



THE UNIVERSITY ADVANCING
THE SCIENCE AND PRACTICE OF INTEGRATIVE CARE

MUITH



MOUTH

MISSION

A distinctive community of scholars, researchers, practitioners, and advocates, Maryland University of Integrative Health promotes whole person, relationship-centered healthcare. Through discovery and exploration, we deliver progressive educational programs, advance innovative clinical models, build mutually beneficial partnerships, and provide opportunities for fulfilling careers.

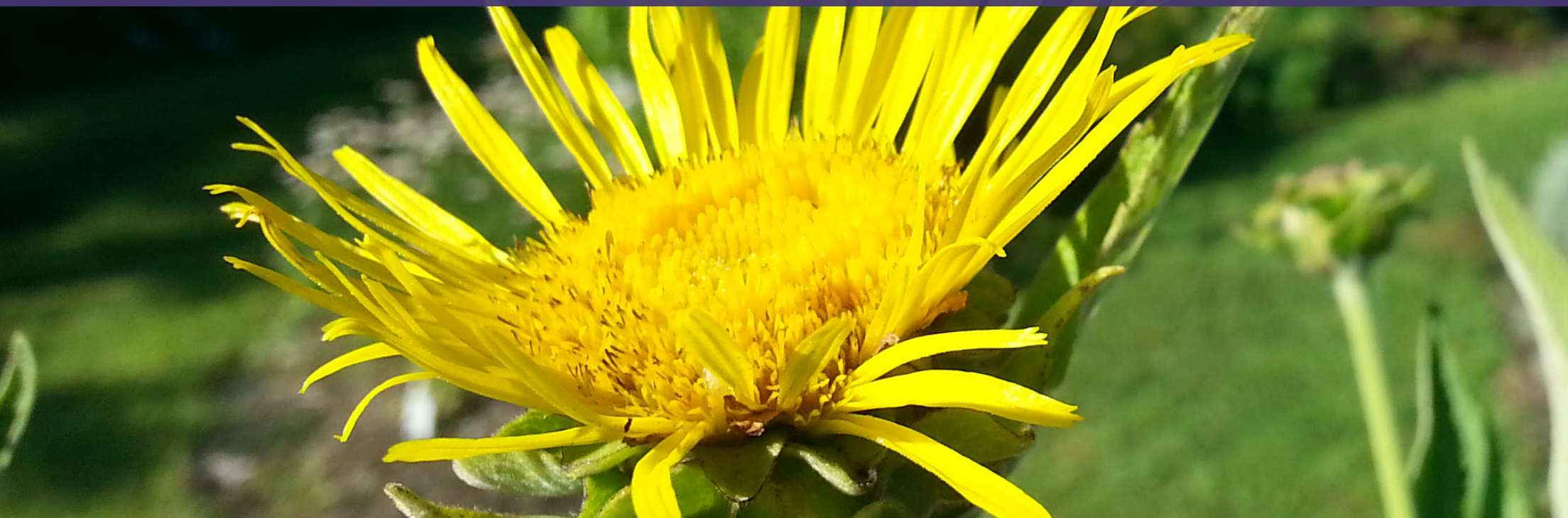


TABLE OF CONTENTS

3 Board Chairman's Message

5 Our History

6 Inside MUIH

9 Graduate Academic Programs

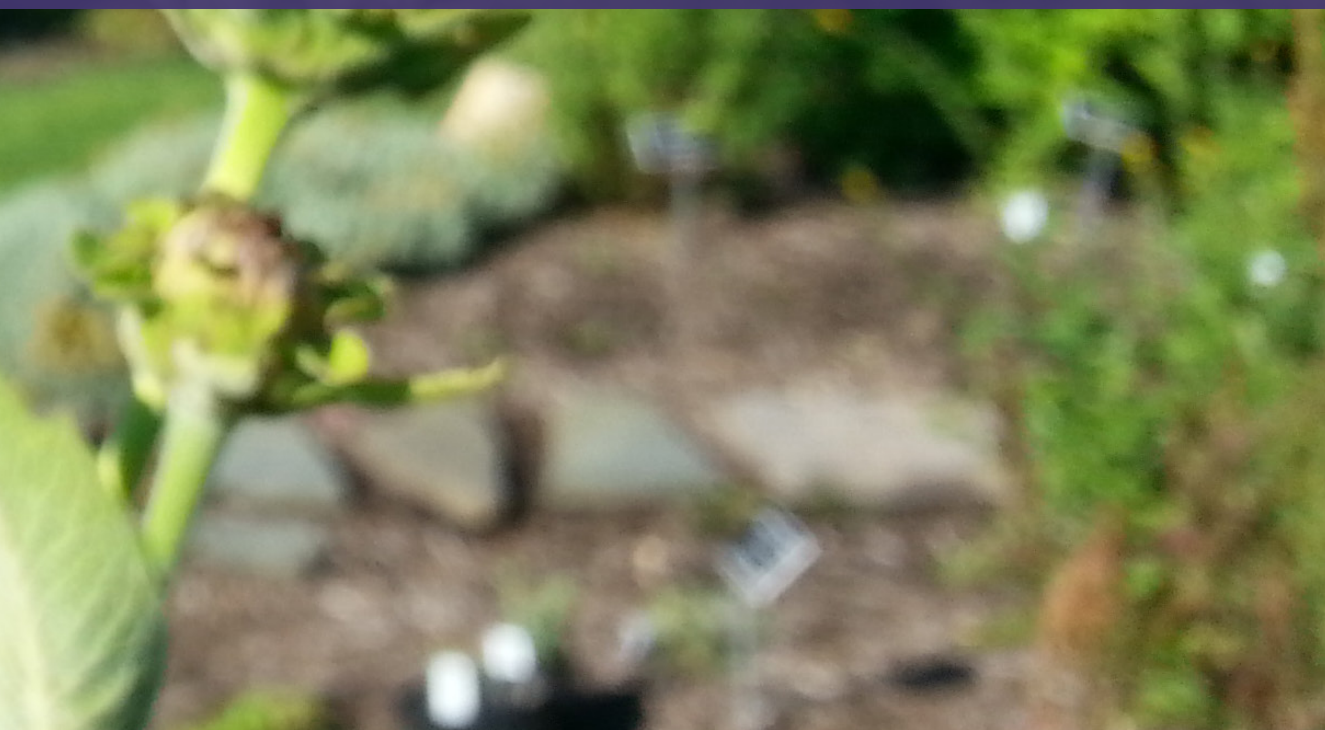
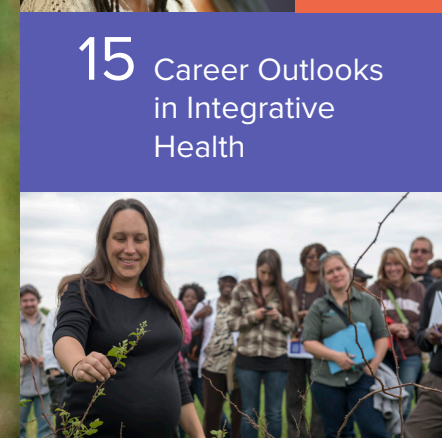
12 Natural Care Center

14 Career Services

15 Career Outlooks in Integrative Health

VISION

Serving as a leader in the global transformation of health and wellness, we integrate healing traditions and contemporary science, acknowledge the wisdom of the body and nature as a teacher, and focus on the interconnection of mind, body, and spirit. Our work enables people to thrive through the cycles of life.



FOUNDATIONAL PRINCIPLES AND VALUES

At Maryland University of Integrative Health, we commit, individually and collectively, to remembering these foundational principles. We use these to guide our behavior, inform our decisions, and shape our preferred future.

FOUNDATIONAL PRINCIPLES

Interconnection

Everyone and everything in the universe is intrinsically connected. Modern science and ancient healing traditions both reflect our interdependence with the environment.

Healthcare research shows that individual well-being is directly connected to the health of both the social community and ecological environment. Ancient healing traditions assert that individually and collectively people shape the world in which they live through their words, actions, and thoughts.

Holism

A person, organization, or system is more than the sum of its parts and can ultimately only be understood and explained as a whole. This holistic perspective significantly impacts healthcare, research, and community life.

Working from this orientation, practitioners take into consideration the entirety of a person (body-mind-spirit); researchers apply systems approaches rather than reductionist models to the study of therapeutic disciplines; and educators, policy makers, and community members make decisions and take action within the context of the whole.

