



California Institute of Integral Studies

Master of Arts (MA) in Integrative Health Studies

Program Learning Outcomes – IHL MA

1.0 Demonstrate skill in scholarship, systematic inquiry and critical thinking:

- 1.1 Apply the use of scholarly resources and related materials understand the field of Integrative Health.
- 1.2 Recognize health challenges and through investigation and critical thinking, achieve appropriate integrative health responses and holistic, creative solutions.
- 1.3 Describe the fundamental tenets, advantages and roles of integrative health methods and solutions.
- 1.4 Identify basic theories, concepts and models from a range of CAM modalities.
- 1.5 Demonstrate an ecologically-oriented approach to optimum health.

2.0 Demonstrate a sociocultural sensitivity and ability to adapt health communications and programs to people of diverse populations, needs and environments.

- 2.1 Identify the causes of personal, social and global factors that affect health.
- 2.2 Develop cultural sensitivity and cultural competence in serving specific diverse populations.

3.0 Demonstrate professional skills in caring, service and leadership.

- 3.1 Collaborate among integrative, holistic and allopathic practitioners to explore solutions to clients' health concerns.
- 3.2 Extend integrative health tenets to team-centered models of client/patient care.
- 3.3 Demonstrate the ability to be guided by ethical principles in integrative wellness coaching, client interaction, health information dissemination, and program design.
- 3.4 Successfully complete internships in integrative health settings and apply learning to specific populations.

4.0 Demonstrate professional and interpersonal communication skills.

- 4.1 Communicate effectively with colleagues, clients, and peers using correct language skills and appropriate verbal and non-verbal techniques.
- 4.2 Apply psychosocial and communication skills in negotiating relations among diverse practitioners.

- 4.3 Identify organizational assets, resources and roadblocks for integrative health interventions.
- 4.4 Apply multi-interventional approaches in the development and evaluation of integrative health care that emphasizes wholeness, balance and multiple ways of knowing.
- 4.5 Successfully employ a model of integrative wellness coaching and design and implement an integrative wellness management program.

5.0 Demonstrate a capacity and willingness to adopt and role model a holistic self-care practice, striving to integrate mind-body-spirit.

- 5.1 Assess personal physical and psychological needs and develop a personal wellness program, and articulate an understanding of lifestyle choices and techniques related to development of holistic self-care practices.
- 5.2 Identify the most useful approaches involving comprehensive educational, dietary, lifestyle and stress reducing strategies.