiological processes (i.e. muscle and circulatory systems). Neurofeedback concerns the self-regulation of processes directly associated with brain electrical activity. Participants in this class will become familiar with the history of self-regulation and its theoretical basis. They will learn how assessments of psychophysical dysfunctions are conducted and how clinical protocols are designed to assist in remediation. This will include the use of 19 channel EEG data and the use of "brain mapping" methodologies. There will be opportunities for personal experience with these methods. This course may be useful for students interested in health-related disciplines.

HOL 5300 Bodymind Nutrition, 3 credit hours

Bodymind nutrition explores how nutrition encompasses the physical body and the brain/mind.

The physical aspects of nutrition and mental aspects of nutrition will be explored separately, but the purpose of this class is to understand the interrelationship between the two concepts. The groundwork of this class employs the "*Functional Medicine*" approach using the web-like interplay between how the body and mind are truly one. Disruptions in this web-like balance are associated with chronic diseases and unhealthy conditions. Nutrition underscores how this interplay relates. Principles taught in this class can be used for any healthcare practitioner or for personal development. Academic disciplines that will benefit from this class include physician's assistants, occupational therapy, counseling, psychology, nursing, and interdisciplinary health studies.

HOL 5300: Experiential/Adventure Education, 3 credits

This course is for students interested in learning how to envision, create, develop, implement and evaluate experiential/adventure education programs and/or activities as well as those wishing to work toward certification as an experiential education facilitator. Students will learn tools for facilitation, risk management, group process and dynamics, presenting ropes activities, climbing tower and trust fall activities.

HOL 5300: Healing Through Writing and Story, 3 credits

This course explores ways in which story and other forms of expressive language shape the experience of illness and healing. Students will examine literature and oral traditions as well as participate in writing activities to investigate the therapeutic impact of these forms of human expression. Students will be expected to demonstrate how the holistic perspective is applied to their personal lives and academic areas.

HOL 5300: Humor/Fun Brain's Best Learning Strategies, 3 credits

Teachers have always known that having fun is the brain's favorite way of learning at all ages. When play and humor are used appropriately, attention is focused and brain building occurs. This class will report on the latest research regarding teaching with the brain in mind and explore specific learning activities designed to channel humor and play in positive and constructive ways that open our students' minds and keep our teacher wits about us.

HOL 5300: Spiritual Activism, 3 credits

The focus of this class is to on creating and defining within the individual the internal spiritual focus and exploring how to create an active participation in the world by identifying how transformational leadership and systems theory translate into practical action. Various dimensions of spiritual orientation, diversity, experiential exercises, as well as lecture, readings, and written assignments will be presented. Oral presentations will enhance students understanding of their transformational leadership attributes and potential, as well as exploring theories that can be applied to increase success through activism in industry and business, education, government and politics, youth activism, environment and other areas of concern.

HOL 5300 Science and Spirit of Holistic Health, 3 credits

This class will explore how recent, often startling findings in the "new sciences" are exposing the limitations of traditional explanations of reality and supporting more holistic approaches for helping people to create and promote health. Participants will be challenged to re-think the traditional focus of health education/promotion approaches as well as their own personal philosophies of health. An alternative, holistic approach for helping people create health and support healing will be presented. Implications for the role of the helping professional will be explored. This course will be taught by Jon Robison, author of "The Science and Spirit of Holistic Health, More than Broccoli, Jogging and Bottled Water, More than Yoga, Herbs, and Meditation".

HOL 5300 Health/Eating/Weight/Culture, 3 credits

Our culture's obsession with thinness causes tremendous suffering that is particularly damaging for young girls and women who are constantly pressured to divert their energy and resources to the pursuit of ideals of body shape and size that are, for the vast majority, neither achievable nor healthy. As a result, women of all sizes and increasing numbers of men suffer from an intense fear of fat that plays havoc with their self-esteem and promotes disordered eating and exercise behavior. Additionally, nutrition advice for good health is constantly changing and often ambiguous, resulting in a public that is confused and anxious about food. This class will examine the roots, history, and consequences of our national obsession with weight as well as the failure of traditional approaches to weight loss and control. We will explore nutrition from a holistic perspective with special emphasis on the emotional, psychological and spiritual as well as physical benefits of food. A balance of research and practical application will empower participants to provide realistic, compassionate and effective counsel for life-long healthful eating for adults and children. A science-based, compassionate approach for helping people to attain a more peaceful relationship with their food and their bodies will be presented.

ATIS: On-line Courses

HOL 5300: Holistic Health Coaching, 3 credits

This interactive online introductory level course introduces students to the profession and foundational concepts of psychological coaching, including the history and theoretical roots, related professional organizations, and ethical codes regulating the coaching profession. The instructor, a doctoral level licensed psychologist and a professionally certified coach and trainer, will provide an overview of the stages of coaching and the processes used with clients as well as the role of coaching in promoting holistic health for individuals and groups. Clear distinctions will be drawn between psychological coaching and psychotherapy, as well as other helping models. Suggestions for integrating coaching skills into related professional roles will also be emphasized.

HOL 1000 Choices in Living (Prerequisite for the minor) 3 credits

This course will focus on the relationship among individual choices, social responsibilities and social functioning. Students will be educated in current theories and techniques of values clarification, motivation, and behavior change. Health and social issues relevant to young adults and throughout the life cycle will be examined. This course is designed for undergraduate students in all majors and is especially valuable for students interested in health and human services professions.

