

# Master of Science in Integrative Mental Health

- A holistic approach to mental and emotional well-being
- Combines integrative medicine and mental healthcare training
- Uses applied mindfulness as a framework for change



The Master of Science in Integrative Mental Health (MSiMH) degree equips students to address the diagnosis, treatment and prevention of mental health disorders from an integrative medicine perspective.

#### Why NUNM?

- Experiential curriculum; students learn a variety of therapeutic modalities by active participation
- Complementary therapies are incorporated in the program, including nutrition, mind-body medicine and somatic therapies
- Portland, Oregon—the home of natural medicine

#### Coursework includes:

- Personal and Professional Growth
- Culturalism, Diversity and Social Justice
- Psychological Diagnosis
- Integrative Psychopharmacology

**Contact Admissions to learn more:**

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