

of Integrative Health

SPRING 2019 PROGRAMS

A PUBLICATION FOR THE MUIH COMMUNITY



NOW ENROLLING SPRING 2019

HEALTH AND WELLNESS COACHING



AYURVEDIC WELLNESS

3

NUTRITION



ACUPUNCTURE & ORIENTAL MEDICINE

HERBAL STUDIES



Now Enrolling for Spring 2019

Start Your Career in Health and Wellness Today!

Maryland University of Integrative Health (MUIH), a national leader in the education and practice of natural medicine, is now accepting applications for our Spring 2019 term.

Applications will be accepted until January 1 for the following programs:

- ► Acupuncture & Oriental Medicine
- Ayurvedic Wellness
- ▶ Health and Wellness Coaching
- ▶ Herbal Studies
- Nutrition

MUIH is an accredited graduate university, one of just a few in the country completely dedicated to integrative health.

WHY MUIH?

Recently ranked by BestColleges.com as having the "Best Online Master's in Health Education" program in the United States, as well as one of the top ten online master's in nutrition programs, MUIH offers Master's and Doctoral degrees and graduate certificates in a wide range of wellness fields, as well as individual academic courses for professional and personal development.

For nearly 40 years, MUIH has educated practitioners in health and wellness by integrating healing traditions and contemporary science, acknowledging the wisdom of the body

Message FROM THE PRESIDENT

You are welcome here...

We are so happy you have decided to explore Maryland University of Integrative Health (MUIH). Whether you are considering enrolling in a program this Spring, or thinking about options for the future, we sincerely welcome your inquiry and look forward to learning more about you.

Here at MUIH our commitments are to educate, heal. support, and collaborate. You can count on us to consistently deliver on these promises.

Being a "healing presence" is an element that is essential to each of our academic programs. We take our valuesdriven philosophy seriously, and our foundational principles are front and center everything we do. We strongly believe in the power of relationships to heal. Our students are assessed on their ability to develop this healing presence, which includes elements of empathy, self-reflection, and mindfulness. We respect the role of conventional medicine and prepare our students to work side-by-side with healthcare providers from all disciplines.

We believe in the power of community as a fundamental part of the MUIH campus and virtual experience. Just as a patient and practitioner form a mutually rewarding relationship on the path toward healing, our faculty and students learn from each other and develop lasting bonds that support a sense of interconnection and unity.

In this special edition of our Explore MUIH newsletter, we have highlighted several of our academic programs that are enrolling new students this Spring 2019. If you're ready to be a part of the movement toward wellness through disciplines such as acupuncture, herbal medicine, health and wellness coaching, Ayurvedic wellness, or nutrition, MUIH might be what you've been looking for.

We are on a fulfilling, meaningful, and exciting adventure to shift the landscape of healthcare and your contributions are most welcome.

Steven C. Combs. Ph.D. President & CEO





What You Should Know about **Academic and Professional** Credentialing in Health and **Wellness Coaching**

If you're reading this article, you're probably exploring the field of health and wellness coaching as a career option. A guick search on the internet produces a wide variety of options for education and training. For health and wellness coaching, MUIH launched its Post-Baccalaureate Certificate (PBC) in 2010, and the nation's first Master of Arts (MA) degree in 2012. Since then, other accredited higher learning institutions have joined MUIH in offering academic credentials (certificate and degree). These academic credentials can serve as a gateway to professional credentials, specifically with the International Consortium for Health & Wellness Coaching (ICHWC) and the International Coach Federation (ICF).

As the health and wellness coaching field has evolved, the number of choices has expanded for health, health and wellness, and/or wellness coach training programs, offered also by non-accredited organizations. Accredited and nonaccredited programs are delivered in different formats online, in-person, or hybrid. Here are some factors for you to consider when choosing a program that gets your health and wellness coaching career off to a good start:

- ▶ Regional accreditation and state approvals. This type of recognition demonstrates that the learning institution has met high bars for credibility against rigorous standards. As an institution, MUIH is accredited by the regional Middle States Commission on Higher Education. Our degrees and certificates (academic credentials) are approved at the state level by the Maryland Higher Education Commission.
- ► Academic credentials. This type of recognition demonstrates successful completion of a course of study in the field. Within MUIH, the Health and Wellness Coaching Department offers two graduate-level programs – a PBC, and an MA degree that includes the core coaching courses of the PBC. The MA courses deepen the coaching experience, address business practice management, and allow for concentrations in integrative health practices, herbal studies, or nutrition. Both programs lead to professional credentialing with the internationally-recognized ICHWC and ICF.

