

Certificate Program in Narrative Health Coaching

Program Guide

2017-2018



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‘Teleosis’ from the Greek meaning *greater self-realization*

Version 2.1

Table of Contents

The Narrative Health Coaching Way	3
What is Narrative Health Coaching?	4
Why Narrative Healing?	4
What is Health Coaching?	5
Becoming a Narrative Health Coach	5
How Narrative Health Coaching Works	6
Our Approach to Learning	7
Why Certification?	7
Certification at a Glance	7
The Certificate Program in Narrative Health Coaching	9
Certificate Program Curriculum Plan and Schedule	11
Tuition and Payment Options	13
Financial Assistance	14
Faculty	15
Testimonials	17
About Teleosis Institute	18
Contact Info	18

The Narrative Health Coaching Way

Picture a health provider who engages a partner who listens deeply to your unique way of expressing yourself. He embraces your full story – painful experiences as well as strengths of character. She masterfully provides learning structures that transform suffering, seeing illness as an opportunity for growth and healing. He honors, then moves beyond the “aha” insight, fostering embodied, lasting change. She is a Narrative Health Coach, and she relies on four guiding principles:

- *Stories Matter:* It’s not just getting rid of your old behaviors and old patterns: it’s about understanding your unique story and learning to live into a new one – with increasing awareness and insight.
- *Learning Transforms:* Learning cycles offer a powerful prescription for growth: Set a goal – Seek what you need to attain it – Apply what you’ve learned – Assess your results, and – Reset your goals. When you reframe challenges into bite-size pieces, clear goals foster effective skill development and transformative perspective shifts.
- *Growth Heals:* Through ongoing learning, we gain and strengthen our healing capacities and capabilities, which become the resources we call up again and again when we find ourselves in need of healing.
- *Relationships Engage:* Providing a safe environment for deep listening and deep learning is essential for healing relationships. The Narrative Health Coach provides an openhearted container for lifelong learning.

Narrative Health Coaching offers a highly effective, accessible healing modality developed by the team at Teleosis Institute. Health professionals who learn, engage and embody Narrative Health Coaching strengthen the skills and presence that foster healing and relieve suffering.

What is Narrative Health Coaching?

Narrative Health Coaching is a comprehensive framework that provides coaches with the skills to identify and generate the fullest and most sustainable healing. Clearly understanding how these areas interweave makes possible a significant range of solutions for many health conditions. By embracing narrative healing, Narrative Health Coaching goes beyond conventional medicine, offering an approach that works alongside contemporary biomedical and integrative approaches to healthcare.

Narrative health coaches are highly skilled, trained professionals devoted to fostering the conditions for transformational learning and successful healing. The Narrative Health Coaching method is a developmental, balanced and inclusive approach for creating lasting, sustainable change. With a focus on addressing the factors that increase our healing capacity, Narrative Health Coaching stimulates healing well beyond just the removal of illness. As a uniquely integral approach, Narrative Health Coaching recognizes the complexity of human wholeness by seeking and taking multiple perspectives. Working with an individual's feelings, beliefs, values, behaviors, and environmental factors, Narrative Health Coaching offers a step-by-step, effective healing intervention.

Why Narrative Healing?

"Healing is a transformation of view rather than a cure. It involves recognizing your intrinsic wholeness and, simultaneously, your connectedness to everything else. Above all it involves coming to feel at peace within yourself."

- Jon Kabat-Zinn

The story we tell about our situation and how we tell it – the heart of how we make meaning, significantly influences how we navigate our illness and health. Rather than the usual "illness narrative," – the story we accept about our symptoms' causes and triggers, narrative healing engages an inquiry into the opportunities and new meaning that healing offers. Distinguishing this healing narrative from the illness narrative allows us to both discover and work with new approaches for the healing process. Recognizing new factors that support human health and wellbeing offers a profound opportunity for deep healing while also increasing resilience.

What is Health Coaching?

Health Coaching is an emerging field of allied health professionals serving as positive change agents in healthcare settings. Health coaches partner directly with clients, fostering a learning environment, facilitating healing, and promoting health. Working in hospitals and clinics, corporate health programs, or as independent private health coaches, health coaches serve as transformational catalysts for reaching client-identified health goals. Positive psychology, appreciative inquiry, motivational interviewing, mindfulness-based interventions, and goal setting form the core techniques for creating lasting change.

