

Gale Courses--Classes With "Contact Hours" for Continuing Ed Units, 6/24/2020

COURSE TITLE	CATEGORY	DESCRIPTION
Certificate in Brain Health	Healthcare and Medical Alternative Medicine	(10 contact hours) In this innovative course, you'll gain insights into the amazing brain and learn how to support health and happiness through lifestyle choices that impact this remarkable organ.
Certificate in Complementary and Integrative Health	Healthcare and Medical Alternative Medicine	(24 contact hours) Enhance your professional marketability by gaining a broad understanding of complementary and integrative health care options.
Certificate in End of Life Care	Healthcare and Medical Health Care Certificate	(19 contact hours) The Certificate in End-of-Life Care will enhance the knowledge and skills of health care professionals and individuals who work with or care for those experiencing a terminal illness.
Certificate in Energy Medicine	Healthcare and Medical Alternative Medicine	(10 contact hours) Explore the use of healing energy medicine techniques in health care, including meditation, acupuncture, qigong, sound and music therapy, and gentle hand techniques such as Reiki and reflexology.
Certificate in Global Healing Systems	Healthcare and Medical Alternative Medicine	(13 contact hours) Deepen your knowledge of medical treatment by exploring alternative health care practices from India, China, Eastern Europe, and Central, North, and South America.
Certificate in Healing Environments for Body, Mind, and Spirit	Healthcare and Medical Alternative Medicine	(16 contact hours) In this innovative online course, you'll examine how Optimal Healing Environments (OHEs) impact the health of individuals and communities on a physical, social, psychological, and spiritual level.
Certificate in Healthy Aging	Healthcare and Medical Health Care Certificate	(10 contact hours) Gain an overview of aging, including the impact of nutrition and physical activity, changes in the healthy aging brain, and the role of sexuality in healthy aging.
Certificate in Holistic and Integrative Health	Healthcare and Medical Health Care Certificate	(33 contact hours) Explore the exciting, growing field of holistic and integrative health in this comprehensive online course designed for health care professionals and consumers.
Certificate in Holistic and Integrative Health: Foundations 1	Healthcare and Medical Health Care Certificate	(14 contact hours) This online course focuses on foundational concepts in holistic and integrative health, including stress management, physical activity and movement, nutrition, and healing environments.
Certificate in Holistic and Integrative Health: Foundations 2	Healthcare and Medical Health Care Certificate	(10 contact hours) In this four-lesson online course, you'll examine the healing systems of Ayurvedic and traditional Chinese medicine, explore the connection between health and the human spirit, and learn about ancient and diverse practices of meditation.

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Certificate in Holistic and Integrative Health: Foundations 3	Healthcare and Medical Health Care Certificate	(9 contact hours) In this certificate course, you'll explore the concepts of four holistic therapeutic modalities as you focus on the use of humor, music and sound, energy healing, and massage and bodywork in healing.
Certificate in Infectious Diseases and Infection Control	Healthcare and Medical Alternative Medicine	(13 contact hours) Designed for healthcare and medical professionals, this online course offers insights into common infectious diseases and procedures for controlling their spread.
Certificate in Integrative Mental Health	Healthcare and Medical Health Care Certificate	(20 contact hours) Learn a groundbreaking, holistic and integrative approach to treating mental health problems. This course will provide complementary methods of care which are combined with medications and psychotherapy to effectively address the physical, psychological, and spiritual needs of individuals with a variety of mental health conditions.
Certificate in Legal and Ethical Issues in Healthcare	Healthcare and Medical Ethics, Law, and Compliance	(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPPA rules, medication errors, social media and healthcare, organ donation, and workplace violence.
Certificate in Meditation	Healthcare and Medical Alternative Medicine	(8 contact hours) In this online course, you'll explore the many meditation techniques that can be used to support the mind-body connection and promote healing, health, and wellness.
Certificate in Mindfulness	Healthcare and Medical Alternative Medicine	(8 contact hours) In the Certificate in Mindfulness, you'll learn about mindfulness and meditation, mindfulness and happiness, mindful eating, mindful movement (walking, yoga, Tai Chi, and Qigong), and mindful relationships.
Certificate in Music Therapy and Sound Healing	Healthcare and Medical Alternative Medicine	(8 contact hours) This course will prepare you with the ability to describe the goals, interventions, and therapeutic uses and benefits of music therapy and sound healing.
Certificate in Nutrition, Chronic Disease, and Health Promotion	Healthcare and Medical Alternative Medicine	(12 contact hours) Learn about the impact of food politics, clean water, foodborne diseases, mood, genetically engineered foods, and malnutrition on health and the development of chronic diseases.
Certificate in Pain Assessment and Management	Healthcare and Medical Health Care Certificate	(12 contact hours) This certificate provides an overview of the mechanisms of pain, the multidisciplinary methods of assessment, management, and treatment of pain, which include adults, children, and the elderly with cancer related and non-cancer related pain.

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Certificate in Perinatal Issues	Healthcare and Medical Health Care Certificate	(20 contact hours) The Certificate in Perinatal Issues is a multidisciplinary educational experience designed to enhance the knowledge and skills of individuals who provide care and support for childbearing women, newborns, and families.
Certificate in Spirituality, Health, and Healing	Healthcare and Medical Alternative Medicine	(25 contact hours) Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on health and healing.
Certificate in Starting Your Own Business in Health and Healing Business Start Your Own Business		(11 contact hours) Learn virtually everything you need to know to start a health and wellness business, including marketing, financing, and creating a business plan.
Certificate in Stress Management	Healthcare and Medical Alternative Medicine	(14 contact hours) Explore the physiological, social, and psychological impacts of stress and study modalities to get stress under control.
Certificate in Violence Prevention and Awareness	Healthcare and Medical Alternative Medicine	(13 contact hours) Designed for medical professionals, this online course offers important insights into the signs of violence that may be presented by patients in a healthcare setting.
Certificate in Wellness and the Environment	Healthcare and Medical Health Care Certificate	(9 Contact Hours) This course focuses on the connection between wellness and the environment. You will learn actionable steps to help create and sustain a healthy environment.
Certificate in Women's Health Issues	Healthcare and Medical Health Care Certificate	(14 contact hours) When women's health concerns, women's rights, and their empowerment are made a priority, the results include immense improvements in the health and well-being of women and their children on a global scale.