Transformation

People, communities, and organizations have the potential for profound and ongoing change. Transformation is catalyzed by the environment

and receptivity to change. The availability of resources and a sense of empowerment are central to positive transformations. Time-honored traditions assert that living in harmony with nature, cultivating mindfulness, and serving others are paths to individual and community transformation.

Diversity

Diversity underlies the health of any system. In the natural world, biological diversity generates and reflects a sustainable ecology. Diversity of people within an organization or community contributes to creativity, adaptability, and the checking of group bias. Recognition of diverse explanatory models of health and disease, the value of different healing modalities, and the uniqueness of each person provides the foundation for an inclusive and robust model of healthcare.

Resilience

Resilience is the process of navigating change and effectively recovering from challenges. It is a type of adaptation that involves maintaining core integrity while adjusting to meet the demands of shifting circumstances. At its best, resilience involves not only meeting a challenge but also evolving and thriving as a result of the process. Physiological resilience reflects the capacity to maintain and adjust biological states, as needed. From a whole-person perspective, resilience emerges from a multitude of factors, including accepting circumstances that cannot be changed; taking decisive actions when required; cultivating a healthy, positive perspective; developing a sense of purpose in life; and establishing strong social support.

VALUES

Community

We operate from an acknowledgment and declaration of interconnection. Our strength and success derives from each of us individually and collectively taking responsibility for the whole.

Mindfulness

We are intentional and thoughtful in our interactions and in our choices. We listen deeply to one another, choose our words with care, and take actions that serve each other and the common good.

Integrity

We ground our actions and words in honesty, compassion, and dignity. We aspire to excellence and accountability in all we do.

Inquisitiveness

We are committed to lifelong learning. We examine our positions and assumptions to discover new perspectives and ways of being. We strive to be open, to receive coaching, and to respond effectively to feedback.

Discernment

We make decisions with reference to our past, present, and future. We honor and learn from the elders, align with our principles and values, and consider the impact of our choices on future generations.

YOU ARE INVITED TO JOIN US

Members of the Maryland University of Integrative Health (MUIH) Board of Trustees bring a wide range of expertise in healthcare, research, teaching, law, and organizational leadership to MUIH's mission of advancing the science and practice of integrative health.

Here at MUIH our commitments are to educate, heal, support, and collaborate. You can count on us to consistently deliver on these promises. We care for patients and clients in our campus Natural Care Center where we offer integrative health treatment and consultations. Our practitioners include licensed and certified professionals, as well as supervised student interns.

Being a "healing presence" is an element that is essential to everything we do. We take our values-driven philosophy seriously, and our foundational principles are front-and-center in everything we do. We strongly believe in the power of relationships to heal. Our students are assessed on their ability to develop this healing presence, which includes elements of empathy, self-reflection, and mindfulness. We also strive to use this healing presence in meetings with our partners, and in interactions with our community. We respect the role of allopathic medicine and prepare our students to work side-by-side with healthcare providers from all disciplines.