Special Topics Courses (1 credit hour)

HOL 5300: Diversity and Holism, 1 credit hour

Multiculturalism and holism have often been treated as separate fields. This course aims to bring these two concepts together by focusing awareness on the importance of issues regarding race, sexual orientation, gender, and multiple identities as they pertain to the philosophy of holism. This will be achieved through classroom discussion, personal exploration, group activities, and examination of the influence of popular culture. A major goal of the course is to foster critical thinking about self and others through a socio-political lens.

HOL 5300: Introduction to Chinese Medicine, 1 credit hour

This course will compare and contrast the Eastern and Western views of health and disease and define many of the key terms in Chinese Medicine. A basic review of the Meridian systems of Chinese Medicine and its pathogens will also be presented. A critical review of the research involving acupuncture will also be discussed. Finally some of the basic acupuncture and herbal protocols will be taught so participants will know what acupuncture and chinese herbs treat well and what it doesn't.

HOL 5300 Introduction to Psychodrama 1 credit

This is an introductory course which will cover basic principles and practices of psychodrama and other action techniques. No prior experience is necessary. It is largely participatory rather than lecture oriented and students should be prepared to become involved in class activities. This class could be helpful for students in Social Work, Psychology, Counseling Psychology, and Occupational Therapy or any other discipline which would involve working with groups or individuals in a therapeutic setting. It will give students a sampling of activities which could be used in their work. Class size is limited and since the class is so experiential in nature, attendance and participation are essential elements.

HOL 5300: Meditation to Enhance Living, 1 credit hour

The purpose of Meditation to Enhance Living is to introduce you, through direct experience, to the practical application of meditation in your daily life. We will discuss and experience various forms of meditation from different cultural and religious perspectives yet the basic meditation practice is secular in nature. The latest scientific research on meditation will be reviewed; research that clearly supports the efficacy of meditation in reducing stress and in producing a sense of inner calm or peace. Participants who apply this practice to their daily lives will achieve a significant reduction in stress as well as an increase in their performance and perceived ease of performance.

HOL 5300: Advanced Meditation to Enhance Living, 1 credit hour (prior experience with meditation is a requirement for this course)

HOL 5300 Power of Breath (Pranayama) 1 credit hour

In this class students will learn the about theory, science and practice of Pranayama, a variety of seven steps of yogic breathing Students will learn about the physical, mental and spiritual benefits that enhance health.

HOL 5300: Mindfulness to Enhance Living, 1 credit hour

By participating in this course, students will develop a further understanding of the idea of mindfulness. As part of this students will gain a better awareness of the many underlying principles that contribute to mindfulness. This understanding will include ways that the practice can be used in everyday life to assist with the stress, anxiety, and other feelings that often accompany daily chores and various activities that we perform. One result will be a greater appreciation of the benefits and what it has to offer each individual.

HOL 5300 Tai Chi for Health 1 credit

This course will provide students with an understanding of the body and mind health benefits of Tai Chi through learning and practicing a short set and other fundamental exercises. Body and mind benefits will be explored both through physiological terms.

HOL 5300: Yoga to Enhance Living, 1 credit hour

This class is intended to introduce students to the history, philosophy, science, spirituality and health benefits that yoga has to offer. The class will combine didactic lectures with the practice of yoga techniques including: asana (holding of postures), pranayama (breathwork), and meditation.

HOL 5300 Understanding Children's Drawings 1 credit hour

This course is an introduction to evaluating children's drawings. Topics covered are: normal and abnormal drawing development, how to look at a child's drawing, beginning interpretation skills, identifying problems seen in drawings, and themes for directing children's drawings. The course is designed to give students and professionals in the teaching, school counseling, counseling, social work, psychology, nursing, health care, OT, art, and other fields some practical tools. No artistic background required.

HOL 5300 Holistic Energetics Lab

Holistic Energetics is designed to provide practical applications of the scientifically documented bio-energy systems of the human body. Students will learn history, theory and experiment with various body energetics such as the bio-plasmic field, muscle energetics, reflex testing, etc. This is largely an experiential class, with emphasis upon hands-on application of the theories and science presented. Background reading, while helpful, is not necessary to successfully participate in this class.

Electives: Independent Study

HOL 5980: Readings in Holistic Health 1-4 credits (Must be approved by Gay Walker)

This course provides individualized, independent study and reading under guidance of a faculty member. Initiative for planning topic for investigation and seeking the appropriate faculty member comes from the student, with consultation from the advisor.

HOL 4970 (undergraduate) Independent Study in Holistic Health, 1 to 4 credits

HOL 6970 (graduate) Independent Study in Holistic Health, 1 to 4 credits

(Must be approved by Gay Walker)

This course provides individualized, independent study under guidance of a faculty member. Initiative for planning topic for investigation and seeking the appropriate faculty member comes from the student, with consultation from the advisor.

International Course

HSV 4350/HSV 6350 Mexico Immersion in Health Care 3 credits (Summer I only)

This six week immersion experience will take students to Mexico where they will learn about the health beliefs and systems of Mexico, both Western and traditional; explore how their discipline is practiced in Mexico; assess factors and circumstances influencing current Mexican migration patterns; and develop Spanish language skills. Students will live with local families during their stay in Mexico.