

# CERTIFIED WELLNESS COACH

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## Certificate of Achievement

Local (Major Code: 01895)

The Certified Wellness Coach (CWC) program prepares students to deliver non-clinical, culturally responsive behavioral health support to youth and young adults, with a focus on prevention, early intervention, and wellness promotion. Through a combination of academic coursework and supervised field experience, students develop competencies in life skills education, behavioral health screening, care coordination, crisis referral, and group facilitation.

## Program Student Learning Outcome

- Demonstrate effective communication and empathy, facilitating behavior change by empowering clients, developing personalized wellness plans, and recognizing health risks while knowing when to refer clients to other professionals.

Code	Title	Units
PSYC C1000	INTRODUCTION TO PSYCHOLOGY	3
PSYC 230	DEVELOPMENTAL PSYCHOLOGY	3
PSYC 250	ABNORMAL PSYCHOLOGY	3
SWHS 110	INTRODUCTION TO SOCIAL WORK AND HUMAN SERVICES	3
SWHS 116	CO-OCCURRING DISORDERS IN ALCOHOL AND OTHER DRUG COUNSELING	3
SWHS 112	INTRODUCTION TO CHEMICAL DEPENDENCY/ ADDICTIONS	3
SWHS 114	GROUP DYNAMICS IN ADDICTIONS COUNSELING	3
SWHS 120	SOCIAL WORK FIELDS OF SERVICE	3
SWHS 154	LAW, ETHICS, AND SKILLS IN ALCOHOL AND OTHER DRUGS COUNSELING	3
SWHS 156	CASE MANAGEMENT IN ALCOHOL AND OTHER DRUG COUNSELING	3
SWHS 260	CHEMICAL DEPENDENCY FAMILY COUNSELING	3
<b>Total Units</b>		<b>33</b>