



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

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Hours	Credit	Pre-Requisites	Date
BC 105-OL	Business Writing ONLINE	15	1.00		
BC 401-OL	Public Speaking ONLINE *	15	1.00		
BC 402-OL	Seminar & Presentation ONLINE	15	1.00		
BC 410-OL	Writing for Publication ONLINE *	15	1.00		
BC 550-OL P\$	Life Coaching - An Introduction ONLINE *	20	1.25		
CC 140-OL	Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00		
CC 250-OL	Psychology Theories - Honoring the Masters ONLINE	30	2.00		
CC 302-OL	Mastery Skills for Practitioners ONLINE *	30	2.00		
HH 500-OL	Sustainability & Conscious Living ONLINE *	15	1.00		
HN 101-OL	Fundamentals of Holistic Nutrition	30	2.00		
NC 120-OL	Stress Management ONLINE	15	1.00		
SUB TOTALS		230	15.25		

AOS & MIND BODY CORE COURSES

AR 100-OL	Aromatherapy - Introduction ONLINE	20	1.25		
CC 120-OL	Intuitive Studies - Introduction ONLINE	30	2.00		
EC 101-OL	Energy Anatomy, Part 1 ONLINE	32	2.25		
EC 102-OL	Energy Anatomy, Part 2 ONLINE	36	2.25	EC 101-OL	
HY 101-OL	Hypnotherapy - Level I ONLINE *	20	1.25		
SM150-OL	Ayurveda - Introduction ONLINE	30	2.00		
SUB TOTALS		168	11.00		

TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES

CC 115-OL	Alternative Lifestyles & Diversity ONLINE	30	2.00		
CC 130-OL	Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00		
SP 151-OL	Comparative Religion/Unity & Tolerances ONLINE *	25	1.75		
SP 275-OL	Prayer Therapy ONLINE *	15	1.00		
SP 430-OL	Death, Dying and Hospice ONLINE *	15	1.00		
SUB TOTALS		115	7.75		

MIND BODY WELLNESS SPECIALTY (DETAILS ON FOLLOWING PAGE)

Code	Program	Hours	Credits
MBWP-OL	MIND-BODY WELLNESS PRACTITIONER DIPLOMA	600-605	31.25 – 37.00

** Denotes courses that may also satisfy MBWP-OL requirements*



DIPLOMA Mind Body Wellness Practitioner ONLINE (MBWP-OL)

MIND BODY WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Code	Course	Clock	Credit	Pre-Requisites	Date
AR 106-OL	Aromatherapy for the Spirit ONLINE	20	1.25		
AR 133-OL	Flower Essences ONLINE	16	1.00		
BC 401-OL	Public Speaking ONLINE	15	1.00		
BC 410-OL	Writing for Publication ONLINE	15	1.00		
BC 515-OL	Business Development & Entrepreneurial Support ONLINE	48	3.00		
BC 550-OL P\$	Life Coaching - An Introduction ONLINE	20	1.25		
BC 561-OL P\$	Life Coaching - Core Part I ONLINE	40	2.00		
BC 562-OL P\$	Life Coaching - Core Part II ONLINE	40	1.75	BC 561-OL	
CC 302-OL	Mastery Skills for Practitioners ONLINE	30	2.00		
EL 142-OL	Auriculotherapy ONLINE	16	0.50		
RF 150-OL	Toe Reading - Introduction ONLINE	16	0.50		
SC 210-OL	Homeopathic Remedies - Introduction ONLINE	24	1.50		
SUB TOTAL		300	16.75		

Choose one 200-hour specialty or focused elective track and one 100-hour specialty or focused elective track for a combined 300 hours**

SPIRITUAL STUDIES 100-HOUR OR 200-HOUR FOCUSED ELECTIVE TRACKS

<input type="checkbox"/>	SP 275-OL	Prayer Therapy ONLINE	15	1.00		
	SP 151-OL	Comparative Religion / Unity & Tolerances ONLINE	25	1.75		
	SP 430-OL	Death, Dying & Hospice ONLINE	15	1.00		
	SP 420-OL	Ministerial Duties / Ethics & Responsibilities ONLINE	30	2.00		
	SP 410-OL	Ceremonies & Sacred Space ONLINE	15	1.00		
	Total		100	6.75		
<input type="checkbox"/>	SP 441-OL	Spiritual Coaching & Guidance Mentoring ONLINE	20	1.25		
	SP 450-OL	Meditation & Mindfulness ONLINE	15	1.00		
	SP 160-OL	Mysticism ONLINE	15	1.00		
	SP 446-OL	Universal Laws –Practical Application ONLINE	20	1.25		
	SP 333-OL	Archangels ONLINE	15	1.00		
	SP 435-OL	Developing Your Spiritual Gifts ONLINE	15	1.00		
	Total		200	13.25		

