I was initially pleased with the results I got in my trade as a homeopathic physician. Many responded to my care, yet others responded no better to my integrative approaches than to their earlier conventional medical treatment. I would study my potions and do my best, too often still missing the target. After 20 years of healing work, it was noticing the difference between what we do and how we do it, that held the key.

With integrative approaches, you still get a prescription, just as one would from a doc. It’s a given. Part of the medicine. How could it not be? Do it differently? How? Coaching! Yes. I enrolled as a student, though coaching is more of a practice, than a trade. With coaching, student means you start doing it. For several years, I worked as an integrative physician, and I coached – two different professions.

Training health and wellness coaches at Maryland University of Integrative Health provided the necessary workshop for getting clear about what has become Narrative Health Coaching. Narrative Health Coaching is relationship-centered, presence-based healing modality that relies upon accessing our healing story. Narrative Health Coaching offers a learning methodology rich in salutogenic healing. Narrative Health Coaching can be integrated effectively in integrative clinical settings.

So I repurposed Teleosis Institute as a school of Coaching and Narrative Healing. We train healers in the art and science of Narrative Health Coaching, promoting growth and developing an increased healing capacity. Narrative Health Coaching fosters new ways of navigating limiting beliefs through story and health coaching.

It’s not a long journey, one year of training. Our students congregate in the Online Coaching Clinic to discuss our trade. I work with a client with up to a dozen students observing, responding and, connecting with coaching. Each client offers lessons for all of us.

You’ll find friends here,
Dr. Joel Kreisberg, DC, PCC, CCH
Executive Director
Program Updates: 
A year of refinement and partnership

Improvement is the theme of our second year of running classes. Teaching Narrative Healing, Foundations of Narrative Health Coaching, and Journey of Inspiring Homeopathy, have allowed us to refine our coaching methodology. In 2018, the Certificate Program in Narrative Health Coaching is now a 30-week program integrating philosophy, reflective growth and skill development.

2017 was a year of partnerships. We’ve invited Bauman College students into our classes. The National Association of Nutritional Professionals and Nutritional Therapy Association—the two largest organizations for nutritional consultants, approved our classes for continuing education. WholeHealthNow, the premier homeopathic educational company, is hosting the Foundations of Narrative Health Coaching for Homeopaths class. Accreditation Commission for Homeopathic Education in North America approved our classes for continuing education.

Our most exciting news involves our work with Southern California University of Health Sciences (SCU). We are developing the Health Coaching for Healthcare Professionals program beginning beginning April, 2018. Led by Teleosis faculty, the course is approved for continuing education for Chiropractors, Acupuncturists, and Naturopaths—the first program for this audience of integrative physicians. SCU began as the Los Angeles Chiropractic College, adding the College of Acupuncture and Oriental Medicine over 10 years ago. Several programs accompanied the launch of their Physician’s Assistant program—Yoga Therapy, Ayurvedic Medicine, Clinical Nutrition and Massage Therapy. Health Coaching for Healthcare Professionals is a 125-hour certification program for clinicians interested in developing coaching as a healing modality.

2017 also witnessed the launch of our Learning Community. Graduates and current students convene regularly for continued learning—hosting a vibrant community of healers. Find out more https://teleosis.org/health-coaching-learning-community/

Partnerships

Teleosis is proud to have established program partnerships with the following organizations: 

• Bauman College 
• WholeHealthNow 
• Southern California University of Health Sciences 
• NANP 
• Nutritional Therapy Association
Lauren Hubele
STUDENT, CERTIFICATION CLASS OF 2018

Over the course of the past 17 years, Lauren established herself as a pioneer homeopath in the study of Gemmotherapy extracts and their ability to restore immunity. She feels her purpose is to pave a clear path for individuals to follow in order to restore the immunity they were born with or that which has deteriorated over their lifetime. She is passionate about her teaching and writing, sharing her work so that others can pass it on to families and friends. Lauren chose the Teleosis Certificate Program in Narrative Health Coaching as she recognized that there was something missing in her work with clients. She was drawn to learning skills that go beyond simply outlining behavioral changes, working the the client’s narrative for deep transformative change. Her experience at Teleosis is providing her with new and powerful ways of interacting with and supporting her clients.

Lauren is a public speaker, and educator, practicing homeopathy in Austin, Texas.
https://laurenhubele.com

Learn more about Lauren’s work in her book Gemmotherapy for Everyone: Building Immunity In Babies and Young Children https://laurenhubele.com/my-books-2/

FEATURED CLASS:
Online Coaching Clinic
— Dina Saalisi, BFRP

My participation in the Online Coaching Clinic began nearly 2 years ago, as the client. When Joel first described the process, I was immediately intrigued. I would be coached in front of a live audience of students for seven sessions, meeting every other week. This sounded unique and refreshing and a welcome departure from conventional therapy and education. Working live, online, in the presence of students and coaches, offered me an opportunity to be part of a community of caring practitioners and my healing excelled in this environment. Before I completed my coaching program as a client with Joel, I knew that getting certified as a Narrative Health Coach was a path that was calling me.

