

Holistic Health Electives (HHP) Courses are offered at the RRCC Arvada Campus

<u>Course</u>	<u>Semester Offered</u>	<u>Number of Credits</u>
HHP 100 Complementary Healing Methods	Fall, Spring	1
HHP 103 Circle of Healing	Spring	1
HHP 104 The Healing Mind	Fall	.5
HHP 107 Managing Life Stresses	Spring	1
HHP 109 Jin shin Jyutsu-Self Care	Fall, Spring	1
HHP 110 Neuro-Linguistic Programming	Fall	.5
HHP 111 Herbology I	Fall, Spring	1
HHP 113 Your Heart's Intention	Fall, Spring	1
HHP 130 Reiki Level One	Fall	1
HHP 142 Intro to Trad Chinese Medicine	Fall	3
HHP 145 Digestive Wellness	Fall	1
HHP 161 Meditation for Health	Fall	1
HHP 164 Intro to Hand Reflexology	Fall	1
HHP 166 Intro to Reflexology	Fall, Spring	1
HHP 169 Intro to Healing Hands & Feet	Fall	1
HHP 188 Practicum: Reflexology Lab	Fall, Spring	1
HHP 190 Crystal & Mineral Usage	Fall, Spring	.5
HHP 204 Applied Aroma Therapy	Spring	3
HHP 211 Herbology II	Fall, Spring	2
HHP 212 Neurolinguistic Programming II	Spring	.5
HHP 213 Spiritual Care	Spring	.5
HHP 221 High Level Wellness	Spring	1
HHP 224 Intro to Massage Therapy	Fall, Spring	1
HHP 227 Communication Skills	Spring	.5
HHP 228 Personal Coaching	Spring	.5
HHP 229 Wellness Counseling	Fall, Spring	1
HHP 235 Mind, Body, Healing and Health	Spring	3
HHP 237 Stress Reduction/Biofeedback	Spring	3
HHP 239 Issues in Holistic Nutrition	Spring	1
HHP 241 Healing with Imagery	Spring	.5

HHP 242 Healing Touch Level I	Fall, Spring	1
HHP 243 Healing Touch Level II	Fall, Spring	1
HHP 244 Holistic Health Level I	Fall, Spring	1
HHP 245 Healing Touch Level III	Fall, Spring	1
HHP 246 Second Degree Reiki	Spring	1
HHP 254 Holistic Health Level II	Fall, Spring	1
HHP 256 Holistic Health Level III	Spring, Summer	2
HHP 260 Advanced Reflexology	Spring	1
HHP 263 Creating a Holistic Business	Fall, Spring	.5
HHP 265 Gift of Self-Esteem	Fall, Spring	1
HHP 270 Clinical	Fall, Spring	2
HHP 275 Emotional Freedom Technq	Spring, Summer	1