

# MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH

## Research Center Fund

### At a Glance:

Given the competitive nature of today's workplace, Maryland University of Integrative Health must provide our on-campus and online students with essential support and resources needed to identify and realize their professional goals.

Contributions to this fund go toward:

- Creating and staffing the Research Center
- Building partnerships with research focused organizations
- Launching new research studies in the field of integrative health

**Funding:** \$1.2 million over the next three years

### University Status Requires a Dedicated Research Center

In 2009, Maryland University of Integrative Health decided to embark upon an ambitious plan to significantly expand academic offerings, attract and retain the best and most talented faculty, and achieve university status. By the end of 2013, we had achieved each of these goals. In just four years, our academic programming has grown from four degrees and certificate programs to 18, and enrollment has nearly doubled to 800 graduate students. Also in 2013, we earned university status, making MUIH the only regionally-accredited university on the East Coast exclusively dedicated to integrative health and natural wellness.

As we look to 2015 and beyond, we have plans to continue expanding our academic offerings as well as increasing our graduate student enrollment. In order to maintain a competitive edge with other universities with programs similar to ours, MUIH must develop a dedicated research center to guide our research agenda, build partnerships with experienced research institutions, and support faculty in research development and implementation.

MUIH has achieved a position of respect and high regard in the field of integrative health education and practice. The next step to anchoring this standing is

to build a research publication record. We must boldly move forward in the field of research as we have done with our academic programs.

### MUIH Uniquely Equipped to Research 21st Century Health Care Challenges

A new model of health care is emerging – one that is individualized, innovative, and intimate. Bolstered by the Affordable Care Act, healthcare systems are striving to improve patient experience and satisfaction, improve population health, and reduce costs. MUIH's long-standing holistic model uniquely positions us to address and evaluate these challenges. Our practitioner preparation and patient delivery models focus on developing a healing presence in practitioners, facilitating self-care for patients, and improving whole-person, patient-centered outcomes. These three areas of expertise will provide fertile ground for necessary research and for MUIH's leadership.

With the establishment of an MUIH Research Center, the following research areas will be explored:

- The development of valid, reliable tools for measuring a healing presence in practitioners
- The impact of practitioner education and training on the patient experience of healing presence and on patient-practitioner relationships
- The impact of healing presence on whole-person, patient-centered outcomes and overall patient

- experience of and satisfaction with healthcare
- The impact of multidisciplinary integrative health teams on whole-person, patient-centered outcomes and healthcare costs
- The impact of teaching patients self-care practices including healthy cooking, yoga, and mindfulness practices on whole-person, patient-centered outcomes and healthcare costs

## **Integrative Health Research Benefits All Patients and Practitioners**

The field of integrative health is often viewed with skepticism and uncertainty even as it moves into the mainstream. MUIH is in an enviable position to conduct quality research and partner with others to dispel myths, build credibility, and demonstrate the efficacy and specific outcomes of this medicine.

MUIH students and faculty will benefit tremendously from participation in research studies and be able to immediately put into use the knowledge gained from results. The process of doing research is in itself transformative. It fosters a unique approach to inquiry and planning, requires faculty and students to explore diverse perspectives, question assumptions, and thereby enhance critical thinking skills.

Patients and clients at the MUIH Natural Care Center, as well as all patients and clients of integrative health elsewhere, will reap the benefits as practices based on these discoveries are optimized. In addition, research conducted at MUIH will impact the broader research community who are eager for more evidence that supports integrative health disciplines and philosophies.

While healthcare challenges continue to mount, it is clear that integrative health approaches are viable solutions to these challenges, yet need more research outcomes to support this premise. MUIH, with its deep understanding and longstanding experience in integrative health disciplines, is the perfect academic center to lead the way.

## **Join Us**

Join us in creating a Research Center at Maryland University of Integrative Health that will advance integrative health research and secure our position as the national leader and change agent in the field.



7750 Montpelier Road  
Laurel, Maryland 20723  
410-888-9048  
[www.muuh.edu](http://www.muuh.edu)

Maryland University of Integrative Health is one of the nation's only accredited graduate schools with an academic and clinical focus on health and wellness.