

Overview of Integrative Health Coach training

Duke Integrative Medicine's (IM's) Integrative Health Coach Professional Training offers two courses. In the Foundation Course, which includes 10 full days onsite supplemented by online learning, participants:

- gain an understanding of the science of behavior change, personal health planning, the Wheel of Health, and mindful awareness
- learn how to incorporate these fundamental elements into coaching practices that motivate others to adopt positive behaviors for health and wellness
- learn an integrative health coaching framework for use with individuals and groups, and have the opportunity to practice using this framework
- develop a personal health plan for the participant's own use.

Those who complete the course receive a Certificate of Completion of this professional training and the title of Integrative Health Coach.

In the Certification Course, taken after the Foundation Course, participants:

- gain a deeper understanding of the nine stages of the Integrative Health Coaching Process Model.
- select appropriate strategies to support clients in making desired health behavior changes to support their optimal health.
- identify the structure of an Integrative Health Coaching session as well as a series of sessions.
- explore the impact of a mindfulness practice on the Integrative Health Coaching relationship, specifically when encountering challenging coaching interactions.
- apply Integrative Health Coaching skills, processes, and partnership through professional practice.
- enhance professional skills through individual mentored feedback

Those who complete the course and pass a final examination are certified by Duke Integrative Medicine as a Certified Integrative Health Coach.