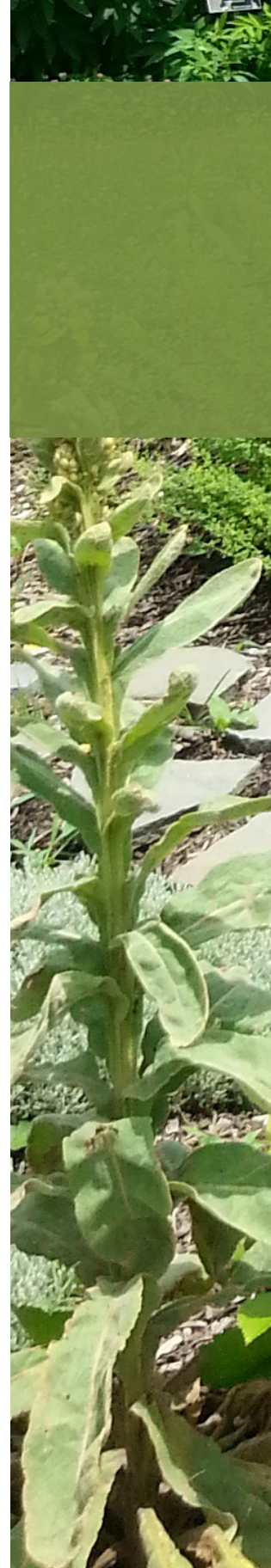
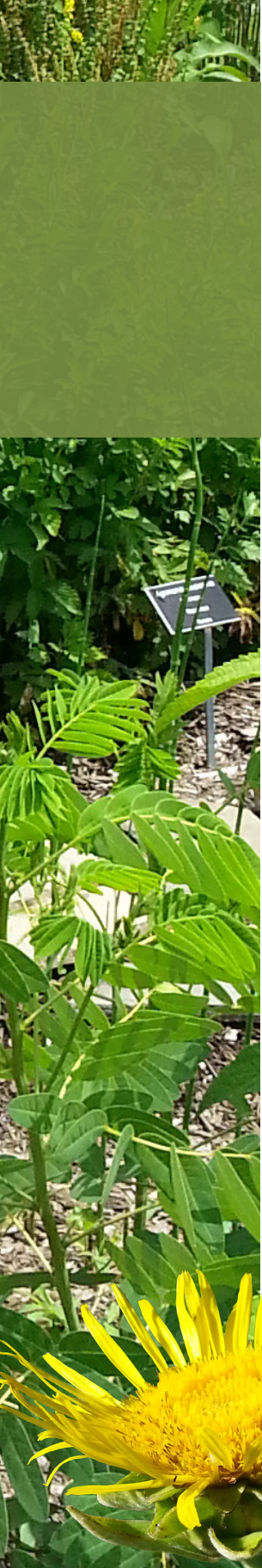
We believe in the power of community as a fundamental part of the MUIH campus and virtual experience. Just as a patient and practitioner form a mutually rewarding relationship on the path toward healing, our faculty and students learn from each other and develop lasting bonds that support a sense of interconnection and unity. The Board carries out its responsibilities in a manner that strengthens the MUIH community.

If you are ready to be part of the movement toward wellness and an advocate of whole person, relationship-centered healing, we invite you to join us.

We are on a fulfilling, meaningful, and exciting adventure to shift the landscape of healthcare and your contributions are most welcome.

Jim Truby

Jim Truby
Board Chairman





WHAT IS INTEGRATIVE HEALTH?

Integrative health, sometimes referred to as integrative medicine, is a practice that focuses on the whole person, making use of all appropriate therapeutic approaches, healthcare professionals, and disciplines to achieve optimal health and healing.

Other terms you may have heard: Complementary; Alternative; Traditional

What about the science? The body of research literature about integrative health practices has grown significantly in recent years, particularly on acupuncture, yoga, nutrition, and mindfulness practices.

HISTORY

**WE COULDN'T
IMAGINE THEN WHAT
WE WOULD BECOME.**

Over the years, we have secured and reinforced our position as a national leader and change agent in the world of integrative health.



HERE'S A LOOK AT A FEW OF OUR MILESTONES:

1974: Institution cofounders Bob Duggan and Dianne Connelly incorporate the College of Chinese Acupuncture, U.S. in the state of Maryland. It is the outgrowth of a program begun in Kenilworth, England, in which U.S. students studied acupuncture with Dr. J. R. Worsley.

1985: TAI is the first school accredited by the National Accreditation Commission for Schools and Colleges of Acupuncture and Oriental Medicine (NACSCAOM, now known as ACAOM).

2002: Tai Sophia Institute moves to a new 12-acre campus in Laurel, MD. The campus opens with a 32,500-square-foot building in a beautiful natural setting.

2006: The Middle States Commission on Higher Education grants initial accreditation to Tai Sophia Institute.

2015: MUIH receives approval by the Maryland Higher Education Commission and permission from the Middle States Commission on Higher Education to offer doctoral level education.

2017: MUIH announces the School of Naturopathic Medicine, the first Naturopathic Doctor (ND) school in the mid-Atlantic region and one of only a handful of ND schools in the nation that operate within a accredited university.

1978: The College amends its charter, and the name is changed to Traditional Acupuncture Institute (TAI).

1995: TAI opens a student teaching clinic, giving clinical students in the acupuncture program a supervised space to treat patients.

2000: As the school enters a new era of service, it takes a new name, Tai Sophia Institute, which signals an expanding mission and encompasses new programs. The name links the Chinese word Tai, meaning "great," and the Greek word for "wisdom," Sophia.

2012: Tai Sophia Institute is reaccredited by the Middle States Commission on Higher Education for 10 years, after a rigorous and comprehensive review of the curriculum, faculty, governance structure, and student and institutional outcomes.

