

Holistic Healing

Advanced, Liberal, 4 credits

Holistic Healing is considered to be an advanced level knowledge that is liberal. It represents higher level theory and concepts that human service workers have acquired through applied practice. Advanced level knowledge indicates that you are able to use terminology, concepts, and theory in an applied way. Holistic Healing is more often about why we do things (i.e., liberal) and not necessarily how we do things (i.e., non-liberal). At Empire State College, the Holistic Healing course is offered at the advanced level.

Please use the questions below to structure your PLA submission on the topic of Holistic Healing. Copy each question and respond directly below it. If you utilize an outside source, such as a website or a book, make sure to reference this in your response. The responses to the questions should be submitted in a Word document and uploaded in PLA Planner. In PLA Planner, you would list the topic as Holistic Healing, asking for 4 credits, and designate this as Advanced Level and Liberal.

Please note – responding to these questions is not a guarantee of credit. You will still be expected to speak with an evaluator and answer any supplemental questions that they may have. The evaluator would then make a credit determination.

Questions for Students to respond to

We suggest you save this document with your name and the title of the PLA (e.g., Smith Holistic Healing PLA) and answer beneath each question below.

Name:

ID:

PLA Title: Holistic Healing

Number of Credits Requested: 4

Type: Advanced, Liberal

1. Briefly describe your experiences working in Holistic Healing.
2. Describe in detail a holistic health area that you are familiar with. Make sure to identify the following questions:

- Client populations who might benefit from this treatment.
- Qualifications and formal training for practitioners
- Advantages and disadvantages of this form of treatment.
- Obstacles practitioners might encounter in traditional settings.
- Obstacles that clients may encounter
- Are these treatments shown to be effective? Present empirical research that you have found.
- What ethical issues need to be considered for this type of treatment?

3. Describe in detail **another** holistic health area that you are familiar with. Make sure to identify the following questions:

- Client populations who might benefit from this treatment.
- Qualifications and formal training for practitioners
- Advantages and disadvantages of this form of treatment.
- Obstacles practitioners might encounter in traditional settings.
- Obstacles that clients may encounter
- Are these treatments shown to be effective? Present empirical research that you have found.
- What ethical issues need to be considered for this type of treatment?

4. Compare and contrast the two different holistic health areas described above.

- How do they differ?
- How are they similar?
- How do they compare to Western interventions and/or approaches?
- Is there any emerging trends for each holistic health area that you identified? If so, please describe and reference that here

5. Please list any workshops or trainings that you have taken for Holistic Healing.