

HOLISTIC HEALTH STUDIES - SOCIAL WORK

Dual Degree Program: Master of Arts in Holistic Health Studies/Master of Social Work

The Master of Arts in Holistic Health Studies/Master of Social Work program is a collaborative dual degree program in holistic health studies and social work. The intersectionality of these two programs mirrors the intersectionality of health, showing that everyone, regardless of race, culture, age, economic status, sexuality, or gender deserves the opportunity to thrive and live a healthy life. Keeping with the social justice mission of St. Catherine University, these two programs propel social justice outside of the classroom into the community through engaging assignments, research, and practicums. Each program provides students with the unique skills and competencies from the fields of Holistic Health and Social Work to empathetically work with diverse populations, honor cultural backgrounds, and communicate effectively with those in need.

Graduate Outcome and Competences

Expected outcomes and competencies for the MAHS/MSW dual degree program are consistent with the outcomes and competencies required for all students who complete the MAHS and the MSW programs separately. Research sequences are offered through both programs, however students are encouraged to take the MAHS research sequence in order to fully encompass both avenues of their studies into one, holistic, cumulative research project.

The dual degree program requires that students meet the disciplinary requirement for both the MAHS and MSW programs.

Program Progression

Students enroll in the dual degree program from a variety of undergraduate degrees and disciplines. How students progress in the program depends on whether they have an undergraduate degree in social work (advanced standing) or not (regular standing):

- Advanced standing students will find the dual degree path to be a rewarding graduate-level addition to their foundational knowledge of social work. Advanced standing students need to complete 63 total credits in order to complete the dual degree.
- Regular standing students can have a bachelor’s degree in any field, as long as the prerequisite classes are completed before beginning graduate courses. Regular standing students need to complete 78 total credits.

Students have the option to start in the dual degree program during their initial enrollment at St. Catherine University, or begin in one program and be admitted to the dual degree program after the first semester of enrollment in either program. Once accepted, students will receive advising from the program directors of each program in a collaborative process to ensure proper sequencing of courses and management of appropriate course load.

The dual degree program requires that students meet the disciplinary requirement for both the MAHS and MSW programs, with a completion of the dual degree program within seven years of starting.

Career Possibilities

Students will refine their calling to expand possibilities for health and healing with diverse populations in a wide variety of professional settings.

The St. Catherine alumni community is a well respected and well connected group of motivated, passionate, and soulful people. Alumni of the dual-degree program can be found working both in the greater twin cities area, the west coast, and the east coast. The unique qualities of the MSW/MAHS dual-degree program prepare students to thrive in settings such as mental health support, medical institutions, and educational settings. Some examples of alumni careers are: holistic health practitioner/educator, equity and inclusion advocate, therapist, clinical social worker for psychiatric emergency services, assistant director of counseling services, and mental health practitioner.

Curriculum

The curriculum listed below demonstrates how a student would complete the MAHS/MSW dual degree program by completing the MAHS research sequence. The curriculum that utilizes the MSW research sequence can be found in the Social Work: MSW/MAHS (<http://catalog.stkate.edu/graduate/health/social-work/msw-mahs/>) section of this catalog.

Advanced Standing MSW/MAHS with MAHS Research Sequence

Code	Title	Credits
Required MAHS Courses		
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 6820	Movement, Relaxation and Health	2
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7520	Women and Holistic Health	2
HHS 7710	Alternative Approaches to Nutrition	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
HHS 8920	Practicum and Integrative Seminar	2
HHS 8940	Research Methods and Statistics	3
HHS 8980	Research Seminar	2
Required MSW Courses		
GRSW 5000	History and Philosophy of Social Work	3
GRSW 6030	Methods of Clinical Social Work I	3
GRSW 6040	Methods of Clinical Social Work II	3
GRSW 6073	Field Practicum & Seminar III	3
GRSW 6250	Social Policy and Advocacy Practice	3
GRSW 6083	Field Practicum & Seminar IV	3
GRSW 6450	Clinical Assessment	3
GRSW 6500	Clinical Supervision and Program Management	3
GRSW Electives		9
Total Credits		61

Regular Standing MSW/MAHS with MAHS Research Sequence

Code	Title	Credits
Required MAHS Courses		
HHS 6700	Foundations of Holistic Health and Wellness	2
HHS 6720	Complementary/Alternative Approaches to Healthcare	2
HHS 6730	Culture as a Resource in Health and Healing	2
HHS 6740	Spiritual Wellness	2
HHS 6760	Ecology and Health	2
HHS 6820	Movement, Relaxation and Health	2
HHS 7500	Core Concepts in Mind/Body Interactions	2
HHS 7520	Women and Holistic Health	2
HHS 7710	Alternative Approaches to Nutrition	2
HHS 8900	Quantitative and Qualitative Research: Mindful Inquiry	3
HHS 8920	Practicum and Integrative Seminar	2
HHS 8940	Research Methods and Statistics	3
HHS 8980	Research Seminar	2
Required MSW Courses		
GRSW 5000	History and Philosophy of Social Work	3
GRSW 5010	Theory and Practice of Social Work I	3
GRSW 5020	Theory and Practice of Social Work II	3
GRSW 5050	Field Practicum and Seminar I	3
GRSW 5060	Field Practicum and Seminar II	3
GRSW 5400	Human Behavior and the Social Environment	3
GRSW 6030	Methods of Clinical Social Work I	3
GRSW 6040	Methods of Clinical Social Work II	3
GRSW 6073	Field Practicum & Seminar III	3
GRSW 6083	Field Practicum & Seminar IV	3
GRSW 6250	Social Policy and Advocacy Practice	3
GRSW 6450	Clinical Assessment	3
GRSW 6500	Clinical Supervision and Program Management	3
GRSW Electives		9
Total Credits		76