

# A.C.T. Graduation Requirements at a Glance

**Minimum Graduation Requirements: 136 Curriculum Hours (including at least 110 Live Contact Hours) -- 48 hrs CORE Curriculum, 58 hrs Supplementals & at least 30 hrs Coaching Lab**

**Minimum Graduation Requirements: 136 Curriculum Hours** including at least 110 Live Contact Hours -- **48 hrs CORE Curriculum, 42 hrs Supplementals & at least 30 hrs Coaching Lab** (the remaining 16 hours may be elected from any combination of ANY Supplementals & Labs); **ONLY Core Content Hours** are on syllabus; except for Labs concurrent with Core Modules, **ALL other hours may be taken for credit at any time up to three years after enrollment** (before, concurrent with, or after CORE Content Modules)

| <b>A.C.T. -</b>              |            | <b>OFI's ADD Coach Training CURRICULUM</b>          | <b>COMMENT</b>  |
|------------------------------|------------|---|---|
| TOTAL Class Hrs              | <b>136</b> | <b>ALL Curriculum hours required for Graduation</b> | CORE plus Required Supplementals plus Required Labs plus all electives (Supplementals or Labs)  |
| CORE                         | 4          | <b>Introductions</b>                                | Distance learning & Modalities, Community Building & Referral-based Marketing Intro   |
| CORE                         | 20         | <b>ADD CORE Content Hours</b>                       | ADD-0102-0106   |
| CORE                         | 24         | <b>Coaching CORE Content Hours</b>                  | ADD-0200, 0201, 0301, 0401, 0501, 0502  |
| <b>TTL</b>                   | <b>48</b>  | <b>TOTAL CORE Content Hours</b>                     | <b>Four 1-hour weekly sessions per month</b> , on syllabus, taken as a class  |
| Non-elective Supplementals   | 19         | <b>Required ADD Supplementals</b>                   | ADD-101, 1120, 1210, 1230, 1330 (What, Comorbidities, Neurotransmitters, Brain II, Memory 4); ADD-113 is a 3-hr module, others are each 4-hrs per month   |
| Non-elective Supplementals   | 13         | <b>Required Coaching Supplementals</b>              | ADD-1130, 1140, 1141, 1150 (4 Coaching Fundamentals) each 3-hrs per month except 1150 (4 hrs)   |
| Practice Mgmt. Supplementals | 10         | <b>Practice Mgmt. Supplementals</b>                 | 10 required hours elected from ANY of the Practice Managements Supplementals  |
| <b>TTL</b>                   | <b>42</b>  | <b>"Required Supplementals" Hours</b>               | <b>OFF syllabus</b> ; may be taken for credit any time up to 3 years after enrollment (concurrent with, before or after CORE); <b>timing and # of sessions varies</b>   |
| Coaching Lab                 | 16         | <b>CORE LAB Hours (Required to Graduate)</b>        | <b>One 2-hr. Associate Lab must accompany EACH of 5 ADD CORE Modules</b> , and at least 1 Lab hr/month for each of the Coaching CORE Modules  |
| ADD CORE Labs                |            | 10 hrs. <b>ADD CORE Labs</b> (5 Assoc. Labs, 1/mo.) | At least one 2-hour ASSOCIATE LAB must be taken monthly concurrent with the 5 ADD CORE Modules  |
| COACHING CORE Labs           |            | 6 hrs. <b>Coaching CORE Labs</b>                    | EACH of the 6 Coaching CORE Modules must be supplemented by at least 1 Lab per month (any lab) - 6 to 12 hours total, depending on Labs attended  |
| Coaching Lab                 | 14         | <b>Elective Lab Hours</b>                           | <b>16</b> of your total Lab Hours must consist of <b>ASSOCIATE LABS (10 hrs concurrent with ADD CORE modules)</b> ; <b>ANY LAB may be taken for credit for the remaining 14 hours</b> . Except for 16 required CORE Lab hours (above) Labs may be taken for credit at any time up to 3 years after enrollment (concurrent with CORE, before or after) |
| <b>TTL</b>                   | <b>30</b>  | <b>TOTAL LAB Hrs to graduate</b>                    | <b>Associate Labs PLUS Supplemental Labs</b>  |
| Non-elective                 | 90         | <b>Total Non-Elective Content Hours</b>             | <b>CORE Modules plus REQUIRED Supplementals</b> (exclusive of Labs and Electives); required ADD Coaching Hours additional   |
| <b>TTL</b>                   | <b>16</b>  | <b>Additional Elective Hours</b>                    | <b>ANY combination of Supplementals or Labs</b> (Required for Graduation)   |
| <b>TOTAL</b>                 | <b>136</b> | <b>ALL Curriculum hours required for Graduation</b> | CORE plus Required Supplementals plus Required Labs plus all electives (Supplementals or Labs)  |

**AUDIT POLICY - OFI places a high value on the sanctity of community, honoring the emotional vulnerability of the training environment:** attendance is limited to those who have agreed to participate in the vulnerability by becoming part of the community.

**Associates classes & labs are limited to A.C.T. Associates and only registered students may attend classes of any kind.** (However, any A.C.T. Associates may audit ANY Core Module and participate in ANY Associate Coaching Lab from the moment of enrollment, even after graduation.)