# Integrative Health Coaching Overview

## Orientation | Sep 18–24, 2017

**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 | Sep 25– Oct 22, 2017

**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 9/25/17 Video Call Meet-up: **Group Welcome with Mentor-Supervisor** (1 hour*)

**Self-Care Reports**
- Oct 8th Self-Care Report: Attitudes of Mindfulness

**Faculty-moderated Dialogues**
- Oct 6-8th Intro to IH Coaching
- Oct 20-22nd IH Coaching: Theories, Process and Skills

## Unit 2 | Oct 23 – Nov 19, 2017

**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 10/23/17 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 1** (3 hours*)  •  Associated written assignment
- Week of 11/6/17 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 2** (3 hours*)  •  Associated written assignment

**Self-Care Reports**
- Nov 5th Self-Care Report: Core Areas of Health Assessment

**Faculty-moderated Dialogues**
- Nov 10-12th Change and Sustain Talk, Affirmations

## Live

**TRAINING SESSION 1**

<table>
<thead>
<tr>
<th>Sessions</th>
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<tbody>
<tr>
<td>MI Strategies  •  Advanced Practice  •  Advanced Mind-Body Tools for Coaching  •  Health Coach Process - Advanced Practice  •  Mentor-Supervised Group Practice Stage 3  •  MITI score (audio capture)</td>
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## Unit 3 | Dec 11, 2017 – Feb 26, 2018

**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 1/8/18 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 4** (3 hours*)  •  Associated written assignment
- Week of 1/22/18 Video Call Meet-up: **Group Practice with Mentor-Supervisor Stage 4** (3 hours*)  •  Associated written assignment
- Week of 1/29/18 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #1** (1 hour*)  •  Associated written assignment
- Week of 2/12/18 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #2** (1 hour*)  •  Associated written assignment
- 12/18/17 - 2/25/18: **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**
- Dec 17th Self-Care Report: SMART Goal and Action Steps
- Dec 23rd Self-Care Report: Action Steps Progress 1
- Jan 28th Self-Care Report: Action Steps Progress 2

**Faculty-moderated Dialogues**
- Jan 12-14th Professional Standards
- Jan 19-21st Q&A with IH Coaching Mentor-Supervisor
- Feb 2-4th Q&A with IH Coaching Mentor-Supervisor

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.
INTEGRATIVE HEALTH COACHING OVERVIEW | 2018

Unit 4 | Feb 26 – Mar 25, 2018

Online Courses — Non-supervised Group Practice

Coaching Practice — *scheduled with Mentor-Supervisor

Week of 2/26/18 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #3 (1 hour*) • Associated written assignment
Week of 2/26/18 Non-supervised Group Practice Triads/Pairs (2 hours*) • Associated written assignment
Week of 3/12/18 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #4 (1 hour*) • Non-supervised Group Practice Triads/Pairs (2 hours*) • Associated written assignments
2/26/18 - 3/25/18: Non-supervised 1:1 Practice Coaching Client **
**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours

Self-Care Reports
Mar 11th Self-Care Work: Action Steps Progress 3

TRAINING SESSION 2

Mar 22 – 24, 2018
LIVE IN TUCSON

Advanced Practice Challenges: Navigating the Emotional Waters • Live Performance Evaluations (+MITI Recordings) • Running Group Coaching Sessions • Professional Panel • Certification and Next Steps • Self-Care Yoga

Unit 5 | Mar 26 – Apr 22, 2018

Project and Final Exam
Apr 8th Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens Apr 9th

Coaching Assessment — *scheduled with Mentor-Supervisor

Week of 4/2/18 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #5 (1 hour* - Scored for Certification requirement) • Associated written assignment
3/26/18 - 4/22/18: Non-supervised 1:1 Practice Coaching Client **
**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours

Self-Care Reports
Apr 8th 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
October 23, 2018

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

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.