

MS COMPLEMENTARY INTEGRATIVE HEALTH

(45 Quarter Credits)

Academic Advisor: Abigail Eastwood

Track Director: Jackie Murphy, MSN, RN, CNE

The program is organized into four 10-week Quarters per academic year (Fall, Winter, Spring, Summer). The plan of study is designed with 1-2 courses per Quarter. *Please see plan of study options on page 2.*

To review the course descriptions please click [HERE](#)

Core Courses	Course Title	Credits	Pre-requisites	Course Offerings
CIT 503	Holistic Living for the Caregiver	3		Fall, Summer
CIT 502	Foundations in Complementary & Integrative Therapies	3		Fall, Spring
CIT 501	Foundations of Phytotherapy	3		Winter
CIT 656	Traditional Healing Systems	3	CIT 502	Winter
CIT 511	Spirituality, Health, and Healing	3		Spring
CIT 657	Functional Approach to Clinical Nutrition	3		Spring
CIT 619	Principles of Bioenergy Therapies	3		Summer
CIT 552	Integrative Advanced Relaxation Techniques	3		Summer
CIT 696	Integrative Health Strategies I	3	CIT 501, CIT 502 & CIT 657	Fall
CIT 697	Integrative Health Strategies II	3	CIT 696	Winter
CIT 626	Translational Research in Complementary and Integrative Health	3		Spring
CIT 698	Senior Seminar	3	CIT 697	Summer

Elective Course Options – 9 credits required

Elective Courses	Course Title	Credits	Pre-requisites	Course Offerings
CIT 621	Spirituality, Hospice, and Palliative Care	3		Fall
CIT 622	Holistic Therapies in Hospice and Palliative Care	3		Winter
CIT 623	Cross Cultural Issues	3		Spring
CIT 624	Foundations of Integrative Addiction Therapy	3		Fall
CIT 625	Spirituality, Empowerment, and Transformation	3		Winter
CIT 631	Intro to Nutritional Neuroscience	3		Spring
CIT 534	Witches, Wise Women and Women Healers	3		Winter
CIT 602	Women's Integrative Health	3		Spring

CIT 658	Advanced Women's Integrative Health	3		Summer
CIH 507	Mindfulness Meditation	3		Fall, Winter, Spring, Summer

IMPORTANT NOTES

- A final grade of a **B** or better is required for each course
- Students must maintain a 3.00 or better for your final “Term GPA” and “Cumulative GPA”.
- Financial Aid/Student Loans – graduate students who utilize student loans have to maintain a minimum enrollment of *4.5 credits per Quarter* or proceed with the two courses per quarter plan of study.
- The Graduate College policy requires students to complete the program within five years of their first enrollment term.

Fall Start Plan of Study: One course per Quarter

TERM	FALL	WINTER	SPRING	SUMMER
YEAR 1	CIT 502	CIT 501	CIT 511	CIT 503
	FALL	WINTER	SPRING	SUMMER
YEAR 2	CIT elective	CIT 656	CIT 657	CIT 619
	FALL	WINTER	SPRING	SUMMER
YEAR 3	CIT 696	CIT 697	CIT 626	CIT 552
	FALL	WINTER	SPRING	SUMMER
YEAR 4	OFF	CIT elective	CIT elective	CIT 698

Fall Start Plan of Study: Two courses per Quarter

TERM	FALL	WINTER	SPRING	SUMMER
YEAR 1	CIT 502 CIT 503	CIT 501 CIT 656	CIT 511 CIT 626 CIT 657	CIT 619 CIT elective
	FALL	WINTER	SPRING	SUMMER
YEAR 2	CIT 696 CIT elective	CIT 697 CIT elective	OFF	CIT 552 CIT 698