► CONTINUED FROM PAGE 2

Health and Wellness Coaching

▶ Professional credentials. This type of recognition demonstrates competency in the field. Health and wellness coaching is a credentialed field. Many MUIH graduates are working in the field without professional credentials (such as ICF's Certified Coach or ICHWC's National Board Certified-Health and Wellness Coach). However, as the field is further integrated into the mainstream, the opportunities and competition—for coaching work increase. Professional credentials offer an edge

whether you establish a private practice or work in a community. educational, fitness, healthcare, or organizational setting.

The field has evolved relatively quickly, proving early predictions by a U.S. News and World report¹ about health and wellness coaching as a cutting-edge career. When selecting your education and training program, examine its strengths and limitations, especially if the program is offered only online. Some programs, for example, do not serve as a gateway

for professional credentials. If you would like to learn more about MUIH's health and Wellness Coaching programs, we welcome your inquiry.

This is an exciting time to be a health and wellness coach!



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^{1.} Nemko, M. (2007, December 19). Ahead-of-the-Curve Careers. Retrieved November 2, 2018, from https://money.usnews.com/money/careers/articles/2007/12/19/ahead-of-the-curve-careers



According to a 2017 report from Reuters¹, the market for Ayurvedic treatments and remedies will increase by 16% over the next decade. Now is an excellent time to develop an Ayurvedic practice or to add Ayurvedic tools to your already-existing skill set as a coach, acupuncturist, nutritionist, massage therapist, herbalist, or even as a nurse, psychotherapist, or social worker.

There are three primary approaches to Ayurveda, the first being ahara. Ahara focuses on a basic physical, or "constitutional" analysis of visual cues including a tongue, nail, and facial analysis, as well as approaches to health and well-being that focus on cooking, food, and culinary spices.

The second approach is called vihara. Vihara includes the same basic constitutional analysis with a focus on lifestyle guidance and interventions. These could include assessment and education around meditation practice, physical activity (exercise, Yoga, Qigong), sleep hygiene, and life/work balance.

The third and final approach is called ayashuddhi and involves direct Ayurvedic medicine. People practicing ayashuddhi do in-depth constitutional analysis using pulse, stool, and urinalysis. Ayurvedic doctors offer dietary and lifestyle recommendations, and are knowledgeable in Ayurvedic pharmacology (dravya guna).

Maryland University of Integrative Health now offers the Post Baccalaureate Certificate (PBC) in Ayurvedic Wellness Practices. This twelve-credit certificate can be completed in as little as three trimesters, and allows graduates to engage in basic constitutional analysis and provide clients with appropriate dietary and lifestyle guidance.

Graduates may apply for the credential of Ayurvedic Lifestyle Consultant with the Association of Ayurvedic Professionals of North America (AAPNA).

The required courses are: Foundations of Ayurveda, Nutrition and Herbs, Ayurvedic Psychology and Ayurvedic Lifestyle Skills. As an AAPNA and National Ayurvedic Medical Association (NAMA) certified Ayurvedic Practitioner, I am glad to speak to you about the MUIH PBC, your interest in Ayurveda, and ways you can integrate this information into your already existing practice or build your stand-alone Ayurvedic private practice using this certificate.

I look forward to hearing from you!



Diane Finlayson, M.A., C-IAYT, ERYT-500 Department Chair, Yoga Therapy and Ayurvedic Wellness **Practices** dfinlayson1@muih.edu 410.888.9048 ext. 6639



Healthcare is changing, and accompanying that change is a renewed interest in the power of food to maintain health and wellness. As this interest increases, there is a need for individuals who understand the vital and interrelated physiological, environmental, socio-cultural, and spiritual roles of food in our lives. The Master of Science in Nutrition and Integrative Health is a clinical nutrition program that bridges traditional nutrition care processes with holistic and integrative perspectives in health.

