



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

60 Credit Hours / 1052-1082 Classroom Hours
96 Instruction Weeks / 104 Calendar Weeks
24 Months Full 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		
SM 150	Ayurveda - Introduction	30	2.00		
TP 100	Diversity & Developing Ethical Consciousness	24	1.50		
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
BC 542	Applied Entrepreneurship	45	3.00		
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		
TP 110	Stress Management & Psychological Acupressure (EFT)	24	1.50		
	AOS GENERAL EDUCATION REQUIREMENTS SUBTOTAL	255	16.50		
HY 101	Hypnotherapy - Foundations Level I	20	1.25		
TP 150	Introduction to Building Resiliency	24	1.50		
PC 850	Cranial Unwinding	20	1.00	Or Reiki	
TP 490	Post-Traumatic Stress Disorder (PTSD) Introduction	30	2.00		
BC 550 P\$	Life Coaching -Foundations	20	1.25		
TP 140	The Energetics of Intuition	24	1.50		
PC 100	Polarity - Basic I	20	1.00		
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
TP 120	Developmental Psychology - Awakening the Heroes Within	24	1.50		
CC 130	Psychology of Addiction - Understanding the Shadow	30	2.00		
	TRANSFORMATIONAL PSYCHOLOGY CORE COURSES SUBTOTAL	271	16.25		
CHOOSE 27.25 CREDITS OF SPECIALTIES AND/OR ELECTIVES *Please see advisor for list of available elective choices					
AR	Aromatherapy	100	5.50		
CHP	Clinical Hypnotherapy	270	12.75		
CRA	Cranial Unwinding	180	7.50		
HN	Holistic Nutrition Specialist	160	9.00		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
POL-APP	Polarity - Associate Polarity Practitioner	180	8.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
SP	Spiritual Studies	200	18.75		
YO	Yoga Teacher Training	200	6.25		
	SPECIALTIES & ELECTIVES SUBTOTAL	500	27.25		
	TOTAL	1052-1082	60.00		

OTHER AVAILABLE MIND-BODY TRANSFORMATIONAL PSYCHOLOGY ELECTIVES					
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 725	Neuro Linguistic Programming (NLP)	20	0.50		
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	Spiritual Studies - Introduction to Embodied Kabbalah	20	1.00		

Student _____ Date _____

Advisor _____ Date _____

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

