

MIND-BODY MEDICINE (ADVANCED-PRACTICE CERTIFICATE)

Contacts

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Campus: Center City

Program Website (<https://www.jefferson.edu/academics/colleges-schools-institutes/health-professions/emerging-health-professions/academic-programs/certificates/mind-body-medicine-advanced-practice.html>)

Program Description

With an increasingly high-demand for mind-body education among health professionals, learners will be better equipped to incorporate these modalities into practice to improve overall health outcomes across a wide range of patients. Upon completion of this certificate, students will fulfill the foundational course requirements needed for Mindfulness-Based Stress Reduction (MBSR) and the Neuro-Emotional Technique (NET) basic training.

Learning Outcomes

- Understand the complex network that constitutes “mind-body”
- Describe the role of stress in health outcomes
- Explain common mind-body interventions and discuss the evidence and/or lack of evidence supporting their use
- Define the relationship between nutrition and mind-body well-being
- Construct an integrative mind-body plan for a wide range of patients

Curriculum: 9 Credits

Code	Title	Credits
MBM 500	Foundations in Mind-Body Med	3
MBM 510	Advanced MBSR	3
MBM 520	Advanced Mind-Body Pract (NET)	3
Total Credits		9