



# Associate of Occupational Studies in Holistic Health Care Concentration in: Mind-Body Transformational Psychology (AOS/C-PSYCH)

60 Credit Hours

1008-1028 Classroom Hours

24 Months Full Time

36 Months Part Time

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
BC 200	Basic Finance	16	1.00		
BC 105	Business Writing	15	1.00		
BC 550 P\$	Life Coaching - An Introduction	20	1.25		
CC 302	Mastery Skills for Practitioners	30	2.00		
HN 101	Nutrition - Introduction to Holistic Nutrition & Wellness	30	2.00		
BC 401	Public Speaking	15	1.00		
CC 250	Psychology Theories - Honoring the Masters	30	2.00		
BC 250	Statistical Research Project	16	1.00		
BC 402	Seminar & Presentation	15	1.00		
NC 120	Stress Management	15	1.00		
HH 500	Sustainability & Conscious Living	15	1.00		
BC 410	Writing for Publication	15	1.00		
<b>AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL</b>		<b>232</b>	<b>15.25</b>		
SM 150	Ayurveda - Introduction	30	2.00		
EC 101	Energy Anatomy - Introduction	36	2.50		
EC 400	Chakras	16	1.00		
OS 500	Traditional Chinese Medicine - Introduction	16	1.00		
HY 101	Hypnotherapy - Foundations Level I	20	1.25		
CC 120	Intuitive Studies - Introduction	30	2.00		
PC 100	Polarity - Basic I	20	1.00		
<b>AOS &amp; MIND BODY CORE COURSES SUBTOTAL</b>		<b>168</b>	<b>10.75</b>		
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		
BC 115	Social Media - Introduction	15	1.00		
<b>SUBTOTAL</b>		<b>153</b>	<b>8.25</b>		
<p>CHOOSE 25.75 CREDITS OF SPECIALTIES AND/OR ELECTIVES *Please see advisor for list of available elective choices that will complement your chosen specialty. Below are optional specialties.</p>					
AR	Aromatherapy	100	5.50		
HY-C	Clinical Hypnotherapy	212	10.25		
CRA	Cranial Unwinding	200	8.50		
HN	Holistic Nutrition Specialist	170	9.75		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
MBWP	Mind-Body Wellness Practitioner	457	23.75		
POL-APP	Polarity - Associate Polarity Practitioner	180	8.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
SP	Spiritual Studies	300	18.75		
UFC	Urban Farming & Conscious Living	100	5.00		
YO	Yoga Teacher Training	200	6.25		
<b>SPECIALTIES &amp; ELECTIVES SUBTOTAL</b>		<b>563-603</b>	<b>25.75</b>		
<b>TOTAL</b>		<b>1008-1028</b>	<b>60.00</b>		

**OTHER AVAILABLE MIND-BODY TRANSFORMATIONAL PSYCHOLOGY ELECTIVES \*Please meet with an advisor to choose the electives that will best complement your chosen specialties.**

BC 580	Life Coaching - Advanced Coaching Skills	20	1.25	BC 560 P\$	
EC 300	Aura	16	0.50		
EC 400	Chakras - Introduction	16	1.00		
EC 420	Crystal Healing	16	0.50		
EL 201	Meditation - An Introduction	10	0.25		
EL 202	Meditation - An Introduction II	10	0.25		
EL 725	Neuro Linguistic Programming (NLP)	20	0.50		
EL 735	Neuromuscular Techniques Featuring Communicative Balancing	12	0.25	MT 200 or Licensed	
EV 370	Hypnotherapy - Clinical Certification Prep *CANNOT BE USED FOR CREDIT	8	0.00		
HY 340	EFT Introduction - Emotional Freedom Techniques Level 1	8	0.25		
HY 420	Hypnotherapy - Script Writing	15	1.00	HY 201	
HY 450	Spirit Releasement	12	0.75		
HY 580	Hypnotherapy - Medical Imagery	15	0.75	HY 201	
OE 380	Moxibustion	8	0.25		
SP 305 24	Tarot - The Art & Science	24	1.25		
SP 310	Ceremonies (Native American) Medicine Wheel	15	1.00		
SP 408	Introduction to Embodied Kabbalah	20	1.00		
SP 333-OL	Archangels - ONLINE	15	1.00		

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

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

*SWIHA's mission is to help individuals discover their gifts and graces, and support them as they*