

CERTIFICATE IN HOLISTIC HEALTH STUDIES

Holistic Health Advisors: Burke, Burrows, Daubenmier, Harvey, Peper

The Certificate in Holistic Health Studies is available to degree and non-degree students. The certificate is offered by IHHS as a resource for healthcare professionals seeking career enrichment and for those pursuing growth and a deeper understanding of holistic health.

Note: Non-degree students apply through the College of Extended Learning, (415) 405-7700. For additional information, visit www.cel.sfsu.edu (<http://www.cel.sfsu.edu>).

Institute for Holistic Health Studies

The Certificate in Holistic Health Studies is available to anyone admitted through the College of Extended Learning/Open University. It is also available to matriculated students who have completed the minor in Holistic Health Studies. The curriculum includes an additional eight units beyond the units required for the minor. The certificate is ideally suited for individuals who already have an academic degree, who are already in a health profession, or who may be exploring career options. Also, since a holistic health perspective encourages self-care and self-regulation, the program can be an excellent choice for stress reduction, personal growth, and health promotion. Classes can also be taken without enrolling in the program, an ideal way to explore specific interests. (See the description of the program below.)

Holistic Health Studies, Certificate 30 Units Completion of Minor (22 Units)

(see minor (<http://bulletin.sfsu.edu/colleges/health-social-sciences/recreation-parks-tourism/minor-holistic-health-studies/>))

Required Course (3 Units)

Code	Title	Units
HH 680	Holistic Health Internship Seminar	3

Electives (5 Units)

Elective units can be selected from remaining Holistic Health Studies courses or from any appropriate course (on advisement) from across the campus. Examples of appropriate courses outside of the HHS curriculum would include:

Code	Title	Units
ANTH 581	Anthropology and Folklore	3
BIOL 318	Our Endangered Planet	3
BUS 450	Greening of Business	3
CHIN 101	First Semester Chinese	4
COUN 425	Advanced Peer Advising	2
HIST 365	History of Japan	3
RPT 205	Adventure Travel	3
RRS 276	Race, Activism and Climate Justice	3
PSY 442	Health Psychology	3
PH 210	Personal and Social Determinants of Health	3

Other electives with approval of Holistic Health advisor

Note: Students fulfilling the Holistic Health Studies Minor or Certificate Program may be eligible to apply for a Certification in Stress Management Education given by the Biofeedback Certification Institute of America (BCIA). Also, students who take the Holistic Health Studies biofeedback courses and fulfill some additional requirements may be eligible to apply for BCIA Biofeedback Certification. See a Holistic Health Studies advisor for details.