



**Tai Sophia  
Institute**

**For Immediate Release**

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## **Tai Sophia Institute Offers Individual Graduate-Level Courses Courses Part of New Wellness-based Graduate Certificate Programs**

**April 5, 2010 (Laurel, MD)** – For the first time ever, Tai Sophia Institute is opening enrollment for a special selection of its wellness-focused, graduate-level academic courses to members of the general public.

“As part of our commitment to be a leading academic institution for wellness-based studies, we are committed to bringing aspects of our academic programs to a broader audience,” said Judith K. Broida, Ph.D., Provost and Vice President for Academic Affairs. “We will continue to expand our individual course offerings in the coming months.”

Since 1981, Tai Sophia has offered academic coursework in a cohort format solely for matriculating students in its master’s degree programs. Members of the general public may now apply for enrollment in select courses as Advanced Special Students. The individual courses being offered are part of the curricula of Tai Sophia’s new [Health Coaching](#), [Herbal Studies](#), [Medical Herbalism](#), and [Wellness Coaching](#) graduate certificate programs. Students taking these courses have the option to continue their studies by enrolling in one or several of the full [graduate certificate programs](#), which are offered in executive weekend format over 9 to 11 months (one weekend per month).

The following three courses can be taken individually:

### **Foundations of Health and Wellness**

**April 14-18, 2010**

Wed., April 14: 1:00 – 7:00 p.m./Thurs., April 15 – Sun., April 18: 8:00 a.m. – 5:30 p.m.

This five-day intensive provides a context for a wide variety of studies relating to perspectives on health and wellness by introducing basic health philosophies, history of the current health-care system, proposed health-care reform legislation, balance/imbalance in health, and investigation of how these issues apply to an informed perspective on our current health-care system. Concepts of wellness and disease are discussed, including the role that language plays in supporting wellness. The foundations of health and wellness are further examined, focusing on the current knowledge of the physiologic basis for wellness practices.

**Featured Faculty:** Robert M. Duggan, M.A., M.Ac., James S. Gordon, M.D., Marta E. Hanson, Ph.D., Paige Lescure, J.D., Cheryl Walker, M.L.

### **Becoming a Healing Presence**

**May 22-23, June 12-13, and July 31, 2010** (Saturdays and Sundays)

8:30 a.m. – 5:30 p.m.

This weekend course focuses on exploring the implications that the rhythms of nature, life skills, and

**(more)**



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**Page Two**

language have on health and wellness. Students will observe themselves in the ways they think, act, and speak, and learn new practices that will guide and empower them to become a more powerful healing presence and a catalyst for change.

**Featured Faculty:** Tom Balles, M.Ac.

**Fundamentals of Herbal Medicine: Past to Present & Soil to Clinic**  
**May 15-16, June 19-20, and July 24, 2010** (Saturdays and Sundays)  
8:30 a.m. – 5:30 p.m.

This weekend survey course begins by looking at the history and use of herbal medicine around the world. The course continues with a more focused look at the history of herbal medicine in the United States, up to and including current practices and regulations. The second part of this course familiarizes the student with the fundamental areas of study relevant to medicinal plants, providing an overview of field botany, harvesting and drying, herbal preparations, plant chemistry, plant pharmacology, and the therapeutic properties of substances used for healing.

**Featured Faculty:** James A. Duke, Ph.D., Rebecca Snow, M.S., RH(AHG), CNS

**To register** or for additional information, please contact the Office of Graduate Admissions at 410-888-9048, ext. 6647, or [admissions@tai.edu](mailto:admissions@tai.edu), or visit [www.tai.edu](http://www.tai.edu).

**Tai Sophia Institute** is a nonprofit, accredited educational institution for wellness-based studies. The Institute offers graduate-level academic programs in Acupuncture, Health and Wellness Coaching, Herbal Medicine, and Transformative Leadership and Social Change, as well as community wellness programs, continuing professional education, and clinical care. Tai Sophia's 12-acre main campus houses the Natural Care Center, The Meeting Point Bookstore, a library, the Himmelfarb Gallery, and herb and meditation gardens – all of which are open to the public.

Tai Sophia Institute is accredited by the Middle States Commission on Higher Education.

**(NOTE:** Additional information can be found accompanying this release on PRWeb.)

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