



DIPLOMA

Mind-Body Wellness Practitioner (Online) (MBWP-IDL)

600 Classroom Hours | 32.25 – 34.25 Credits (concentration selection determines total credits; see page 2)

64 Instructional Weeks | 66-68 Calendar Weeks

CORE MIND-BODY WELLNESS & ENTREPRENEURIAL REQUIREMENTS (300 HOURS)

Code	Course	Clock	Credit	Pre-Requisites	Date
AR 121-OL	Aroma-Auriculotherapy	40	2.50		
AR 133-OL	Flower Essences	16	1.00		
BC 117-OL	Professional Communications	40	2.50		
BC 555-OL	Entrepreneurial Business Development	40	2.50		
BC 550-OL P\$	Life Coaching – Foundation	20	1.25		
BC 561-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 1	40	2.00	BC 550-OL	
BC 562-OL P\$	Life Coaching - Core Strategies, Techniques & Implementation, Part 2	40	1.75	BC 561-OL	
CC 310-OL	Developing Ethical Consciousness	28	1.75		
RF 150-OL	Toe Reading - Reflexology Assessment I - Elemental	16	0.50		
BC 557-OL	Social Media and Webinar Marketing	20	1.25		
	Subtotal	300	17.00		

CHOOSE YOUR SPECIALIZATION(S):

Choose from any of the following specializations to equal an additional 300 hours:

CLINICAL HYPNOTHERAPY PRACTITIONER (300 HOURS)

Code	Course	Clock	Credit	Pre-Requisites	Date
HY 101-OL	Hypnotherapy – Foundations Level I	20	1.25		
HY 201-OL	Hypnotherapy – Foundations Level II	40	2.50	HY 101-OL	
HY 301-OL	Hypnotherapy – Foundations Level III	40	1.00	HY 201-OL	
HY 315-OL	Hypnotherapy – Fears, Phobias & Addictions	15	1.00	HY 201-OL	
HY 401-OL	Hypnotherapy – Advance Techniques	25	1.00	HY 301-OL	
HY 350-OL	Hypnotherapy – Past Life Regression	20	1.00	HY 301-OL	
HY 421-OL	Hypnotherapy – Script Writing	20	1.25	HY 201-OL	
EL 725-OL	NLP – Neuro Linguistic Programming	20	0.50		
HY 475-OL	Hypnotherapy - Dreams and Metaphors	20	1.00	HY 101-OL	
HY 581-OL	Hypnotherapy - Medical Imagery	22	1.25	HY 201-OL	
HY 370-OL P\$	Hypnotherapy Clinical Certification Preparation	8	0.25	HY 301-OL	
TP 490-OL	Post-Traumatic Stress Disorder (PTSD) Introduction	30	2.00		
HY 540-OL	Post-Traumatic Stress Disorder (PTSD) Applied Techniques for Hypnotherapists	20	1.25	TP 490-OL	
	Subtotal	300	15.25		

HOLISTIC NUTRITION SPECIALIST (200 HOURS)

Code	Course	Clock	Credit	Pre-Requisites	Date
HN 121-OL	Foundations of Transformational Healing & Holistic Nutrition	40	2.50		
HN 122-OL	Understanding Macronutrients and Micronutrients for Optimum Health	40	2.50		
HN 111-OL	Principles of Conscious Eating and Behavior Modification	20	1.25	HN121-OL	
HN 155-OL	Comparative Dietary Systems	20	1.25	HN121-OL	
HN 221-OL	Examining Whole & Raw Food Cuisine	40	1.75	HN121-OL	
HN 251-OL	Nutritional Assessment & Client Coaching	40	2.50	HN121-OL, HN122-OL, HN111-OL, & HN155-OL	
	Subtotal	200	11.75		

HYPNOTHERAPIST (100 HOURS)

Code	Course	Clock	Credit	Pre-Requisites	Date
HY 101-OL	Hypnotherapy – Foundations Level I	20	1.25		
HY 201-OL	Hypnotherapy – Foundations Level II	40	2.50	HY 101-OL	
HY 301-OL	Hypnotherapy – Foundations Level III	40	1.00	HY 201-OL	
	Subtotal	100	4.75		

MINDFULNESS AND GUIDED IMAGERY FACILITATOR (100 HOURS)

Code	Course	Clock	Credit	Pre-Requisites	Date
MG 101-OL	Mindfulness and Guided Imagery Introduction	20	1.25		
MG 201-OL	Mindful Guided Imagery	20	1.25		
MG 301-OL	Mindfulness Strategies	40	1.75		
MG 401-OL	Mindfulness and Guided Imagery Practicum	20	0.50	MG 301-OL	
	Subtotal	100	4.75		

SPIRITUAL COACH (200 HOURS) - Ordination Option Available*

Code	Course	Clock	Credit	Pre-Requisites	Date
SP 155-OL	Spiritual Traditions	25	1.60		
SP 161-OL	Mysticism & Universal Laws	25	1.60		
SP 277-OL	Prayer Therapy & Meditation	25	1.60		
SP 415-OL	Creating Ceremony & Sacred Space	25	1.60		
SP 427-OL	Ministerial Duties & Homiletics	25	1.60		
SP 431-OL	Death, Dying, and Hospice	25	1.60		
SP 447-OL	Spirit-Directed Coaching	30	1.75		
SP 437-OL	Developing Your Spiritual Gifts	20	1.15		
*SP 465-OL	Celebrate Your Light – Celebrant & Ordination Preparation	--	--		
	Subtotal	200	12.50		

CONFIRM YOUR PROGRAM SPECIALIZATION(S):

Mind-Body Wellness Practitioner, specializing in...	Total Hours	Total Credits
Clinical Hypnotherapy Practitioner	600	32.25
Holistic Nutrition Specialist & Hypnotherapist	600	33.50
Holistic Nutrition Specialist & Mindfulness and Guided Imagery Facilitator	600	33.50
Spiritual Coach & Hypnotherapist	600	34.25

*If choosing the Spiritual Coach and Celebrant Specialization within this program, you have the option of becoming officially ordained as a Minister or Celebrant through the Universal Brotherhood Movement, Inc. (UBMI). If you are interested in becoming ordained, you will be scheduled into SP 465-OL, an additional non-credit Celebrant and Ordination Preparation course. Additionally, SWIHA will package into your enrollment the application fee and first year membership dues associated with UBMI. Please confirm your choice:

_____ **Yes, I am interested in becoming an ordained minister or celebrant. Please include the fees associated with UBMI into my total program cost.**

_____ **No, I am not interested in becoming an ordained minister or celebrant at this time. I understand that should I change my mind after I am enrolled, I may need to pay the UBMI fees out of pocket.**

_____ **N/A. I am not choosing Spiritual Coaching as a concentration within my program.**

Student _____ Advisor _____

Our 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.