



Integrative Health Coaching Overview

2019

Orientation Sep 24 – Nov 11, 2018	
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	Unit 1 Nov 12– Dec 16, 2018		THANKSGIVING BREAK NOV 19 - 25, 2018	
	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 11/12/18 Video Call Meet-up: Group Welcome with Mentor-Supervisor (1 hour*)			
	Self-Care Reports		Faculty-moderated Dialogues	
Dec 2nd Self-Care Report: Attitudes of Mindfulness		Nov 30th-Dec 2nd Intro to IH Coaching		
Dec 9th Self-Care Report: Vision-MAP		Dec 14-16th IH Coaching: Theories, Process and Skills		

unit 2	Unit 2 Dec 17, 2018 – Jan 27 2019		HOLIDAY BREAK DEC 24, 2018 - JAN 6, 2019	
	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 12/17/18 Video Call Meet-up: Group Practice with Mentor -Supervisor Stage 1 (3 hours*) • Associated written assignment			
	Week of 1/14/19 Video Call Meet-up: Group Practice with Mentor-Supervisor Stage 2 (3 hours*) • Associated written assignment			
Self-Care Reports		Faculty-moderated Dialogues		
Jan 13th Self-Care Report: Core Areas of Health Assessment		Jan 18-20th Change and Sustain Talk, Affirmations		

live	TRAINING SESSION 1	Sessions
	Jan 30 – Feb 2, 2019 LIVE IN TUCSON	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)

unit 3	Unit 3 Feb 4, 2019 – Apr 7, 2019		
	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 2/18/19 Video Call Meet-up: Group Practice with Mentor-Supervisor Stage 4 (3 hours*) • Associated written assignment		
	Week of 3/4/19 Video Call Meet-up: Group Practice with Mentor-Supervisor Stage 4 (3 hours*) • Associated written assignment		
Week of 3/11/19 Video Call Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #1 (1 hour*) • Associated written assignment			
Week of 3/25/19 Video Call Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #2 (1 hour*) • Associated written assignment			
2/11/19 - 4/7/19: 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		Faculty-moderated Dialogues	
Feb 10th Self-Care Report: SMART Goal and Action Steps		Feb 22-24th Professional Standards	
Feb 17th Self-Care Report: Action Steps Progress 1		Mar 1-3rd Q&A with IH Coaching Mentor-Supervisor	
Mar 10th Self-Care Report: Action Steps Progress 2		Mar 15-17th 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.



unit 4	Unit 4 Apr 8 – May 12, 2019		SPRING BREAK APR 16, 2019 - APR 22, 2019
	<p>Online Courses — Non-supervised Group Practice</p> <p>Coaching Practice — *scheduled with Mentor-Supervisor</p> <p>Week of 4/8/19 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #3 (1 hour*) • Associated written assignment</p> <p>Week of 4/8/19 Non-supervised Group Practice Triads/Pairs (2 hours*) • Associated written assignment</p> <p>Week of 4/29/19 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #4 (1 hour*) • Non-supervised Group Practice Triads/Pairs (2 hours*) • Associated written assignments</p> <p>4/8/19 - 5/12/19: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours</p>		
	<p>Self-Care Reports</p> <p>Apr 28th Self-Care Work: Action Steps Progress 3</p>		<p>Faculty-moderated Dialogues</p> <p>Apr 12-14th Q&A with IH Coaching Mentor-Supervisor</p>

live	TRAINING SESSION 2	Sessions
	May 16 – 18, 2019 LIVE IN TUCSON	<p>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</p>

unit 5	Unit 5 May 20 – Jun 23, 2019	
	<p>Project and Final Exam</p> <p>Jun 2nd Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens Jun 10th</p> <p>Coaching Assessment — *scheduled with Mentor-Supervisor</p> <p>Week of 5/27/19 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #5 (1 hour* - Scored for Certification requirement) • Associated written assignment</p> <p>5/20/19 - 6/23/19: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 100 hours</p>	
	<p>Self-Care Reports</p> <p>Jun 2nd Self-Care Work: Wrap-up</p>	

post program	Program Completion & Certification	
	<p>To complete program:</p> <ul style="list-style-type: none"> • Successfully complete all curriculum requirements • Attendance of both training events in Tucson 	<p>Certification Requirements</p> <ul style="list-style-type: none"> • 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 Final 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		
December 20, 2019	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.