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

SOUTHWEST INSTITUTE of HEALING ARTS
graduating great people worldwide

60 Credit Hours / 1052-1082 Classroom Hours
96 Instruction Weeks / 104 Calendar Weeks

Associate Degree in Mind-Body Transformational Psychology Core Courses

AOS General Education Requirements

Code	Course	Clock	Credit	Pre-Requisite	Date
TC 610	Heart Centered Leadership	20	1.25		
TC 620	Therapeutic Presence, Ethics and Boundaries	30	2.00		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 640	Somatic Psychology: The Subtle Body	30	2.00		
BC 601	Mission Possible (Stat, Basic Finance, Bus Writing)	45	3.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
CC 130	Psychology of Addiction - Understanding the Shadow	30	2.00		
BC 602	Mastermind for Success	45	3.00	BC 540	
	AOS General Education Requirements Subtotal	**254**	**16.75**		

Transformational Psychology Core Courses

Code	Course	Clock	Credit	Pre-Requisite	Date
HC 101	Foundations of Wellness Coaching	20	1.00		
HC 201	Professional Wellness Coaching and Ethics	40	2.00	HC 101	
HC 301	Advanced Wellness Coaching 1	30	1.50	HC 201	
HC 302	Advanced Wellness Coaching 2	30	1.50	HC 301	
HY 101	Hypnotherapy - Foundations Level I (or Yoga Nidra)	20	1.25		
HN 121	Nutrition - Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
PC 100	Polarity - Basic I (or Cranial 1 or Reiki 1)	20	1.00		
BC 530	Introduction to Holistic Entrepreneurship & Self Empowerment	15	1.00		
BC 540	Business Development & Entrepreneurial Support	40	2.25		
BC 542	Applied Entreprenuership	45	3.00		
TC 100	Spiritual Coaching and Ethics	24	1.50		
TC 110	Workshops and Group Facilitation	20	1.25		
TC 120	Coaching the Hero Within	24	1.50		
HY 340	EFT Introduction/EFT Level 1	8	0.25		
	Transformational Psychology Core Courses Subtotal	**376**	**21.50**		

Choose 21.75 Credits of Specialties and/or Electives

AR	Aromatherapy	100	5.50		
APH	Advance Professional Hypnotherapy	270	12.75		
CRA	Cranial Unwinding	200	8.50		
IG	Intuitive Guide	100	4.75		
HN	Holistic Nutrition Specialist	160	9.00		
HWC	Health and Wellness Coaching	80	4.25	HC 201	
HY	Hypnotherapy	80	3.50		
POL-APP	Polarity - Associate Polarity Practitioner	180	8.00		
RF	Reflexology	120	4.25		
RE	Reiki	100	3.00		
UF	Urban Farming	100	5.50		
YO	Yoga Teacher Training	200	6.25		
YO-N	Yoga Nidra	100	4.50		
YO-BP	Yoga Body Psychology	100	4.50	YTT, APP or MT	
	Specialties & Electives Subtotal	**Varies**	**21.75**		
		TOTAL	**60.00**		

Student _____ Date _____ Advisor Initials _____

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.