



NUNM ELECTIVES: ALL PROGRAMS

FALL 2024-2025

Classes are open to all NUNM graduate/doctoral students who meet course prerequisites.

Classical Chinese Medicine

CM 07E - Death and Dying in Chinese Medicine (1.5 credits)

WILMOTH | IN PERSON | ROOM 204 | THU 10:00 am – 11:50 pm

In the realm of alternative medicine, hospice care has received little to no attention. It is a growing problem given the reality that our country's population is aging, and therefore the need for skilled end of life care practitioners is increasing. Healers can help catalyze, ignite, and inspire this healing in clients who are in the process of dying. This class offers a road map into the realm of working with the terminally ill. We will explore the issues around dying, including our own death, and learn practical and useful skills within Chinese medicine to work with people at end of life.

CM 15E – Shiatsu I (1.5 credits)

WARD | IN PERSON | ROOM 204 | FRI 1:30 pm - 2:50 pm

This introductory course presents two of the cornerstones of Asian/Japanese massage, shiatsu and Do-In [a self-massage routine (Dao-Yin in Chinese)]. Neither massage uses oil nor requires disrobing. This course presents traditional Asian style massage on a table and teaches the back half of the body. It takes about 45 minutes to an hour to perform. An emphasis is placed on learning the proper alignment and body position for the practitioner, and on memorizing and internalizing the sequence (kata/form) of the massage. Students are exposed to the energetic, theoretical and technical aspects of shiatsu. Theory focuses on learning the channel pathways. Instruction emphasizes kinesthetic learning, alternating between demonstration and practice. *Open to all NUNM students. Note: Additional fee required.*

CM 38E - Sound Resonance Therapy for Chinese Medicine (1.5 credits)

GLOWACKI | IN PERSON | ROOM 205 | MEETS SEPT 28 – DEC 7 | SAT 9:00 am – 11:50 am

Chinese medicine at its core is considered vibrational and energetic. Sound permeates our environment with resonant and dissonant frequencies. Sound resonance therapy is intentional and directed towards the healing of individuals at the conscious, physiological and structural levels of our existence. These three levels correspond to the concept of the Three Treasures, Shen, Qi and Jing, in Chinese medicine. This course will cover sound therapy concepts, its historical and global occurrence and its varied uses. Students will learn how to assess for disharmony using sound instruments and provide sound therapy for various conditions. The emphasis of the class will be on practicing various sound therapy instruments in the context of providing therapy.

Naturopathic Medicine

NDEB 5110E – NW Herbs I (2 credits)

PETERSON | IN PERSON | ROOM 207 | THURS 4:30 pm - 6:20 pm

These courses cover local plant identification, ethical harvesting, drying techniques, and preparation of herb tinctures, oils, salves and many other therapeutic preparations. Traditional, historical and scientific uses of plants are explained. Students are encouraged to develop an appreciation for plants that is not limited to seeing them as medicinal agents. Each term includes outdoor field trips to enhance the study of plants. *Note: Additional fee required.*

NDEB 5210E – Herb Garden Processing (0.5 credits)

STANSBURY | SATURDAY DATE TBD

Held in Battle Ground, Washington, this outdoor course provides hands-on experience with items grown in the garden. Demonstrations will include sprouting; fermenting; making tinctures, salves, oils, creams and vinegars; canning; preserving flowers; harvesting seeds and more. Students will gain experience working with a variety of recipes and more than a dozen live plants. *Note: Additional fee required.*

NDEB 6230E - Advanced Botanical Medicine I (3 credits)

PETERSON | IN PERSON | ROOM 207 | THURS 1:00 pm – 3:50 pm

These courses build on the required botanical materia medica classes. Studies expand training in plant medicines and the creation of botanical formulas for various disorders. Plant energetics, the most recent research on botanical medicines, and the spiritual and metaphysical aspects of herbs are explored in more depth. *Prerequisite(s): [THR 5131](#).*

NDEC 6240E – Advanced Electrocardiogram and Spirometric Interpretation (0.5 credits)

CHAN | IN PERSON | ROOM 201 | FRI 2:00 pm - 2:50 pm

This tutorial emphasizes the interpretation and analysis of electrocardiographs and spirometers, as well as the presentation of case studies to provide additional context. The course also provides the opportunity for further discussion of the material from the lecture course. *Corequisite(s): [CLS 6220](#).*

NDEC 8430E – Advanced Gastroenterology Lab (1 credit)

SANDBERG-LEWIS | IN PERSON | ROOM 220 | SAT SEPT 21 + SAT SEPT 28 | 9:00 am - 4:50 pm

This lab covers techniques used in a functional gastroenterology practice: integrated abdominal exam, gastric pH testing, visceral release and energetic psychology techniques. It is a mixture of both scientifically based and clinically proven techniques. *Prerequisite(s): [CLS 6230](#).*

NDEH 7310E – Homeopathy I (3 credits)

