



CAMOSUN COLLEGE
Health & Human Services
Community, Family & Child Studies

HLTH 112-Section 001
Holistic Health & Healing
Fall 2018

COURSE OUTLINE

Description

This course introduces students to the history, principles, and approaches of holistic health practices. Concepts and research related to holistic health and healing, along with specific modalities of complementary, traditional, and alternative health practices will be explored. Students will apply a holistic lens to health that can be used as a foundation for self-care and personal well-being.

Ω *Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.*

1. Instructor Information

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| (a) Instructor | Sheryl Haynes B.Ed., M.Ed., IMC |
| (b) Office hours | As posted or arranged by appointment |
| (c) Location | WT222 |
| (d) Phone | 250-370-3222 Alternative: _____ |
| (e) E-mail | sheryl.haynes29@online.camosun.ca |
| (f) Website | _____ |

2. Intended Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. Describe the social determinants of health and their impact on holistic health and wellness.
2. Describe and explain select cultural, indigenous, complementary, and alternative perspectives and practices of holistic health.
3. Use existing research to critically examine the use and effectiveness of holistic health practices.
4. Apply select health and wellness practices to enhance one's own personal well-being.

3. Required Materials

- (a) Text: Fontaine, K. L. (2019). *Complementary & alternative therapies for nursing practice*. (5th ed.) Upper Saddle River, N.J.: Pearson Prentice Hall.
- (b) Other: Health 112 - Holistic Health and Healing Coursepack (purchased at the bookstore).

4. Course Content and Schedule (Subject to change)

Please Bring Text and Coursepack (CP) to All Classes

Dates	Topics	Readings	Due Dates
Week #2 Sept. 10	Introduction to Health 112-Holistic Health & Healing Introduction to Critical Thinking CCA #1 Hand-out	“What It Is and Why It Counts” (hand-out will be provided) CP Introduction to Critical Thinking in Health-Care CP Donatelle & Kolen-Thompson “Making Informed Health-Care Choices”	
Week #3 Sept. 17	Introduction to the Social Determinants of Health Integrative Health: A Holistic Approach Self-Care CCA #2 Hand-out	CP Hales & Lauzon “Social Determinants” Txt Preface Txt Ch.1 Integrative Healing CP “Paradigm Shift...Everything Old is New Again” CP Keegan “Healing with Complementary and Alternative Practices” Chapter 2 “History and Future of Healing” CP “Traditional and Complementary Healthcare Approaches” CP “The Biomedical and the Bio-Psycho-Social-Spiritual Health Models comparison charts” Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt pp. 16-17 & 66-67 CP Whole Person “Lifestyle Assessments, Appraisals, & Inventories” CP “Planning Your Journey to Wellness: A Road Map”	CCA #1
Week #4 Sept. 24	Evidence-Based Health Care in Complementary and Alternative Therapies Integrative Medicine: Basic Principles & Holistic Health: Philosophy HH&H Research Paper Details CCA #3 Hand-out	Txt Ch. 3 The Role of Evidence-Based Health Care in Complementary and Alternative Therapies CP Lee, Kigler & Shiflett Chapter 1 “Integrative Medicine: Basic Principles” Txt Ch.1 Integrative Healing CP Holistic Health: Philosophy CP Koopsen & Young “Concepts of Complementary and Alternative Medicine” CP Bensoussan “The holistic health model put into practice”	CCA #2
Week #5 Oct. 1	Health and The Environment Group Presentation Details CCA #4 Hand-out	CP Health and The Environment: Introduction CP EcoMall “Non-toxic Household Products” CP “Choosing Healthy Living for the Environment” Txt Ch. 1 Integrative Healing Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #3
Week #6	October 8 Thanksgiving		

Week #7 Oct. 15	Holistic Stress Management & Mindfulness Spiritual Well-Being CCA #5 Hand-out	CP The Holmes-Rahe Life Stress Inventory CP Koopsen & Young Chapter 1 "Holistic Stress Management" CP Kabat-Zinn "Coping with Stress: Responding vs. Reacting" CP Kabat-Zinn "Wherever you go, there you are" Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt Ch.17 Meditation Txt Ch.2 pp. 21-22 Txt Ch.25 Faith & Prayer CP Donatelle "Focus On Cultivating Your Spiritual Health" CP Young & Koopsen "Spiritual Rituals"	CCA #4
Week #8 Oct. 22	Ayurvedic Medicine CCA #6 Hand-out	CP Ayurvedic Medicine: Wisdom From Indian Medicine CP Guidelines for Determining Your Constitution CP Guidelines for Determining Your Vikruti (Current State) Txt Ch.5 Ayurvedic Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt p.83	CCA #5
Week #9 Oct. 29	Naturopathic Medicine CCA #7 Hand-out	Txt Ch.10 Naturopathy CP "History of Naturopathic Medicine in BC"	CCA #6
Week #10 Nov. 5	Traditional Chinese Medicine CCA #8 Hand-out	CP Traditional Chinese Medicine: Wisdom Through the Ages Txt Ch.4 Traditional Chinese Medicine Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #7
Week #11	November 10 Remembrance Day		
Week #12 Nov. 19	Indigenous Peoples' Healing Traditions CCA #9 Hand-out Affirmations Hand-out	CP Indigenous Peoples' Healing Traditions: Introduction RP Audlin "Healing" Txt Ch.6 Native American Healing Txt Ch.2 Basic Concepts Guiding Alternative Therapies	CCA #8 Group Presentation Hand-out Due
Week #13 Nov. 26	Healthy Thinking Mind-Body-Spirit: Therapeutic Modalities of Healing Start Group Presentations	Txt Ch.20 p.310 "Positive attitudes" & "Body scanning" CP "Explanatory Style & Health" CP Healthy Thinking "Wellness Module 8" TXT Ch.18 Hypnotherapy and Guided Imagery Txt Ch.2 Basic Concepts Guiding Alternative Therapies Txt Ch. 8 Aromatherapy & p. 84 Txt Ch.12 Massage & p. 84 Txt Ch.16 Yoga & p. 82-83 Txt Ch.17 Meditation & p. 84	CCA #9 Group Presentation Self-Eval.
Week #14 Dec. 3	Finish Group Presentations Individual Research Paper Highlights		Group Presentation Self-Eval. Research Paper Due

