

# M.S. IN INTEGRATIVE HAPPINESS AND WELL-BEING

## Overview

Well-being is a positive state of affairs in various domains of life, including interpersonal, psychological, physical, occupational and communal. The scientific approach to the study of this degree is through the science of well-being. Although the science of well-being has made tremendous progress, and we know a great deal about how to promote it, its application to practice lags behind. We must translate the science into practice to combat epidemic levels of depression, disengagement at work, and aggression in the community. Existing programs in happiness and well-being are based on single disciplines, usually positive psychology. Our program will draw from architecture, kinesiology, business, psychology, communication, art, law, sociology, music, nursing, and various programs and departments within the Miller School of Medicine. This program is unique in its exploration of well-being through coordinated study with interdisciplinary faculty. Students will learn how to apply leading research on the science of well-being in all aspects of their lives. Application of scientific principles can lead to higher levels of happiness, lower health care costs, and more effective business practices. This hybrid, thirty-credit, twelve-month program requires students to come to the University of Miami once a month for three days. Students are expected to participate in online lessons and activities.

## Curriculum Requirements

Code	Title	Credit Hours
IWB 601	(Introduction to well-being and change)	3
IWB 602	(Introduction to complementary and integrative medicine)	3
IWB 603	(The science of well-being)	3
IWB 604	(Integrating and practicing well-being)	3
IWB 605	(Mindfulness, listening, and knowing thyself)	3
IWB 606	(Physical well-being)	3
IWB 608	(Family well-being)	2
IWB 609	(Workplace well-being)	2
IWB 610	(Community well-being)	2
IWB 611	(Happiness and Place : Exploring the domains of design as they contribute to happiness & well-being)	2
IWB 612	(Adversity and resilience in well-being)	2
IWB 607	(Capstone Project)	2
<b>Total Credit Hours</b>		<b>30</b>

## Sample Plan of Study

Year One		
Fall		Credit Hours
IWB 601	Introduction to well-being and change	3
IWB 602	Introduction to complementary and integrative medicine)	3
IWB 603	The science of well-being	3
IWB 604	Integrating and practicing well-being	3
<b>Credit Hours</b>		<b>12</b>
Spring		
IWB 605	Mindfulness, listening, and knowing thyself	3
IWB 606	Physical well-being	3
IWB 608	Family well-being	2
IWB 609	Workplace well-being	2
<b>Credit Hours</b>		<b>10</b>
Summer		
IWB 610	Community well-being)	2
IWB 611	Happiness and Place: Exploring the domains of design as they contribute to happiness & well-being	2
IWB 612	Adversity and resilience in well-being	2

IWB 607	Capstone Project	2
	<b>Credit Hours</b>	<b>8</b>
	<b>Total Credit Hours</b>	<b>30</b>

## Mission

The mission of the Integrative Happiness and Well-Being program is to foster well-being in individuals, relationships, organizations and communities through an understanding of integrative well-being and the application of evidence-based interventions. We define integrative well-being as a positive state of affairs built on the synergy of (1) various domains of well-being, such as psychological, physical, environmental, and occupational; (2) various domains of knowledge, such as theory, research, and practice; and (3) various spheres of life, such as personal, interpersonal, family, work, and community.

## Student Learning Outcomes

Upon completion of the program students should be able to:

1. explain in written and verbal form what is integrative well-being and the main theories and bodies of evidence associated with it;
2. explain in written and verbal form how the various dimensions of integrative well-being, such as physical, psychological, relational, and occupational interact with one another; and
3. apply the material covered in the program to improve the well-being of individuals, relationships, organizations, and communities.