Program Highlights

The art and science of integrative wellness coaching taught in the Integrative Health Studies program is in alignment with the standards for education and training created by the National Consortium for Credentialing Health and Wellness Coaches. Graduates earn a certificate in health coaching and wellness management, and may additionally earn a certificate in guided imagery. The 200-hour internship allows students to see the real-world applications of their in-classroom experiences in workplaces that provide alternative and complementary healing, wellness programs for vulnerable populations, organizational wellness, health and wellness coaching, and integrative health research.

Admissions
415.575.6134
admissions@ciis.edu
For information on application requirements and procedure, or to complete an online application, please visit www.ciis.edu/admissions.

Financial Aid
415.575.6102
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For information about our financial aid programs, including federal student loans, private loans, grants, and student employment, please visit www.ciis.edu/financialaid.

About CIIS
California Institute of Integral Studies is an internationally recognized leader in integral education. CIIS has an enrollment of more than 1,600 students pursuing degrees in a variety of academic programs in its schools of Consciousness and Transformation, Professional Psychology and Health, Undergraduate Studies, and American College of Traditional Chinese Medicine. In addition, CIIS hosts a vibrant arts exhibition program through The Arts at CIIS, and offers a dynamic array of events through its Public Programs & Performances division, including workshops, concerts, and conferences. The university provides low-cost mental health and acupuncture services through a partnership with the San Francisco Bay Area through a 10-award winning counseling and acupuncture clinics. CIIS is accredited by the WASC Senior College and University Commission (WSCUC).

Program Description
This award-winning program is the first in the United States to prepare master’s-level leaders in the expanding fields of integrative health and wellness coaching.

These fields are transforming health care from its current crisis to one that emphasizes the use of preventive strategies to wellness and health promotion. The program is holistic and attracts passionate self-starters committed to a wide array of complementary and integrative health approaches. Integrative health is a client-centered approach to wellness, combining a whole person model with evidence-based strategies and practices. Students learn how to assess others in setting and achieving health goals by employing integrative tools such as meditation, yoga, guided imagery, mind-body techniques, whole foods nutrition, exercise and movement, stress management, and personal health planning. Wellness coaching can be applied to private practice or organizational settings.

MISSION
The Integrative Health Studies (IHL) program aims to support and enhance the health of individuals and their communities through the provision of holistic, culturally sensitive education and training for individuals and health professionals who seek to provide integrative health services and wellness coaching.

FORMAT
The curriculum consists of 18 required courses delivered in traditional classroom format. (These courses are delivered in a hybrid fashion, with lecture and class sessions online and in person.) The courses are enhanced with an online learning platform that provides video conferences, web resources, links, collaborative forums, and community-building opportunities. The curriculum also includes a 200-hour internship.

Integrative Health Studies
MA in Integrative Health Studies
School of Professional Psychology and Health

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The community of integrative health students and faculty embodies harambee—a Swahili word that implies we are only as healthy as our community, that we all pull together. Through our studies, we experience the power of transformative practices for health and well-being, the awakening of intrinsic motivation, and the blossoming of authentic service and expressive scholarship. We are a vibrant community of learners and doers, envisioning one another to shape a new, caring health network. Integrative Health Studies embodies the values of integral education.

My colleagues and I design our courses to help our students prepare to work in the field of integrative health and positively contribute to the social and civic fabric of their communities. In this program, students gain the tools to bring many complementary and alternative practices to public discourse and private transformation. Learning is meaningful, in-depth, and focused on community building and outreach, cultural competence, and improved access to care, resources, and opportunities.

MEG JORDAN, PhD, RN, CWP Chair

MIRIE LEVY, DRPH, MSG, CHES Core Faculty

After graduation, alumni work in a wide variety of leadership positions, such as:

- Health/wellness coaches at hospitals, clinics, private practices, corporations, and schools
- Complementary and alternative medicine practitioners in private practice
- Wellness managers for corporations or nonprofit organizations
- Administrators and supervisors in integrative health organizations and clinics
- Managers or leaders in nonprofits for family advocacy and community wellness, as well as food banks and health-related agencies
- Writers, bloggers, and researchers on integrative health

The MA requires 40 units of coursework, which includes 34 units of required courses and 6 units of electives. Students must complete the program in a minimum of 2 years, or pursue the curriculum on a part-time basis and complete their coursework within 5 years. The 200-hour internship may be completed during the summers or concurrent with coursework.

The following sample course of study includes 7 units of electives (chose among those indicated with an *).

### 1st Semester Units

- **1st Semester**
- **Integrative Wellness Coaching** 3
- **Integrative Anatomy and Physiology** 2
- **Complementary, Alternative, and Integrative Medicine (CAIM)** 2
- **Stress Management and Movement** 3
- **Mindfulness and Optimal Wellbeing** 2

### 2nd Semester Units

- **Advanced Wellness Coaching** 2
- **Aging and Health** 3
- **Integrative Wellness Management** 2
- **Integrative Nutrition** 3

### 3rd Semester Units

- **Integrative Health Research** 3
- **Mind-Body Approaches** 2
- **Communication-Practics** 1
- **Transformative Imaging** 1
- **Interpersonal Neurobiology** 1

### 4th Semester Units

- **Integrative Diagnostica** 2
- **Health Education** 3
- **Sustainable Health and Ecology** 1
- **Indigenous Medicine** 1

### Course of Study/Curriculum

- **1st Semester**
- **Integrative Wellness Coaching** 3
- **Integrative Anatomy and Physiology** 2
- **Complementary, Alternative, and Integrative Medicine (CAIM)** 2
- **Stress Management and Movement** 3
- **Mindfulness and Optimal Wellbeing** 2

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- **Advanced Wellness Coaching** 2
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- **Integrative Wellness Management** 2
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- **4th Semester**
- **Integrative Diagnostica** 2
- **Health Education** 3
- **Sustainable Health and Ecology** 1
- **Indigenous Medicine** 1

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**Students**

**SUZANNE WORDES**

MA Student

My IHL internship, which I personally researched and designed, provided valuable learning experiences relevant to my future career goals and allowed me to pass through doors in area organizations that might otherwise have taken years to access. I am grateful for the opportunity to pursue my unique interests, build upon my existing skills, grow as an individual, and meet people from all walks of life. That this internship sets a precedent for future IHL students adds to my sense of accomplishment.

**DENELL NAWROCKI**

MA Student

I came to IHL interested in the healing properties of nature, and with the dream of combining nature-immersion experiences with wellness coaching. My integrative anatomy class gave me the chance to research exactly how forests help the human body heal, and my internship with the Association of Forest and Nature Therapy Guides gave me the opportunity to share this newfound knowledge as a guest lecturer for their guide certification training. I feel as if my future has already begun.

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**Faculty**

**MEG JORDAN, PhD, RN, CWP**

Chair

**MIRIE LEVY, DRPH, MSG, CHES**

Core Faculty

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