

# Maryland University of Integrative Health

A university dedicated to the science and practice of integrative care



**Maryland University of Integrative Health (MUIH)** is the leading accredited academic institution in the nation completely dedicated to health and wellness. For 40 years, we have educated leaders, practitioners, and advocates in programs that draw from contemporary science as well as traditional wisdom.

Through a transformative and relationship-centered educational experience at MUIH, students learn to develop a healing presence in addition to excellence in their chosen discipline. Because of this, patients and clients around the nation consistently seek out and choose our graduates to be their trusted practitioners and health partners.

## Academic Programs

Online, on campus, and hybrid formats available

### Acupuncture and Oriental Medicine

Learn to integrate several traditions and techniques in this 2,500-year-old, elegant healing art, along with the business skills to help launch a practice.

- Post-Baccalaureate Certificate in Chinese Herbs
- Master of Acupuncture
- Master of Oriental Medicine

### Health Coaching and Health Promotion

Become an expert in assessing, educating, impacting, and evaluating the movement toward positive health behaviors for individuals and communities.

- Post-Baccalaureate Certificate in Health and Wellness Coaching\*
- Master of Arts in Health and Wellness Coaching\*
- Master of Science in Health Promotion\*

### Herbal Medicine

Earn the highest academic credentials in the field and propel a passion for herbs into a career in clinical care, research, or the herbal products industry.

- Post-Baccalaureate Certificate in Herbal Studies\*
- Post-Baccalaureate Certificate in Medical Herbalism\*
- Master of Science in Therapeutic Herbalism\*
- Post-Master's Certificate in Clinical Herbalism

### Nutrition

Become an expert in evidence-based, whole foods, holistic nutrition, and learn the advanced skills needed to fill the increasing demand for nutrition counselors and educators.

- Master of Science in Nutrition and Integrative Health\*
- Post-Master's Certificate in Nutrition and Integrative Health\*

### Yoga Therapy

Transition from yoga teacher to practitioner with a deeper knowledge of yoga as a therapeutic healing discipline and develop an increasingly abundant and fulfilling career.

- Master of Science in Yoga Therapy

\*Online format available

Maryland University  
of Integrative Health

[www.muih.edu](http://www.muih.edu)

# Get to Know Maryland University of Integrative Health

## Mission

A distinctive community of scholars, researchers, practitioners, and advocates, Maryland University of Integrative Health promotes whole person, relationship-centered healthcare.

Through discovery and exploration, we deliver progressive educational programs, advance innovative clinical models, build mutually beneficial partnerships, and provide opportunities for fulfilling careers.

## Vision

Serving as a leader in the global transformation of health and wellness, we integrate healing traditions and contemporary science, acknowledge the wisdom of the body and nature as a teacher, and focus on the interconnection of mind, body, and spirit. Our work enables people to thrive through the cycles of life.

## Guiding Principles

At MUIH, we commit, individually and collectively, to remembering these foundational principles. We use these to guide our behavior, inform our decisions, and shape our preferred future.

### Interconnection

Everyone and everything in the universe is intrinsically connected. Modern science and ancient healing traditions both reflect our interdependence with the environment.

### Holism

A person, organization, or system is more than the sum of its parts and can ultimately only be understood and explained as a whole. This holistic perspective significantly impacts healthcare, research, and community life.

### Transformation

People, communities, and organizations have the potential for profound and ongoing change. Transformation is catalyzed by the environment and receptivity to change.

### Diversity

Diversity underlies the health of any system. In the natural world, biological diversity generates and reflects a sustainable ecology. Diversity of people within an organization or community contributes to creativity, adaptability, and the checking of group bias.

### Resilience

Resilience is the process of navigating change and effectively recovering from challenges. It is a type of adaptation that involves maintaining core integrity while adjusting to meet the demands of shifting circumstances. At its best, resilience involves not only meeting a challenge but also evolving and thriving as a result of the process.

## Our Students

773 students enrolled in master's degree programs and academic graduate certificate programs as of January 2014†

Acupuncture and Oriental Medicine	245
Health Promotion and Philosophy	128
Nutrition and Herbal Medicine	362
Integrative Health Sciences	27
Individual Academic Courses*	11

## Ethnicity

African American	13%
Asian	6%
Caucasian	66%
Hispanic/Latino	3%
Mixed	2%
Native American	<1%

## Age

Average student: 40  
Student population ranges in age from 22 to 70.

## Gender

Female	86%
Male	13%

## Geographic Regions

Regional (DC, MD, VA, PA)	84%
Other	16%
International	<1%

†This data was compiled 12/19/13, and includes 728 individual students equal to 773 total program enrollments.

\* Individual academic courses may be taken by Advance Special Students who are not seeking degrees.

## History and Accomplishments

**1974–2000:** Founded one of the first acupuncture clinics and the first accredited acupuncture school in the nation.

**2001–2009:** Expanded to three academic degrees. Earned accreditation from the Middle States Commission on Higher Education. Build new 12-acre wooded campus between Baltimore and Washington, DC.

**2010–2012:** Academic programs grew in from four to 18, all endorsed by the Maryland Higher Education Commission.

**2013–2014:** Earned university status and changed our name from Tai Sophia Institute to Maryland University of Integrative Health. Launched online learning for academic programs.