ADMISSION CRITERIA:

The Undergraduate Certificate in Integrative Health and Wellness is designed for current undergraduate or graduate students in good standing, health professionals and community members who want to learn how to promote a healthy lifestyle and self-regulation approaches with integrative approaches to health and wellness. All applicants must submit an application, letter of interest and if a current student be in good standing at their college.

E-NEWSLETTER SIGN UP

The UC Center for Integrative Health and Wellness e-newsletter summarizes integrative health happenings at the UC College of Medicine and UC Health, as well as general information on complementary health practices, latest research, and related educational/community events.

Contact: ucihw@uc.edu to sign up.

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Connect with UC Integrative Health and Wellness:
Email: ucihw@uc.edu
med.uc.edu/integrative
https://www.facebook.com/UCIntegrativeHealth
Undergraduate Integrative Health and Wellness Certificate

The Undergraduate Integrative Health and Wellness Certificate will enable students to become more active in their own healthcare and that of their community to focus more on health prevention and promotion and less so on disease or sick care.

This certificate will help interdisciplinary students across wide spectrum of fields to become collaborative and transformative practitioners, educators and/or patients that focus on the use of integrative and complementary health approaches to achieve optimal health.

About the Center

Integrative medicine combines conventional medicine with evidence-based complementary therapies such as mindfulness approaches, nutrition and health coaching, acupuncture, massage therapy, yoga therapy and stress reduction techniques for optimal healing.

The Center for Integrative Health and Wellness focuses on promoting integrative medicine principles at the UC Academic Health Center and throughout the community. We are working to engage members of all colleges and units across the university, along with our collaborative partners in the community, to develop robust integrative health and wellness initiatives and programs.

Our faculty provide education to enrich and cultivate integrative medicine skills for medical students and promote the value of treating the whole person. Using evidence-based perspectives, graduates will be able to address and counsel patients in the use of integrative modalities, improving patient care and satisfaction. Likewise, our researchers are involved in several federally-funded research projects that focus on integrative care.

CERTIFICATE REQUIREMENTS:

This 15 credit hour certificate will provide a solid introductory background for students to the concepts and evidence-base of integrative health concepts and therapies in the broad concept of improving personal and community wellness. Students will be from a variety of health-related and non-health programs, and will be able to apply these concepts at a level appropriate and useful to them. The focus will be on introducing concepts, understanding the relevant scientific evidence-base, and learning applicability to improve personal and community wellness.

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<thead>
<tr>
<th>Coursenumber</th>
<th>Course Name</th>
<th>Term Offered</th>
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<tbody>
<tr>
<td>MEDS: (3)</td>
<td>Fundamentals of Integrative Health</td>
<td>Fall</td>
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<tr>
<td>Professor: John Sacco</td>
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<td>MEDS: (3)</td>
<td>Science and Practice of Mind Body Medicine</td>
<td>Fall</td>
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<td>Professor: Sian Cotton</td>
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<td>NUTR 1030: (3)</td>
<td>Personal Nutrition</td>
<td>Fall</td>
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<td>Professor: Audrey Miller</td>
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<td>HLSC 3031: (3)</td>
<td>General Exercise Physiology</td>
<td>Fall</td>
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<td>Professor: Daniel Carl</td>
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<td>PSYC 2013: (3)</td>
<td>Positive Psychology</td>
<td>Fall</td>
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<td>Professor: Barbara Walker</td>
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