NUTRITION 105-HOUR FOCUSED ELECTIVE TRACK OR 200-HOUR SPECIALTY

<input type="checkbox"/>	HN 120-OL	Principles of Transformational Healing ONLINE	15	1.00		
	HN 101-OL	Fundamentals of Holistic Nutrition ONLINE	30	2.00		
	HN 102-OL	Understanding Micro & Macronutrients ONLINE	30	2.00	HN 101 or HN120	
	HN 150-OL	Comparative Dietary Systems ONLINE	30	2.00	HN 101 or HN120	
	Total		105	7.00		
<input type="checkbox"/>	HN 110-OL	Principles of Conscious Eating & Behavior Modification for Weight Management	15	1.00	HN 101 or HN120	
	NC 200-OL	Whole Food Cooking ONLINE	20	0.50		
	HN 220-OL	Raw Food Cuisine ONLINE	15	0.25	HN 101 or HN120	
	HN 230-OL	Supplements for Optimum Health: An Introduction	15	1.00	HN 101 or HN120	
	HN 250-OL	Nutritional Assessment & Coaching	30	2.00	2 of HN101, HN102, or HN150	
	Total		200	11.75		

HYPNOTHERAPY 100-HOUR SPECIALTY OR 200-HOUR FOCUSED ELECTIVE TRACK

<input type="checkbox"/>	HY 101-OL	Hypnotherapy - Level I ONLINE	20	1.25		
	HY 201-OL	Hypnotherapy II ONLINE	40	2.50	HY 101-OL	
	HY 301-OL	Hypnotherapy III ONLINE	40	1.00	HY 201-OL	
	Total		100	4.75		
<input type="checkbox"/>	HY 315-OL	Hypno - Fears, Phobias & Addictions ONLINE	15	1.00	HY 201-OL	
	HY 401-OL	Hypnotherapy - Advanced Techniques ONLINE	25	1.00	HY 301-OL	
	HY 350-OL	Hypnotherapy - Past-Life Regression ONLINE	20	1.00	HY 301-OL	
	HY 421-OL	Hypnotherapy - Script Writing ONLINE	20	1.25	HY 201-OL	
	EL 725-OL	NLP - Neuro Linguistic Programming ONLINE	20	0.50		
	Total		200	9.50		

**URBAN FARMING AND CONSCIOUS LIVING 100-HOUR SPECIALTY
OR URBAN FARMING EDUCATOR 200-HOUR SPECIALTY**

<input type="checkbox"/>	HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
	UF 100-OL	Urban Farming - Field-to-Fork ONLINE	40	2.25		
	UF 120-OL	Urban Farming - Seed-to-Sale ONLINE	20	1.25	UF 100-OL	
	UF 140-OL	Urban Farming Externship ONLINE	25	0.50	HH 500-OL & UF 100-OL	
	Total		100	5.00		
<input type="checkbox"/>	UF 200-OL	Urban Farming Educator - Got food...Now What? ONLINE	20	1.25	HH 500-OL, UF 100-OL, & UF 120-OL	
	UF 210-OL	Urban Farming Educator - Herbology Introduction ONLINE	16	0.75	HH 500-OL	
	UF 220-OL	Urban Farming Educator - Advanced Growing Techniques ONLINE	28	1.50	HH 500-OL, UF 100-OL, & UF 120-OL	
	UF 230-OL	Urban Farming Educator - Small Livestock ONLINE	16	1.00	HH 500-OL	
	UF 240-OL	Urban Farming Educator - Sharing Sustainability ONLINE	20	1.00	HH 500-OL	
	Total		200	10.50		

****'Specialty' signifies a track of courses that result in a Certificate of Excellence when complete.**

Code	Program	Total Hours	Total Credits
AOS/C-PSYCH-OL	Associate of Occupational Studies in Holistic Health Care, Concentration in Mind-Body Transformational Psychology ONLINE	348-428	23.00-28.75
MBWP-OL	Mind Body Wellness Practitioner ONLINE	600-605	31.25-37.00
TOTALS		948-1033	60.00

Student _____ Date _____

Advisor _____ Date _____

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.