PSYCHOLOGY 5085 N02 Introduction to Integrative Health Studies Fall Semester 2014
100% Online

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Text: Integrative Medicine: Principles for Practice by B. Kligler & R. Lee,
McGraw- Hill 2013

D2L (CourseDen) this is a completely online course. All work is to be submitted online.

Other Important Information
Students, please carefully review the following information at this link

http://www.westga.edu/assetsDept/vpaa/Common_Language_for_Course_Syllabi.pdf. It contains important material pertaining to your rights and responsibilities in this class. Because these statements are updated as federal, state, university, and accreditation standards change, you should review the information each semester.

Missing Final Exams
If you miss your final exam, and prior arrangements have not been made, you may receive a grade of F on that exam or paper and this may affect your final grade in the class. If you miss your exam due to an emergency, please contact the Psychology office at (678) 839-6510 or go to Melson Room 123 as soon as possible to complete the application: “Missed Final Exam: Verification of Emergency”. This form will need to be approved by the chair for an incomplete grade, which may allow you the time to make up your exam or complete your final assignments. This application will require documentation and authorization from you to verify your emergency.

Course Description
This course is designed to gain an understanding of the new field of Integrative Health. Integrative Health is a form of health care where what most people commonly think of as medicine, or modern Western, scientific care, is combined with other approaches and systems of treatment and healing, such as naturopathy, Chinese Medicine, massage therapy, osteopathy, energy medicine, herbal medicine. These can be combined in the practice of one practitioner, or in the work of several practitioners, each collaborating to help a single patient. Disciplines such as behavioral medicine, health psychology, psychoneuroimmunology, and some holistic orientations have provided a scientific framework for understanding integrative healthcare. Elements of experiential understanding of integrated healthcare are found in ancient disciplines such as
meditation, yoga, and the martial arts. Contemporary research on suggestive therapies, placebo effect, body therapies, dance, massage, fMRI and PET scan studies in neuroscience, and bio and neuro-feedback has offered insight in mind/body understanding.

Course Objectives:
- Students will understand how the field of integrative health operates and the challenges it faces.
- Students will understand how to blend complementary/alternative modalities with modern health practices within integrative health settings.
- Students will demonstrate knowledge of culturally sensitive education and training in wellness program design and implementation.
- Students will understand how to analyze key components of an integrative, complementary, and/or alternative medicine clinical operation.
- Students will understand how the key components of mind, body, and spirit are addressed in an integrative health setting.
- Students will understand the value and use of referral systems.

Course Structure
This course is taught completely online. This means that I will post lecture topics and present materials in various media formats for you to study. Topics will come from your texts and other readings. A format is made available for you to post questions comments about your readings and module presentations.

Requirements
You are expected to: Read texts and assigned materials, Study Posted Lecture Notes, power points and other media presentations, occasionally participate in live chats and discussion groups, submit weekly reaction papers (more about that below), Successfully pass quizzes, midterm and final exams.

Evaluations
You will have 12 modules to complete. Each Module will have a point system and requirements for completion. For example, some will require reaction papers and others will have quizzes. As you complete a module, you may move on to the next. Further explanation is found in D2L.