2013: The Institution officially achieves university status and changes its name to Maryland University of Integrative Health. With this landmark achievement, MUIH becomes one of a small number of accredited universities in the country exclusively committed to integrative health.

1900s

70

75

80

85

90

95

2000s

00

05

10

15

20

INSIDE MUIH

MUIH BOARD OF TRUSTEES

MUIH is governed by a board of trustees, which is comprised of dynamic leaders in the healthcare industry. As the governing body, our board members play an integral part in upholding the values of the university.

Our Board of Trustees are elected to serve for a term of three years, and can serve no more than three consecutive terms. An elected Trustee who has served three consecutive terms is not eligible for re-election until one year after the expiration of their third full term.

The Board conducts, at minimum, two regular meetings each year which is typically held in September, and monthly committee meetings.

COMMITTEES

Executive Committee. The Executive Committee is composed of the Chair of the Board, the Vice Chair of the Board, the Secretary of the Board, and the Treasurer of the Board, in addition to the Chairs of the Finance & Audit and Academic Affairs Committees. The President & Chief Executive Officer serves as an ex-officio member of the Executive Committee. In addition, the immediate past Chair of the Board also serves on the Executive Committee for one year, as ex-officio with the ability to vote on matters before the committee. The Chair of the Board serves as Chair of the Executive Committee.

Finance and Audit Committee. The Finance and Audit Committee is composed of at least three members of the Board of Trustees, the Chief Financial Officer (as an ex-officio member), and one or more others, with all members appointed by the Chair of the Board in consultation with the President & Chief Executive Officer. The purpose of the Finance and Audit Committee is to review the financial procedures of MUIH and to ensure that an annual audit of the financial books and records occurs. The Treasurer of the Board is the Chair of the Finance and Audit Committee.

Governance Committee. The Governance Committee is composed of at least Trustees appointed by the Chair of the Board in consultation with the President & Chief Executive Officer. The President & Chief Executive Officer serves as an ex-officio member of the Governance Committee. The purpose of the Governance Committee conducts ongoing evaluation of MUIH's activities, including, but not limited to: evaluating the effectiveness



and structure of the Board of Trustees and its members; evaluating the composition, size, constitution, and diversity of the Board of Trustees and of its Committees; evaluating the competencies and participation of the Board members; assessing the frequency and location of meetings; and reviewing and recommending revisions to the Corporation's Bylaws, committee charters, and policies, as necessary.

Compensation Committee. The Compensation Committee is composed of at least three individuals appointed by the Chair of the Board, two of whom are members of the Board of Trustees. The purpose of the Compensation Committee is to determine, in the manner specified by the Internal Revenue Service ("IRS") Intermediate Sanctions Regulations, the appropriate compensation packages for the President & Chief Executive Officer, officers, and other disqualified persons (as defined in those IRS regulations), and to determine the effective compensation strategy for the University.

Academic Affairs Committee. The Academic Affairs Committee consists of at least three Trustees appointed by the Chair of the Board in consultation with the President & Chief Executive Officer. The Provost and Vice President for Academic and Student Affairs also serve as ex-officio members of the Committee. The purpose of the Academic Affairs Committee is to provide guidance for the University's educational and research enterprises including, but not limited to: reviewing accrediting and recognition requirements of the Middle States Commission on Higher Education and the Maryland Higher Education Commission and the criteria or provisions of all other appropriate organizations; and reviewing and recommending, as necessary, revisions to the Corporation's accreditation process.

Nominating Committee. The Nominating Committee consists of at least three Trustees appointed by the Chair of the Board in consultation with the President & Chief Executive Officer. The members of the Nominating Committee focus on the present and future needs of the Board of Trustees including the nominations for the offices of Chair, Vice Chair, Secretary, and Treasurer; and to present nominations for all expiring terms of members of the Board at the Annual Meeting in September of each year. The Nominating Committee seeks recommendations from existing Board members for candidates for Board membership and officers prior to presenting said nominations.



With a background in the sciences and a reverence for the ancient traditions of the world, MUIH's approach of integrating ancient wisdom with modern science was exactly what I was looking for.

ROHAN JASANI

Clinical Herbalism, Therapeutic Herbalism, and Health and Wellness Coaching



GRADUATE ACADEMIC PROGRAMS

Maryland University of Integrative Health educates leaders in health and wellness through transformative and relationship-centered programs that integrate traditional wisdom and contemporary science.



