



UC Center for Integrative Health and Wellness



The UC Center for Integrative Health and Wellness (CIHW) is pleased to offer two unique and exciting educational opportunities open to all who are interested in the field of integrative health or to those who want to improve their own well-being. Courses that make up our Undergraduate Certificate in Integrative Health and **newly-approved Minor in Integrative Health** open for enrollment. Interested learners can enroll in stand-alone courses or plan to complete the certificate or minor track. All learners (e.g., UC students, community members, health care workers) are welcome! Click [here](#) for more information.

Click [here](#) or contact Kelly Lyle at kelly.lyle@uc.edu for more information or visit <https://med.uc.edu/institutes/integrative> for details on all of our opportunities and programs.

Available Courses:

- **MEDS 2087 – Fundamentals of Integrative Health – 3 credit hours** (Drs. John Sacco/Lauri Nandyal) – This class is hybrid, 25/50% online, flipped classroom model and offered on Monday's from 4-5:45p (in person).
This course will provide an overview of the basic principles and history of integrative medicine and health. This includes an emphasis on a critical review of the scientific evidence-based for integrative medicine approaches as they relate to prevention, treatment of chronic disease, and overall wellness. Students experience a variety of integrative health modalities and a focus on healthy lifestyle as models for disease prevention, treatment of illness, and overall health and wellness promotion.
- **MEDS 2088 – Science and Practice of Mind Body Medicine – 3 credit hours** (Drs. Sian Cotton/Barbara Walker) - Fall/Spring - This class is hybrid, 25/50% online, flipped classroom model and offered on Tuesday's from 4-6p (in person).
In this course students will experientially explore commonly used mind-body modalities including mindfulness, guided imagery, breathwork, yoga, etc., which enhance stress management and promote overall wellness. This course provides an evidence-base and indication for use of mind-body techniques in a personal and professional/clinical setting.
- **MEDS 2089 – Self-care and Mental Well-being – 3 credit hours** (Meriden McGraw) – Fall/Spring. This class is asynchronous and 100% online.
This course will introduce scientifically validated strategies shown to reduce stress and increase mental wellbeing. It will also seek to increase students' capacity to overcome setbacks, challenges, and difficulties. The course will include exploration and discussion

of the psychological science of self-care and mental wellbeing and include experiential learning of specific self-care strategies to bolster overall mental wellbeing and resiliency.

- **MEDS 3070 – Mindfulness Based Stress Reduction and Compassionate Care – 3 credit hours** (Dr. Meera Murthi) – **New Fall 2021**. This class is hybrid, 25/50% online, flipped classroom model and offered on Thursday's from 4-6p (in person, via Zoom).
This course will combine the 8-week Mindfulness Based Stress Reduction course with the 8-week Mindful Self Compassion course, for a full 16-week course. You will be using meditation, yoga and other proven mind/body modalities to cultivate awareness and reduce stress. MBSR is a formal eight-week program with a daylong intensive that was created by Jon Kabat-Zinn in 1979. This course is adapted to fit in with the standard college curriculum. The primary intention of the MBSR curriculum is to create a structured pathway to relieve suffering and increase wellbeing for people facing a host of challenges arising from a wide range of medical and psychological conditions and the demands and stressors inherent in the everyday lives of human beings.
- **MEDS 4038 – Integrative Gut Health – 3 credit hours** (Dr. Lauri Nandyal) – **New Fall 2021**. This class is hybrid, 25/50% online, flipped classroom model and offered on Monday's from 1-3p (in person).
In this course you will explore the theory of an interdependent/ interconnected relationship between the gastrointestinal tract and other systems within the body and understand the impact of stress and environment on the functionality of the gastrointestinal tract and how it effects your overall health. You will also learn how the role of the microbiome is related to digestion, immune health and systemic effects.