<u>Coaching</u>	<u>Therapy</u>	<u>Medical Education</u>
<ul style="list-style-type: none"> • Coach is facilitator. • Coach asks questions. • Emphasizes insight and action. • Client seeking positive change. • Focus on motivation, healing and client's goals. 	<ul style="list-style-type: none"> • Therapist is expert facilitator. • Therapist asks questions and informs. • Emphasizes deeper understanding. • Client in distress. • Focus on pain, support, and healing. 	<ul style="list-style-type: none"> • Teacher is expert. • Teacher informs. • Emphasizes learning. • Students in classes or programs. • Focus on behaviors that promote wellness.

Becoming a Narrative Health Coach

Becoming a certified Narrative Health Coach is both demanding and rewarding. It involves effort, time, reflection, and practice. For health coaches, the standard of professional knowledge and practice is set by the International Consortium for Health

and Wellness Coaching (ICHWC). The International Coach Federation (ICF) is the world's largest professional body of coaches. The ICF sets the standard for ethical practice, professional development, and training for professional coaches worldwide. Programs not associated with the ICHWC or ICF often lack the accountability and oversight necessary for responsible professional discourse.

High quality coaching programs share common approaches to teaching basic coaching skills. Core competencies such as asking powerful questions designed to promote new insights, and active listening to support the client's feeling heard, are the focus. Coaching programs must also create opportunities for learners to practice, to observe others coaching, and to receive both oral and written feedback on their performance. Narrative Health Coaching asks student coaches to develop and work with more broadly defined skills. Using an integral approach, Narrative Health Coaching skills rely on practices from developmental psychology, narrative medicine and meditation, to name just a few.

As with basic coaching instruction, high quality programs minimize reliance on lectures in favor of practical applications of core concepts, creating opportunities for students to provide and receive feedback in cycles, which allows for healthy development among an engaged community of learners.

How Narrative Health Coaching Works

Narrative Health Coaching is informed by narrative healing, integral theory and integrative health coaching. On the surface Narrative Health Coaching shares some basics with other forms of coaching – establish trust, set the agenda, listen, ask powerful questions, use feedback and set intentions for ongoing practice between sessions. What distinguishes Narrative Health Coaching is the developmental approach, assessing strengths and weakness across diverse capacities – reflective, physical, relational and situational. Our Healing Resource Assessment provides the template for designing a client-specific coaching plan that identifies a healing topic and learning objectives designed specifically for each client. This plan is the basis for developing growth practices that frame cycles of learning, a highly effective way of motivating and sustaining change.

Cycles of learning provide the structure for ongoing growth. With properly scaled growth practices, the client engages ongoing learning exercises that are completed within the flow of daily life circumstances. Growth practices require clients to take the

coaching work home for application in real life circumstances and ongoing assessment, allowing them to practice and embody insights gained in the sessions. With this learning, the client and coach reset goals, continuing to promote positive, lasting change.

Our Approach to Learning

Our approach to learning involves the use of ‘learning cycles’. Setting clear goals, seeking ways to develop ‘muscles’ for growth, applying these new skills in real-time settings and assessing the lessons learned offer adults a powerful and meaningful setting for learning. Our commitment is to actively engage learning cycles in developing and mastering new coaching skills. This same method of learning is key to how we facilitate learning with our clients.

Our use of online technology fosters the interdependence of our community of learners. Live sessions balance content with both one-on-one processing and group discussion. Ongoing learning is fostered by active participation in weekly online forum discussions that involve exploration and integration. Written feedback provides needed formative assessment. Our course materials are designed to be challenging, and at the same time accessible, for busy adult learners.

Why Certification?

Certification is proof of both a solid knowledge base and skill competency. It is a sign to employers, colleagues and clients that you have invested effort, that you have connected with peers in the field, and that you have a background in ethical practice. Of equal importance, a certificate helps to distinguish you from other coaches who may have attended less rigorous training programs. Certification reflects successful assessment and competence. Teleosis Institute provides assessment in a variety of ways including direct feedback in live coaching interactions, individual one-on-one sessions with faculty, and ongoing exchanges in weekly forums with faculty and peers. Our assessment rubrics are introduced early to help establish and get the most from necessary self-assessment skills.

Certification at a Glance

The Certificate Program in Narrative Health Coaching (CPNHC) is designed to prepare coaches for successful certification by two different coaching associations – the International Consortium for Health and Wellness Coaches (ICHWC) and the

International Coach Federation (ICF). Currently, the program has been approved for accreditation by the International Consortium for Health and Wellness Coaches (ICHWC). The Certificate Program in Narrative Health Coaching can also be used to qualify for the coach education required for certification by the ICF.

