



# Integrative Healing Arts Practitioner

750 Classroom Hours  
32.25 - 40.25  
67 Instructional Weeks/71-75 Calendar Weeks

Diploma

## Integrative Healing Arts Practitioner Core Courses

### Holistic Entrepreneur Core Courses

Code	Course	Clock	Credit	Pre-Requisite	Date
BC 530	Introduction to Entrepreneurship & Self-Empowerment	15	1.00		
BC 540	Business Development and Entrepreneurial Support	40	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
BC 543	Business in Action	20	1.00		
<b>Holistic Entrepreneur Core Courses Subtotal</b>		<b>120</b>	<b>7.25</b>		

### IHAP Core Courses

Code	Course	Clock	Credit	Pre-Requisite	Date
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 610	Heart Centered Leadership	20	1.25		
TC 120	Coaching the Hero Within	24	1.50		
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
<b>IHAP Core Courses Subtotal</b>		<b>130</b>	<b>8.25</b>		

### Select a Coaching Focus:

#### Option 1: Health & Wellness Coaching

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	
<b>Coaching Core Courses Subtotal</b>		<b>120</b>	<b>6.00</b>		

#### Option 2: Intuitive Guidance & Coaching

Code	Course	Clock	Credit	Pre-Requisite	Date
LC 111	Introduction to Life Coaching	20	1.25		
IG 111	Introduction to Intuitive Guidance	12	1.00		
IG 211	Angels and Guides	24	1.25	IG 111	
IG 311	Intuitive Guidance – Practical Applications	24	1.25	IG 211	
IG 401	Business of Intuitive Guidance	20	1.25	IG 311	
<b>Coaching Core Courses Subtotal</b>		<b>100</b>	<b>6.00</b>		

#### Option 3: Life Coaching

Code	Course	Clock	Credit	Pre-Requisite	Date
LC 111	Introduction to Life Coaching	20	1.25		
LC 121	Life Coaching – Heart Centered Approach Part 1	40	1.75	LC 111	
LC 131	Life Coaching – Heart Centered Approach Part 2	40	2.00	LC 121	
<b>Coaching Core Courses Subtotal</b>		<b>100</b>	<b>5.00</b>		

### Select a Specialty Focus:

#### Option 1: Health & Wellness Coach with Holistic Nutrition Focus

Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
HC 155	Anatomy of Wellness	30	1.50	HC 101	
HC 156	Health Conditions	30	1.50	HC 101	
HC 401	NBHWC Exam Prep	20	1.25	HWC 200	
HN	Holistic Nutrition	200	11.50		
	Electives (Suggested: Urban Farming)	100	varies		
<b>Subtotal</b>		<b>380</b>	<b>15.75</b>		

#### Option 2: End-of-Life Doula Focus

Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
ELD	End-of-Life Doula	100	5.25		
RE	Reiki - (Traditional, Shamanic, or Holy)	100	3.00		
	Electives (Suggested: Cranial Unwinding, Aromatherapy, or Hypnotherapy)	200	varies		
<b>Subtotal</b>		<b>400</b>	<b>8.25</b>		

#### Option 3: Spiritual Transformation Focus

Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
POL-APP	Polarity - Associate Polarity Practitioner (or Cranial Unwinding)	200	9.00		
RE	Reiki - (Traditional, Shamanic, or Holy)	100	3.00		
	Electives	100	varies		
<b>Subtotal</b>		<b>400</b>	<b>12.00</b>		

<b>Option 4: Advanced Hypnotherapy Focus</b>					
<b>Code</b>	<b>Specialty/Course</b>	<b>Clock</b>	<b>Credit</b>	<b>Pre-Requisite</b>	<b>Date</b>
HY	Hypnotherapy	100	4.75		
APH	Advanced Professional Hypnotherapy	190	9.00		
	Electives	110	varies		
<b>Subtotal</b>		<b>400</b>	<b>13.75</b>		
<b>Option 5: Yoga Focus</b>					
<b>Code</b>	<b>Specialty/Course</b>	<b>Clock</b>	<b>Credit</b>	<b>Pre-Requisite</b>	<b>Date</b>
YO	Yoga Teacher Training	200	6.25		
YO-N	Yoga Nidra	100	4.50		
	Electives	100	varies		
<b>Subtotal</b>		<b>400</b>	<b>10.75</b>		

Student \_\_\_\_\_

Date \_\_\_\_\_

Advisor Initials \_\_\_\_\_