



THE UNIVERSITY OF ARIZONA

Center for
Integrative Medicine

INTEGRATIVE HEALTH COACHING

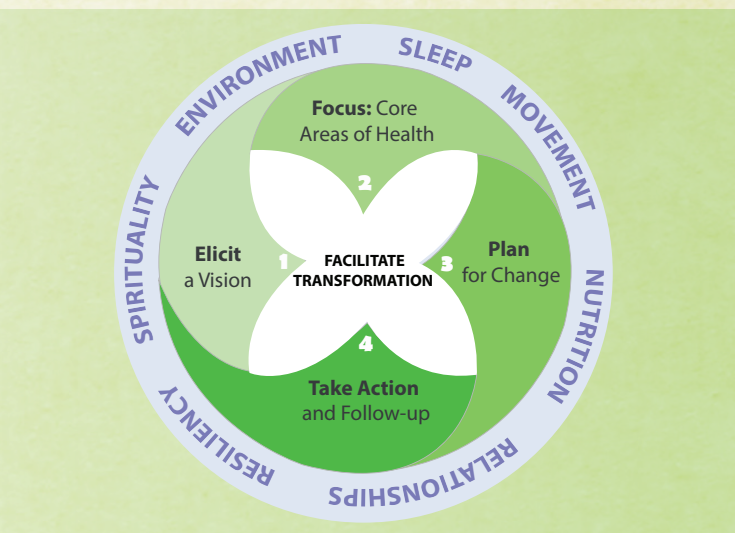


The Future of Health: Empowering Sustainable Change

Health coaching has been directly named in the Affordable Care Act as a supported method to improve clinical outcomes and address the growing chronic illness burden in this country. As an essential team member, integrative health coaches form partnerships to empower and support patients in achieving personal health goals, motivated by the patient's own values and vision for the future.

The University of Arizona Center for Integrative Medicine defines Integrative Health (IH) Coaching as a client-centered relational approach to working with individuals collaboratively to address the health and wellbeing of the whole person. It acknowledges the interdependent roles of mind, body and spirit, and the innate healing capacity within each person, with an emphasis on self-care.

Approved by the **National Consortium for Credentialing Health and Wellness Coaches**, the Center's Integrative Health Coaching program offers a path to becoming the most thoroughly trained and evaluated integrative health coach. Our 6-month mostly-online certification actively engages participants in learning coaching skills and a simple, but transformative staged process to supporting your patient/client through their own values. You'll explore self-assessment of the 7 core areas of health, building a strong foundation from which to create achievable goals and successfully implement action steps.



Why Integrative Health Coaching?

Learning to be an integrative health coach will give you the skills to empower your patients and clients to create real, sustainable, changes in lifestyle behavior and successfully maintain those transformations in busy and complex lives. Too many healthcare professionals struggle with the ability to create healthy behavior changes in patients and clients. Telling people to change doesn't work. But we can show you what does work—**partnering to discover the motivations and values of each individual, facilitating realistic, measurable action steps, and supporting the entire process.**

*“I liked the fact that we could **meet with our team and the mentor so often.** Looking back now, what a difference in our first group session to now!”*

Who Becomes an Integrative Health Coach?

- Physicians
- Nurses and Advanced Practice Nurses
- Physician Assistants
- Dentists and Dental Hygienists
- Physical and Occupational Therapists
- Mental Health Professionals
- Registered Dietitians and Nutritionists
- Pharmacists
- Chiropractors
- Naturopaths
- Licensed Acupuncturists
- ...and more!

Program Highlights

- Gold standard of excellence with quality curriculum and expert faculty
- Small-group mentoring with peer and faculty feedback for a multi-directional learning experience that's more effective than a conventional teacher-student relationship.
- In-depth mentor-supervisor practice sessions with both online and face-to-face trainings in Tucson
- Self-care assignments throughout the 6-month program



More Tools in the Toolbox

Learning is a lifelong pursuit for integrative health care professionals. It is an important part of the evolution of good health care to explore new skills. In the same way that you might explore additional training for acupuncture or clinical hypnosis, Integrative Health Coaching training provides a new set of skills to motivate behavior change and offer a deep dive into improving the overall wellbeing of the patient/client.

Be deeply present in all your interactions, and learn techniques that empower patient/client transformation toward healthier and more satisfying lives. The self-care components of the program renew and revitalize you as you learn, ensuring a sustainable, healthier you at work and in life.

Are You Ready?

The focus of the Integrative Health Coaching program is attainment of these deep coaching skills. Knowledge of integrative health and lifestyle approaches that inform an Integrative Health Coaching practice are gained by first completing the Center's 6-month **Integrative Health & Lifestyle program** or our 2-year **Fellowship in Integrative Medicine**. For details on these prerequisite programs, please visit our website at www.azcim.org.

Get Started Now

Learn more about Integrative Health Coaching at www.azcim.org/coaching.

Contact our Admissions Team at azcim-admissions@list.arizona.edu.

Jump Start Your Career

Like most dedicated healthcare professionals, you probably started down your career path interested in helping people. Integrative Health Coaching is an opportunity to move forward into an essential role in promoting wellbeing, truly improving the lives of others by helping them realize and achieve their goals.

Whether you start a new business, offer career advancement to one of your current employees, or establish the integrative health coach as an important new member of an interprofessional team where you work now, the Integrative Health Coaching program will provide the training and certification you need to succeed.



From our students...

I believe IHeLp and Coaching has influenced my leadership in helping to create a team that loves the challenge of being effective for the folks who walk into our healing space.

*I have **developed and grown** so exponentially through this program, becoming a more sophisticated practitioner with specific skills to move a patient/client forward.*

*Coaching has allowed me to use a different approach that gives the patient or 'coaching partner' the directing role. It has been transformational and really satisfying to see patients become **energized by their own revelations and discovery.***

Apply Now!

To learn more about the Integrative Health Coaching program, including start dates and how to apply, visit our website www.azcim.org/coaching

Contact Us

Telephone: 520.621.0179 | Email: azcim-admissions@list.arizona.edu | www.azcim.org