

Tai Sophia Institute

Master of Science in Nutrition and Integrative Health

**Now Enrolling for
September 2012**



Tai Sophia Institute is pleased to announce we are enrolling for September 2012 for the **Master of Science in Nutrition and Integrative Health**. The program offers a unique approach to the study of nutrition, one that emphasizes the vital and interrelated physiological, medicinal, psychosocial, cultural, and spiritual roles of food in our lives.

Anchored in a wellness-based philosophy, this distinctive curriculum offers a solid biochemical and physiological understanding of the complex role of food and nutrition in human health, combined with a rich personal learning process that enables students to cultivate sustainable change in themselves and others. Students will gain practical skills and apply theory through participation in whole foods cooking labs, practice coaching sessions, and a clinical, research, or community-based practicum.

The 47- to 50-credit program is designed to accommodate working professionals. A range of elective courses are offered to meet students' specific interests. The comprehensive and multifaceted program ensures that graduates are prepared for a variety of careers in the diverse field of nutrition, as practicing nutritionists, consultants, coaches, educators, researchers, and writers.

Program Highlights

- Taught from a holistic and integrative perspective
- Prepares graduates for a variety of nutrition and wellness careers
- Prepares graduates to sit for the Certified Nutrition Specialist (CNS) exam, various state licensing requirements and other national board exams
- Program can be completed in a two-year weekend and intensive format
- Features custom-designed science courses and core competencies in nutrition assessment and treatment strategy design and implementation
- Includes whole foods cooking as part of academic curriculum
- Addresses sustainability and the relationships between our food choices, our agricultural and food processing practices, and the environment
- Integrates students into the broader Tai Sophia Institute health and wellness learning community
- Eligible for federal financial aid



Professional Opportunities

At a time when our food choices can influence the health and future of our society and earth ecosystems, the holistically trained nutritionist will be an essential voice to inspire and activate personal, cultural, and global change. Graduates of the Master of Science in Nutrition and Integrative Health program will be uniquely prepared to help lead this revolution and fill the growing demand for practitioners and educators with advanced skills and expertise in nutrition and wellness.

In fact, according to U.S. Bureau of Labor Statistics estimates for the current projection decade (2008-2108), employment of nutritionists and dietitians is increasing right now: *"Job growth will result from an increasing emphasis on disease prevention through improved dietary habits. A growing and aging population will boost demand for nutritional counseling and treatment. ... Public interest in nutrition and increased emphasis on health education and prudent lifestyles also will spur demand."* The study also reports that job applicants *"with specialized training, an advanced degree, or certification beyond the particular state's minimum requirement should enjoy the best job opportunities."*

(U.S. Dept. of Labor, Bureau of Labor Statistics, "Occupational Outlook Handbook, 2010-11 Edition," April 2010)

Career opportunities for Nutrition and Integrative Health graduates include:

- Nutritionist, private and group practice
- Corporate nutritionist
- Nutritionist at fitness centers, medical centers, and other health-related organizations
- Faculty at community colleges, state colleges, and universities
- Community health educator
- Consultant to nutraceutical companies, apothecaries, and other nutrition-related companies
- Writer/publisher of books and articles
- Researcher

Program graduates are qualified to become Certified Nutrition Specialists through the Certification Board for Nutrition Specialists (CBNS) and licensed to practice nutrition in many states.

In order to acquire the CNS credential, graduates will need to pass a certifying examination and document 1000 hours of supervised nutrition practice experience. Students will accrue up to 300 hours of applicable clinical experience during the Master Science in Nutrition and Integrative Health program. Tai Sophia Institute will launch a Clinical Internship program and a Mentorship program in August of 2013 to assist graduates in achieving the remaining clinical hours.

Program Format

The Master of Science in Nutrition and Integrative Health is delivered in a format to accommodate working professionals. The 47- to 50-credit degree is designed to be completed in two years of concentrated study. At this pace, students will engage in approximately 400-450 hours of class time each year. This schedule includes 12-15 weekend intensives per year (4-5 per trimester) and 1-2 weeklong intensives per year. Local students can opt to take select courses on weeknights instead of during the weekend intensives. The program can be modified to a less-intensive schedule and can be completed in up to five years. Each trimester, a schedule of courses is published for registration and students can tailor their courses to accommodate their personal and professional goals.

In addition to core courses, students are required to take a minimum of three elective credits. A variety of elective courses are offered to meet students' specific interests. The three-elective credits may be met at any time during the course of the program. The clinic/practicum and elective credits will be scheduled in addition to students' core program schedule.

The complete curriculum, including course descriptions and a sample selection of elective courses, is available online.