Certification by the International Consortium for Health and Wellness Coaches

Certification by the ICHWC includes the following criteria:

- Associate’s degree or higher
- Completion of an approved 75-hour coaching program accredited by the ICHWC
- Completion of 50 coaching sessions
- Passage of the Health and Wellness Coaching Certification Exam hosted by the National Board of Medical Examiners (NBME)

We recommend visiting their site for the latest information:

<http://www.ichwc.org/credentials/>

How Our Program Matches Up With the ICHWC

International Consortium of Health and Wellness Coaching Requires	Certificate Program in Narrative Health Coaching Provides
<ul style="list-style-type: none"> • 75 hours of coursework • 60 hours of coaching course work • 15 hours of course work in Health and Wellness Lifestyle curriculum 	<ul style="list-style-type: none"> • 75 hours of coursework • 60 hours of coaching course work • 15 hours of course work in Health and Wellness Lifestyle curriculum
3 coaching sessions with feedback	13 hours of coaching with a mentor coach <ul style="list-style-type: none"> • 10 hours in group • 3 hours of one-on one • 3 coaching sessions with feedback
50 hours of coaching experience	20 hours of coaching experience
Passage of the HWC Certifying Examination	Preparation for the HWC Certifying Examination

The Certificate Program in Narrative Health Coaching Program Specifics

The Certificate Program in Narrative Health Coaching is designed to prepare health professionals entering the field of health coaching for certification by providing appropriate learning experiences and skill development. Students entering the program often have degrees in a variety of healing modalities, including medicine, psychotherapy, homeopathy, health coaching and others. The emphasis of the program is on mastering health coaching skills, which are developed as core competencies such as establishing the connection, coaching presence, asking powerful questions, active listening, and managing progress and accountability. These core coaching competencies are framed within the unique perspective of Narrative Health Coaching, which emphasizes the use of story to directly engage the client in developing new skills for transformative healing.

The Certificate Program in Narrative Health Coaching involves a considerable commitment to learning and practice. The program is completed in 7 months including live and online coursework, observation and mentorship. Divided into four overlapping phases, the program begins with two months of live online curricula taught in weekly sessions. During the third month, the clinical component of the program begins as students enter the Online Coaching Clinic during which a faculty member directly coaches a client with students observing in a “grand rounds” style of learning. Health and Wellness Lifestyle curriculum also begins in the third month, in an independent learning format. In the fourth month, the mentorship begins with students working directly with two volunteer clients. Mentorship sessions convene in small groups of up to 6 students throughout the remainder of the program. 3 individual tutorials with faculty occur during months four through six, providing direct assessment and feedback. The program completes with a live oral final exam in which students coach a client.

Core Coaching Curriculum (Months 1 - 7)

The four principles of Narrative Health Coaching (NHC) form the basic template for the core curriculum of the Certificate Program. Students learn an integrative approach to health coaching by engaging the behavioral approaches of traditional health and wellness coaching with the additional benefit of the powerful developmental skills of NHC. Growing the coach’s healing presence is essential for

enhancing the coach's effectiveness. Engaging the client with this presence leads to a more dynamic coaching relationship. NHC uses a learning approach unique in the coaching field, one that is firmly grounded in the most progressive learning pedagogy.

Students learn to create a personalized coaching plan for each client, including a healing topic and learning objectives. This client-specific coaching plan serves as the template for the transformative learning. In fact, learning serves as the healing agent in NHC, unlike some health and wellness coaching methods which often only offer co-active behavioral feedback. Powerful new healing resources can be identified and mastered through NHC, allowing for ongoing healing. Coursework offers student coaches the opportunity to experience and internalize these principles, enhancing their commitment to life-long learning.

Online Coaching Clinic (Months 3 - 6)

Observing a master coach's skillfully unpacking the coaching process in detail, provides a unique learning environment for integrating NHC principles and coaching core competencies. Dr. Kreisberg leads the clinic by coaching, then offering analysis and engaging Q&A with students. Coaching notes, plans and assignments are shared, providing an opportunity to literally sit in on the full process of coaching.

Lifestyle Medicine for Health Coaches (Months 3 -7)

21st-century health coaches will increasingly be asked to work with lifestyle challenges with their clients. Topics in the Lifestyle Medicine for Health Coaches curriculum include nutrition, physical activity, sleep, stress reduction, substance abuse and common chronic conditions - hypertension, diabetes, heart disease, and metabolic syndrome. With the help of several leading integrative physician educators, our Lifestyle Medicine curriculum consists of 15 hours of recorded webinars allowing for students to learn at their own pace during months 3 through 7.

Mentorship (Months 4 - 7)

The Certificate Program mentorship offers direct supervision of the student's casework by certified mentors. Students meet regularly in small mentor group sessions of up to six students, while concurrently working with two volunteer clients on their own. Three one-on-one tutorials with an assigned faculty mentor provide direct supervision of each student's coaching casework.

