



# Integrative Healing Arts Practitioner

750 Classroom Hours

32.25 - 40.25

67 Instructional Weeks/71-75 Calendar Weeks

Diploma

## Integrative Healing Arts Practitioner Core Courses

### Holistic Entrepreneur Core Courses

Code	Course	Clock	Credit	Pre-Requisite	Date
BC 530	Introduction to Entrepreneurship & Self-Empowerment	15	1.00		
BC 540	Business Development and Entrepreneurial Support	40	2.25		
BC 542	Applied Entrepreneurship	45	3.00		
BC 543	Business in Action	20	1.00		
<b>Holistic Entrepreneur Core Courses Subtotal</b>		<b>120</b>	<b>7.25</b>		

### IHAP Core Courses

Code	Course	Clock	Credit	Pre-Requisite	Date
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 610	Heart Centered Leadership	20	1.25		
TC 120	Coaching the Hero Within	24	1.50		
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
<b>IHAP Core Courses Subtotal</b>		<b>130</b>	<b>8.25</b>		

### Select a Coaching Focus:

#### Option 1: Life Coaching

Code	Course	Clock	Credit	Pre-Requisite	Date
LC 111	Introduction to Life Coaching	20	1.25		
LC 121	Life Coaching – Heart Centered Approach Part 1	40	1.75	LC 111	
LC 131	Life Coaching – Heart Centered Approach Part 2	40	2.00	LC 121	
		<b>100</b>	<b>5.00</b>		

#### Option 2: Intuitive Guidance & Coaching

Code	Course	Clock	Credit	Pre-Requisite	Date
LC 111	Introduction to Life Coaching	20	1.25		
IG 111	Introduction to Intuitive Guidance	12	1.00		
IG 211	Angels and Guides	24	1.25	IG 111	
IG 311	Intuitive Guidance – Practical Applications	24	1.25	IG 211	
IG 401	Business of Intuitive Guidance	20	1.25	IG 311	
<b>Coaching Core Courses Subtotal</b>		<b>100</b>	<b>6.00</b>		

### Select a Specialty Focus:

#### Option 1: End-of-Life Doula Focus

Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
ELD	End-of-Life Doula	100	5.25		
HY	Hypnotherapy (or Yoga Nidra)	100	4.75		
RE	Reiki - (Traditional or Shamanic)	100	3.00		
	Electives (Suggested: Aromatherapy)	100	varies		
<b>Subtotal</b>		<b>400</b>	<b>13.00</b>		

#### Option 2: Transformation Focus

Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
POL-APP	Polarity - Associate Polarity Practitioner (or Cranial Unwinding)	200	9.00		
RE	Reiki - (Traditional or Shamanic)	100	3.00		
	Electives	100	varies		
<b>Subtotal</b>		<b>400</b>	<b>12.00</b>		

Option 3: Hypnotherapy Focus					
Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
HY	Hypnotherapy	100	4.75		
HY 404	Hypnotherapy - Advanced Techniques	30	0.75	HY 301	
HY 316	Hypnotherapy - Fears, Phobias & Addictions	20	1.00	HY 301	
HY 354	Hypnotherapy - Past Life Regression	30	1.50	HY 301	
HY 478	Hypnotherapy - Dreams & Metaphors	30	1.00	HY 301	
HY 600 P\$	Hypnotherapy - Certification Prep	10	0.50	HY 301	
	Electives	180	varies		
Subtotal		400	9.50		
Option 4: Yoga Focus					
Code	Specialty/Course	Clock	Credit	Pre-Requisite	Date
YO	Yoga Teacher Training	200	6.25		
YO-N	Yoga Nidra	100	4.50		
	Electives	100	varies		
Subtotal		400	10.75		

#### Specialty/Elective Options

AR	Aromatherapy	100	5.50		
CRA	Cranial Unwinding	200	8.50		
ELD	End-of-Life Doula	100	5.25		
IG	Intuitive Guide	100	4.75		
HN 600	Applied Holistic Nutrition & Whole Foods Culinary I	40	2.25		
HN 610	Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25	HN 600	
HN 620	Mindful Eating & Nutrition Wellness Coaching	30	1.25		
HY	Hypnotherapy	100	4.75		
HWC-IDL	Health and Wellness Coach (Hybrid)	200	11.25		
LC	Life Coaching	100	5.00		
POLAPP	Polarity - Associate Polarity Practitioner	200	9.00		
RF	Reflexology	120	4.50		
RE	Reiki - (Traditional or Shamanic)	100	3.00		
SH	Shamanic Principles and Pathways	100	3.00		
UF	Urban Farming	100	5.50		
YO	Yoga Teacher Training*	200	6.25		
YO-BP	Yoga - Body Psychology	100	4.50	YTT, APP, MT	
YO-N	Yoga Nidra	100	4.50		

Student

Date

Advisor Initials