



# Vanderbilt Health Coaching

CERTIFICATE PROGRAM

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VANDERBILT  HEALTH

Being trained as a Health Coach can help you better engage and activate patients to make health a priority.



# Vanderbilt Health Coaching Certificate Program

## YOUR EDUCATIONAL EXPERIENCE

The Health Coaching Certificate Program incorporates conceptual learning, perceptual training and skills practice in a modified three day distance format with two on-campus intensives. The curriculum incorporates the following topics:

- Foundations in Health Coaching
- Patient Centered Approach
- Behavior Change Theory and Application
- Cultivation of Intrinsic Motivation
- Foundational and Advanced Health Coaching Skills & Tools
- Health Coaching in the Clinical Setting
- Mindfulness Training
- Motivational Interviewing
- Positive Psychology
- Scope of Practice, Referrals, and Ethics
- Health Coaching Research

## HEALTH COACHING EXERCISES AND PRACTICE

- Weekly telephonic coaching sessions with peers
- Group Skills and Mentoring Calls
- Personal Change Project
- Onsite patient simulation lab
- Experiential work with Positive Psychology & Mindfulness

## WHAT IS HEALTH COACHING?

Many people think health coaching means advising and educating patients. It doesn't. A health coach partners with individuals through the process of behavior change. This is done through support in envisioning a better future, setting self-determined goals, unearthing values, strengths, and motivations, and encouraging the development of sustainable healthy behaviors and attitudes through active learning processes that leave patients feeling motivated, empowered, and successful.

Health coaches are credentialed members of the healthcare industry who have specific training in how to apply the science of health behavior change. Coaches combine their health expertise with coaching skills to empower patients to better self-manage a variety of chronic conditions (e.g., metabolic syndrome, heart disease, diabetes, chronic pain, etc.) and to optimize their health.

Whether you work as an independent health coach or as a clinical provider that uses health coaching skills, health coach training can elevate the quality of care you provide to patients while also helping them provide better care for themselves. In addition, the training provides you with self-care skills to support your own health.

## HOW WILL VANDERBILT PREPARE YOU TO BE A HEALTH COACH?

The Vanderbilt Health Coaching Certificate Program is jointly sponsored by The Vanderbilt University School of Nursing and the Osher Center for Integrative Medicine at Vanderbilt. The program is divided into two phases; the first phase includes an intensive 8 month educational program with over 24 online learning modules, two 3-day in-person intensives, weekly skills practice calls, and a personal change project. Referred to as practicum, the second phase allows the trainee to practice their new skills with medical patients while receiving ongoing mentorship. Successful completion of the program leaves participants eligible to sit for the national certification exam.



**Dr. Ruth Wolever, PhD**, is the Director of Vanderbilt Health Coaching: Research, Practice & Education. She is a clinical health psychologist with 21 years of experience designing, implementing, and evaluating behavior change programs for medical patients and those at risk for chronic disease. She is a nationally recognized expert on Health and Wellness Coaching and one of the elected leaders of the International Consortium for Health & Wellness Coaching (ICHWC), a non-profit organization that has launched the first national certification for health and wellness coaches.

#### **CURRICULUM PLAN**

The Vanderbilt Certificate Program requires a significant amount of time, course work, and skills practice. The program is divided into two phases. The first phase includes instructional modules, two 3-day in-person intensives, and weekly triad group teleconferences to practice the coaching skills. During the first phase, each trainee will also complete a personal change project. While a large portion of the project will be accomplished during the weekly triad meetings, participants should plan to devote additional time to the personal change project. Six of the weeks during the first phase will have Group Skills Calls rather than triad calls. Participants are required to participate in 1 of the 2 call times offered on each of these six weeks.

