



THE SCHOOL PROSPECTUS

School of Psychology, Trauma & Mental Health

Clinical Psychology, Polyvagal Trauma Healing, Somatic Neuropsychology & ACT Coaching

*"Mens Sana in Corpore Sano" – *Sound Mind in Sound Body.**

ISSUED BY THE OFFICE OF ACADEMIC ADMISSIONS

CMA · IPHM · CPD · IAOTH · ICAHP · IGCT · CTAA · IHTCP · IIOHT



"You are not starting over. You are finally getting credit for what you already do."

Dear candidate,

The women who apply to this School rarely arrive as beginners. They arrive as the person their family and community already calls first – after years of study nobody ever certified. Our admission exists to correct that: a rigorous, honest, competency-based path from experience to credential.

Inside this Prospectus you will find the complete picture: our 4 academic colleges and 117 specialized programs, the credential ladder and its academic credits, what our graduates build, and what your Senate Scholarship covers. Nothing is hidden, because trust is our product.

Read it with one question in mind – not "am I qualified to begin?" but "is this the work I've been doing all along?" If the answer is yes, your seat is already reserved.

Dr. Maria Krista Piñol-Solis

DR. MARIA KRISTA PIÑOL-SOLIS, MD, RN · DEAN OF ACADEMIC ADMISSIONS

I · THE SCHOOL AT A GLANCE

117

SPECIALIZED
PROGRAMS

4

ACADEMIC
COLLEGES

5

CREDENTIAL LEVELS

100%

ONLINE &
ACCREDITED

58,598+ students & alumnae 4.9/5 graduate rating 51 average age 40+ countries

II · THE CREDENTIAL LADDER & ACADEMIC CREDITS

LEVEL	CREDENTIAL RANK	ACADEMIC CREDITS
Level 1	Foundation (APU-FC)	15 Credits
Level 2	Professional Certificate (APU-PC)	30 Credits
Level 3	Professional Diploma (APU-PD)	60 Credits
Level 4	Master Professional Diploma (APU-MPD)	90 Credits
Level 5	Board Fellowship (APU-FELLOW)	120+ Credits

College I · College of Clinical Psychology & Behavioral Sciences

51 Programs
Conferred

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

- Cognitive Behavioral Coaching Specialist (CBT)
- Acceptance & Commitment Approaches (ACT)
- Psychopathology & DSM-5 Diagnostic Literacy
- Neurobiology of Mood Disorders
- Anxiety & Panic Disorder Interventions
- Depression & Anhedonia Recovery Facilitator
- Addiction & Substance Use Recovery Coach
- Dialectical Behavior Skills (DBT) Coaching
- Obsessive Compulsive Tendencies & Exposure Coach
- Social Anxiety & Public Speaking Desensitization
- Phobia & Agoraphobia Recovery Guide
- Health Anxiety & Hypochondria Coaching
- Bipolar Spectrum Lifestyle Stabilization Coach
- Emotional Regulation & Distress Tolerance Specialist
- Motivational Interviewing in Behavioral Change
- Relapse Prevention Architecture
- Behavioral Activation for Clinical Lethargy
- Schema Coaching & Core Belief Restructuring
- Metacognitive Thinking Repatterning
- Rumination & Intrusive Thought Interruption
- Existential Dread & Meaning Reconstruction Lead
- Chronic Illness Psychological Adjustment Coach
- Sleep Anxiety & Somniphobia Behavioral Coach
- Eating Disorder Recovery Support Coach
- Orthorexia & Food Anxiety Behavioral Guide
- Body Dysmorphia & Self-Image Rebuilding Coach
- Anger Management & Impulse Regulation Specialist
- Executive Imposter Syndrome Coach
- Perfectionism & Chronic People-Pleasing Recovery
- Shame Resilience & Vulnerability Facilitator
- Guilt Deconstruction & Forgiveness Coaching
- Boundary Setting & Assertiveness Skills Coach
- Codependency & Relationship Detachment Coach
- Narcissistic Abuse Recovery Specialist
- Gaslighting & Emotional Manipulation Recovery
- Toxic Workplace Psychological Defense Coach
- Burnout & Compassion Fatigue Clinical Coach
- Secondary Traumatic Stress Recovery Specialist
- High-Stress First Responder Behavioral Coach
- Physician & Healthcare Worker Psychological Support
- Corporate Mental Health Policy Specialist
- Remote Work Isolation & Loneliness Coach
- Seasonal Affective Disorder (SAD) Protocol Coach
- Digital Overwhelm & Tech Addiction Specialist
- Gaming Addiction Adolescent Support Coach
- Gambling & Financial Risk Behavioral Coach
- Compulsive Shopping & Spending Recovery Coach
- Hoarding Behavioral Support Assistant
- Habit Loop Deconstruction Specialist
- Neurodiversity-Affirming Behavioral Coach
- Adult Autism Spectrum Social Interaction Guide

