

# Whole Person Health Certificate Course

Course Level: Post-Baccalaureate / Professional Certificate

Delivery Mode: Online Synchronous + Experiential Practicum

Duration: 8-Week Accelerated Course

## Course Description

The Certificate in Whole Person Health (WPH) is an interdisciplinary course designed for healthcare professionals, faith-based leaders, program managers, policy makers, researchers, and community health advocates committed to transforming health and healing through the integration of physical, mental, and spiritual well-being. Grounded in addressing personal and communal dimensions of the social determinants of health (SDOH), this certificate course integrates modern medicine, behavioral science, environmental studies, phytomedicine, and artificial intelligence (AI) with ancient and indigenous wisdom from diverse faith and cultural traditions. The course is designed to address four critical pillars of WPH, namely, Care, Advocacy, Research, and Education (CARE).

## Course Objectives

- Promote the integration of Whole Person Health practices within medical, traditional, psychosocial, and spiritual service delivery models.
- Foster understanding of the biological, psychosocial, and spiritual foundations of Whole Person Health.
- Equip students with research methodologies that inform Whole Person Health.
- Engage the role of media, technology, and performance arts in health and wellness.

## Course Learning Outcomes

Upon completion, graduates will be able to:

- Develop and apply ethical, contextual, and culturally sensitive approaches to integrative in-person and/or digital Whole Person Health patient experience. (CARE)
- Design and lead Whole Person Health initiatives that promote health equity and resilience, including C4 Whole Person Healthcare Kiosks. (ADVOCACY)
- Design and/or propose health research that collaborates across faith, spiritual, clinical, research, and ecological domains, and implement community-based health programs that account for phytomedicine and indigenous healing systems in modern healthcare. (RESEARCH)
- Demonstrate an understanding of the biological, psychosocial, and spiritual foundations of Whole Person Health, and articulate how these components are related in evidence-based health delivery practices. (EDUCATION)
- Evaluate the role of and integrate mind-body-spirit principles into evidence-based health and healing practices.
- Understand the potential of AI and digital health tools for advancing personalized and whole-person healthcare using the Comprehensive CARE Center in the Cloud (C4).

## Course Format

- Pre and post-course evaluation assessment
- Interactive case studies and experiential individual and community stories
- Interactive question and answer sessions.
- Integrated Whole Person Practicum and Final Project

## Course Curriculum Structure

Date and Course Code	Session Title	Credits	Delivery	Prerequisites
Feb. 14, 2026 WPH 501	Foundations of Whole Person Health	3	Online	None
Feb. 21, 2026 *WPH 502	Faith, Culture, and Healing Traditions	3	Hybrid	None
Feb. 28, 2026 *WPH 503	*Phytomedicine and Indigenous Healing Systems	3	Hybrid	None
March 7, 2026 *WPH 504	*Mind–Body–Spirit Connections in Health	3	Hybrid	WPH 501
March 14, 2026 *WPH 505	Lifestyle Medicine and Integrative Health	3	Online	WPH 501
March 21, 2026 WPH 506	Leadership, Systems, and AI for Whole Person Health	3	Online	WPH 501
April 4, 2026 WPH 507	Submit Practicum Project	6 hours	Experiential	Completion of WPH 501–506

## Course Highlights

- **WPH 501 – Foundations of Whole Person Health:** Introduces the science, evidence, and philosophy of Whole Person Health, emphasizing the interconnectedness of physical, mental, social, and spiritual dimensions. Explores social determinants of health, systems biology, and holistic models used by the National Institute of Health (NIH), the World Health Organization (WHO), and either faith-based institutions or spiritual programs.
- **WPH 502 – Faith, Culture, and Healing Traditions:** Examines historic and contemporary analyses of theories and traditions of healing through interfaith-based approaches. Emphasizes the dialectical relation between faith, culture, and healing while highlighting the role of ethics, respect, and interfaith collaboration across health and wellness platforms to enhance Whole Person Health.
- **WPH 503 – Phytomedicine and Traditional Healing Systems:** Provides a scientific and cultural exploration of medicinal plants and natural products used in traditional medicine. Reviews bioactive compounds, mechanisms of action, evidence for safety and efficacy, and their integration into modern healthcare.
- **WPH 504 – Mind–Body–Spirit Connections in Health:** Covers psychoneuroimmunology, stress physiology, trauma-informed care, experiential practices like mindfulness and gratitude, and the role of mental and spiritual well-being in disease prevention and recovery. Includes trauma-informed pedagogies and approaches to care and health, including experiential learning in spiritual disciplines such as prayer, mindfulness, gratitude practices, and resilience training.

- **WPH 505 – Lifestyle Medicine and Integrative Health:** Explores theories and concepts of lifestyle medicine and integrative health (adequate sleep, nutrition, exercise) for disease prevention and in the practice of medicine/care that is attuned to the whole body’s capacity for healing with the aid of complementary modalities of care in a continuum of health and wellness spectrum.
- **WPH 506 – Leadership Systems, and AI for Whole Person Health:** Discusses innovation in health systems transformation, focusing on the use of AI applications and digital health tools to enhance personalized care and Whole Person Health approaches, including disease prevention, care, treatment, and healing options.
- **WPH 507 – Practicum and Final Project:** An applied project integrating faith, science, and community practice. In consultation with an assigned faculty, students design a Whole Person Health initiative (for community implementation) either in Care, Advocacy, Research, or Education (CARE) in partnership with an accredited institution, program center, summit, etc., of their choice.

## Admission Requirements

- Interest in learning about Whole Person Health to improve wellbeing

## Course Schedule

Day: Saturdays

Time: 8:00 AM – 11:00 AM EST

Start Date: February 14, 2026

End Date: April 4, 2026

## Training Requirements

- Laptop or Desktop
- Internet Connectivity/WiFi
- Notebook/Journal
- Pen

## Assessment Methods

- Quizzes
- Reflective journals and spiritual wellness logs
- Case study analysis and group projects
- Community engagement practicum reports
- Capstone project and oral defense

## Accreditation and Alignment

This course, administered via the Global Oncology University Collaborative Education Program, aligns with standards from:

- NIH’s National Center for Complementary and Integrative Health (NCCIH)
- WHO Traditional Complementary and Integrative Medicine (TCIM)

- Global Health Catalyst (GHC) / Whole Person Healthcare Kiosks for All Model
- Religion and Global Health Forum (HOPE+)
- American Board of Integrative Medicine (ABOIM)
- Global Health Bonds Exchange Platform (GLOHBX)

## Career and Ministry Pathways

- Faith-Based or Integrative Health Leaders
- Whole Person Health Coaches or Coordinators
- Researchers in Integrative and Community Health
- Wellness Program Directors (Hospital, Church, NGO)
- Advocates for Policy and Health Equity through Faith and Science

## Tuition/Fees

Participation: Free

Certificate Option: \$50 for those completing 70% of the course lectures and the end-of-course final assessment to receive a Whole Person Health Course Completion Certificate.

Course Coordinators:

Aayush Rohella, Dr. Gloria Ekpo, Dr. Sayeda Yasmin Karim, Prof. Kenneth Ngwa