

Study Integrative Healing and Wellbeing



Earl E. Bakken Center for
SPIRITUALITY & HEALING
UNIVERSITY OF MINNESOTA

- CSPH 1001: Principles of Health and Wellbeing (2)
- CSPH 1101: Self, Society and Environment: An Interconnected Worldview (3)
- CSPH 1202: Music for Wellbeing in Times of Stress and Anxiety (1)
- CSPH 1203: Social Media and Mental Health (1)
- CSPH 3001: Introduction to Integrative Healing (3)
- CSPH 3101: Creating Ecosystems of Well-being (2)
- CSPH 3201: Introduction to Mindfulness-Based Stress Reduction (2)
- CSPH 3211: Living on Purpose: An Exploration of Self Purpose and Community (2)
- CSPH 3301: Food Choices: Healing on the Earth, Healing Ourselves (3)
- CSPH 4311: Foundations of Hatha Yoga: Alignment & Movement Principles (3)
- CSPH 4312: Hatha Yoga Philosophy, Lifestyle, & Ethics (3)
- CSPH 4313: Hatha Yoga Teaching Principles & Methodology (2)
- CSPH 5101: Introduction to Integrative Healing Practices (3)
- CSPH 5102: Personal Wellbeing: The Journey to Self-Care (1)
- CSPH 5111: Ways of Thinking About Health (2)
- CSPH 5115: Cultural Awareness, Knowledge, and Health (3)
- CSPH 5118: Whole Person, Whole Community: The Reciprocity of Wellbeing (3)
- CSPH 5121: Planetary Health and Global Climate Change: A Whole Systems Healing Approach (2)



- CSPH 5201: Spirituality & Resilience (2)
- CSPH 5212: Peacebuilding Through Mindfulness: Transformative Dialogue in the Global Community (3)
- CSPH 5215: Forgiveness and Healing: A Journey Towards Wholeness (3)
- CSPH 5225: Meditation: Integrating Body and Mind (2)
- CSPH 5226: Advanced Meditation: Body, Brain, Mind, and Universe (1)
- CSPH 5303: Pain Management and Evidence Based Complementary Health Approaches (3)
- CSPH 5305: Introduction to Integrative Mental Health (2)^
- CSPH 5313: Acupressure (1)^
- CSPH 5315: Traditional Tibetan Medicine: Ethics, Spirituality, and Healing (2)
- CSPH 5317: Yoga: Ethics, Spirituality, and Healing (2)
- CSPH 5318: Tibetan Medicine, Ayurveda, and Yoga in India (4)+
- CSPH 5319: Yoga & Ayurveda in India (4)+
- CSPH 5341: Overview of Indigenous Hawaiian Healing (2)^
- CSPH 5343: Ayurveda Medicine: The Science of Self-Healing (2)
- CSPH 5401: People, Plant, and Drugs: Introduction to Ethnopharmacology (3)



* Available only for those enrolled in the Integrative Health and Wellbeing Coaching program

^ Sections available in Hawaii

+Travel abroad

Contact our Academic Programs Team at csh-academics@umn.edu for more information.

Visit us at csh.umn.edu

Study Integrative Healing and Wellbeing



Earl E. Bakken Center for
SPIRITUALITY & HEALING
UNIVERSITY OF MINNESOTA

- CSPH 5421: Botanical Medicines in Integrative Healthcare (3)
- CSPH 5423: Botanical Medicines: Foundations and Practical Applications (1)
- CSPH 5431: Functional Nutrition (2)
- CSPH 5503: Aromatherapy Fundamentals (1)^
- CSPH 5521: Therapeutic Landscapes (3)
- CSPH 5522: Therapeutic Horticulture (3)
- CSPH 5535: Reiki Healing (1)^
- CSPH 5536: Advanced Reiki Healing (1)^
- CSPH 5541: Emotional Healing & Happiness: Eastern and Western Approaches to Transforming the Mind (2)
- CSPH 5555: Introduction to Body and Movement-based Therapies (2)
- CSPH 5561: Overview of Creative Arts in Health and Healing (2)
- CSPH 5601: Music, Health, and Healing (2)
- CSPH 5631: Healing Imagery (2)^
- CSPH 5641: Animals in Health Care: The Healing Dimensions of Human/Animal Relationships (3)
- CSPH 5642: Nature Heals: Introduction to Nature-Based Therapies (3)
- CSPH 5643: Horse as Teacher: Equine Assisted Services (3)
- CSPH 5701: Fundamentals of Health Coaching I (3)*
- CSPH 5702: Fundamentals of Health Coaching II (4)*



- CSPH 5703: Health Coaching Practicum I (3)*
- CSPH 5704: Diversity, Equity, & Inclusion in Health & Wellbeing Coaching (3)*
- CSPH 5706: Fundamentals of Lifestyle Medicine (2)
- CSPH 5707: Coaching People with Clinical Conditions (2)*
- CSPH 5708: Mind-Body Science and Trauma-Informed Mental Health (3)
- CSPH 5709: Health and Wellness Coaching for Groups (2)*
- CSPH 5711: Optimal Healing Environments (3)
- CSPH 5713: Health Coaching for Health Professionals (2)
- CSPH 5714: Health Behavior Change Theory and Lifestyle Medicine (2)*
- CSPH 5715: Evidence-Based Decision Making (2)*
- CSPH 5716: Health Coaching Practicum II (1)*
- CSPH 5805: Wellbeing in the Workplace (3)
- CSPH 5806: Wellbeing & Resilience for Health Professionals (1)^
- CSPH 5807: Mindfulness in the Workplace (2)
- CSPH 5905: Food Matters: Cook Like Your Life Depends On It (1)
- CSPH 8701: Health Coaching Capstone (2)*

* Available only for those enrolled in the Integrative Health and Wellbeing Coaching program

^ Sections available in Hawaii

+Travel abroad

Contact our Academic Programs Team at csh-academics@umn.edu for more information.

Visit us at csh.umn.edu