I have made lifelong connections with some of the most wonderful people ever to walk this planet—my classmates. Not only am I lucky to have them as colleagues, we have also become a tight-knit family. And I have MUIH to thank for that.

JOANNA BALZ
*Nutrition and
Integrative Health*

MUIH offers Master's and Doctoral degrees and graduate certificates in a wide range of wellness fields, as well as individual academic courses for professional and personal development.

MUIH's programs consist of specialized study and practice in particular fields, and are grounded in a core curriculum woven throughout each program:

Scientific principles in anatomy, physiology, biochemistry, and behavioral and environmental health that underlie each discipline.

Research literacy and the use of evidence to think critically and inform decision making and practice.

Healing presence as an integral part of interpersonal relationships and interactions.

Inter-professional skills needed to work with specialists in other fields and work in settings as varied as private practice, community wellness initiatives, and medical and hospital settings.

Practice management skills necessary to build a practice or enter the work force and participate in today's growing healthcare field.

Programs are offered online, on-campus, and in hybrid formats, and feature digitally-enhanced and interactive learning experiences.



ACUPUNCTURE AND ORIENTAL MEDICINE

MUIH was the first accredited acupuncture school in the nation and, nearly 40 years later, is still recognized as a pioneer and leader in the field. The Acupuncture and Oriental Medicine program emphasizes self-cultivation and “healership” – offering students a rigorous, transformative, and relationship-centered curriculum that acknowledges the complex interrelationship between body, mind, and spirit.

- » **Doctor of Acupuncture**
- » **Doctor of Oriental Medicine**
- » **Master of Acupuncture**
- » **Master of Oriental Medicine**
- » **Post-Baccalaureate Certificate in Chinese Herbs**

Available format: On-Campus



HEALTH PROMOTION

The Health Promotion program at MUIH prepares students to work with groups and organizations to help address the needs and challenges of the nation’s healthcare trends. This program offers students a comprehensive foundation in health sciences and integrative health, including an evidence-based understanding of the physiological, behavioral, and environmental aspects of disease prevention and healthy living. The program provides pathways for focused study in community education and workplace wellness.

- » **Master of Science in Health Promotion**

Available format: Online



HEALTH AND WELLNESS COACHING

MUIH is among the pioneers setting industry standards for this rapidly growing career field. The program prepares students to work one-on-one with individuals in identifying and meeting their goals. Unique to MUIH’s health and wellness coaching philosophy is an integrative approach to wellness and healing, a focus on whole-person care, and a model that emphasizes prevention.

- » **Master of Arts in Health and Wellness Coaching**
- » **Post-Baccalaureate Certificate in Health and Wellness Coaching**

Available formats: On-Campus, Online, Hybrid

HERBAL MEDICINE

MUIH offers the only Master's degree in therapeutic herbalism from a regionally-accredited university. It offers students a comprehensive study of medicinal herbs and their role in physiology, health, and wellness, and integrates modern scientific and research knowledge with traditional wisdom. The program provides pathways for focused study in clinical herbalism or herbal product design, and opportunities to study in the field and in MUIH's on-site dispensary.

- » **Master of Science in Therapeutic Herbalism**
- » **Post-Baccalaureate Certificate in Herbal Studies**

Available format: Hybrid



YOGA THERAPY

MUIH's Master of Science in Yoga Therapy is among the nation's first graduate degrees in this rapidly growing field. Designed specifically for serious yoga enthusiasts and yoga teachers, this program will prepare students to fill the growing demand for advanced practitioners with the skills and expertise to empower people toward better health and wellness. The program provides students with the extensive foundational knowledge in yoga therapy, research literacy skills, and experience working in a variety of medical and wellness settings needed to excel in a future career.

- » **Master of Science in Yoga Therapy**

Available format: Hybrid



NUTRITION AND INTEGRATIVE HEALTH

The Nutrition and Integrative Health program at MUIH prepares students with the advanced skills and expertise to fill a growing demand for leaders in a field known to be one of the most influential determinants of long-term health and wellness. The program emphasizes the vital and interrelated physiological, environmental, socio-cultural, and spiritual roles of food. The program includes emerging trends in nutrigenomics, the microbiome, and sports nutrition among others. Graduates of this program will be uniquely positioned to fill the growing demand for nutritionists and nutrition educators.

