



Integrative Healing Arts Practitioner

750 Classroom Hours
 28.25 - 42.50 Credit Hours
 67 Instructional Weeks/71-75 Calendar Weeks

Diploma

Code	Course	Hours	Hours	Pre-Requisite	Dates
Holistic Entrepreneur Courses					
Code	Course	Clock	Credit	Pre-Requisites	Date
BC 530	Introduction to Entrepreneurship & Self-Empowerment	15.00	1.00		
BC 540	Business Development and Entrepreneurial Support	40.00	2.25		
BC 542	Applied Entrepreneurship	45.00	3.00		
		Subtotal	100.00	6.25	
Wellness Coaching Courses					
Code	Course	Clock	Credit	Pre-Requisites	Date
HC 101	Foundations of Wellness Coaching	20.00	1.00		
HC 201	Professional Wellness Coaching and Ethics	40.00	2.00	HC 101	
HC 301	Advanced Wellness Coaching 1	30.00	1.50	HC 201	
HC 302	Advanced Wellness Coaching 2	30.00	1.50	HC 301	
TC 100	Spiritual Coaching and Ethics	24.00	1.50	BC 550 or HC 101	
TC 110	Workshop and Group Facilitation	20.00	1.50	BC 550 or HC 101	
TC 120	Coaching the Hero Within	24.00	1.50	BC 550 or HC 101	
CC 130	Psychology of Addiction – Understanding the Shadow	30.00	2.00		
TC 150	Building Resiliency and Stress Management	24.00	1.50	BC 550 or HC 101	
HY 340	EFT Introduction/EFT Level 1	8.00	0.25		
		Subtotal	250.00	14.25	
Option 1: Health and Wellness Coach with HN focus					
HC 155	Anatomy of Wellness	30.00	1.50		
HC 156	Health Conditions	30.00	1.50		
HC 401	NBHCW Exam Prep	20.00	1.25	HWC 200	
HN	Holistic Nutrition	200.00	11.50		
UF	Urban Farming	100.00	5.50		
HN 223	Whole Food S.O.U.L Foods II	20.00	1.25		
		Subtotal	400.00	22.50	
Option 2: Health and Wellness Coach with Culinary focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
HC 155	Anatomy of Wellness	30.00	1.50		
HC 156	Health Conditions	30.00	1.50		
HC 401	NBHCW Exam Prep	20.00	1.25	HWC 200	
HN	Holistic Nutrition	200.00	11.50		
WFC	Whole Food Culinary Specialist	60.00	2.00		
WH 100	Western Herbalism Foundations	30.00	2.00		
YO 453	Foundations of Ayurveda	20.00	1.50		
WH 276	WH - Plants and People	10.00	0.25		
		Subtotal	400.00	21.50	
Option 3: Yoga Focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
YO	Yoga Teacher Training	200.00	6.25		
YO-N	Yoga Nidra	100.00	4.50		
YO-BP	Yoga Body Psychology	100.00	4.50	YTT 200, APP, MT*	
		Subtotal	400.00	15.25	
Option 4: Holistic Nutrition, Culinary, and Hypnotherapy Focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
HN	Holistic Nutrition	200.00	11.50		
WFC	Whole Foods Culinary Specialist	60.00	2.00		
HY	Hypnotherapy	100.00	4.75		
HY 520	Hypnotherapy - Subconscious Interventions	20.00	1.00		

AR 100	Aromatherapy - Intro	20.00	1.25		
	Subtotal	400.00	18.25		
Option 5: Reflexology, Aromatherapy and Intuitive Focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
RF	Reflexology	120.00	4.50		
AR	Aromatherapy	100.00	5.50		
IG	Intuitive Guide	100.00	4.75		
RF	Toe Reading	50.00	1.25		
TC 620	Therapeutic Presence, Ethics, and Boundaries	30.00	2.00		
	Subtotal	400.00	18.00		
Option 6: Spiritual Transformation Focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
PC	Polarity - Associate Polarity Practitioner or Cranial Unwinding	200.00	9.00		
EC	Reiki - (Traditional, Shamanic, or Holy)	100.00	3.00		
IG	Intuitive Guide	100.00	4.75		
	Subtotal	400.00	16.75		
Option 7: Advanced Hypnotherapy Focus					
Code	Course	Clock	Credit	Pre-Requisites	Date
APH	Advanced Professional Hypnotherapy	282.00	13.75		
HC 155	Anatomy of Wellness	30.00	1.50		
HC 156	Health Conditions	30.00	1.50		
HC 401	NBHCW Exam Prep	20.00	1.25	HWC 200	
TC 620	Therapeutic Presence, Ethics, and Boundaries	30.00	2.00		
HY 341	EFT Level II	8.00	0.25		
	Subtotal	400.00	20.25		

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.