

Outcome #6 – Influence of Mind, Body and Spirit on Health

Graduates will recognize the inter-relationships of the mind, body, and spirit and the influence of extrinsic factors on an individual's health.

Criteria for Assessment:

1. Inter-relationships of the mind, body and spirit

- a. The graduate will be able to describe mind, body, and spiritual aspects of holistic health care.
- b. The graduate will be able to examine the evidence regarding the relationship between mind, body, and spiritual health.
- c. The graduate will be able to develop holistic practice guidelines and standards that can be applied to the care of clients in a variety of clinical settings.
- d. The graduate will be able to develop a personal plan for health and well-being that incorporates holistic practices.
- e. The graduate will be able to educate patients/clients on the impact of mental, physical, and spiritual health on their overall well-being.

2. Influence of extrinsic factors on an individual's health

- a. The graduate will be able to explain the characteristics of optimal healing environments.
- b. The graduate will be able to recognize the impact of extrinsic factors, such as diet, lifestyle, and stress on health.
- c. The graduate will be able to assist patients/clients in incorporating lifestyle changes to improve their health.