



Integrative Health & Wellness Coaching Overview

2020

Orientation | Sep 16 – Oct 20, 2019

Required online courses: Program Orientation • Zoom Orientation (includes Zoom live practice)

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

unit 1

Unit 1 | Oct 21 – Nov 17, 2019

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 10/21/19 Video Call Meet-up: **Team Welcome with Mentor-Supervisor** (1 hour*)

Self-Care Reports

Nov 3rd Self-Care Report: Attitudes of Mindfulness

Nov 10th Self-Care Report: Vision-MAP

Faculty-moderated Dialogues

Nov 1st-3rd Intro to IH Coaching

Nov 15th-17th IH Coaching: Theories, Process and Skills

unit 2

Unit 2 | Nov 18, 2019 – Jan 5 2020

HOLIDAY BREAKS: NOV 25 to 29, 2019; DEC 23 2019 to JAN 5, 2020

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 11/18/19 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 1** (3 hours*) • Associated written assignment

Week of 12/9/19 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 2** (3 hours*) • Associated written assignment

Self-Care Reports

Dec 8th Self-Care Report: Core Areas of Health Assessment

Faculty-moderated Dialogues

Dec 13-15th Change and Sustain Talk, Affirmations

live

TRAINING SESSION 1 Sessions

Jan 8 – Jan 11, 2020
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 | Jan 13, 2020 – Mar 15, 2020

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 1/27/20 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 4** (3 hours*) • Associated written assignment

Week of 2/10/20 Video Call Meet-up: **Team Practice with Mentor-Supervisor Stage 4** (3 hours*) • Associated written assignment

Week of 2/17/20 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #1** (1 hour*) • Associated written assignment

Week of 3/2/20 Video Call Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #2** (1 hour*) • Associated written assignment

1/20/20 - 3/15/20: **Non-supervised 1:1 Practice Coaching Client** ** (at your discretion)

**Non-supervised practice coaching, documented hours - these hours count towards required 70 hours

Self-Care Reports

Jan 19th Self-Care Report: SMART Goal and Action Steps

Jan 26th Self-Care Report: Action Steps Progress 1

Feb 16th Self-Care Report: Action Steps Progress 2

Faculty-moderated Dialogues

Jan 31-Feb 2nd Professional Standards

Feb 7-8th Q&A with IH Coaching Mentor-Supervisor

Feb 21-23rd 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 Mar 16 – Apr 19, 2020		SPRING BREAK APR 6, 2020 - APR 12, 2020
	<p>Online Courses — Non-supervised Team Practice</p> <p>Coaching Practice — *scheduled with Mentor-Supervisor</p> <p>Week of 3/16/20 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #3 (1 hour*) • Associated written assignment</p> <p>Week of 3/30/20 Non-supervised Team Practice Triads/Pairs (2 hours*) • Associated written assignment</p> <p>Week of 3/30/20 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #4 (1 hour*) • Non-supervised Team Practice Triads/Pairs (2 hours*) • Associated written assignments</p> <p>3/16/20 - 4/19/20: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 75 hours</p>		
	<p>Self-Care Reports</p> <p>Mar 29th Self-Care Work: Action Steps Progress 3</p>	<p>Faculty-moderated Dialogues</p> <p>Mar 20-22nd Q&A with IH Coaching Mentor-Supervisor</p> <p>Apr 3-5th Q&A with IH Coaching Mentor-Supervisor</p>	

unit 5	Unit 5 Apr 20 – May 24, 2020	
	<p>Project and Final Exam</p> <p>Jun 2nd Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens May 4th</p> <p>Coaching Assessment — *scheduled with Mentor-Supervisor</p> <p>Week of 4/27/20 Video Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #5 (1 hour* - Scored for Certification requirement) • Associated written assignment</p> <p>4/20 - 5/31/20: Non-supervised 1:1 Practice Coaching Client **</p> <p>**Non-supervised practice coaching, documented hours - these hours count towards required 70 hours</p>	
	<p>Self-Care Reports</p> <p>May 3rd Self-Care Work: Wrap-up</p>	

live	TRAINING SESSION 2	Sessions
	May 28 – 30, 2020 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

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: 70 IH coaching hours (Sessions must be with a minimum of 10 practice coaching partners with signed consent forms.)

Post Program		
December 13, 2020	Post Program	Documented 70 hours of coaching sessions must be submitted by this date.

Non-supervised hours can be applied to 70 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.