

NATURAL ALTERNATIVE COMPLEMENTARY HEALTH CARE CERTIFICATE PROGRAM

The NAC Program is a 10 credit certificate program. The purpose of the NAC program is to educate bachelor's prepared registered nurses in NAC therapies. NAC therapies can complement conventional treatments and/or provide alternative methods for health concerns, as well as providing for the integration of natural therapies into a plan of care. The introductory course (Nursing 770) is open to all eligible students. To complete the remaining course work, a student must apply and be admitted to the certificate program.

Subject Area	Catalog #	Units (crs.)	Title
Nursing	770	1	Introduction to Natural Alternative Complementary Health Care
Nursing	771	2	Alternative Health Care Systems
Nursing	772	2	Mind Body Spirit Interventions
Nursing	773	1	Biologic Based Therapies
Nursing	774	1	Manipulative and Body Based Methods
Nursing	775	1	Energy Therapies
Nursing	776	2	NAC Therapies Field Project & Seminar

Nursing 770 Introduction to Natural Alternative Complementary (NAC) Health Care - 1 credit

Course Description: The Introduction to NAC Care module provides an overview of the history, theory, philosophy, and ethics of NAC. There is also a brief description and review of holistic nursing principles. This is a prerequisite for taking any of the other certificate courses.

Nursing 771 Alternative Health Care Systems - 2 credits

Course Description: The Alternative Health Care (AHC) Systems module provides an overview of health care systems outside the conventional western allopathic system. Basic principles of alternative health care are provided. Examples to be used include but are not limited to: Homeopathy, Naturopathy, Ayurveda, Native American Medicine, and Traditional Chinese Medicine.

Nursing 772 Mind Body Spirit Interventions - 2 credits

Course Description: The Mind Body Spirit Interventions (MBS) module provides an overview of techniques and processes that can affect mind body spirit function and symptoms. Several of the following modalities will be covered including affirmation, bibliotherapy, biofeedback, breathing techniques, centering, hypnosis, imagery/visualization, meditation, prayer, relaxation, and therapies that use creative outlets such as art, music, dance, or writing.

Nursing 773 Biologic Based Therapies - 1 credit

Course Description: The Biologic Based Therapies module provides an overview of vitamins, minerals, herbs, aromatherapy and other "natural" products including shark cartilage, glucosamine, melatonin, and DHEA.

Nursing 774 Manipulative and Body Based Methods - 1 credit

Course Description: Manipulative and Body-Based Methods module provides an overview of massage modalities and basic principles of chiropractic and osteopathy.

Nursing 775 Energy Therapies - 1 credit

Course Description: The energy therapies module provides an overview of biofield and bioelectromagnetic therapies: Biofield therapies are intended to affect energy fields that surround and penetrate the human body and environment. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include qi gong, Reiki, Healing Touch and Therapeutic Touch. Bioelectromagnetic-based therapies involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields. Light and color therapy are also included in this area.

Nursing 776 NAC Therapies Field Project & Seminar - 2 credits

Course Description: The NAC Therapies Field Project & Seminar is a culminating project synthesizing the NAC theory content. The course includes group seminars for "putting together" the yearlong program, as well as discussion and completion of a clinical project, research project, integrated review of literature or other approved project in a NAC topic area. A final paper in the form of a publishable article is the expected outcome.