Academic Calendar (September 2012)

Weekend class times are 4:00 p.m. to 8:00 p.m. on Fridays, and 8:30 a.m. to 5:30 p.m. on Saturdays and Sundays. Weeklong intensive class times are 8:30 a.m. to 5:30 p.m. The time needed to complete the elective credits and clinic/practicum is not included in the academic calendar. In addition to the dates listed below, additional sections of some courses will be offered on other weekends or evenings.

YEAR ONE DATES

September 14-16, 2012

September 28-30, 2012

October 12-14, 2012

October 22-26, 2012 (Weeklong intensive)

November 30 - December 2, 2012

January 4-6, 2013

February 1-3, 2013

February 22-24, 2013

March 11-15, 2013 (Weeklong intensive)

March 22-24, 2013

May 3-5, 2013

June 7-9, 2013

June 28-30, 2013

July 12-14, 2013

August 2-4, 2013



Admission Requirements

For best consideration, apply by June 1, 2012.

Prospective students must meet the following admission requirements:

- Hold a bachelor's degree, with a minimum 2.5 GPA, from an accredited educational institution and submit an official transcript
- Submit an official transcript of highest degree earned beyond a bachelor's degree

If the bachelor's degree was not completed at a college or university recognized by a U.S. Department of Education accrediting body, copies of the institution's academic catalog may be required and course syllabi may be requested. International students should refer to the additional instructions outlined under the heading "International Students" in the academic catalog.

Program Faculty

Program Director

Rebecca Snow, M.S., LDN, CNS, RH(AHG)

Core and Adjunct Faculty

Tom Balles, M.Ac., L.Ac. (UK), Dipl.Ac. (NCCAOM)

Karen Buchsbaum, Ph.D. (candidate)

Bevin Clare, M.S., LDN, CNS, RH (AHG)

Annemarie Colbin, Ph.D.

Jody Cutler, M.Ac.

Chris D'Adamo, Ph.D., C.P.T.

Luigi DeLuca, Ph.D.

Charles Eisenstein, BA

Camille Freeman, M.S., LDN, CNS, RH

Daemon Jones, ND

Paul Pitchford, M.S.

James Snow, RH (AHG)

Bryan Walsh, ND

Cooking Lab Faculty

Monica Corrado, M.A., CNC

Eleonora Gafton, MS (Candidate)

Jill Gusman

Myra Kornfeld

Distinguished Guest Lecturers

Dianne M. Connelly, Ph.D., M.Ac.(UK), Dipl.Ac.(NCCAOM)

Jerry Cott, Ph.D.

Robert M. Duggan, M.A., M.Ac.(UK), Dipl.Ac.(NCCAOM)

Sally Fallon, M.A.

Gerard Mullin, M.D.

Nora Pouillon

Kathie Madonna Swift, M.S., RD, LDN

(View bios and the most up-to-date list of faculty and guest lecturers at www.tai.edu.)

Tai Sophia Institute's complete academic catalog, available online at www.tai.edu, includes detailed course descriptions, faculty biographies, admissions process, and more.

For more information and to schedule a campus visit, please contact the Office of Graduate Admissions at 410-888-9048 ext. 6647 or admissions@tai.edu.



Tuition and Fees

Application Fee: \$ 95

Tuition Deposit: \$750

An individual accepted into one of Tai Sophia's degree programs will be billed a non-transferable, non-refundable deposit. This deposit holds a seat in the class for which the applicant has been accepted and will be applied to tuition upon matriculation.

Tuition

Tuition is set annually each academic year. Tuition for the Master of Science in Nutrition and Integrative Health is \$630 per credit for the 2012-2013 academic year (September through August). Please see the program's Tuition Schedule or visit www.tai.edu for complete details.

Financial Aid

The financial aid office is committed to helping each current and prospective student with the financial aid process. The financial aid director is available to assist you in planning to make your education at Tai Sophia Institute a reality.

To apply for federal financial aid, students should complete the Free Application for Federal Student Aid (FAFSA) online at www.fafsa.ed.gov. Tai Sophia Institute's school code to use when completing the FAFSA is G25784. For more information see our Financial Aid Guide or go to www.studentloans.gov.

For the most current tuition, scholarships, and financial aid details, please visit the Academic Catalog online at www.tai.edu.

About Tai Sophia Institute

Founded in 1974, today Tai Sophia Institute is a leading academic institution for health and wellness education, client care, and public policy discourse. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate certificates and degrees in a wide range of wellness topics, as well as community workshops and continuing professional education programs.



Tai Sophia's network includes 10 clinical sites in the Baltimore/Washington corridor. These sites provide more than 35,500 treatments and consultations yearly to widely varied populations, which include individuals challenged by relationships with addictive substances as well as people who are unable to afford wellness services. Additionally, the Institute's faculty, students, and staff donate more than 15,000 hours of community service every year.

Standing on its commitment to be a leader in whole person wellness, Tai Sophia fosters and maintains collaborative relationships with leading academic, medical, and research institutions.

