Course: HHHA 101: Introduction to Holistic Health and Healing Arts
Instructor: Jean Ellis-Sankari
Office Hours: Tuesdays 10:30-11:30 and by appointment
Contact: Phone: 505-737-6232 or email jest@unm.edu


Recommended reading:

Course Description:
This course introduces students to various theories and modalities of Holistic Health and Healing Arts. An overview of Eastern and Western philosophies and practices will be taught and demonstrated to students. An emphasis on natural, integrative and complementary health models will be presented with a focus on career and academic pathways in holistic health. The course is didactic and experiential in nature.

Course Objectives:
- To educate students on determinants and philosophies of health,
  To include comparison and contrasting of allopathic, integrative, natural and holistic systems of health.
- To familiarize students with philosophies, concepts and practice of Eastern and Western Healing Arts, including those indigenous to the Southwest in particular and other countries (Native American, Shamanism, and Curanderismo, etc.)
- To provide a survey of resources in holistic health and assist students in identifying career and academic pathways.
- To develop increased awareness of the role of Spirit in healing.
- To provide students with experiential knowledge and understanding and assist them in the application of holistic health and healing arts to their own lives and the lives of others.
- To foster students’ responsibility for own health from an ecological perspective and prepare them to discern and advocate for appropriate health care options locally and globally.

Student Learning Outcomes:
1. Students will explain the similarities and differences between alternative, complementary, holistic and integrative health philosophies.
2. Students will complete a self-examination of their health within a holistic framework.
3. Students will establish a plan for health maintenance and well-being based on holistic principles.

**Expectations and Course Requirements:**
1. Attend each class, be on time and remain in class for the entire class period.
2. Complete all assignments on time.
3. Participate in class discussion and activities.
4. Keep a weekly journal of knowledge gained and its application and relevance to daily well-being.
5. Develop a portfolio to demonstrate experience, knowledge and understanding gained throughout the duration of the course. This should include your weekly journal, library assignment, mid-term reflection paper, holistic health assessment & goals with the final summary of progress, final paper or project summary.
6. Complete an individualized holistic health assessment with self-stated goals and document progress in weekly journal and final report.
7. Complete a mid-term reflection paper.
8. Choose a special topic of interest to you, research findings and applicability to health and healing from a holistic perspective. This paper should be 5-6 pages, single spaced and typed using APA style of referencing. Include additional pages for the title and references. Use at least 6 different sources including two scholarly journals or design an alternative project presented to the instructor for approval.
9. Complete a service learning requirement.

**Attendance Policy:**
Students must attend class regularly and punctually. Excessive absences may result in a student being dropped from the class. It is UNM-Taos policy that a student MAY be dropped by their instructor after three absences.

**Grading Policy:**

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**ADA (Americans with Disabilities Act):**
Qualified students with disabilities needing appropriate academic adjustments should contact me as soon as possible to ensure your needs are met in a timely manner. Handouts are available in alternative formats upon request.

**Service Learning:**
*Service learning is the integration of community service into course study; an experiential approach to teaching and learning.* The instructor may offer students an opportunity to integrate relevant service-learning into course study. Students interested in incorporating community-based service into their studies, may choose from the service-learning options outlined in the course description and course outline to replace some or all class assignments. Service-learning experiences must receive prior approval by the instructor in order to count for credit. The instructor will work with the student to identify appropriate projects and community partners as well as help structure the learning experience. Service-learning activities must meet
Academic Integrity:
The policy of the University of New Mexico-Taos is that academic honesty is one of the basic steps toward personal and academic development. All University policies regarding academic honesty apply to this course. Academic dishonesty includes, but is not limited to, cheating or copying, plagiarism (claiming credit for the words or works of another from any type of source such as print, Internet or electronic database, or failing to cite the source), fabricating information or citations, facilitating acts of academic dishonesty by others, having unauthorized possession of examinations, submitting work of another person or work previously used without informing the instructor, or tampering with the academic work of other students. The University’s full statement on academic honesty and the consequences for failure to comply is available in the college catalog or online at http://taos.unm.edu.

Dropping the course:
It is the student’s responsibility to drop a course. The instructor is not required, nor should be expected, to drop a student from the official roster. Do not assume that failing to come to class will result in your being dropped from the course.

Due Process:
If you have any problems in the class that cannot be directly handled by talking with the instructor, the appropriate person to contact is the Academy Head or the Student Affairs Department.

The instructor reserves the right to alter the course syllabus to better meet the learning needs of students.

Course Outline

Week 1: 8/19: An overview of Holistic Health and Healing Arts. A class discussion on student expectations and goals will take place.
Experiential Activity: Mindfulness Meditation.
Assignment: Begin journaling; read Chapters 1 & 2 in text for next week.

Week 2: 8/26: Presentation of various paradigms of health. Discuss health from the personal to the public level. How are your beliefs formed? What role does culture play in health behavior? Begin discussion of determinants of health.
Experiential Activity: Guided imagery.
Assignment: Complete personal health assessment and write goals for health for next week; read chapters 3 & 5 for next week.

Week 3: 9/2: Continuation of discussion on paradigms of health and cross-cultural perspectives.
Assignment: Read chapter 9 for next week.

Week 4: 9/9: Reiki
Assignment: Read chapter 8, 10, and 11 for next week.


Assignment: Journal on this class for next week. Research topic/project due next week 2 paragraph summary, typed, single –spaced. Visit Taos Pueblo for San Geronimo Day! (optional) Explore Native Healing Ways.

Week 7: 9/30: Research and CAM. Culture and Health. Cross cultural perspectives: Healing Art and more!
Assignment: Work on your journal and mid term!
Week 8: 10/7: Alana Grier, guest lecturer (pending): Integrative Health Coaching

Week 9: 10/14: Mid term/ journal due.


Assignment: Read chapter 12 and 14. Read about Ayurveda on the internet/take check tests on your dosha.

Week 11: 10.28: Ayurveda and Yoga.
Assignment: Read about Curanderismo. Bring herbs/remedios or knowledge of Mexican Folk healing to class next week. Build an altar in class. Bring a symbol of loved one.

Week 11: 11.4: Curanderismo/Indigenous healing
Guest Presentation: TBA and in-class exercises
Assignment: Read chapter 13 for next week.

Week 12: 11/11: Chinese Medicine and Healing Arts
Guest Presentation: TBA and in-class exercises; student presentations begin.

Week 13: 11/18: Student presentations begin.
Week 14: 11/25: Student presentations.
A discussion will take place on Integrative Medicine: careers and academic pathways.

Week 15: 12/2: Closure. GRATITUDE exercise.