



integrative health studies

explore the alternatives

Blend your love of science with a passion for healing people in a variety of ways

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Gain deeper knowledge and understanding of complementary and alternative medicine than a biology, chemistry, or other “typical” pre-med major will afford

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Pursue any number of healthcare careers or advanced medical degree programs

## why you belong here

Are you open to exploring all avenues toward wellness and healing? Are you interested in a pre-professional healthcare-related undergraduate degree that offers more than your standard chemistry or biology education? If this sounds like you, then you might belong in the integrative health studies program at Chatham University.

This unique major, which is offered at only a few colleges and universities in the U.S., combines a solid education in the sciences with a curriculum that includes up-to-date information and practices in the field of complementary and alternative medicine.

Whether you dream of pursuing a career in clinical medicine, allied health sciences, or any profession that involves the promoting of health and wellbeing, this program will give you a strong foundation from which to start.

## what you can expect

As part of a rare and innovative program that examines the most up-to-date practices in complementary and alternative medicine available today, you will learn about the efficacy of integrative medicine as it applies to major diseases and disorders and how to create effective strategies for a holistic approach to health promotion and disease prevention based on evidence-based research.

You can expect to study integrative medicine through the lenses of global understanding, gender and identity, and sustainability, which are central to the University's mission. Many alternative therapies originated in other cultures, such as traditional Chinese medicine and ayurvedic medicine. The study of these provides a cross-cultural experience of indigenous healing traditions. Other courses focus on therapies to prevent and treat common health disorders while a holistic approach to wellness incorporates the health of the environment, the society, and family.

# integrative health studies

## what you will learn

As you work toward your bachelor of arts in integrative health studies, you will follow an interdisciplinary path that provides you with an overview of evidence-based complementary and alternative health practices. In addition to core science courses and labs, you will have the opportunity to study acupuncture and traditional Chinese medicine, nutrition and natural products, mind-body therapies, and body-based practices in preparation for professional study in medicine, osteopathic medicine, chiropractic medicine, naturopathic medicine, acupuncture and traditional Chinese medicine, nutrition, or allied health studies in occupational therapy, physical therapy, and physician assistant studies.

The IHS curriculum is designed to prepare you to meet the demands of a broadening healthcare industry, and a clientele that expects their healthcare providers to have an understanding of integrative health practices. This program is healing oriented, emphasizes the patient-healthcare provider relationship and teaches you to utilize a holistic approach encompassing mind, body, spirit, and community to facilitate healing.

## where it will take you

Upon graduation, you will be equipped with knowledge of the wide-spectrum of therapies included in complementary and alternative medicine and the ability to assess the safety and efficacy of these therapies that are promoted in the mass media. As such, this program is the perfect starting point for students with the intention of entering clinical medicine, including practicing as medical doctors, osteopathic and naturopathic doctors, chiropractic doctors, acupuncturists, and allied health professionals, such as physician assistants, physical therapists, and occupational therapists, or for anyone who is interested in promoting health and wellbeing.

## learn more

View course listings, explore learning outcomes, and apply online at [chatham.edu/healthstudies](http://chatham.edu/healthstudies).

“Considering that consumers in the U.S. spend more out-of-pocket for complementary and alternative therapies than on primary care office visits, it is crucial for students who are interested in clinical healthcare careers to understand the wide array of these therapies and their efficacy in preventing and treating major medical disorders.”

—John Laird, associate professor

## trending now

- When you major in integrative health studies, you could blend your academic interests with social and extracurricular opportunities by joining Peer Educators at Chatham in Health (PEACHeS), which hosts activities and programs on campus promoting awareness, wellness, and health education to Chatham students and the local community.
- If you already have an advanced degree program in mind for the future, you may want to join one of two pre-professional clubs at Chatham. The Pre-Med Club offers support to students interested in medical careers and provides a learning environment that facilitates an ongoing dialogue about the field of medicine. The Pre-Physician Assistant Club provides information and experience related to the Physician Assistant profession.

## chathamUNIVERSITY

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