EDSON | IN PERSON | ROOM 302 | WEDS 1:30 pm - 4:20 pm

This course series builds on the core homeopathic curriculum and supports the attainment of the homeopathy certificate. The courses are intended to help students advance their understanding and practical application of homeopathy in a clinical setting. Students will further develop their skills in case analysis, symptom and rubric selection, navigation of the computerized repertory, special functions of the computerized repertory, and familiarity with the reportorial language. *Prerequisite(s): [THR 5131](#).*

NDEH 7331E – Homeopathy III (3 credits)

EDSON | IN PERSON | ROOM 301 | THU 1:00 pm – 3:50 pm

This course series builds on the core homeopathic curriculum and supports the attainment of the homeopathy certificate. The courses are intended to help students advance their understanding and practical application of homeopathy in a clinical setting. Students will further develop their skills in case analysis, symptom and rubric selection,

navigation of the computerized repertory, special functions of the computerized repertory, and familiarity with the reportorial language. *Prerequisite(s):* [THR 5131](#), [NDEH 7320E](#).

NDER 8420E – Natural Childbirth IV - Postpartum Management (3 credits)

GRABOWSKA | IN PERSON | ROOM 202 | TUE 2:30 pm - 5:20 pm

This course begins with the third stage of birth, delivery of the placenta, and concludes with the six weeks of postpartum. The effects of pregnancy resolution and the beginning of motherhood on a woman's body, mind and spirit are studied. Students are taught practical skills, such as perineal repair, bladder catheterization, IV insertion, blood loss estimation, management of postpartum hemorrhage, and breast-feeding support; as well as an appreciation for the dynamics of personal and familial transition during this period. *Prerequisite(s):* [CLS 7310](#).

NDET 6230E – Mindful Self Compassion (2 credits)

WINDSTAR | IN PERSON | ROOM 305 | MON 1:00 pm – 3:20 pm + SAT OCT 26 from 10:00 am – 2:00 pm

This is an eight-week course with a half-day silent retreat designed to explicitly teach skills of self-compassion. This experiential course uses meditations, informal practice, group discussion and dyads, and homework exercises. A variety of guided meditations (loving-kindness, affectionate breathing, giving and receiving meditation [11 meditations total]), informal practices for use in daily life (soothing touch, self-compassionate letter writing, compassionate listening, self-compassion for care givers [18 total]) are taught and practiced. Self-compassion is evoked during the classes using experiential exercises, and home practices are taught to help develop the habit of self-compassion. Students will be asked to incorporate evidence-based literature into reflective journals.

School of Undergraduate and Graduate Studies

Ayurveda

GSA 530E – Panchakarma (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

Panchakarma is the Ayurvedic approach to detoxification, cleansing of the body and mind for rejuvenation and restoration of health. This course provides an overview of the basic concepts, philosophy, types of Panchakarma, indications, contraindications, and preparatory processes for Panchakarma (pre-panchakarma procedures).

Demonstrations of selected Panchakarma procedures are covered in this course by using a mannequin as a model for execution of those procedures. The panchakarma modalities explored here include demonstration and instruction of Ayurvedic dosha wise personalized oil application for the whole-body, for relevant portions and traditional bodywork technique for self-care (oleation-part of the pre-panchakarma procedure), Udvartana (technique to apply dry herbal powder), Kati Basti(oil pulling at pelvic region by making an oil-well), Griva basti(oil pulling at neck region by making an oil-well), Janu basti(oil pulling at knee region by making an oil-well), Pinda Swedana (hot pack-sudation therapy) technique, Virechana (purging), and Nasya (nasal drops). *Note: Additional fee required.*

GSA 545E – Philosophy of Ayurveda (2 credits)

RAJURKAR | ONLINE ASYNCHRONOUS

This course is an overview of Ayurveda's central philosophical considerations including its objective, eight branches (Eight Branches-Internal medicine, pediatrics, psychology, EENT, surgery, toxicology, geriatrics, aphrodisiac), theories of five basic elements, body type-constitution-prakriti based on Tridosha (three functional bio-energies-vata pitta kapha), Mind prakriti (constitution based on the doshas of mind), general causes and indications of their balance and imbalance, their role in the health and disease formation. An introduction to Dhatu (body tissue), Malas (body wastes), Agni (biogenic fire essential for transformation), tastes, and universal qualities of matter are explored in this course. Students will examine the Ayurvedic holistic approach in research, journals, books and wide range of treatment modalities. The mission and scope of Ayurvedic Wellness Counseling in the USA are also covered in this course.

Global Health

GSGH 832E – Thailand Global Health Experience (4 credits)

SCHER | DEC 17-24, 2024

This course is a 10-day experience trip in Northern Thailand with coursework focusing on Thai-vedic medicine (traditional Thai medicine), including Thai cooking, herbal medicine, Thai massage, and self-care. There are options to receive certification in Thai massage and for additional study in Thai-vedic medicine, yoga, meditation, and movement classes. Students also participate in activities such as visits to organic farms, hot springs, conservation camps, and other cultural and historic sites. *Note: Itinerary-specific trip fee applies. Co-Requisite: GSGH901E in Fall 2024. Must have preapproval from Dean.*

GSGH 901E – Pre-departure International Travel (0 credits)

TUSON-TURNER | ONLINE ASYNCHRONOUS

This course is required for all students participating in an international travel course or experience abroad, including clinical preceptorships. Students will obtain all necessary documentation to travel, such as a visa, passport, proof of immunizations, and acknowledgement of NUNM's travel policy. Country-specific travel information and cultural considerations are discussed. There is a \$500 deposit that will be applied to the associated travel course fee.