Total Credit Hours of the Certificate Program in Narrative Health Coaching: **75 hours**

Week Thirteen: May 29 Tuesday 9 am – 11 am PT

- Module Ten: Working with Resistance

Week Fourteen: June 5 Tuesday 4 pm – 6 pm PT

- Online Coaching Clinic Session Three

Week Fifteen: June 12 Tuesday 9 am – 11 am PT

- Mentorship Session One

Week Sixteen: June 19 Tuesday 4 pm – 6 pm PT

- Online Coaching Clinic Session Four

Week Seventeen: BREAK

Week Eighteen: July 3 Tuesday 9 am – 11 am PT

- Mentorship Session Two

Week Nineteen: July 10 Tuesday 4 pm – 6 pm PT

- Online Coaching Clinic Session Five

Week Twenty: July 17 Tuesday 9 am – 11 am PT

- Module Eleven: Working with a Sense of Coherence

Week Twenty-one: July 24 Tuesday 9 am – 11 am PT

- Mentorship Session Three

Tuesday 4 pm – 6 pm PT

- Online Coaching Clinic Session Six

Week Twenty-two: July 31 Tuesday 9 am – 11 am PT

- Module Twelve: Motivational Interviewing

Week Twenty-three: August 7 Tuesday 4 pm – 6 pm PT

- Online Coaching Clinic Session Seven

Week Twenty-four: August 14 Tuesday 9 am – 11 am PT

- Mentorship Session Four

Week Twenty-five: August 21 Tuesday 9 am – 11 am PT

- Module 13: Immunity to Change

Week Twenty-six: BREAK

Week Twenty-seven: September 4 Tuesday 9 am – 11 am PT

- Mentorship Session Five

Week Twenty-eight: September 11 Tuesday 4 pm – 7 pm PT

- Module 14: Business Development

Week Twenty-nine: BREAK

Week Thirty: September 25 Tuesday 4 pm – 7 pm PT

- Final Exam

Tuition and Payment Options

Tuition of the full Certificate Program in Narrative Health Coaching

- Full Tuition: \$3995
- Early Bird: \$3495 (Through December 31, 2017)

Payments plans:

Early Bird: Through December 31, 2017

Plan A:

- Initial Payment: \$1595 (includes \$100 processing fee)
- Four payments of \$500, due February 1, April 1, June 1 & August 1

Plan B:

- Initial Payment: \$645 (includes \$150 processing fee)
- Six Payments of \$500
- Due
 - February 1, 2018, March 1, 2018, April 1, 2018

○ May 1, 2018, June 1, 2018, July 1, 2018

- Full Tuition:

Plan A: After January 1st, 2018

- Initial Payment: \$2095 (includes \$100 processing fee)
- Four payments of \$500
 - Due
 - March 1, 2018, May 1, 2018,
 - July 1, 2018 & September 1, 2018

Plan B:

- Initial Payment: \$545 (includes \$150 processing fee)
- Six Payments of \$600
 - Due
 - April 1, 2018, May 1, 2018, June 1, 2018
 - July 1, 2018, August 1, 2018, September 1, 2018

Financial Assistance

We believe that Narrative Health Coaching must reach deep into communities that might not necessarily have the resources to pay for prevention and wellness care. The Board of Directors at Teleosis Institute is committed to the diversity of students in the program, particularly offering financial support for students who will likely offer our coaching method to individuals with limited access to care. As Teleosis Institute is a 501(c)3 not-for-profit corporation, the Board of Directors is grateful for support from generous donors.

A limited number of financial assistance packages is available ranging from \$500 tuition assistance to \$2000. Please inquire directly to info@teleosis.org

Faculty

Dr. Joel Kreisberg, DC, PCC: Executive Director

Co-author of the *Coaching and Healing: Transforming the Illness Narrative and Homeopathic* and author of *The Handbook for Poison Ivy and Poison Oak*, Dr. Joel Kreisberg has 29 years of experience as an integrative homeopathic physician. He holds credentials in chiropractic (a graduate of the New York College of Chiropractic), homeopathy (a graduate of the Hahnemann College of Homeopathy, and in coaching (a graduate of Integral Coaching Canada).

In 1996, Dr. Kreisberg founded the Teleosis School of Homeopathy. After completing his Master's degree in Integral Ecology at Prescott College in Arizona, Dr. Kreisberg founded the Teleosis Institute, initially devoted to sustainable medicine. In 2012, he was instrumental in developing the first ordinance in the United States making it mandatory for drug companies to operate safe disposal systems for consumer prescription drugs.

