

HEALTHCARE FUNDAMENTALS

• 13 clock hours/1.5 CEUs

XHWU 0027 Aging and Health Bundle

Gain the knowledge and skills from the latest research and emerging trends in healthy aging, brain health, and gerontology to help you effectively care for and work with aging population. 4.5 credits.

• 45 clock hours/4.5 CEUs

XHWU 0028 Anxiety Disorders: An Integrative Approach

Learn about the types of anxiety disorders as well as conventional and integrative treatment approaches to anxiety disorders. 0.25 credits.

• 2.5 clock hours/0.25 CEUs

XHWU 0029 Certificate in Depression

This course offers an in-depth look at depression, including symptoms, risk factors, diagnosis, and treatment, plus vital suicide prevention strategies. 1 credit.

• 8 clock hours/1 CEU

XHWU 0030 Certificate in End of Life Care

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. 2 credits.

• 19 clock hours/2 CEUs

XHWU 0031 Certificate in Food, Nutrition, and Health

A holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. 1.6 credits.

• 16 clock hours/1.6 CEUs

XHWU 0032 Certificate in Integrative Behavioral Health

This course will provide complementary methods of care to effectively address the needs of individuals with a variety of mental health conditions. 2.5 credits.

• 24 clock hours/2.5 CEUs

XHWU 0033 Certificate in Mindfulness

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. 1 credit.

• 8 clock hours/1 CEU

XHWU 0034 Certificate in Stress Management

Explore how stress affects your physical, emotional, and mental health. This course provides you with a deeper understanding of the many techniques and strategies used to effectively manage stress and create a healthier life. 1.5 credits.

• 14 clock hours/1.5 CEUs

XHWU 0035 Certificate in Violence Prevention and Awareness

This online course offers insights into the signs of violence that may be presented by patients in a healthcare setting – designed for medical professionals. 1.5 credits.