



Integrative Healing Arts Practitioner

Diploma

750 Classroom Hours
 34.25 - 42.00 Credit Hours
 Full-Time: 75 Weeks
 VA Option 1: 34 Weeks

Code	Course	Clock Hours	Credit Hours	Pre-Requisite	Course Dates
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Holistic Entrepreneur Courses

Code	Course	Clock	Credit	Pre-Requisites	Date
BC 541	Business Development and Entrepreneurial Support	44	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
BC 530	Introduction to Entrepreneurship & Self-Empower	15	1.00		
Subtotal		104	6.25		

Transpersonal Psychology and Coaching Courses

Code	Course	Clock	Credit	Pre-Requisites	Date
BC 550 P\$	Life Coaching Foundations	20	1.25		
TP 100	Diversity & Developing Ethical Consciousness	24	1.50		
TP 110	Stress Management & Psychological Acupressure (EFT)	24	1.50		
TP 120	Transpersonal Psychology – Awaken the Hero Within	24	1.50		
CC 130	Psychology of Addiction – Understanding the Shadow	30	2.00		
TP 150	Introduction to Building Resiliency	24	1.50		
Subtotal		146	9.25		

Option 1: Holistic Nutrition, Yoga, and Yoga Nidra Focus

Code	Course	Clock	Credit	Pre-Requisites	Date
	Holistic Nutrition	200.00	11.75		
	Yoga Teacher Training	200.00	6.25		
	Yoga Nidra	100.00	4.50		
Subtotal		500.00	22.50		

Option 2: Holistic Nutrition, Coaching, and Hypnotherapy Focus

Code	Course	Clock	Credit	Pre-Requisites	Date
	Holistic Nutrition	200.00	11.75		
	Life Coaching - Core Strategies and Advanced Techniques	100.00	5.00		
	Hypnotherapy Foundation	100.00	4.75		
	Elective	100.00	5.00		
Subtotal		500.00	26.50		

Option 3: Yoga and Coaching Focus

Code	Course	Clock	Credit	Pre-Requisites	Date
	Reiki - (any)	100.00	2.75		
	Life Coaching - Core Strategies and Advanced Techniques	100.00	5.00		
	Transformational Yoga Coaching	100.00	4.75		
	Yoga Teacher Training	200.00	6.25		
Subtotal		500.00	18.75		

Option 4: Hypnotherapy, Coaching, and Mindfulness Focus

Code	Course	Clock	Credit	Pre-Requisites	Date
	Hypnotherapy Certificate of Excellence	100.00	4.75		
	Clinical Hypnotherapy Practitioner (requires HY COE)	186.00	9.25		
	Aromatherapy for Hypnotherapy	14.00	0.50		
	Life Coaching - Core Strategies and Advanced Techniques	100.00	5.00		
	Intuitive Angel Guide	100.00	5.00		
Subtotal		500.00	24.50		

Option 5: Spiritual Transformation Focus

Code	Course	Clock	Credit	Pre-Requisites	Date
	Spiritual Leadership and Celebrant*	200.00	12.50		
	Reiki - (any)	100.00	5.00		
	Intuitive Angel Guide	100.00	5.00		
	Life Coaching - Core Strategies and Advanced Techniques	100.00	5.00		
Subtotal		500.00	27.50		

*spiritual studies courses not available at this time. Please check with you advisor for options.

CHOOSE A COMBINATION OF SPECIALTIES AND ELECTIVES TOTALING 500 CLOCK HOURS

AR	Aromatherapy	100	5.50		
CHP	Clinical Hypnotherapy + Aromatherapy for Hypnotherapy	200	9.75		
CRA	Cranial Unwinding	200	8.50		
IAG	Intuitive Angel Guide	100	4.75		
HN	Holistic Nutrition Specialist*	160	9.25		
HY	Hypnotherapy	80	3.50		
LC	Life Coaching	80	3.75		
POL-APP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	200	7.50		
RE	Reiki	100	2.75		
YO	Unity Yoga Teacher Training*	200	6.25		
YO-N	Yoga Nidra	100	4.50		

COURSE ELECTIVES Please see advisor for available elective choices that will complement your specialty choices.

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.