

Online Health Career Option

Whole Health Careers



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by: Allison Perkins

As a nurse, Mary Vozar knows medically what military families need in terms of care after deployment.

As an Army wife of 27 years, she also knows what military families need spiritually, mentally and emotionally.

"Soldiers are coming back from deployment -- I hate to say it -- broken," she said. "I see a lot of divorces. It's just a mess out there."

Vozar was looking for a program with a holistic approach to treating military families. She knew she needed to do more than prescribe medicine and treat physical wounds.

This summer, she enrolled at the National Institute of Whole Health, one of the newest offerings under the MyCAA program.

There, she is expanding her trade to treat the family as a whole, not just patch up wounds.

"This is everything I was looking for to bring to families," Vozar said. "It encompasses nutrition and the spiritual, physical and mental components."

The online program is geared toward professionals with a two-year degree in any health sciences field, including yoga instructors, nutritionists and health teachers.

Georgianna Donadio, the institute's program director who has two sons serving in the military, said the program is especially dedicated to helping military spouses. What the MyCAA

program will not cover in tuition and book expenses, the institute is working to help spouses cover through scholarships and grants.

We are committed to serving the military at home and overseas," Donadio said. "This is a wonderful way to serve our good people, and we are very pleased to be part of this."

Donadio is especially excited by the possibilities of reaching out to veterans returning from the warzone.

"I don't have to tell you the real concern there is about the mental and emotional health of soldiers returning from deployment," Donadio said. "This really does address the whole person and look at the needs people have overall."

The program includes webinars with some of the industry's top experts in brain injuries and neurological conditions.

Because of the information the course offers that could be especially helpful to spouses of wounded warriors, it is offered as a certificate of study to non-professionals as well.

"If someone has a husband who needs care, we let her take this program," Donadio said. "She will not be professionally certified, but she can take it for her personal use. The courses are very rich and give so much information."

Vozar said she hopes more military spouses take advantage of the program not only for career training, but also to help other military families.

"So many families find themselves needing post-traumatic stress care," Vozar said. "This offers so many of the things they can use to help their loved ones and others. I'm excited about this as a tool to help people, not just as a career move."