- » **Doctor of Clinical Nutrition**
- » **Master of Science in Nutrition and Integrative Health**
- » **Post-Master's Certificate in Nutrition and Integrative Health**

Available formats: On-Campus, Online, Hybrid

WHY MOUTH

HANDS-ON
TRAINING...



NATURAL CARE CENTER
at Maryland University of Integrative Health

Naturopathic Medicine

Acupuncture

Chinese Herbs

Nutrition

Yoga Therapy

The Natural Care Center at Maryland University of Integrative Health, which includes our student teaching clinic and professional practitioners, has provided powerful, meaningful, and effective healing experiences for patients and clients with a wide array of health challenges.

The Natural Care Center at MUIH houses the University's Teaching Clinic, offering students the opportunity to gain critical, hands-on experience in a clinical setting. With our team care model, MUIH graduate student interns learn how to deliver highly effective and compassionate health services under the guidance of experienced faculty supervisors who are licensed or certified professionals.

WHAT WE BELIEVE

As leaders in the field of integrative health for more than 40 years, we are uniquely positioned to prepare highly qualified practitioners for the future.

We take seriously our guiding principles and values, and we are committed to high standards of practice. As our students engage with the Natural Care Center, here's what they experience:

Professionalism – Highly skilled, well-prepared counselors are ready to work with them.

Responsiveness – We respond to their inquiries and requests in a timely and compassionate manner.

Accessibility – Our interns have access to the people and materials they need to make the best decisions.

Respect for Individuality – Our interns are valued as individuals with unique knowledge, skills, preferences, and needs.

Relationship-centered, whole-person approach – It's not just what we teach in our healing courses, it applies to all of our work.

Integrity – Interns can count on us to listen carefully and help them find the best fit to help them reach their goals.



Every time I work in the Natural Care Center, I learn something new from my partners, supervisors, and clients about acupuncture, Chinese medicine, and the simple wisdom of living in harmony with both our inner nature and what's occurring outside of us in our external environments.

LIANA BROOKS-RUBIN
Acupuncture

CAREERS

**THE FUTURE OF
INTEGRATIVE HEALTH**



Advance healthcare with MUIH, the leader in integrative health.



CAREER SERVICES CENTER AND OCCUPATIONAL OUTLOOKS FOR MUIH STUDENTS

THE CAREER CENTER AT MUIH

The MUIH Career Center serves as a liaison between the campus community and employers, while also providing students and alumni with career counseling and job search counseling. The center also works closely with the academic programs to support external clinical, internship, and practicum placements.

The staff at the Career Services Center takes a holistic approach to teaching students and alumni how to effectively conduct their job searches. It also provides emotional support and encouragement through the stressful yet exciting process of launching or relaunching a career in the healthcare industry.

A GROWING FIELD

**\$30
BILLION**

AVERAGE ANNUAL SPENDING ON INTEGRATIVE HEALTH SERVICES

With more people seeking out alternative modes of treatment, there is a fast-growing need to educate and train more integrative healthcare professionals.

CAREER OUTLOOKS

The U.S. Bureau of Labor and Statistics project that the healthcare sector is projected to grow 18% from 2016 to 2026, much faster than the average for all occupations, adding about 2.3 million new jobs... more jobs than any other group of occupations. Within this sector, the field of integrative health is a \$30 billion industry and growing rapidly.



I love that MUIH focuses on integrative healing and relationship-centered, whole-person healthcare. I believe that this is what may be missing from our current healthcare system, and to be a part of a place looking to make real changes in today's culture is so exciting for me.

**KATELYN
CHIARELLO**
Health Promotion

CAREER OUTLOOKS IN INTEGRATIVE HEALTH

The U.S. Bureau of Labor Statistics calculates that the healthcare sector will grow by 18% from 2016 to 2026. An estimated 59 million persons aged four years and over had at least one expenditure for some type of complementary health approach, resulting in total out-of-pocket expenditures of \$30.2 billion per year. Out-of-pocket spending for complementary health services represented 9.2% of all out-of-pocket spending on healthcare.

WHERE ARE MUIH ALUMNI EMPLOYED?

Alumni apply the skills and knowledge learned in their MUIH program while employed in private practice, as well as in a variety of healthcare-related settings.

