



**Focus: Healthcare Professional Series on Integrative Therapies  
Free On-Line Learning!!!**

**Spotlight: University of Minnesota Center for Spirituality & Healing**  
<http://www.csh.umn.edu/modules/index.html>

The Healthcare Professional Series offers healthcare professionals and students an introduction to the field of complementary therapies and healing practices. They take from 1 to 3.5 hours to complete, but are organized into short sections that you can do whenever convenient.

The learning objectives for the modules support the following competencies: ACGME for Medical education, AACN for Nursing education, and AACP for Pharmacy education.

The Taking Charge of Your Health series offers useful information for the general public:

- Navigating The Healthcare System offers tips on navigating the healthcare system and becoming proactive in making wise healthcare decisions.
- Developing a Personal Plan for Health and Well-Being helps you assess and improve your behaviors around diet, exercise, relationships, stress, and other aspects of health.

All the modules feature:

- Content written by subject matter experts and reviewed by a faculty team from the schools of Nursing, Pharmacy, and Medicine at the University of Minnesota
- An aesthetic, easy-to-navigate interface
- Questions, games, simulations, audio and video clips
- Links to additional online resources and reference lists

*Modules include information about:*

\*Overview of Complementary Therapies  
\*Spirituality in Healthcare  
\*Culture, Faith Traditions and Health  
\*Botanical Medicines  
Reiki

\*Overview of Mind-Body Therapies  
\*Clinical Hypnosis  
\*Meditation  
\*Prayer  
\*Yoga  
\*Massage

\*Clinical Aromatherapy  
\*Craniosacral Therapy  
\*Healing Touch  
\*Osteopathy  
\*Traditional Chinese Medicine  
\*Chiropractic  
\*Reflexology  
\*Music Therapy



Brought to you by the Holistic Care Council an interdisciplinary, system wide council. Our role is to promote therapeutic partnerships with other disciplines, provide continuing education in holistic care, help to improve the health of the workplace through the incorporation of the concepts of holistic health and educate professionals and the public about holistic and integrative health care, and promote research and scholarship in the field of holistic care and nursing.