HOLISTIC APPROACHES TO HUMAN HEALTH

School of Integral Health

Develop a deep understanding of the human mind, body, and spirit by exploring Eastern and Western approaches to medicine, science, religion, and philosophy.
I am so pleased with, and proud of, my recent Ph.D. from CIHS. Nowhere else could I have achieved such a blended education of psychology, spirituality, and consciousness. The instructors were all well qualified and knowledgeable, assignments were reasonable, and for this full-time single mother, a Ph.D. was achievable!

CIHS really gave me the confidence I needed to expand my private practice. I also have now begun running international retreats for meditation and energy work. I feel well prepared to present myself as an expert in the field.

- Michelle Leuschen

California Institute for Human Science

Located near the coast in the beautiful, beach-city of Encinitas in San Diego, California, CIHS is a private, non-profit, regionally accredited university, research center, and public learning community committed to exploring the interconnection of mind, body and spirit through research-informed programs in integral health, integral noetic sciences, and psychology.
CIHS’s unique School of Integral Health includes three highly customizable graduate programs that give students a firm foundation in global health traditions, consciousness studies, and various research methodologies.

After completing eight, core courses, M.A. Integral Health students are able to design their own concentrations by choosing elective courses from any of CIHS’s programs.

The M.A. Integral Health, Yoga Therapy Concentration is offered in collaboration with The Soul of Yoga, San Diego’s only International Association of Yoga Therapists (IAYT) -accredited yoga therapy training program. Students develop a holistic understanding of mind, body, and spirit utilizing the tools of yoga and holistic healing. Upon completion, students hold the unique distinction of being degreed, holistic health professionals and are eligible to take the IAYT certification exam.

Similarly, Integral Health Ph.D. students develop a sophisticated grasp of Eastern and Western thought as it applies to medicine, science, religion, and philosophy while receiving training in a range of devices which yield physical data bearing upon manifestations of body-mind-spirit in operation. Individually designed concentrations (IDCs) are available for students who would like to further customize their courses of study.
SAMPLE COURSES

Expand your understanding of human health with unique classes like these!

M.A. in Integral Health

• Integral Spiritual Coaching
• Introduction to Qualitative and Quantitative Research Methods
• Integral Perspectives on Health
• Paradigms of Health and Disease, or Consciousness Based Medicine

Ph.D. in Integral Health

• Foundations in Integral Studies
• Consciousness Studies
• Counseling and Communication Skills
• Subtle Energy Systems I: Consciousness, Dynamics, and the Subtle Body
POSSIBLE CAREER TRACKS

CIHS’s Integral Health program gives students a variety of advanced career options!

Healthcare
Holistic health professional; health coaching for individuals and groups; various allied health careers; adjunctive modalities for medical professionals

Academia
Higher education professor, academic dean, program director

Business
Yoga instructor & business owner; corporate and religious organization leadership at the supervisor, manager, director, VP, COO and CEO levels

Research
Diagnostic and therapeutic science research for medical professionals
CIHS faculty are distinguished professionals with decades of working experience in their fields of expertise and recognized leaders in the fields of holistic counseling, integral studies and consciousness expansion research.

**Bachelor’s Degree**

B.A. Integral Studies (B.A. Completion Program)

**Master’s Degrees**

M.A. Integral Health
M.A. Integral Health - Yoga Therapy Concentration
M.A. Integral Noetic Sciences
M.A. Psychology

**Doctorate Degrees**

Ph.D. Integral Health
Ph.D. Integral Noetic Sciences
Ph.D. Psychology - California state licensure
WHY CHOOSE CIHS?

 peny accredited by WSCUC
- Serving students since 1992
- Located in the beautiful beach city of Encinitas, 25 miles north of San Diego and 95 miles south of Los Angeles
- Unique, highly customizable B.A. completion program, M.A. and Ph.D. Degrees
- Flexible class hours for working professionals
- Welcoming and inclusive environment
- Exceptional student support services
- Small class size with personalized attention
- Extensive networking and career preparation opportunities
- Diverse faculty and industry professionals from a variety of fields
- Access to CIHS’s Science of Consciousness and Subtle Energy Research Laboratories, and one of the largest Faraday cages in the region.
LET THE JOURNEY BEGIN.

www.CIHS.edu

Just click APPLY!

HAVE QUESTIONS?
EMAIL US AT:

admissions@cihs.edu

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California Institute for HUMAN SCIENCE
MIND BODY SPIRIT UNIVERSITY