# Integrative Health Coaching Overview

**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 | Nov 12– Dec 16, 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
- Dec 2nd Self-Care Report: Attitudes of Mindfulness
- Dec 9th Self-Care Report: Vision-MAP

- Faculty-moderated Dialogues
  - Nov 30th-Dec 2nd Intro to IH Coaching
  - Dec 14-16th IH Coaching: Theories, Process and Skills

## Unit 2 | Dec 17, 2018 – Jan 27, 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
- Jan 13th Self-Care Report: Core Areas of Health Assessment

- Faculty-moderated Dialogues
  - Jan 18-20th Change and Sustain Talk, Affirmations

## Live | Jan 30 – Feb 2, 2019 | LIVE IN TUCSON

**TRAINING SESSION 1**

- 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 | 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
- Feb 10th Self-Care Report: SMART Goal and Action Steps
- Feb 17th Self-Care Report: Action Steps Progress 1
- Mar 10th Self-Care Report: Action Steps Progress 2

- Faculty-moderated Dialogues
  - Feb 22-24th Professional Standards
  - Mar 1-3rd Q&A with IH Coaching Mentor-Supervisor
  - 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.
# INTEGRATIVE HEALTH COACHING OVERVIEW | 2019

## Unit 4 | Apr 8 – May 12, 2019

### Online Courses — Non-supervised Group Practice

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

- Week of 4/8/19 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #3** (1 hour*) • Associated written assignment
- Week of 4/8/19 **Non-supervised Group Practice Triads/Pairs** (2 hours*) • Associated written assignment
- 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

4/8/19 - 5/12/19: **Non-supervised 1:1 Practice Coaching Client** **

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

### Self-Care Reports

- Apr 28th Self-Care Work: Action Steps Progress 3

### Faculty-moderated Dialogues

- Apr 12-14th Q&A with IH Coaching Mentor-Supervisor

---

## Unit 5 | May 20 – Jun 23, 2019

### Project and Final Exam

- Jun 2nd Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens Jun 10th

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

- 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

5/20/19 - 6/23/19: **Non-supervised 1:1 Practice Coaching Client** **

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

### Self-Care Reports

- Jun 2nd 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 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.)

---

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.