Science and Practice of Mind Body Medicine

26-MEDS-2088001 (Spring 2021), Course ID: 45156

The UC Center for Integrative Health and Wellness is expanding its educational offerings and plans to add additional courses each year. The Center has partnered with the College of Allied Health Sciences and Arts & Sciences to develop a Certificate in Integrative Health and Wellness. More information on the Certificate can be found here. The course below is currently being offered every semester and is one of the foundational courses for the Certificate. Students (both UC and non-matriculated) can take this exciting course. Spaces are limited so early registration is encouraged!

Registration:
Current students can use the course ID above to register. Non-degree seeking students and community members can register as a non-matriculating student (click here) and proceed to register for this class. Current credit hour fees can be found here. Please review our website below for more information and updates. See the description below for more information on our summer class offering.

Course Description:
Students will experientially explore commonly used mind-body modalities including mindfulness, guided imagery, breathwork, yoga, etc., which enhance stress management and promote overall wellness. This course provides an evidence-base and indication for use of mind-body techniques in a personal and professional/clinical setting.

Course Objectives:
1. Examine the evidence-base and scientific support of mind-body medicine.
2. Practice a variety of mind-body skills including mindfulness, guided imagery, and yoga.
4. Implement mind-body skills in his/her personal life and professional practice.

Prerequisite: None

This course is highly experiential and class participation is strongly encouraged and expected! Questions? Contact Kelly Lyle at kelly.lyle@uc.edu.

http://med.uc.edu/integrative