# Integrative Health Coaching Overview

## Orientation | Aug 24 – 30, 2015

**Required online courses:** Program Orientation • Google Hangouts Orientation (includes Google Hangout live practice)

**Optional online courses:** Intro to Integrative Health • Motivational Interviewing • Spirituality & Health Care • Healing Relationships

## Unit 1 | Aug 31 – Sep 27, 2015

**Online Courses**

- Intro to IH Coaching • Self-care: Attitudes of Mindfulness • Key Theories & Constructs • Comparing Coaching • Coaching Relationships: Skills Overview • IH Coaching Process: Stage 1 • Self-Care: Vision-MAP • Reflective Listening • IH Coaching Process: Stage 2

**Coaching Practice — *scheduled with Mentor-Supervisor**

- Week of 8/31/15 Video Call Meet-up: **Group Welcome with Mentor-Supervisor** (1 hour*)

**Self-Care Reports**

- Sep 13th Self-Care Report: Attitudes of Mindfulness
- Sep 20th Self-Care Report: Vision-MAP

**Faculty-moderated Dialogues**

- Sep 11-13th Intro to IH Coaching
- Sep 25-27th IH Coaching: Theories, Process and Skills

## Unit 2 | Sep 28 – Oct 25, 2015

**Online Courses**

- Team Coaching Practice 1 • Self-Care: Core Areas of Health • Case Study Liz: Stage 1 & 2 • Case Study Susan: Stage 1 & 2 • IH Coaching Process: Stage 3 • Sustain & Change Talk • Team Coaching Practice 2 • Affirmations • IH Coaching Process: Stage 4 • 1:1 Coaching Practice Hours

**Coaching Practice — *scheduled with Mentor-Supervisor**

- Week of 9/28/15 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 1** (3 hours*) • Associated written assignment
- Week of 10/12/15 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 2** (3 hours*) • Associated written assignment

**Self-Care Reports**

- Oct 11th Self-Care Report: Core Areas of Health Assessment

**Faculty-moderated Dialogues**

- Oct 16-18th Change and Sustain Talk, Affirmations

## Unit 3 | Nov 2, 2015 – Jan 3, 2016

**HOLIDAY BREAK NOV 26 - 29, 2015 | HOLIDAY BREAK DEC 23, 2015 - JAN 2, 2016**

**Online Courses**

- Professional Standards, Ethics & Scope of Practice • Complex Reflections • Coaching Case Study: Follow-ups • Team Coaching Practice 3 & 4

**Coaching Practice — *scheduled with Mentor-Supervisor**

- Week of 11/16/15 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 4** (3 hours*) • Associated written assignment
- Week of 11/30/15 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 4** (3 hours*) • Associated written assignment
- Week of 12/7/15 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #1** (1 hour*) • Associated written assignment
- Week of 12/14/15 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #2** (1 hour*) • Associated written assignment
- 11/9/15 - 1/3/16: **Non-supervised 1:1 Practice Coaching Client** **(at your discretion)**
- **Non-supervised practice coaching, documented hours - these hours count towards required 100 hours**

**Self-Care Reports**

- Nov 4th Self-Care Report: SMART Goal and Action Steps
- Nov 15th Self-Care Report: Action Steps Progress 1
- Dec 13th Self-Care Report: Action Steps Progress 2

**Faculty-moderated Dialogues**

- Nov 21-23rd Professional Standards
- Dec 3-5th Q&A with IH Coaching Mentor-Supervisor

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Overview subject to change, does not include details about weekly expectations for completing certain curriculum in order. Upon enrollment in program, a week-by-week syllabus will be provided.
## Unit 4 | Jan 4 – 31, 2016

### Online Courses — Non-supervised Group Practice

**Coaching Practice — *scheduled with Mentor-Supervisor**

- Week of 1/4/16 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #3** (1 hour*) • Associated written assignment
- Week of 1/11/16 **Non-supervised Group Practice Triads/Pairs** (2 hours*) • Associated written assignment
- Week of 1/18/16 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #4** (1 hour*) • **Non-supervised Group Practice Triads/Pairs** (2 hours*) • Associated written assignments

1/4/16 - 1/31/16: **Non-supervised 1:1 Practice Coaching Client** **

**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours**

### Self-Care Reports

- Jan 17th Self-Care Work: Action Steps Progress 3

### Faculty-moderated Dialogues

- Jan 15-17th Q&A with IH Coaching Mentor-Supervisor
- Jan 29-31st Q&A with IH Coaching Mentor-Supervisor

## Unit 5 | Feb 8 – Mar 6, 2016

### Project and Final Exam

- Feb 21st Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens Feb 22nd

**Coaching Assessment — *scheduled with Mentor-Supervisor**

- Week of 2/15/16 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #5** (1 hour* • **Scored for Certification requirement**) • Associated written assignment

2/8/16 - 3/6/16: **Non-supervised 1:1 Practice Coaching Client** **

**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours**

### Self-Care Reports

- Feb 15th Self-Care Work: Wrap-up

## Program Completion & Certification

To complete program:

- Successfully complete all curriculum requirements
- Attendance of both training events in Tucson

**Certification Requirements**

- Passing score on 5th supervised 1:1 IH Coaching session
- Approved Graduation Project
- Passing score on coaching evaluation (at second live training session)
- Proficiency score on MITI
- Passing score on online Final Knowledge Exam
- Documented Sessions: 100 IH coaching hours
  (Sessions must be with a minimum of 10 practice coaching partners with signed consent forms.)

### Post Program

- September 6, 2016

**Post Program**

- Documented 100 hours of coaching sessions must be submitted by this date.

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*Non-supervised hours can be applied to 100 hours of Practice of Integrative Health Coaching. Documentation includes practice-client consent forms, online submitted details (date of session, length and stages addressed). Overview subject to change, does not include details about weekly expectations for completing certain curriculum in order. Upon enrollment in program, a week-by-week syllabus will be provided.*