



Change Your Future. Start Today.

At John F. Kennedy University

Holistic Health Education - MA

Frequently Asked Questions

What kinds of students does the MA in Holistic Health Education attract?

People from all kinds of backgrounds, who have tried and studied many things, and seek ways to integrate their learnings and experiences, are especially drawn to this program. Some are yoga practitioners and teachers, as well as practitioners in different healing modalities, including nursing. Most value health and well-being for all, love nature and seek to preserve it, and find time (or want to!) for self-care and spiritual practices. They are potential innovators, trail-blazers, and change agents, whether they would focus on helping existing systems to evolve or on creating new ones. They long to be a part of a community of like-minded people. Some come to the program because of their own health challenges or having seen what friends or family members have experienced, and wishing to make things better. Some are working on their first career, while others are seeking to change direction.

How does this program compare with other MA programs in related areas?

The program is 30 years old and unique in preparing people to become professionals in holistic health education (broadly defined). In contrast, many programs provide training for individuals to become practitioners of various healing modalities.

This program offers both professional skills training (and internship) and focus on personal practice of health. We are a “personal touch” and strongly community-minded program. We draw inspiration from a very robust theoretical model of integration (Integral Theory) that allows us to go beyond holistic health as meaning “alternative” and being focused on individuals, and “integration” as meaning simply having many choices without fitting them together in some coherent fashion. We focus on health of individuals and collectives, seek to identify the strengths of many approaches, and create bridges that truly integrate in practice. We contextualize the work through considering culture and communities, the economics and politics of the healthcare system, and how health, environment and sustainability are related, and what role meaning plays in a sense of well-being.

Students may proceed at their own pace through the program, and some of our courses include an online component, with more to be added in the future.

Students have the opportunity to develop professional skills in health coaching, facilitating support groups, teaching, publishing (including making use of online possibilities such as blogs and social networking), starting an integrative center, program development, and stress management. We have optional specializations, which include Health, Consciousness, and Spirituality; Somatics in Health Education; and Holistic Nutrition.

