



MASTER OF SCIENCE IN
Integrative Mental Health





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Do you dream of healing the body *and* the mind?

Integrative mental health is a new and expanding model of care that incorporates complementary therapies such as nutrition, mind-body medicine, and somatic therapies with the best of conventional treatments.

The Master of Science in Integrative Mental Health (MSiMH) is an active, experiential program designed to enhance self-awareness and facilitate self-exploration. Candidates should be prepared to explore their own personal psyche, to be vulnerable with their peers and instructors, and to use their own psychological material for learning how to work with clients. Students have ample opportunity to practice new psychotherapeutic techniques as they support one another in self-exploration. Graduates will be well equipped to address the diagnosis, treatment and prevention of mental health disorders from an integrative medicine perspective.

The MSiMH program at NUNM is among the few in the country teaching an integrative approach to mental health care. Students move through all core courses as a cohort so that they can build trusting relationships and a safe space for their own psychological exploration. This process is central to the program as students train in the biological, psychological, social and cultural foundations of mental and emotional health.

PROGRAM OUTCOMES

Our holistic approach to mental health provides students with concrete skills in biopsychosocial assessment, evaluation, diagnosis, and integrative and conventional therapies. In addition to understanding foundational knowledge, graduates are equipped to address clinical care, ethical standards and integrated care; and cultivate ongoing personal and professional growth.

For complete program details, please visit nunm.edu.

ESTIMATED PROGRAM COST

As of 2017–2018, tuition for the MSiMH program is \$422 per credit. Students may transfer in applicable course credits from any NUNM clinical degree program.

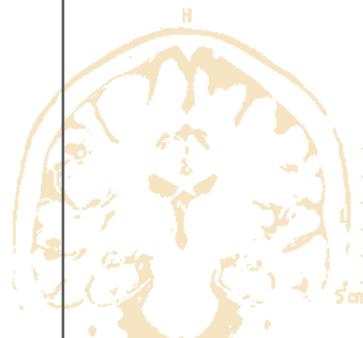
Estimated total program cost: \$27,852*

(66 credits x \$422/credit)

*SUBJECT TO CHANGE; DOES NOT INCLUDE COURSE LAB FEES

ADMISSIONS REQUIREMENTS

The mental health program is open to students concurrently enrolled in a clinical degree program at NUNM (ND, MSOM or DSOM) and to professionals actively licensed as an ND or LAc. The MSiMH degree does not qualify students to sit for licensing exams as a professional counselor; graduates will use the knowledge and skills gained to more effectively address mental health care within the scope of their medical license. Visit nunm.edu for detailed admissions requirements, prerequisites and required documents.



“The thing about this program is it’s transformative. Not only in terms of how I’m going to practice as a physician and as a counselor, but who I am as a person.”

—Brian Plante

Integrative Mental Health and Naturopathic Medicine Programs, Class of 2019

“This program is the ideal complement to the science of naturopathy, and fills a great need in the realm of mental health. We learn by experiencing, exploring, listening with our hearts and our bodies, and cultivating immense respect for the vis—our intrinsic ability to organize toward healing. Every class feels like a gift.”

—Emily Whitson

Integrative Mental Health and Naturopathic Medicine Programs, Class of 2020



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