

# INTEGRATIVE HEALTH

---

*Integrative health takes a balanced approach to wellness. Instead of reacting to illnesses and diseases, it strives for prevention by dealing with issues before they become serious enough to have a negative impact. It considers the patient's unique circumstances to determine the most appropriate treatments and therapies for achieving optimum health and well-being.*<sup>1</sup>

The Integrative Health (INHL) Department at Orange Coast College is unlike any other within the California Community College system. IHNL provides cross-disciplinary programs that train health care workers who see people for their unique selves and who understand the holistic approach to health, body, mind, and soul. Students in this program understand the value of prevention, want to educate people in health behaviors, and have the ability to express empathy and compassion to those they serve.

Currently, the INHL department offers a Certificate of Achievement and an Associate of Science in Integrative Health Coaching. An Integrative Health Coach is a new and growing allied health specialty that supports patients by focusing on prevention, health and wellness. Coaches serve as a patient advocate by assuring they understand their clinician's written and verbal directions. The Integrative Health Coach also assists to improve the patient's health literacy and understanding of their condition and treatment plan. To assist patients in changing their health behaviors, Integrative Health Coaches use:

## Department Contact Information

### **Konick, Sharyn, MSW**

Project Manager  
skonick@occ.cccd.edu  
(949) 307-3117

### **Diane Brown, MS**

Chair, Public and Integrative Health  
dbrown226 (dbrown226@occ.cccd.edu)@occ.cccd.edu  
(tlovelandgrace@occ.cccd.edu)

Integrative Health Department Website (<https://orangecoastcollege.edu/academics/kinesiology-athletics/degrees-certificates/ihc/>)

1. Susan Samuelli Integrative Health Institute. (2020). *Integrative Health*. Retrieved from <https://ssihi.uci.edu/integrative-health/>

- Integrative Health Coach, Associate in Science Degree (<https://catalog.cccd.edu/orange-coast/pathways/careers-healthcare/integrative-health/integrative-health-coach-associate-science-degree/>)
- Integrative Health Coach, Certificate of Achievement (<https://catalog.cccd.edu/orange-coast/pathways/careers-healthcare/integrative-health/integrative-health-coach-certificate-achievement/>)