



Associate of Occupational Studies in Holistic Healthcare

Concentration in: Western Herbalism (AOS/C-WH)

60 Credit Hours / 1150-1300 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		
Western Herbalism Core					
CC 450	Conscious Living and Urban Farming	30	2.00		
WH 100	Western Herbalism - Foundations of American Herbal Studies	30	2.00		
WH 210	Western Herbalism - Sect A - Seed Sowing	45	2.50	WH 100	
WH 220	Western Herbalism - Sect B - Germination	45	2.50	WH 210	
WH 230	Western Herbalism - Sect C - Growth & Evolution	45	2.50	WH 220	
WH 240	Western Herbalism - Sect D - Harvest & Reap	45	2.50	WH 230	
WH 275	Western Herbalism - Herbal Flowers	16	1.00		
WH 280	Western Herbalism - Herbal Bio Arts	45	3.00	WH 230	
WH 305	Western Herbalism - Practicum	60	1.25	WH 240	
WH 360	Western Herbalism - Internship/Externship - Awakening	49	1.00	WH 100	
WH 377	Western Herbalism - Formulary Practicum	18	0.75	WH 240	
WH 250	Western Herbalism - Herbs for Babies & Children	8	0.50		
WH 256	Western Herbalism - The Green Man	12	0.75		
WH 265	Western Herbalism - The Herbal Goddess	18	1.00		
WH 291	Western Herbalism - Desert Medicines	8	0.25		
WH 365	Western Herbalism - Manufacturing & Remedy Production	14	0.50		
WH 276	Western Herbalism - Plants and People	10	0.25		
Western Herbalism Core Courses Subtotal		498	24.25		
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		
Holistic Entrepreneur Core Subtotal		105	6.25		
Choose 12.50 Credits of Specialties					
AR	Aromatherapy	100	5.50		
ELD	End-of-Life Doula	100	5.25		
HY	Hypnotherapy	100	4.75		
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	100	6.00		
LC	Life Coaching	100	5.00		
RE	Reiki	100	3.00		
UF	Urban Farming	70	3.50		
YO	Yoga Teacher Training	200	6.25		
Specialties & Electives Subtotal		Varies	12.50		
TOTAL			60.00		

Student _____

Date _____

Advisor Initials _____