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

- Complex PTSD & Developmental Trauma Lead
- Somatic Experiencing Foundations Practitioner
- Polyvagal Nervous System Regulation Coach
- Attachment Theory & Relational Repair Guide
- EMDR Readiness & Bilateral Stimulation Lead
- Childhood Emotional Neglect (CEN) Recovery
- Inner Child Work & Reparenting Specialist
- Generational & Ancestral Trauma Facilitator
- Birth Trauma & Perinatal Loss Somatic Lead
- Medical Trauma & Surgical PTSD Recovery
- Car Accident & Physical Injury Trauma Coach
- Betrayal Trauma & Infidelity Recovery Guide
- Spiritual & Religious Trauma Recovery Specialist
- Cult & High-Control Group De-programming Coach
- Domestic Violence Safety & Somatic Rebuilding
- Sexual Trauma & Intimacy Reclamation Guide
- Stalking & Harassment Trauma Recovery Coach
- Racial & Minority Stress Trauma Specialist
- Disaster & Climate Trauma Response Guide
- War & Combat Veteran Reintegration Coach
- Refugee & Displacement Psychological Support
- Somatic Breathwork for Trauma Release
- Titration & Pendulation Somatic Guide
- Fascial Armoring & Body Release Specialist
- Vagus Nerve Toning for Dissociation Recovery
- Freeze Response & Dorsal Vagal Emergence Coach
- Fight-or-Flight Hyperarousal De-escalation
- Fawn Response & Submissive Trauma Release
- Somatic Grounding & Centering Facilitator
- Body Dysregulation & Interoception Specialist

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Neuroplasticity & Brain Retraining Lead■ Vagus Nerve & Autonomic Tone Specialist■ Sleep Architecture & REM Stage Optimization■ Gut-Microbiome Brain Axis in Depression■ Biofeedback & Heart Rate Variability (HRV) Coach■ Neurofeedback Assessment Navigation■ Circadian Neuroscience & Melatonin Optimization | <ul style="list-style-type: none">■ Brainwave Entrainment & Sound Frequencies■ Cognitive Reserve & Brain Longevity Coach■ Post-Concussion Psychological Recovery■ Mild Cognitive Impairment Lifestyle Navigation■ Neuroinflammation & Mood Disorder Dietetics■ Mitochondrial Brain Energy & Fatigue Specialist■ Dopamine Receptor Sensitivity Restoration | <ul style="list-style-type: none">■ Serotonin & GABA Neurotransmitter Balancing■ Endorphin Optimization & Natural Euphoria Coach■ Cortisol Brain Impact & Hippocampus Protection■ Neurogenesis & BDNF Lifestyle Prescription■ Binaural Beats & Hemispheric Synchronization■ Mindfulness-Based Stress Reduction (MBSR) Coach■ Vipassana & Silent Meditation Integration |
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College IV · College of Crisis Intervention & Group Facilitation

15 Programs
Conferred

Every program listed below includes verified clinical coursework, modular assessments, official transcript entry, and verifiable registration on the University Register upon conferral.

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| <ul style="list-style-type: none">■ Suicide Prevention & De-escalation Lead■ Grief, Loss & Bereavement Counseling Guide■ Sudden Traumatic Loss & Suicide Grief Coach■ Divorce & Family Life Transition Facilitator■ Support Group Leadership & Group Dynamics | <ul style="list-style-type: none">■ Vicarious Trauma & Caregiver Burnout Coach■ Crisis Hotline Protocol & Triage Specialist■ Community Disaster Mental Health Responder■ School Crisis De-escalation & Restorative Justice■ Hospital Emergency Mental Health Navigation | <ul style="list-style-type: none">■ Psychological First Aid (PFA) Instructor■ Conflict Resolution & Non-Violent Communication (NVC)■ Peer Support Program Architecture■ Group Somatic Processing Facilitator■ Circles of Care & Community Resilience Architect |
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IV · EVERYTHING YOUR SENATE SCHOLARSHIP SEAT INCLUDES

Access to all 117 programs · 4 academic colleges	\$12,500+ value
The complete 5-level credential ladder — no re-enrollment fees	\$2,500 value
Dedicated 1:1 Clinical Faculty Mentorship directed by MD & RN faculty	\$3,600/yr value
365-Day Business Accelerator & Practice Launch Suite	\$1,997 value
Academic credits & official transcript held for life by the Registrar	\$497 value
Public Registry listing + verifiable digital badge	\$497 value
9 global accreditations (CMA, IPHM, CPD, IAOTH, ICAHP, IGCT, CTAA, IHTCP, IIOHT)	Included
Total institutional value: \$23,000+	Your Senate Grant covers it.

V · CAREER HORIZONS & EARNING POTENTIAL

PATHWAY 1

Private Virtual Consultant

An autonomous virtual consulting practice serving clients globally — from home, at your hours.

PATHWAY 2

Collaborative Clinic Practice Lead

Partner with integrative MDs, clinics, and wellness centers as lead lifestyle consultant.

PATHWAY 3

Specialized Advisory Director

Lead high-ticket signature advisory programs for private clients.

US EARNING BENCHMARKS · FROM GRADUATE OUTCOMES SURVEYS

Individual consultations	\$150 – \$300 / session
Comprehensive 3–6 month clinical programs	\$2,000 – \$5,000 / client
Year 1 practice benchmark (6–10 active retainers)	\$8,000 – \$15,000 / month
Established practice (12+ clients, waitlist)	\$20,000+ / month