

Official Program Outline



HERZING[®]
— UNIVERSITY —

Post Master's Certificate in Holistic Integrative Health

Program Description

The Post Master's Certificate in Holistic Integrative Health supports nurses in leadership, education, and advanced practice roles who want to use a structured, relational, and holistic approach in their everyday work. Grounded in contemporary holistic and integrative nursing philosophy, theory, ethics, and core values, the curriculum emphasizes person-centered change facilitation, advanced communication, culturally responsive relationships, and reflective leadership. Through a supervised applied project with diverse individuals and groups, students develop the coaching process skills, self-reflective practices, and evidence-informed strategies needed to enhance engagement, well-being, and team performance.

Holistic Integrative Health Program Outcomes

Upon completion of their program, the student should be able to:

1. Demonstrate holistic, competency-based judgment and caring that integrate core holistic nursing values in working with diverse individuals, families, and communities across settings.
2. Integrate and apply scientific, theoretical, and experiential evidence related to holistic and integrative modalities to support safe, person-centered nursing practice.
3. Apply ethical principles and cultural humility to support inclusive, equitable holistic and integrative care for diverse populations, in collaboration with other professionals and using technology appropriately.
4. Demonstrate a professional holistic nursing identity characterized by self-reflection, self-care, accountability, advocacy, and commitment consistent with the standards of holistic nursing practice.
5. Implement a holistic and integrative nursing role within selected practice settings by conducting comprehensive holistic assessments, designing integrative care plans, and evaluating outcomes to enhance healing and wellbeing.

Special Admissions Requirements

Please refer to the "Special Nursing Program Requirements for Admission" policy in the Admissions Information section of this catalog for nursing program admission requirements. Students enrolling in the PMCHIH program must complete NU 610, NU 621, and NU 636 prior to acceptance. In most instances, these courses would be included in a Master of Science in Nursing program.

Program Content

A minimum of 16.00 semester credit hours is required for graduation.

Required Courses

16.00 semester credit hours are required. NU 610, NU 621, and NU 636 will be required if not completed successfully with the prior Master of Science in Nursing degree.

Course Number and Name	Prerequisites/Corequisites	Semester Credit Hours
NU 676 Foundations of Integrative and Holistic Nursing	None	3.00
NU 677 Holistic and Integrative Mind-Body Science	NU 676	3.00
NU 678 Nutrition and Plant-Based Medicine	NU 676	3.00
NU 679 Holistic and Integrative Modalities	NU 676	3.00
NU 680 Holistic Nursing for Practice, Education, and Leadership	NU 676, NU 677, NU 678	4.00

Distribution of Contact Hours by Course					
Course	Lecture Hours	Lab Hours	Clinical Hours	Total Contact Hours	Credits
NU 676	45.00	0.00	0.00	45.00	3.00
NU 677	45.00	0.00	0.00	45.00	3.00
NU 678	45.00	0.00	0.00	45.00	3.00
NU 679	45.00	0.00	0.00	45.00	3.00
NU 680	60.00	0.00	0.00	60.00	4.00
Totals	240.00	0.00	0.00	240.00	16.00

New Course Descriptions

NU 676 Foundations of Integrative and Holistic Nursing	This course introduces core concepts and principles of integrative and holistic care for nursing practice. Emphasis is placed on the foundations of the caring process, evidence-informed integrative therapies, and creating healing environments. Ethical, legal, cultural, and equity considerations are introduced to support safe and person-centered environments.
NU 677 Holistic and Integrative Mind-Body Science	This course introduces nurses to mind-body-spirit integration with attention to energy, trauma, and spirituality across diverse care contexts. Students examine key mind-body science and whole-person assessment (physical, emotional, spiritual, cultural, and energy dimensions) and apply this knowledge through modules on holistic assessment, energy-based and mind-body modalities, spirituality and cultural humility, trauma-responsive relationship-centered care, and integrative plans of care with nurse self-care
NU 678 Nutrition and Plant-Based Medicine	This course introduces how everyday foods, culinary herbs, and common medicinal plants can support health, vitality, gut function, and prevention of disease. Students learn core principles of nutrition, traditional dietary wisdom, and simple plant-based remedies that can be integrated into daily life and diverse wellness settings, with particular attention to overall and digestive health.
NU 679 Holistic and Integrative Modalities	This course offers an in-depth exploration of caring-healing modalities within a holistic and integrative nursing framework, integrating complementary, spiritual, and evidence-informed practices. It prepares students to apply diverse holistic and integrative approaches that foster healing and well-being across varied populations and settings, with emphasis on self-reflective awareness, professional presence, and practical skill in selected modalities to support whole-person care and optimal wellness.

NU 680 Holistic Nursing for Practice, Education, and Leadership	<p>This course prepares nurses in practice, education, and leadership roles to integrate a structured, relational holistic nurse coaching approach into their everyday work. Grounded in holistic nursing philosophy, theory, ethics, and core values, the course emphasizes person-centered change, advanced communication, culturally responsive relationships, and reflective leadership within the nurse’s professional scope of practice. Students examine foundations of holistic nurse coaching, communication and relationship skills, the structured coaching process, and strategies for self-reflection and self-care that support resilience and leadership in diverse settings.</p>
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