



Associates of Occupational Studies Degree in Holistic Health Care Concentration  
**Mind Body Transformational Psychology (AOS/C-PSYCH)**  
 60 Credits - 2 Years/ 24 months

**AOS GENERAL EDUCATION REQUIREMENTS**

Code	Course	Hours	Credit	Pre-Requisite	Date
BC 200	Basic Finance	16	1.00		
BC 101	English Composition	15	1.00		
BC 550 P\$	Life Coaching - An Introduction *	20	1.25		
CC 302	Mastery Skills for Practitioners *	30	2.00		
NC 110	Nutrition - Holistic Foundations I *	45	3.00		
CC 250	Psychology Theories - Honoring the Masters	30	2.00		
BC 401	Public Speaking *	15	1.00		
BC 402	Seminar & Presentation	15	1.00		
BC 250	Statistical Research Project	16	1.00		
NC 120	Stress Management	15	1.00		
BC 410	Writing for Publication *	15	1.00		
<b>SUB TOTALS</b>		<b>232</b>	<b>15.25</b>		

**AOS & MIND BODY CORE COURSES**

SM 150	Ayurveda – Introduction	30	2.00		
EC 100	Energy Anatomy	68	4.50		
HY 100	Hypnotherapy - Level I *	20	1.25		
CC 120	Intuitive Studies - Introduction	30	2.00		
HH 500	Sustainability & Conscious Living	15	1.00		
PC 100	Polarity - Basic I	20	1.00		
<b>SUB TOTALS</b>		<b>183</b>	<b>11.75</b>		

**TRANSFORMATIONAL PSYCHOLOGY CORE COURSES**

CC 115	Alternative Lifestyles & Diversity	30	2.00		
BC 511	Business Development & Entrepreneurial Support	48	1.25		
CC 140	Developmental Psychology - Awakening the Heroes Within	30	2.00		
CC 130	Psychology of Addiction - Understanding the Shadow	30	2.00		
NC 125	Support Group Facilitation	15	1.00		
<b>SUB TOTALS</b>		<b>153</b>	<b>8.25</b>		

**CHOOSE A COMBINATION OF SPECIALITIES & ELECTIVES TO TOTAL 60 CREDITS**

AR	Aromatherapy	100	5.50		
HY-C	Clinical Hypnotherapy	300	13.5-15.00		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist	155	9.00		
HO	Homeopathy offered ONLINE	100	5.25		
HY	Hypnotherapy	80	3.75		
LC	Life Coaching	80	3.50		
MBWP	Mind Body Wellness Practitioner	600	31.25		
POL-APP	Polarity - Associate Polarity Practitioner	180	8.00		
RF	Reflexology	200	7- 7.25		
RE	Reiki	100	2.75		
SPAM	Spa Management	200	10.75		
ST	Spa Treatments	200	7.50		
SP	Spiritual Studies	300	20.00		
TUINA	Tui Na	200	10.00		
YO	Yoga Teacher Training	200	6.75		
ZEN	Zen Shiatsu	200	7.00		
<b>SUB TOTALS</b>		<b>VARIES</b>	<b>24.75</b>		
<b>TOTALS</b>		<b>VARIES</b>	<b>60.00</b>		

\* DENOTES COURSE THAT ALSO SATISFIES THE MBWP SPECIALITY COURSE REQUIREMENTS

Student \_\_\_\_\_ Advisor \_\_\_\_\_ Date \_\_\_\_\_

3/27/2012

*SWIHA's mission is to help individuals discover their gifts and graces, and support them as they share their talents with the world in a loving and profitable way.*