Doctorate of Nursing Practice (DNP)

**INTEGRATIVE HEALTH AND HEALING**

As demand for nurses grows, so does the need for doctorally prepared, advance-practice nurses. The current conventional approach to healthcare is inadequate. Clinical outcomes are not achieved, patient satisfaction is low, and our delivery models are not financially sustainable. An integrative approach includes engaging the patient as an informed and empowered partner, personalizing care and using all appropriate, evidence-based therapeutic approaches to achieve optimal health and wellbeing. It is a whole person/whole system perspective that includes integrative (complementary) therapies and healing practices, and focuses on health promotion, lifestyle change, disease prevention, and chronic disease management. Nurses at the advanced practice level in integrative health and healing are prepared to provide leadership and work within collaborative teams across a wide variety of settings, including hospitals, clinics and health centers, long-term care facilities, community health programs, schools and corporate/business environments.

The University of Minnesota’s School of Nursing, in collaboration with the Center for Spirituality & Healing, offers the nation’s first and only Doctorate of Nursing Practice-Integrative Health and Healing (DNP-IHH). Many courses are available, offering students the opportunity to strengthen their disciplinary and interdisciplinary expertise. In concert with the Center, students can opt to concurrently earn a graduate Certificate in Integrative Therapies and Healing practices, including a focus on health coaching.

The **INTEGRATIVE HEALTH AND HEALING** area of study provides a foundation of knowledge and practical experiences in the following areas:

- optimal healing environments
- botanical medicine
- clinical aromatherapy
- mind/body healing
- functional nutrition
- energy healing
- health coaching
- self-care
- acupressure
- guided imagery

Students choosing to complete coursework part-time are well accommodated with this curriculum. The DNP degree is offered in a blended format that includes online learning as well as clinical and face-to-face intensives.

**ADMISSIONS**

Applications are reviewed once per year. The application priority deadline is November 1. After this date, applications will be considered on a space-available basis. Applicants are required to have one year of clinical nursing experience prior to beginning a practicum course.

**GEORGE FELLOWSHIP OPPORTUNITY**

Students entering their final year of the DNP-IHH program are eligible to apply for a pioneering fellowship supported by the George Family Foundation. The George Fellowship is a prominent part of a comprehensive initiative designed to prepare nurses who will lead integrative health and healing efforts in a variety of settings locally and nationally. Students receive a generous stipend to support transformative learning opportunities that augment academic coursework and clinical practica. Fellows also participate in salons and workshops especially designed for future IHH leaders. Fellowship applications are due in late March of each calendar year.
**FREQUENTLY ASKED QUESTIONS**

1. Is there a post-masters DNP option that focuses on integrative health?
   No. The post-masters DNP option is based on the expectation that people have completed their specialty education whether that is in a clinical specialty, CNS, nurse practitioner etc. Courses that are required to complete the DNP do not include specialty content. They focus on leadership, informatics, health care economics and the DNP seminars.

2. Can some of the courses that I took in either my masters program or a PhD program count towards the DNP degree?
   Transcripts may be reviewed as part of the application process in order to determine how such credits may apply to the DNP degree.

3. If I want to enroll in the post-masters DNP option and still attain expertise in integrative health, how could I do that?
   Following completion of the post-masters DNP, you could subsequently enroll in the graduate Certificate in Integrative Therapies and Healing Practices offered through the Center for Spirituality & Healing. This is a 12-credit program. (www.csh.umn.edu)

4. Are courses in the DNP-IHH program offered in a distance learning format?
   Courses are taught in a blended format that includes both online learning and weekend intensives (approximately 2-3 per semester, and generally scheduled from Thursday to Saturday).

5. What number of hours are required for the DNP-IHH’s clinical internship?
   The requirement is 1000 hours.

   Additional FAQs can be found online at: www.nursing.umn.edu/DNP/ProspectiveStudent/Specialties/Integrative_Health_and_Healing

**COURSES IN THE CURRICULUM**

To review the complete list of courses in the DNP-IHH curriculum, please visit: www.nursing.umn.edu/DNP/ProspectiveStudent/Specialties/Integrative_Health_and_Healing

---

**FOR MORE INFORMATION**

Visit www.nursing.umn.edu/DNP or contact faculty coordinators:

**MARY JO KREITZER** PhD, RN, FAAN  
kreit003@umn.edu  
Founder/Director-Center for Spirituality & Healing

**DEBBIE RINGDAHL** DNP, RN, CNM  
ringd001@umn.edu  
Faculty-School of Nursing and Center for Spirituality & Healing

---

**UNIVERSITY OF MINNESOTA SCHOOL OF NURSING**  
Office of Student and Career Advancement Services  
612-625-7980 | 800-598-8636 (Toll free)  
612-625-7727 (Fax) | sonstudentinfo@umn.edu

5-140 WEAVER DENSFORD HALL  
308 Harvard Street SE  
Minneapolis, MN 55455  
612-624-9600