5. Basis of Student Assessment (Weighting)

(a) Assignments

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|---|-----|
| 1. Class Content Application (CCA) Assignments | 40% |
| 2. Group Presentation Assignment (in-class presentation & write-up) | 20% |
| 3. Group Presentation Participation & Self-Evaluation Assignment | 10% |
| 4. Holistic Health & Healing Research Paper Assignment | 25% |
| 5. Research Paper Highlights Assignment | 5% |

Total= 100%

(b) Tests: no tests

6. Grading System

Standard Grading System (GPA)

Competency Based Grading System

7. Recommended Materials to Assist Students to Succeed Throughout the Course

8. College Supports, Services and Policies



Immediate, Urgent, or Emergency Support

If you or someone you know requires immediate, urgent, or emergency support (e.g. illness, injury, thoughts of suicide, sexual assault, etc.), **SEEK HELP**. Resource contacts @ <http://camosun.ca/about/mental-health/emergency.html> or <http://camosun.ca/services/sexual-violence/get-support.html#urgent>

College Services

Camosun offers a variety of health and academic support services, including counselling, dental, disability resource centre, help centre, learning skills, sexual violence support & education, library, and writing centre. For more information on each of these services, visit the **STUDENT SERVICES** link on the College website at <http://camosun.ca/>

College Policies

Camosun strives to provide clear, transparent, and easily accessible policies that exemplify the college's commitment to life-changing learning. It is the student's responsibility to become familiar with the content of College policies. Policies are available on the College website at <http://camosun.ca/about/policies/>. Education and academic policies include, but are not limited to, Academic Progress, Admission, Course Withdrawals, Standards for Awarding Credentials, Involuntary Health and Safety Leave of Absence, Prior Learning Assessment, Medical/Compassionate Withdrawal, Sexual Violence and Misconduct, Student Ancillary Fees, Student Appeals, Student Conduct, and Student Penalties and Fines.

Course Policies & Conditions

- Students are expected to: attend classes-meaning the full block of time, arrive on time, have done the assigned readings/assignments, and actively participate in all planned activities.
- Repeated absences, including not attending the full block of time, will jeopardize successful completion of the course.
- Students are required to demonstrate positive interpersonal behaviour in the classroom, including listening and acknowledging others. Students are also required to demonstrate emotional maturity, respect, and teamwork. Students are also required to be respectful in all email communications.
- Students may not use cell phones during class. The use of any electronics (laptop, iPad, tablets) must be approved by the instructor and may only be used for note taking when necessary. All other items of distraction are not permitted.
- All scheduled assignments are due at the beginning of class. In fairness to all students, assignments handed in after the first 5 minutes of class will be deducted 5%, 10% after 30 minutes, and 15% after 60 minutes or more.
- Classroom Content Applications (CCA) will not be granted a grade if absent from the class in which is due, and it still must be completed to demonstrate the learning outcomes.
- If an absence is due to illness, or an exceptional circumstance, the assignment that is due that day must be emailed to the instructor by the start time of the class to demonstrate completion of the assignment, and a note from a doctor/professional will be required. A hard copy will need to be handed in upon returning to the college.
- Late arrivals and all absences must be communicated prior to the beginning of class.
- Classroom Content Applications (CCA) will not be granted a grade after a class has been completed in which the student is present, and it still must be completed to demonstrate the learning outcomes. Details of this will be provided on the first day of classes.
- A minimum of a “C” grade of the cumulative CCA marks must be achieved in order to be successful in this course. (there are a total of 9 CCAs)
- A minimum of a “C” grade or higher must be achieved on the Holistic Health & Healing Research Paper assignments in order to be successful in this course, and to receive an overall letter grade for the course.
- Students who have a *Letter of Accommodation* from the Centre for Accessible Learning must provide a copy of this letter to the instructor at the beginning of the term, or when it is received by the student. Any identified arrangements by the Centre for Accessible Learning regarding assignment submissions must be discussed and negotiated with the instructor prior to the assignment due date.
- No outstanding assignments will be accepted after the last day of classes.
- Final grades on all assignments are non-negotiable.

A. GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.