



Associate of Occupational Studies in Holistic Healthcare
Concentration in: Somatic Psychology & Mindfulness (AOS/C-SPM)

60 Credit Hours / 1052-1082 Classroom Hours

96 Instruction Weeks / 104 Calendar Weeks

AOS General Education Requirements					
Code	Course	Clock	Credit	Pre-Requisite	Date
TC 610	Heart Centered Leadership	20	1.25		
TC 630	Somatic Psychology: The Neuroscience of Regulation & Trauma	30	2.00		
TC 640	Somatic Psychology: The Subtle Body	30	2.00		
CC 131	Psychology of Addiction - Understanding the Shadow	32	2.00		
TC 150	Building Resiliency and Stress Management	24	1.50		
TC 635	Somatic Psychology: Trauma Informed Communications	30	2.00		
BC 412	Writing for Publication	20	1.00		
BC 405	Motivational Speaking & Presenting	30	2.00		
BC 200	Basic Finance	16	1.00		
HN 600	Holistic Nutrition Foundation and Applied Cooking I	40	2.25		
AOS General Education Requirements Subtotal		272	17.00		
Applied Somatic Psychology Core					
LC 111	Introduction to Life Coaching	20	1.25		
LC 121	Life Coaching – Heart Centered Approach Part 1	40	1.75		
LC 131	Life Coaching – Heart Centered Approach Part 2	40	2.00		
TC 120	Coaching the Hero Within	24	1.50		
MI 500	Mindful-based Stress Recalibration & Retraining (MBSRR)	30	1.50		
MI 510	Mindful Meditation Techniques	30	1.50		
MI 520	Mindful Movement & Self Expression	20	0.75		
TC 700	Somatic Breathwork (SomatIQ)	40	1.75		
TC 710	Somatic Recalibration – Somatic Experiencing	40	1.75		
TC 720	Applied Somatic Recalibration & Integration Practicum	40	1.75		
HY	Hypnotherapy	100	4.75		
Applied Somatic Psychology Core Subtotal		424	20.25		
Holistic Entrepreneur Core					
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		
BC 700	Entrepreneurial Capstone	50	2.25		
Holistic Entrepreneur Core Subtotal		155	8.50		
Choose 14.25 Credits of Specialties					
CRA	Cranial Unwinding	200	8.50		
ELD	End-of-Life Doula	100	5.25		
HN 610	Applied Holistic Nutrition & Whole Foods Culinary II	30	1.25		
HN 620	Mindful Eating & Nutrition Wellness Coaching	30	1.25		
IG	Intuitive Guide	80	4.75		
POLAPP	Polarity	200	9.00		
RE	Reiki	100	3.00		
YO	Yoga Teacher Training	200	6.25		
YO-BP	Yoga Body Psychology	100	4.50		
YO-N	Yoga Nidra	100	4.50		
Specialties & Electives Subtotal		Varies	14.25		
TOTAL			60.00		

Student _____

Date _____

Advisor Initials _____