SAMPLE LIST OF MUIH ALUMNI EMPLOYMENT SITES

- Baltimore City Men's and Women's Detention Centers, MD
- Casey Health Institute, MD
- Cincinnati Children's Hospital and Medical Center, OH
- Fairfax County Department of Health, VA
- Federal Emergency Management Administration, DC
- Geisinger Health System, PA
- Georgetown University, VA Center for Health and Wellness, DC
- GIANT Foods, MD
- Holistic Veterinary Healing, MD
- Holland America Cruise Lines, NV
- Johns Hopkins University and Hospital, MD
- Kaiser Permanente, MD
- Kennedy Krieger Institute, MD
- LifeFitness, IL
- Medstar Harbor Hospital, MD
- MOM's Organic Market, MD
- National Council of Urban Indian Health, DC
- Onondaga Physical Therapy, NY
- Richmond Natural Medicine, VA
- Soliant Health, GA
- Stanford University School of Medicine and Lucile Packard Children's Hospital, CA
- Thomas Cuisine Management, ID
- Trenton Public School District, NJ
- United States Department of Agriculture, Child and Adult Care Food Program, DC
- University of Pennsylvania Medical Center, Hillman Cancer Center, PA
- Wellspan Health, PA

ACCREDITATION

INSTITUTIONAL ACCREDITATION – MIDDLE STATES COMMISSION ON HIGHER EDUCATION

Our university is accredited by the Middle States Commission on Higher Education, 3624 Market Street, Philadelphia, PA 19104 (267-284-5000). The Middle States Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Council for Higher Education.

The Middle States Commission on Higher Education (MSCHE) accredits colleges and universities in the Mid-Atlantic region of the United States. In higher education, regional accreditation is considered the most prestigious accreditation a university can achieve. The Middle States Commission is a voluntary, non-governmental, membership association that is dedicated to quality assurance and improvement through accreditation via peer evaluation. Middle States accreditation instills public confidence in institutional mission, goals, performance, and resources through its rigorous accreditation standards and their enforcement. MSCHE reviews and accredits the entire institution, not individual academic programs.

STATE APPROVAL – MARYLAND HIGHER EDUCATION COMMISSION

Each time MUIH launches a new doctoral, master's degree, or academic certificate program, it undergoes

a rigorous review process by the Maryland Higher Education Commission. Every one of our academic programs has been approved by the Maryland Higher Education Commission. Maryland Higher Education Commission's address: 6 N Liberty St, Baltimore, MD 21201 (410-767-3300).

PROGRAMMATIC ACCREDITATION

Programmatic accreditation oversees specific academic programs in the fields that fall under their purview.

Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM)

The Master of Acupuncture and Master of Oriental Medicine programs at Maryland University of Integrative Health are accredited under master's degree standards by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM), the recognized accrediting agency for programs preparing acupuncture and Oriental medicine practitioners.

ACAOM is located at 8941 Aztec Drive, Eden Prairie, Minnesota 55347; phone (952) 212-2434; fax (952) 657-7068.

The Doctor of Acupuncture and Doctor of Oriental Medicine programs at Maryland University of Integrative Health are not accredited or pre-accredited (candidacy) by the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM).

Graduates of these programs are not considered to have graduated from an ACAOM accredited or candidate program and may not rely on ACAOM accreditation or candidacy for professional licensure or other purposes.

International Association of Yoga Therapists (IAYT)

Our Master of Science in Yoga Therapy is accredited by the Accreditation Committee of the International Association of Yoga Therapists. This accreditation has been developed by IAYT to recognize organizations that achieve their rigorous and comprehensive standards for yoga therapy educational programs. International Association of Yoga Therapists' address: PO Box 251563, Little Rock, AR 72225 (928-541-0004).

International Consortium for Health and Wellness Coaching (ICHWC)

The Health and Wellness Coaching program is an Approved Transition Program by the International Consortium for Health and Wellness Coaching, qualifying students to sit for the national certification exam.

International Coach Federation (ICF)

The Health and Wellness Coaching on-campus and hybrid programs are approved by the International Coach Federation (ICF) as a 60-hour Approved Coach Specific Training (ACSTH) program.



MUIH is not only a fantastic academic setting, but a beacon for integrative health and a place of engaging community.

JASON BOSLEY-SMITH
Nutrition and Integrative Health





7750 Montpelier Road, Laurel, Maryland 20723

410.888.9048 | 410.888.9004 Fax

 MUIHealth  @ MUIHealth

muih.edu #exploreMUIH