In the second phase of training, referred to as practicum, each participant must complete at least 70 documented practicum coaching sessions and pass a practical skills exam for full completion of the certificate program. While participants are allowed a year from the end of the first phase of the program to complete the practicum coaching and pass the practical exam, most students complete the practicum in less time. This course does not offer placement for the practicum; instead we encourage trainees to identify individuals who are willing to be coached. During the first 4–6 months of practicum; participants are required to actively participate in at least five mentorship sessions and provide at least two recordings of their coaching for faculty feedback. More information regarding the practicum coaching will be available once the course starts. Any specific questions can be addressed to [healthcoaching@vanderbilt.edu](mailto:healthcoaching@vanderbilt.edu) or you can speak with our program coordinator, Lindsay Dickson, at 615-343-8994.

"The Vanderbilt Health Coaching Program has the ability to truly reform the way we approach health care in the near future. By challenging us to go through our own personal change project, my eyes were opened to the struggles that patients go through when trying to implement and sustain healthy behaviors. By developing this unique role of a clinician health coach, we can cause exactly the type of positive disruption that is needed in today's fragmented health care system."

—Justin Kirby, PharmD

"The program was everything I expected. It became as much a personal journey in growth as a professional enhancement to my current practice. I would highly recommend it to anyone who is looking to improve not only personal satisfaction in work/life but to develop the skills necessary to assist patients in making sustainable change."

—Janis Day, RN APRN, CNM

"Participating in the Health Coaching Certificate Program at Vanderbilt has been an outstanding experience. The expertise of the faculty was impressive and their willingness to answer questions and share their experience was really helpful. I felt very supported throughout the process and know that this program will have a strong impact on my career."

—Nancy Brook, RN, MSN, NP

"This is an exciting area for the future of Health Care—a new approach in creating a truly client-centered action plan."

—Chris Kennedy, RN, MSN

## ADMISSION REQUIREMENTS

To be considered for a spot within the program, applicants must have a degree and be licensed in a healthcare field, (ie, RN, MD, PT, OT, Psychologist, Counselor, or Social Worker, etc.), and must submit a letter of recommendation, a copy of your healthcare license, Statement of Interest and Goals, current resume or curriculum vitae, along with the completed application.

The Statement of Interest and Goals is your opportunity to tell faculty how you have come to be interested in the field of Health Coaching and what you hope to do with your training as a Health Coach.

Please allow 15 business days for the review of your application and notification of the acceptance decision. Accepted applicants will receive further instructions on how to register for the course via email.

Please email any questions to [healthcoaching@vanderbilt.edu](mailto:healthcoaching@vanderbilt.edu).

## COURSE REGISTRATION

The course registration fee is \$5,200. Space in the course is limited, and registrations are taken on a first-come, first-served basis once you have been notified of acceptance to the program.

**Registration Deadline:** Registration for the Cohort 4 session will close April 17, 2017. Payment is due by April 24, 2017. A \$600 non-refundable deposit is included in the \$5,200 cost and is required to reserve your space in the course.

*If a single payment is not possible, please discuss the option of payment plans with our coordinator.*

**Early Registration:** Early registration fee will be \$4,800 if payment in full is made by April 10, 2017.

**Group Discount:** \$4,500 per person if 4 or more participants apply together and are accepted into the program. Payment must be made in full by April 10, 2017 to receive discount. Must note on application that you are applying as a group and list the other individuals who are part of your group.

The registration fee covers your participation in the course, access to the course website, and lunches during the in-person sessions. The registration fee does not cover lodging or transportation costs for the in-person weekends for the course.

**Additional Costs:** Required reading TBA upon acceptance to course. Incurred cost to be less than \$50.

## For more information:

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Website:

**[VanderbiltHealth.com/healthcoach](http://VanderbiltHealth.com/healthcoach)**

Email:

**[healthcoaching@vanderbilt.edu](mailto:healthcoaching@vanderbilt.edu)**

Phone:

**(615) 866-2708**

The Health Coaching Certificate Program is sponsored by the Osher Center for Integrative Medicine at Vanderbilt and the Vanderbilt University School of Nursing.

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