Nutrition

GSN 513E – Shifting the Paradigm of Weight Centric Care (2 credits)

KARMEL | ONLINE SYNCHRONOUS | FRI 10:00 am – 11:50 am

This course is designed to address the beliefs and accompanying care that health professionals provide to their fat, high BMI, and obese patients. It will educate students on the complicated and compounding causes of fatness; challenge automatic beliefs that our culture has about fatness; review the implications of fatness and associated weight-centric care; explore evidence-based, patient-centered, and trauma-informed care approaches and language to use when working with these patients; identify ways to advocate for this population while engaging in coordinated care efforts; develop confidence in choosing the appropriate tools to use clinically; and learn how to stay informed about the latest research in providing care for those with fatness. This course will be targeting the provider's approach with a lens of body acceptance combined with health psychology, behavioral change, and medical education. *Prerequisite(s): GSN517/GSNO517.*

GSN 549E – Detoxification and Cleanses (2 credits)

FALK | IN PERSON | HELFGOTT KITCHEN | Oct 19-20th | 9:30 am - 3:00 pm

This course uses an evidence-based approach to examine the body's natural detoxification processes and how to optimize detoxification through the use of whole-food nutrition. It focuses on the physiological processes responsible for detoxification. Sources of toxicity are also discussed. Students research and develop whole-food-based interventions to support the detoxification process. *Prerequisite(s): [GSN 502](#) or [GSNO 502](#). Note: Additional fee required.*

GSN 574E – Advanced Food Relationship Coaching (2 credits)

RUBIN | IN PERSON | ROOM 324 | THURS 1:00 pm – 2:50 pm

This course teaches an advanced approach to nutrition coaching by addressing the client's underlying relationship with food, rather than the micro or macro components of their diet. Students learn to focus on the psycho/spiritual/emotional roots of clients' day-to-day interactions with food and the influence of the larger social environment on those thoughts, feelings, beliefs and actions. Students learn the skills necessary to empower clients to make sustainable changes to their diet by helping them "rewrite" the story, or script, of their relationship with food. *Prerequisite(s): [GSN 528](#) or [GSNO 528](#).*

GSN 580E – Clinic Nutrition Rotation (2 credits)

CHILDS | IN PERSON | NUNM CLINIC | FRI 1:00 pm - 4:50 pm

In this clinical immersion experience, students work with patients individually and in a group setting to address nutrition-related concerns. Students will conduct nutrition counseling, nutrition assessment, dietary and menu planning, and case evaluation. *Prerequisite(s):* [GSN 579E](#).

GSN 593E – Introduction to Permaculture (3 credits)

DONALD | ONLINE ASYNCHRONOUS

Good health and nutrition depend on healthy plants and soils. Soil degradation, factory farming, and climate change have negative impacts on our personal health and our collective well-being. This class examines the fundamental interdependent relationship between people and the environment and offers practical approaches to build personal and communal health for the long term. We'll create designs for resilient gardens that can provide food and medicine to our communities and reflect on the implications this has for the welfare of humans. *Note: This course does not culminate in a Permaculture Design Certificate (PDC).*

GSN 693E – Nutrition for Mental Health (3 credits)

MENZEL | HYBRID | ONLINE SYNCHRONOUS – THURS 3:30 pm – 4:20pm + 2 HOURS ONLINE ASYNCHRONOUS

Personalized nutrition interventions are essential for supporting mental health. This course explores the bidirectional communication between the microbiome and the brain, the benefits and limitations of evidence-based therapeutic diets to support specific mental health diagnoses, and the nutrient cofactors required to support the biochemistry of neurotransmitter production. *Prerequisite(s):* [GSN 507](#) or [GSNO 584](#), [GSN 536](#).

Undergraduate

NS 315E – General Chemistry I with Lab (3 credits)

SHARPE | ONLINE ASYNCHRONOUS

This course is an accelerated version of General Chemistry I. It includes a lab, and covers topics, including measurements, atoms, ions, and molecules, chemical formulas and equations, stoichiometry, states of matter, thermochemistry, atomic theory, ionic and covalent bonding, molecular geometry, and solutions. This course is fully online.

NS 343E – Introduction to Permaculture (3 credits)

DONALD | ONLINE ASYNCHRONOUS

Good health and nutrition depend on healthy plants and soils. Soil degradation, factory farming, and climate change have negative impacts on our personal health and our collective well-being. This class examines the fundamental interdependent relationship between people and the environment and offers practical approaches to build personal and communal health for the long term. We'll create designs for resilient gardens that can provide food and medicine to our communities and reflect on the implications this has for the welfare of humans. *Note: This course does not culminate in a Permaculture Design Certificate (PDC).*

NU 430E – Panchakarma (2 credits)

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NU 451E – Philosophy of Ayurveda (2 credits)

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