

Integrative Health & Wellness Coaching Overview

2021

start	Orientation Oct 26 – Nov 1, 2020
	<i>Required online courses: Program Orientation • Zoom Orientation (includes Zoom live practice)</i> <i>Optional online courses: Intro to Integrative Health & Medicine • Motivational Interviewing • Spirituality & Health Care • Healing Relationships</i>
unit 1	Unit 1 Nov 2 – Dec 6, 2020
	Online Courses <i>Intro to IHW Coaching • Self-care: Attitudes of Mindfulness • Key Theories & Constructs • Comparing Coaching • Coaching Relationships: Skills Overview • Coaching Process: Stage 1 • Self-Care: Vision-MAP • Reflective Listening • Coaching Process: Stage 2</i>
	Coaching Practice — *scheduled with Mentor-Supervisor <i>Week of 11/2/20 Video Call Meet-up: Team Welcome with Mentor-Supervisor (1 hour*)</i> Self-Care Reports <i>Nov 15: Self-Care Report: Attitudes of Mindfulness Nov 22: Self-Care Report: Vision-MAP</i>
	HOLIDAY BREAK NOV 23 to NOV 29
unit 2	Unit 2 Dec 7, 2020 – Jan 10, 2021
	Online Courses <i>Team Coaching Practice 1 • Self-Care: Core Areas of Health • Case Study Liz: Stage 1 & 2 • Case Study Susan: Stage 1 & 2 • Coaching Process: Stage 3 • Sustain & Change Talk • Team Coaching Practice 2 • Affirmations • Coaching Process: Stage 4 • 1:1 Coaching Practice Hours</i>
	Coaching Practice — *scheduled with Mentor-Supervisor <i>Week of 12/7/20 Video Call Meet-up: Team Practice with Mentor-Supervisor Stage 1 (3 hours*) • Associated written assignment</i> <i>Week of 12/28/20 Video Call Meet-up: Team Practice with Mentor-Supervisor Stage 2 (3 hours*) • Associated written assignment</i> Self-Care Reports <i>Dec 20: Self-Care Report: Core Areas of Health Assessment</i>
	HOLIDAY BREAK DEC 21 to DEC 27
live	TRAINING SESSION 1 Jan 13 - Jan 16, 2021 LIVE IN TUCSON
	<i>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)</i>
unit 3	Unit 3 Jan 18 – Mar 21, 2021
	Online Courses <i>Professional Standards, Ethics & Scope of Practice • Complex Reflections • Coaching Case Study: Follow-ups • Team Coaching Practice 3 & 4</i>
	Coaching Practice — *scheduled with Mentor-Supervisor <i>Week of 2/1/21 Video Call Meet-up: Team Practice with Mentor-Supervisor Stage 4 (3 hours*) • Associated written assignment</i> <i>Week of 2/15/21 Video Call Meet-up: Team Practice with Mentor-Supervisor Stage 4 (3 hours*) • Associated written assignment</i> <i>Week of 2/22/21 Video Call Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #1 (1 hour*) • Associated written assignment</i> <i>Week of 3/8/21 Video Call Meet-up: Mentor-Supervised Coaching Client 1:1 Practice #2 (1 hour*) • Associated written assignment</i> <i>1/18/21 - 3/21/21: Non-supervised 1:1 Practice Coaching Client ** (at your discretion)</i> <i>**Non-supervised practice coaching, documented hours - these hours count towards required 75 hours</i>
	Self-Care Reports <i>Jan 24: Self-Care Report: SMART Goal and Action Steps Jan 31: Self-Care Report: Action Steps Progress 1 Feb 21: Self-Care Report: Action Steps Progress 2</i>

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.



THE UNIVERSITY OF ARIZONA

Andrew Weil Center
for Integrative Medicine

www.azcim.org

unit 4 | Mar 22 – Apr 18, 2021

Online Courses — *Non-supervised Team Practice*

Coaching Practice — **scheduled with Mentor-Supervisor*

Week of 3/22/21 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #3** (1 hour*) • Associated written assignment

Week of 3/22/21 **Non-supervised Team Practice Triads/Pairs** (2 hours*) • Associated written assignment

Week of 4/5/22 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #4** (1 hour*) • **Non-supervised Team Practice Triads/Pairs** (2 hours*) • Associated written assignments

3/22/21 - 4/25/21: **Non-supervised 1:1 Practice Coaching Client** **

**Non-supervised practice coaching, documented hours - these hours count towards required 75 hours

Self-Care Reports **Faculty-moderated Dialogues**

Apr 4: Self-Care Work: Action Steps Progress 3 Mar 26-28: Q&A with Coaching Mentor-Supervisors

unit 5 | Apr 19 – May 30, 2021

Project and Final Exam

May 2 - Graduation Project Due • Final Knowledge Exam (Study Guide provided) - opens May 17th

Coaching Assessment — **scheduled with Mentor-Supervisor*

Week of 4/26/21 Video Meet-up: **Mentor-Supervised Coaching Client 1:1 Practice #5** (1 hour* - **Scored for Certification requirement**) • Associated written assignment

4/19 - 5/30/21: **Non-supervised 1:1 Practice Coaching Client** **

**Non-supervised practice coaching, documented hours - these hours count towards required 75 hours

Self-Care Reports

May 2: Self-Care Work: Wrap-up

live | **TRAINING SESSION 2 | May 13 - May 15, 2021 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><i>Certification Requirements</i></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.)
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Post Program

November 19, 2021 - 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..