Flash forward 5 clinic sessions later, I sit in every other week as a practitioner and student. I am amazed at how much I continue to learn each session. We gather and begin each session with a check-in, which provides continuity and support. Then we sit back and observe Joel’s masterful method of working with a client in real time. Afterwards, we discuss our observations and suggestions for the client’s coaching program. This process of witnessing and working together to embrace the client’s healing is a powerful way to develop our skills as coaches and nurture our community bond. It takes learning far beyond the conventional, reaching new heights of a collective consciousness that serves our work in the world as healers.

Dina completed the program in 2017, establishing her professional practice in Flower Energetics and Narrative Health Coaching. Dina joined the staff as our marketing strategist and admissions manager.
David Leskin

IT ADMINISTRATOR

David loves the idea of “paying it forward” and has found that when he shifts his attitude and rolls up his sleeves, his good deeds ripple out into the community and the world at large. While he has always been seen as optimistic, he believes that once he was “able to see through the narrative healing lens…, rather than merely making the best of difficult narratives,” he was able to change his own narrative and consequently get his family, friends and clients to a healthier state of body, mind and spirit.

David completed the Certificate Program in Narrative Health Coaching in 2017. His experience is that his classmates, fellow graduates and mentors at Teleosis have provided real advice, specific to him, that help him break through the obstacles he had created for himself, and that “the teachers were patient, understanding, and accommodating in helping me incorporate the lessons of Narrative Healing at my own pace and learning style.” While he feels his coaching story is just beginning to develop, he feels confident that he has the resources and personal help that Teleosis provides as he moves forward.
Conversations on the Future of Health Coaching Online

- *No Bridge Too Far: What Patients Wish Their Caregivers Knew* with Joanna Burgess, BSN, RN, CWOCN
- *Becoming a Behavioral Change Specialist: The Clinical Health Coach® Model* with William K. Appelgate, PhD, CPC
- *Body-Centered Coaching: Enhancing the Mind’s Decisions with the Body’s Wisdom* with Patricia Hinton Walker, PhD, RN, FAAN, PCC, CBCC
- *Mindfulness and Coaching: Leveraging Emerging Neuroscience to Create Change* with Ruth Q. Wolever, PhD
- *Reframing Illness: The Power of Language in Healing* with Stephanie Weaver, MPH, CWHC
- *Why Motivational Interviewing: A Conversation with Jody Hereford, MS, BSN, RN
- *Who's Stopping You? (It's an Inside Job)* with Bridgit Dengel Gaspard, LCSW
- *Under the Covers: Capitalism, Conscious Healing and Masculinity* with Kent Frazier
- *Using Coaching at End of Life: A Conversation with Dr. Don Eisenhauer, PCC
- *Coaching and Healing: A Conversation with the Authors*
- *Coaching Chronic Pain: A Conversation with Shelly Jackson, ACC*

**Coaching and Healing**

Since publishing our book in 2016, 177 books have been sold.

“It is about helping many of us identify and fully mobilize the diverse and often unsuspected resources at our disposal when going through health or other crises in our lives. The book is rich with stories illustrating its premise, and frames the search and professional support for healing within the powerful methodology of integral coaching.” — Lois de Merode

http://coachingandhealingbook.com

**Nina Fry Kizler**

**TELEOSIS INSTITUTE BOARD CHAIR**

Nina’s primary caregiving role for both her parents amid extended terminal illnesses led her to embrace healing as “finding our way ‘home’ to ourselves in whatever body or health-state we are in, making peace with ourselves, our lives and our journey.” Not surprisingly, her teaching in the Holistic Health Education Master’s Program at JFK University, and working with scientists who are researching consciousness and healing at IONS get her out of bed every morning. In the past year, in her concern for the other-than-human world, she has also learned to feed and care for hawks, owls, opossums, vultures, woodpeckers and even a 55-year-old desert tortoise!

Nina has worked with Dr. Joel Kreisberg for almost 10 years, and embraces Narrative Health Coaching’s focus on the profound importance of story in all aspects of our lives, especially in regard to health and healing. She believes that until we understand our own story, growth and change can seem hard or even impossible, and that narrative healing provides “a new perspective and empowers us to understand why we do what we do, and how we might effectively move towards change.”
Donors

*We are grateful for the financial support that our donors provided this past year:*

### 2017 CONTRIBUTORS

- Steve Benson
- Chaya Family Fund at the Jewish Community Foundation – East Bay
- Bridgit Dengel Gaspard
- Nina Fry Kizler
- Houston Jewish Community Foundation
- Gary Huffaker
- Lee Klinger
- Louisa Kreisberg Family Foundation
- Robert Levin
- Tanya Renner
- Dina Saalisi
- David Zeitler

### IN KIND

- Stephanie Weaver
- Jody Hereford
- Kent Frazier
- Don Eisenhauer
- Shelly Buffington Jackson
- William Appelgate

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**Financials**

**2017 Revenue**

- $156,997

**2017 Expenses**

- $158,510

**Contributions**

- $114,980 (73%)

**Administration**

- $38,280 (23%)

**Fundraising**

- $6,250 (10%)

**Program**

- $42,017 (27%)
Join Us

Our next cohort of the Certificate Program in Narrative Health Coaching begins March 6, 2018

Find Out More

https://teleosis.org/certificate-program-in-narrative-health-coaching/

About Teleosis

Our mission is to develop coaches who work with life stories in a way that leads to deepening relationship, transformational learning, and authentic healing. 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. Teleosis Institute is a 501c(3) non-profit organization dedicated to deepening the expanding field of Integrative Health and Medicine.

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