

HOLISTIC HEALTH STUDIES - CERTIFICATE

St. Catherine has developed a **12-credit** graduate certificate in holistic health for students who want to explore the content of holistic health, but do not necessarily want to complete the entire graduate degree. This certificate will allow those students to achieve their educational goals. The admission process for the certificate program is identical to the admission process for the degree program. All of the courses in the certificate are also a part of the full degree and can easily be applied if a student chooses to continue in the full degree.

All of the courses for the certificate must be taken at St. Catherine.

Curriculum

Code	Title	Credits
Core Courses		
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
Select six additional credits of the following:		6
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 6820	Movement, Relaxation and Health	2
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7520	Women and Holistic Health	2
HHS 7620	Organizing for Social Change	2
HHS 7710	Alternative Approaches to Nutrition	2
HHS 7800	Mindfulness Based Meditation	3
HHS 7830	Energy Healing I	3
HHS 7835	Energy Healing II	3
HHS 6860	Plants, Culture, and Healing	2
HHS 6840	Journeys of Death and Dying	2
HHS 7810	Perspectives of Health and Healing in India	3

Code	Title	Credits
Courses not available in the certificate program:		
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
HHS 8920	Practicum and Integrative Seminar	2
HHS 8940	Research Methods and Statistics	3
HHS 8980	Research Seminar	2

Course offerings subject to change. Please see course listings in My St. Kate's for current information.

Code	Title	Credits
Fall Term		
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2

HHS 6730	Culture as a Resource in Health and Healing	2
Spring Term		
Select 6 credits from:		6
HHS 6740	Spiritual Wellness	
HHS 6820	Movement, Relaxation and Health	
HHS 6860	Plants, Culture, and Healing	
HHS 6953	Independent Study	
HHS 7520	Women and Holistic Health	
HHS 7710	Alternative Approaches to Nutrition	
HHS 7800	Mindfulness Based Meditation	
HHS 7810	Perspectives of Health and Healing in India ¹	
HHS 7835	Energy Healing II	

Total Credits 12

¹ Taken during J-Term

Code	Title	Credits
Spring Term		
HHS 6700	Foundations of Holistic Health and Wellness	2
Select 4 credits from:		4
HHS 6740	Spiritual Wellness	
HHS 6820	Movement, Relaxation and Health	
HHS 6860	Plants, Culture, and Healing	
HHS 6952	Independent Study	
HHS 7520	Women and Holistic Health	
HHS 7710	Alternative Approaches to Nutrition	
HHS 7800	Mindfulness Based Meditation	
HHS 7810	Perspectives of Health and Healing in India ¹	
HHS 7835	Energy Healing II	

Fall Term		
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
Select 2 credits from:		2
HHS 6760	Ecology and Health	
HHS 6840	Journeys of Death and Dying	
HHS 6860	Plants, Culture, and Healing	
HHS 7500	Core Concepts in Mind/Body Interactions	
HHS 7620	Organizing for Social Change	
HHS 7830	Energy Healing I	

Total Credits 12