Three aspects that differentiate the program are the foundational science courses, the whole foods cooking labs, and the experiential courses. First, the foundational science courses consist of two physiology courses - organic chemistry and nutritional biochemistry – and are embedded in the curriculum. They are taught from an integrative perspective so there are no science prerequisites for entry into the program.

A second differentiator are the whole foods cooking labs. The labs give students the skills to educate others about healthy foods, food preparation, and whole foods cooking. The first two labs are required and students can choose an additional two labs among five different labs: exploring raw foods; cooking for those with food allergies or sensitivities; cooking for those with specific nutrition problems; exploring

traditional cooking techniques; and designing and developing a whole foods cooking demonstration.

The third distinguishing characteristic of the degree are the experiential courses in the final trimesters. Depending on area of concentration, students can: gain hands-on practice in nutritional assessment and counseling through the clinic course; experience the planning, development, and delivery of nutrition education programs in the practicum course; or research a nutrition problem with the capstone course. These courses prepare students to leave the program as entry-level clinicians and educators.

There is a single master's degree with three areas of concentration to align with student preferences. Community Nutrition Education is for individuals who want to offer nutrition education programs for specific populations or communities. Human Clinical Nutrition and Herbal Medicine are clinical concentrations for those who want to work with individual clients and formulate comprehensive clinical intervention plans that incorporate whole foods, supplements, lifestyle changes, and other integrative health approaches. Students in the Herbal Medicine concentration can augment their recommendations with knowledge gained in the herbal courses.

Students in all three concentrations take the same 29 credits of core courses and then take additional credits in their concentration. Community Nutrition Education students take an additional 21 credits of courses in Public Health Nutrition, Food Systems, and Policy, and 11 credits of courses in Integrative Health Education. By adding two additional courses, student are

eligible to sit for the Certified Health Education Specialist exam. In Human Clinical Nutrition, students take an additional 21 credits in the areas of Applied Clinical Nutrition, Clinical Skills, and Clinical Practice. Herbal Medicine students take the same clinical courses and additional courses from the Herbal department for a total of 29 credits.

Graduates of the Herbal and the Human Clinical Nutrition concentrations are eligible to sit for the Certified Nutrition Specialist exam, a component of board certification.

In January 2019, students with a bachelor's degree in a science related major who have completed courses in Biochemistry, Physiology, Anatomy and Physiology, Organic Chemistry, and Life or Physical Science can accelerate their pathway to a Doctor of Clinical Nutrition degree by applying for admission to the Bachelor's Pathway for the Doctor of Clinical Nutrition (DCN). Students accepted to the program take Master's level courses for five trimesters, join the September 2020 DCN cohort, and receive a doctoral degree in three additional years.

If you have the passion for food as medicine and the thirst for knowledge in integrative nutrition, explore MUIH's Nutrition degree programs. On behalf of current students and faculty, we welcome you.



Kathy Warner, Ph.D. Assistant Dean and Department Chair, Nutrition kwarner@muih.edu 410 888 9048 ext. 6683

SPRING PROGRAMS Acupuncture and **Oriental Medicine** - Beyond Treatment and Into Health

Now more than ever acupuncture and Oriental medicine (AOM) is poised to play a significant role in the larger healthcare arena. This movement to include AOM is captured by recent developments in the governing bodies that guide how medicine is offered and reimbursed within in the U.S. and throughout the world. The World Health Assembly (the World Health Organization's governing body) is responsible for generating the International Statistical Classification of Diseases and Related Health Problems (ICD). In its 11th version it will, for the first time ever, include codes related to acupuncture and Oriental medicine. This document sets the medical agenda across the world and most importantly

guides how coverage is determined by insurance companies and how physicians diagnose (Cyranoski, 2018).

More specifically in the U.S., Congress just passed H.R. 6, a bi-partisan bill titled: Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT). In this bill, there are a number of sections that include provisions that are relevant to acupuncture (NCCAOM, 2018). Cumulatively these efforts recognize the importance of AOM approaches to address many of the most challenging and pressing health issues in the U.S. and the world.

