



**Associate in Occupational Studies Degree in
Mind Body Transformational Psychology (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	Developing Ethical Consciousness ONLINE *	28	1.75		
HH 500-OL	Sustainability & Conscious Living ONLINE	15	1.00		
HN 121-OL	Foundations of Transformational Healing & Holistic Nutrition ONLINE †	40	2.50		
NC 120-OL	Stress Management ONLINE	15	1.00		
	Subtotal	248	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 / CONCENTRATION COMBINATION

HY 315-OL	Hypnotherapy - Fears, Phobias & Addictions ONLINE	15	1.00		
EL 725-OL	Neuro Linguistic Programming (NLP) ONLINE	20	0.50		
	Subtotal	35	1.50		

HOLISTIC WELLNESS PRACTITIONER DIPLOMA SPECIALTY (DETAILS ON FOLLOWING PAGE)

Code	Program	Hours	Credits
HWP-OL	HOLISTIC WELLNESS PRACTITIONER DIPLOMA ONLINE	600	33.50

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

† Denotes courses that are satisfied in the Holistic Wellness Holistic Nutrition Certificate

‡ Denotes courses that are satisfied in the Holistic Wellness Hypnotherapy Certificate



DIPLOMA
Holistic Wellness Practitioner (HWP-OL)
Specializing in Holistic Nutrition & Hypnotherapy

HOLISTIC WELLNESS & ENTREPRENEURIAL REQUIREMENTS

Code	Course	Clock	Credit	Pre-Requisites	Course 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	Developing 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 ONLINE	20	1.25		
Subtotal		300	17.00		

HOLISTIC NUTRITION SPECIALIST (CERTIFICATE OF EXCELLENCE)

HN 121-OL	Nutrition - Foundations of Transformational Healing & Holistic Nutrition ONLINE	40	2.50		
HN 122-OL	Nutrition - Understanding Macronutrients and Micronutrients for Optimum Health	40	2.50	HN101 & HN120 or HN121-OL	
HN 111-OL	Nutrition – Principles of Conscious Eating and Behavior Modification ONLINE	20	1.25	HN101 & HN120 or HN121-OL	
HN 155-OL	Nutrition – Comparative Dietary Systems ONLINE	20	1.25	HN101 & HN120 or HN121-OL	
HN 221-OL	Nutrition - Examining Whole & Raw Foods ONLINE	40	1.75	HN101 & HN120 or HN121-OL	
HN 251-OL	Nutrition - Nutritional Assessment & Client Coaching ONLINE	40	2.50	HN101, HN102, & HN150 or HN121-OL, HN122-OL, & HN151-OL	
Subtotal		200	11.75		

HYPNOTHERAPY (CERTIFICATE OF EXCELLENCE)

HY 101-OL	Hypnotherapy - Foundations Level I ONLINE	20	1.25		
HY 201-OL	Hypnotherapy II ONLINE	40	2.50	HY 100-OL	
HY 301-OL	Hypnotherapy III ONLINE	40	1.00	HY 200-OL	
Subtotal		100	4.75		

Code	Program	Total Hours	Total Credits
AOS/MBTP-OL	Associate of Occupational Studies Degree in Mind-Body Transformational Psychology ONLINE	418	26.50
HWP-OL	Holistic Wellness Practitioner ONLINE	600	33.50
TOTALS		1018	60.00

Student _____

Advisor _____

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.