



## GRADUATE STUDIES FACT SHEET

### GRADUATE CERTIFICATE IN INTEGRATIVE HEALTH

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Physicians, nurses, educators, counselors, health educators, or other health-care professionals who want to know how evidence-based complementary and alternative medicine is being integrated into conventional health care will be interested in West Chester University's certificate program in integrative health. A dedicated faculty of practicing integrative physicians, nurses, herbalists, mind/body therapists, and public health specialists, among others, will create a dynamic learning environment in which students will learn and experience what an integrative approach to health promotion and disease treatment has to offer.

#### PROGRAM OF STUDY

The graduate certificate in integrative health consists of seven, three-credit courses for a total of 21 credits. The program stresses a holistic, person-centered approach to health and healing and responds to a call from the National Institutes of Health for an emphasis on disease prevention rather than disease treatment.

#### DESCRIPTION

The certificate is designed for the health-care professional (i.e., nurses, physicians, health educators, complementary/alternative medicine practitioners, public health specialists, and others) who desires advanced study of evidence-based, integrated approaches to health care. All course work stresses experiential learning and sound, scientifically proven modalities that promote the health of the whole individual. It is designed for clinicians and others who need up-to-date information on the efficacy of complementary/alternative modalities and strategies for their integration into conventional health care.

A student-centered approach to learning is a key feature of the program, and a diverse, skilled faculty create an environment that permits students to interact fully in a stimulating learning environment.

#### COURSE COMPETENCIES

All courses explore the paradigm of integrative health and how it can foster health care reform in the United States. Paramount themes woven throughout the course work include

- a holistic, person-centered approach to health promotion and disease treatment;
- critical assessment of peer-reviewed, evidence-based research;
- practical, experiential learning;
- an acknowledgement of an individual's intrinsic healing capacity;
- ethical/legal issues in integrative health; and
- critical thinking with strategies for life-long learning beyond the certificate.

#### CERTIFICATE COURSES

Students will need to complete HEA 501 Integrative Health, and then, under advisement, select six other electives. Course topics include botanical medicine, mind/body medicine, advanced human nutrition, stress management, evidence-based public health and medicine, traditional Chinese medicine, homeopathy, AIDS and public health, adolescent medicine, transcultural health practice, and more. Independent study in advanced topics is available to select students, as are opportunities to study in a clinical setting with one or more integrative health practitioners. With careful advisement on selection of electives, students may focus on a general evidence-

based course of study or a fast track into the master of public health degree.

#### UNIQUE ACCELERATED FORMAT

The certificate program is offered in an accelerated format, permitting students to complete the work in as little as six months, or longer. In fall/spring semesters, courses meet for one night per week for seven weeks. During the summer, courses are offered in an efficient, day-long, one-week format.

#### ADMISSION REQUIREMENTS

To be considered for the certificate in integrative health, students need to meet requirements for WCU graduate study (i.e., 2.8 GPA in an undergraduate degree; 2.8 GPA in the major area of study). Applicants will typically have undergraduate and/or graduate degrees in health or related fields. The GRE is not required for admission to the certificate program. Students can apply online at [www.wcupa.edu/grad/](http://www.wcupa.edu/grad/).

#### FOR MORE INFORMATION

Write: Office of Graduate Studies and  
Extended Education  
McKelvie Hall  
102 West Rosedale Avenue  
West Chester University  
West Chester, PA 19383

Call: 610-436-2943

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E-mail: [gradstudy@wcupa.edu](mailto:gradstudy@wcupa.edu)

Web: [www.wcupa.edu/grad](http://www.wcupa.edu/grad)

Visit: [www.facebook.com/wcugrad](https://www.facebook.com/wcugrad)

Or contact the department:

Write: Professor Donald McCown  
Department of Health  
Sturzebecker Health Sciences  
Center

West Chester University  
West Chester, PA 19383

Call: 610-436-2267

Fax: 610-436-2860

E-mail: [dmccown@wcupa.edu](mailto:dmccown@wcupa.edu)

Web: [www.wcupa.edu/\\_academics/healthsciences/health/certificate-ipm.asp](http://www.wcupa.edu/_academics/healthsciences/health/certificate-ipm.asp)

The Graduate Catalog is available online at [www.wcupa.edu/\\_information/officialdocuments/graduate.catalog/](http://www.wcupa.edu/_information/officialdocuments/graduate.catalog/).

## ABOUT GRADUATE STUDIES

West Chester University offers high-quality graduate degrees in more than 70 disciplines or areas of study, as well as certificate and certification programs. The graduate studies program has grown remarkably since its introduction in 1960. West Chester University's program is the largest within the 14 institutions in the Pennsylvania State System of Higher Education enrolling more than 2,100 graduate students.

Programs can be taken on a part-time basis, and most of the graduate classes are scheduled during late afternoons and evenings for the benefit of in-service teachers and other employed persons.

## ABOUT WEST CHESTER UNIVERSITY

A regional, public institution, West Chester University of Pennsylvania offers high-quality undergraduate and graduate degrees, as well as certification and certificate programs, in more than 100 subject areas. As the second largest member of the State System of Higher Education, West Chester offers a full and rewarding educational experience as well as reasonable tuition.

With a rich heritage dating back to the 19th century, West Chester University was founded in 1871 as West Chester Normal School for the purpose of training teachers for the Commonwealth's newly established public schools. In 1960, West Chester State Teachers College expanded its programs

to include liberal arts and graduate degrees and, as a result, dropped "Teachers" from its name. In 1983, West Chester State College became one of the 14 institutions in the State System of Higher Education. Along with its university status, the school acquired a new system of governance and the opportunity to expand its degree programs.

Today, more than 15,400 graduate and undergraduate students, as well as 1,500 faculty and staff, study and work on the 406-acre campus. Situated in the Borough of West Chester, the campus is a picturesque mix of Gothic, Victorian, and modern architecture with pleasant, tree-shaded walks.

Strategically located at the center of the mid-Atlantic corridor, West Chester University is just 25 miles west of Philadelphia and 17 miles north of Wilmington, Del. The campus is convenient to major cultural institutions, recreational activities, and commercial businesses, many of which provide internship opportunities for WCU's students.