Maryland University of Integrative Health offers multiple programs in acupuncture and Oriental Medicine both at master's level and doctoral level. These programs are unique in that while they include the various practices of Traditional Chinese Medicine (TCM) such as: acupuncture, moxibustion, Chinese herbal medicine, tui na (Chinese therapeutic massage), nutritional therapy, and qi gong and tai chi (specific movements

or postures coordinated with breathing and mental focus), they also include Constitutional Five Element Acupuncture (CFEA).

CFEA is a complement to TCM in that it offers our graduates a way to more deeply access and engage healing and health in patients with longerterm chronic problems that are a mix of psychological and physical issues. Current reports and recent research (Hooten, 2016) continue to connect the importance of addressing the mind, body, and spirit in order to restore people to balanced health. Our AOM programs convey this healing acumen to our students, and graduates take this healing out into the world.

We would welcome an opportunity to speak to you about the AOM master's and doctoral programs, your questions about the programs, and help you think through which program is right for you.

We are looking forward to hearing from you!



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REFERENCES

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National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). (2018, November 1). NCCAOM Advocacy Update Fall 2018. Retrieved from: http://www.nccaom.org/udvocacy-update-fall2018/

Cyranoski, D. (2018, September 26). Why Chinese medicine is heading for clinics around the world. Retrieved from: https://www.nature.com/articles/d41586-018-06782-7

SPRING PROGRAMS **Expand Your** Knowledge in **Herbal Studies**

Curiosity about natural healing with herbs is universal. One way to deepen your knowledge of how to use herbs for your own health, as well for that of your family and friends is to take this 12-credit Post-Baccalaureate Certificate in Herbal Studies. The training will provide

herbal enthusiasts with a foundational knowledge of herbal sciences, as well as an understanding of the wellnessbased tradition of herbal medicine. An emphasis on practical skills ensures that students are familiar with the identification of local plants and have the ability to make medicinal

► CONTINUED FROM PAGE 5 **Herbal Studies**

food and herbal preparations. The coursework uses the cycles of nature to guide the integration of herbs into daily life. This program empowers the student with the knowledge and skills to support self-care through the safe and effective incorporation of herbs into daily life, using body care products, food preparations, and other herbal supplements.

During the certificate program, students will begin their immersion in traditional and evidence-based knowledge. Students will deepen their knowledge Materia Medica, or using plants for healing; and learn how to make quality herbal products for home use. A deep understanding of how to understand the safe use of herbal supplements, and potential herb/herb or herb/drug interactions, rounds out the student experience.

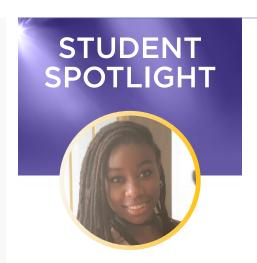
The Post-Baccalaureate Certificate in Herbal Studies is designed to be completed in eight months and is offered online. Although no residency is required, online students are welcome to take on-campus courses.

If your experience ignites your passion to enter the field as a professional, the 12 credits in this certificate program can be applied to the Master of Science in Nutrition and Integrative Health and Master of Science in Therapeutic Herbalism.

I look forward to hearing from you!



Michael Tims, PhD Department Chair, Herb Program mtims@muih.edu 410.888.9048 ext. 6668



HANEEFA MUHAMMAD Program: Post-Baccalaureate Certificate in Herbal Studies & Doctorate in Acupuncture

Q: What drew you to MUIH?

A: MUIH offers a curriculum that speaks to the kind of practitioner I want to become. After observing a webinar on Careers in Complementary Medicine and visiting an open house, I was captivated by the community of healers that integrated contemporary science with ancient healing traditions.

Q: What excites you about your chosen fields of study?

A: In my field, I gain the knowledge, skills, and abilities that are important in complementary medicine practices: to optimize health, quality of life, and clinical outcomes to patients. Healing presence, wellness and prevention, patient-centered care, and evidence-informed data are the pinnacle of MUIH's gold standards. I am excited to join the discussion on improving public health with other healthcare providers through this lens.

