# Integrative Healing Arts Practitioner (IHAP)

**Diploma**

750 Classroom Hours / 32.25 - 40.25 Credit Hours

67 Instructional Weeks/71-75 Calendar Weeks

## 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 | | |
| 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 | |
| | **IHAP Core Subtotal** | **230** | **13.25** | | |

## Holistic Entrepreneur Core Courses

| | | | | | |
|---|---|---|---|---|---|
| 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 | | |
| | **Holistic Entrepreneur Core Subtotal** | **120** | **7.25** | | |

## Select a Specialty Focus

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

| | | | | | |
|---|---|---|---|---|---|
| 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 or Intuitive Guidance) | 100 | varies | | |
| | **Subtotal** | **400** | **13.00** | | |

### Option 2: Transformation Focus

| | | | | | |
|---|---|---|---|---|---|
| POL-APP | Polarity - Associate Polarity Practitioner (or Cranial Unwinding) | 200 | 9.00 | | |
| RE | Reiki - (Traditional or Shamanic) | 100 | 3.00 | | |
| | Electives (Suggested: Intuitive Guidance) | 100 | varies | | |
| | **Subtotal** | **400** | **12.00** | | |

### Option 3: Hypnotherapy Focus

| | | | | | |
|---|---|---|---|---|---|
| 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

| | | | | | |
|---|---|---|---|---|---|
| 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 | 80 | 4.75 | | |
| HN 600 | Applied Holistic Nutrition & Whole Foods Culinary I | 40 | 2.25 | | |
| HY | Hypnotherapy | 100 | 4.75 | | |



*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.*

| | | | | | |
|---|---|---|---|---|---|
| HWC-IDL | Health and Wellness Coach (Hybrid) | 180 | 9.25 | | |
| 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 | | |
| 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



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