



Associate in Occupational Studies Degree in:
Mind Body Transformational Psychology ONLINE (AOS/MBTP-OL)
60 Credits - 2 Years / 24 months / 104 weeks full-time

AOS GENERAL EDUCATION REQUIREMENTS

Code	Course	Hours	Credit	Pre-Requisites	Course Date
BC 105-OL	Business Writing ONLINE	15	1.00		
BC 117-OL	Professional Communications ONLINE *	40	2.50		
BC 402-OL	Seminar & Presentation ONLINE	15	1.00		
BC 550-OL P\$	Life Coaching - Foundation ONLINE *	20	1.25		
CC 140-OL	Developmental Psychology - Awaken the Heroes Within ONLINE	30	2.00		
CC 250-OL	Psychology Theories - Honoring the Masters ONLINE	30	2.00		
CC 310-OL	Ethical Consciousness ONLINE *	28	1.75		
HH 500-OL	Sustainability & Conscious Living ONLINE*	15	1.00		
HN 121-OL	Nutrition - Foundations of Transformational Healing & Holistic Nutrition ONLINE	40	2.50		
NC 120-OL	Stress Management ONLINE *	15	1.00		
Subtotal		244	16.00		

AOS & MIND BODY CORE COURSES

AR 100-OL	Aromatherapy - Introduction ONLINE	20	1.25		
CC 120-OL	Intuitive Studies - Introduction ONLINE	30	2.00		
EC 120-OL	Energy Anatomy ONLINE	68	4.00		
HY 101-OL	Hypnotherapy - Foundations Level I ONLINE †	20	1.25		
SM 150-OL	Ayurveda - Introduction ONLINE	30	2.00		
Subtotal		168	10.50		

TRANSFORMATIONAL PSYCHOLOGY & SPIRITUAL STUDIES CORE COURSES

CC 115-OL	Alternative Lifestyles & Diversity ONLINE	30	2.00		
CC 130-OL	Psychology of Addiction - Understanding the Shadow ONLINE	30	2.00		
SP 151-OL	Comparative Religion - Unity & Tolerances ONLINE	25	1.75		
SP 275-OL	Prayer Therapy ONLINE	15	1.00		
SP 430-OL	Death, Dying and Hospice ONLINE	15	1.00		
Subtotal		115	7.75		

PRE-ELECTED COURSE(S) BASED ON HWP-OL SPECIALTY SELECTION

SP 446-OL	Universal Laws - Practical Application ONLINE	20	1.25		
SP 450-OL	Meditation and Mindfulness ONLINE	15	1.00		
Subtotal		35	2.25		

HOLISTIC WELLNESS DIPLOMA SPECIALTY (DETAILS ON FOLLOWING PAGE)

Code	Program	Hours	Credits
HWP-OL	HOLISTIC WELLNESS PRACTITIONER DIPLOMA ONLINE	600	32.25

* Denotes courses that are satisfied in the Holistic Wellness & Entrepreneurial requirements

† Denotes courses that are satisfied in the Holistic Wellness Clinical Hypnotherapy requirements



**DIPLOMA
Holistic Wellness Practitioner ONLINE (HWP-OL)
Specializing in Clinical Hypnotherapy Practitioner**

HOLISTIC WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Code	Course	Clock	Credit	Pre-Requisites	Date
AR 121-OL	Aroma-Auriculotherapy ONLINE	40	2.50		
AR 133-OL	Flower Essences ONLINE	16	1.00		
BC 117-OL	Professional Communications ONLINE	40	2.50		
BC 555-OL	Entrepreneurial Business Development ONLINE	40	2.50		
BC 550-OL P\$	Life Coaching – Foundation ONLINE	20	1.25		
BC 561-OL P\$	Life Coaching – Core Strategies, Techniques & Implementation, Part 1 ONLINE	40	2.00	BC 550-OL	
BC 562-OL P\$	Life Coaching – Core Strategies, Techniques & Implementation, Part 2 ONLINE	40	1.75	BC 561-OL	
CC 310-OL	Ethical Consciousness ONLINE	28	1.75		
RF 150-OL	Toe Reading – Reflexology Assessment I – Elemental ONLINE	16	0.50		
BC 557-OL	Webinar and Social Media Marketing	20	1.25	BC 555-OL	
NC 120-OL	Stress Management ONLINE	15	1.00		
HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
SP 441-OL	Spirit-Directed Coaching ONLINE	20	1.25		
	Subtotal	350	20.25		

CLINICAL HYPNOTHERAPY CORE COURSES

HY 101-OL	Hypnotherapy – Foundations Level I ONLINE	20	1.25		
HY 201-OL	Hypnotherapy – Foundations Level II ONLINE	40	2.50	HY 101-OL	
HY 301-OL	Hypnotherapy – Foundations Level III ONLINE	40	1.00	HY 201-OL	
HY 315-OL	Hypnotherapy – Fears, Phobias & Addictions ONLINE	15	1.00	HY 201-OL	
HY 401-OL	Hypnotherapy – Advance Techniques ONLINE	25	1.00	HY 301-OL	
HY 350-OL	Hypnotherapy – Past Life Regression ONLINE	20	1.00	HY 301-OL	
HY 421-OL	Hypnotherapy – Script Writing ONLINE	20	1.25	HY 201-OL	
EL 725-OL	NLP – Neuro Linguistic Programming ONLINE	20	0.50		
HY 475-OL	Dreams and Metaphors ONLINE	20	1.00	HY 101-OL	
HY 581-OL	Medical Imagery ONLINE	22	1.25	HY 201-OL	
HY 370-OL P\$	Hypnotherapy Clinical Certification Preparation ONLINE	8	0.25	HY 101-OL, HY 201-OL, HY 301-OL	
	Subtotal	250	12.00		

Code	Program	Total Hours	Total Credits
AOS/MBTP-OL	Associate of Occupational Studies Degree in Mind-Body Transformational Psychology ONLINE	428	27.75
HWP-OL	Holistic Wellness Practitioner ONLINE	600	32.25
	TOTALS	1028	60.00

Student _____ Advisor _____

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