Q: Has there been a course you've particularly enjoyed?

A: I can honestly say I have enjoyed all my courses and the unique perspectives each one contributes to biomedicine and holistic wellness. I appreciate the blend of Chinese medicine, Constitutional Five Element Acupuncture, and traditional herbal wisdom in the curriculum. Collectively, they have increased my self-awareness and personal transformation, just as I hope to do with my future patients.

Q: Can you speak about the faculty here?

A: My overall sentiment about MUIH's faculty is that they are highly skillful and compassionate practitioners that possess a comprehensive understanding of the classical texts, foundational philosophical principles, and clinical practices. Their passion for integrative healthcare is illuminated in the classroom and I feel they are all personally invested in my success as a future practitioner.

Q: What is your best MUIH memory?

A: Learning the National Acupuncture Detoxification Association (NADA) protocol with my cohort. It was a great experience to be able to apply what we've been learning in the classroom to a clinical setting so early on in our curriculum. It was a moment that I looked at all of us administering auricular acupuncture and realized we would be the next wave of practitioners and be agents of change for the world.

Q: How do you plan to use what you'll learn here?

A: I plan to be a part of the narrative that advocates for advancing new paradigms of healing and wellness by way of clinical treatments, research, marketing, and/or legislation across the country.

PCE COLUMN

Professional and Continuing Education (PCE) at MUIH



WITH BETH ROMANSKI, PROGRAM DIRECTOR OF **PROFESSIONAL** AND CONTINUING **EDUCATION**

HOW DOES PCE BENEFIT THE STUDENT AND BOLSTER A HEALTH PROFESSIONAL'S CAREER?

PCE offers the opportunity for learners to earn continuing education credits (CEUs), certificates, certifications and necessary skills and information to remain current in their profession. The field of complementary and integrative health is rapidly accelerating, so lifelong learning is a critical aspect to invest in to be effective and successful as practitioners to serve your clients and patients in the best way possible.

PCE can also help you grow your practice and establish yourself as a leader in the field through our advanced mentorship programs and by taking our research courses and business development courses. PCE provides an opportunity to specialize your knowledge and credentials, which can allow you to tailor your practice to a specific audience or condition in addition to being more effective as a general practitioner. Essentially, PCE allows you to create your own learning path as an integrative health professional, which is what makes PCE useful resource as you progress in your career trajectory. I don't know about you, but I find this extremely exciting!

Once you become part of the MUIH community as a student, we're dedicated to support you with lifelong learning opportunities!

PCE offers online courses, onsite workshops and events. View all of our current offerings at www. muih.edu/ce.

Need CEUs now? Check out our online offerings at https://ce.muih. edu.

Beth Romanski Program Director of Professional and Continuing Education Phone: 410 888 9048 ext. 6790 bromanski@muih.edu

► CONTINUED FROM PAGE 6 Student Spotlight

Q: What would you say about **MUIH** to a prospective student who is interested in attendina?

A: I would tell that prospective student that the education they would receive here at MUIH is unparalleled. Not only will you learn your specific field of

study, you will become familiar with other modalities in our community. MUIH has practiced integrative healthcare since 1974 and attracts the best and the brightest healers. From personal experience, MUIH has proven to consistently deliver academic excellence.

CONTINUED FROM THE COVER Now Enrolling for Spring 2019

and nature as a teacher, and focusing on the interconnection of mind, body, and spirit.

FLEXIBLE COURSE SCHEDULES AND ONLINE LEARNING

MUIH offers flexible schedules and formats for several of their academic programs, meeting the needs of today's busy and diverse student body. Many of the programs can be completed in as few as two years or as many as five. Evening and weekend courses are available, and many programs may be completed on-campus, fully-online or through a combination of in-person and online courses (hybrid format). Read more about our hybrid and online learning options.

CAREER PATHS

The U.S. Bureau of Labor and Statistics projects that employment of healthcare occupations will grow 18 percent from 2016 to 2026, much faster than the average for all occupations, adding about 2.4 million new jobs. Healthcare occupations are projected to add more jobs than any of the other occupational groups. This projected growth is mainly due to an aging population, leading to greater demand for healthcare services. Read more about career opportunities in MUIH's fields of study.