After becoming an Integral Master Coach™, Dr. Kreisberg developed the current curriculum at Teleosis Institute, including the Certificate Program in Narrative Health Coaching and The Journey of Inspiring Homeopathy

Reggie Marra, MA, PCC: Creative Director

Reggie is an Integral Master Coach™, a Registered Mentor Coach with the International Coach Federation and Creative Director at [Teleosis Institute](http://TeleosisInstitute.com). An award-winning poet, and author of eight books, his *And Now, Still* and *Coaching and Healing: Transcending the Illness Narrative* were released in 2016. Reggie serves on the faculty at Integral Coaching Canada and has conducted hundreds of poetry, narrative healing and adult development workshops for organizations that include the National Association for Poetry Therapy, The Transformative Language Arts Network, the Connecticut Office of the Arts, Healing Newtown, the Arts Alliance of Northern New Hampshire, the National Wellness Institute, Iona College and in schools throughout the northeastern United States. More information: www.reggiemarra.com.



Lois MacNaughton, BA, PCC: Core Faculty

Lois is a life coach whose work combines Integral principles, Eastern philosophy and a deep desire to reduce suffering in the world. She does this by helping individuals strengthen their resilience to deal with the ups and downs of life; to move out of reacting to responding to what is. Lois is a certified in Deep Change's SQ21 and Integral Development's 360° LMP and includes Integral Life Practice in her work. As a Reiki Master, she also brings healing energy to her coaching practice.

Ruth Marlin, MD: Health and Wellness Lifestyle Curriculum Faculty

Ruth Marlin trained as an Internal Medicine Physician at the University of Tennessee, the Mayo Clinic and the University of British Columbia. For 13 years, she worked with Dr. Dean Ornish at the Preventive Medicine Research Institute as a Lifestyle Retreat Physician; as the Medical Director of the Prostate Cancer Lifestyle and Geminal Trials and as the Director of Medical Education. Most recently, Dr. Marlin served as the Associate Director of the Northern California Melanoma Center at St. Mary's Medical Center in San Francisco. She is a diplomat of the American Board of Integrative Medicine. She is now a Health and Wellness Coach, having completed the Certification in Narrative Health Coaching. She lives with her husband in Berkeley, California.

Testimonials

I found the Certificate Program in Narrative Health Coaching program highly beneficial and would recommend it to anyone who mentors or coaches people on the creation of goals and how to achieve them. That concept of having a plan, of organizing that plan around a topic and a set of developmental goals, and creating practices and actions that directly impact the accomplishment of those goals is tremendously useful in any coaching setting.

- Jim MacNaughton

What I find to be new and different about the way the coaching is going is that it's not solely co-active coaching, meaning it's not just a conglomeration of "what" and "how" questions; it's much broader and offers more of a dynamic session. I love designing a healing topic (the goal) along with program objectives and awareness/foundation practices. I've been fortunate enough to have learned those as a student with Dr. Kreisberg and it paved for structured coaching sessions, which was so different from the completely co-active style I had originally been introduced to. It increases the integrity of the coaching program, in my opinion, even though it's flexible, adjustable, and fluid.

- Debbie McGinley
- Health Coach, Graduate Maryland University of Integrative Health

This material is enlightening, thought provoking, and very useful for me personally and as a professional coach. There are elements here that I have not been introduced to before that put some pieces together for me. I am motivated to learn more and would definitely recommend this class to others.

- Rebecca Johns CPCC, CTPC

Dr. Joel's strengths lie in his passion for improvement. He ceaselessly seeks out ways to equip his students with vast amounts qualitative knowledge that is relatable, positively upbeat, and in good humor. Be sure to come to the classes with your curiosity and willingness to improve as a person and as a coach.

- Spencer Harber
- Health Coach, Graduate Maryland University of Integrative Health

The art of narrative writing is so reflective and full of learning. When writing you put yourself on the page, to be vulnerable for everyone to see but at the same time the class is there to support you and help you with your personal growth that only promotes your ability to become a better coach. This [Narrative Healing] class was very valuable to me and I would certainly recommend it to others.

- Tammy Dowling
Law of Attraction Coach, Energy Worker, Author



About Teleosis Institute

Our Mission

Our mission is to develop coaches who work with life stories in a way that that leads to deepening relationship, transformational learning, and authentic healing.

Our Vision

Our vision is a community of health professionals who engage the skills of narrative healing, promoting deep lasting change in individuals, organizations, and the communities in which we serve.

Contact Information

info@teleosis.org

510-558-7285

863 Arlington Ave

Berkeley, CA 94707

Or see us online at www.teleosis.org

Teleosis Institute is a 501c(3) non-profit organization dedicated to deepening the expanding field of Integrative Health and Medicine.