Influence Positive Health and Wellness Outcomes

One of the leading complementary and integrative approaches in health care, practices in Mind-Body Medicine support physical, emotional, and mental health.

Applying the principles and evidence supporting the effectiveness of Mind-Body approaches, students and graduates integrate the philosophy, science, and practices in their personal life and professional work.

“I’ve witnessed the benefits of mind-body medicine and welcome the opportunity to help expose others to its power.”

—Beth Haggett, Faculty, Mind-Body Medicine, College of Integrative Medicine & Health Sciences
The Learning Model

Interactive Design
Each course is taught online in an interactive fashion that builds a dynamic collaborative learning environment. Students in the Mind-Body Medicine programs learn the philosophy, principles, and integrative approaches to apply in their work as practitioners, educators, and researchers.

Virtual Course Learning Forum
Each course has a virtual online site that contains core materials and is the hub of instructor-student, student-student interaction.

Residential Conferences
Students and instructors from the degree programs convene as an entire learning community at periodic five-day events, usually once or twice a year depending on the program.

Global Coursework
Both the master’s and doctoral programs prepare and empower students to develop their global perspective and cross-cultural skills to impact individuals, organizations, and communities around the world.

Programs in Mind-Body Medicine

M.S. Programs
- M.S. Mind-Body Medicine
- Minor in Integrative and Functional Nutrition
- Minor in Integrative Wellness Coaching

Ph.D. Programs
- Ph.D. Mind-Body Medicine
- Ph.D. Mind Body Medicine, Specialization in Applied Psychophysiology
- Ph.D. Mind-Body Medicine, Specialization in Integrative Mental Health
- Ph.D. Mind-Body Medicine, Specialization in Integrative Wellness Coaching
- Ph.D. Mind-Body Medicine, Specialization in Mindful Leadership in Healthcare

Certificate Programs
- Mind-Body Medicine

The Mind-Body Medicine curriculum represents domains of integrative healthcare, mind-body science, practice, research, and ethics. Students may choose to add a minor, specialization, or certificate to extend their expertise in one or more professional disciplines.

Students and graduates apply their knowledge as consultants, coaches, educators, and researchers in a variety of professional settings such as
- Private practice
- Integrative medicine and wellness centers
- Medical centers, hospitals, community health, primary care
- Medical spas and yoga retreat centers
- Corporate wellness programs
- Colleges and universities

Our Alumni Have Careers in a Wide Variety of Areas

* Percentages are based on 2017 student and alumni data gathered from LinkedIn.com