LEARN MORE

Have more questions? A member of our Admissions staff is available Monday through Friday between 9am and 5pm to answer any questions you have. The Office of Graduate Admissions also offers small group and individual information sessions by appointment. Speak to an Admissions Counselor today by calling 410-888-9048 ext. 6647 or emailing admissions@muih.edu.

Classes begin January 6, 2019.

UPCOMING EVENTS Visit muih.edu/events to learn more about these free events and register today!



MUIH Career Fair

Saturday, November 10, 2018 | 11:00am - 2:00pm Where: Maryland University of Integrative Health & Online

The Career Services Center is pleased to announce the 1st Annual Career Fair! The Career fair is open to all current students, alumni, employers, and professional associations. Explore job opportunities, internships, and professional development through the attending associations.

[Web Information Session] YOGA THERAPY PROGRAM

Monday, November 12, 2018 11:00am - 12:00pm Where: Online

Speak directly with Program Director Diane Finlayson to learn about the Master of Science in Yoga Therapy curriculum, faculty, program format options, and more. You'll also be able to hear and speak with other interested prospective students.

[Web Information Session] **HERBAL MEDICINE PROGRAMS**

Monday, November 12, 2018 7:00pm - 8:00pm Where: Online

Speak directly with Academic Director Michael Tims to learn more about the curriculum, faculty, program format options and more You'll also be able to hear and speak with other interested prospective students.

[Webinar]

CAREERS IN HEALTH COACHING

Wednesday, November 14, 2018 12:00pm - 1:00pm Where: Online

In this webinar, you'll learn how several MUIH graduates have

transformed their personal passions and goals into jobs that are viable. fulfilling and meaningful.

[Web Information Session] **DOCTOR OF CLINICAL NUTRITION**

Thursday, November 15, 2018 11:30am - 12:30pm Where: Online

This program prepares you with advanced nutritional, clinical, and research skills that will make you highly marketable as an accomplished and credible expert in the emerging field of integrative and functional nutrition.

[Webinar]

WORKPLACE WELLNESS: DEVELOPING A CULTURE OF HEALTH

Thursday, November 15, 2018 1:00pm - 2:00pm Where: Online

This webinar will provide a framework and case study examples of strategic wellness initiatives that give insight into the work that health promotion specialists will be challenged to accomplish in their prospective careers.

[Web Information Session] **AYURVEDA WELLNESS PROGRAM**

Thursday, November 15, 2018 1:00pm - 2:00pm Where: Online

Speak directly with Program Director Diane Finlayson to learn about the Post-Baccalaureate Certificate in Ayurveda Wellness curriculum, faculty, program format options, and more. You'll also be able to hear and speak with other interested prospective students.

[Web Information Session]

NUTRITION AND INTEGRATIVE HEALTH PROGRAMS

Thursday, November 15, 2018 6:00pm - 7:00pm Where: Online

Speak directly with Academic Director Kathy Warner to learn more about the curriculum, faculty, program format options, and more. You'll also be able to hear and speak with other interested prospective students.

[Web Information Session] **HEALTH PROMOTION PROGRAM**

Monday, November 19, 2018

12:00pm - 1:00pm Where: Online

If you're passionate about health and want to have a positive impact on communities and organizations, this information session will give you some clear direction and quite possibly inspire you toward action.

[Webinar]

YOGA TEACHER TO YOGA THERAPIST: MAKING THE **TRANSITION**

Monday, November 26, 2018 11:00am - 12:00pm Where: Online

In this webinar, we will explore the knowledge, skills, and abilities required to be a yoga therapist and what it means to actually practice.

[Web Information Session]

NUTRITION POST-GRADUATE PRACTICE EXPERIENCE

Tuesday, November 27, 2018 12:00pm - 1:00pm Where: Online

This information session is for nutrition post-graduates of MUIH who are seeking to complete a supervised practice experience in nutrition and are interested in pursuing board certification in nutrition as a Certified Nutrition Specialist (CNS).

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Maryland University of Integrative Health