The description that stands out for 2018 is ‘foundations.’ In our playbook, that’s Foundations of Narrative Health Coaching. It’s our basic introductory class. In 2018, this class expanded into new territories. Our first success was with Bauman College, which has integrated the Foundations class into their Nutrition Consultant program. They hired us to teach our curriculum. They also hosted our live version of the class, which was well attended by faculty and alumni. This led to an invitation to bring the Foundations class to the Acupuncture and Integrative Medicine College’s new Doctorate of Acupuncture and Integrative Medicine. With a few modifications, the program fits nicely. I taught this class. Working with seasoned integrative practitioners is very rewarding. The response has been overwhelmingly positive. We also offered the class to homeopaths through Whole Health Now.

I had the opportunity to bring my work to larger audiences. This included the keynote presentation at The National Center for Homeopathy’s 13th Annual Joint American Homeopathic Conference. My interactive talk entitled “Engaging the Healing Paradigm: Integrative Health & the Future of Homeopathy” included meditation, partner work, and a positive view of the potential for healing. I also taught at the American Chiropractic Association’s National Leadership in Chiropractic Conference in Washington, DC. This was a bit of a homecoming since I am a Chiropractor. I came with a team from Southern California University of Health Sciences, the school that hired us to develop a new coaching program for Chiropractors, Acupuncturists and Naturopathic Physicians. My workshop, entitled “Behavioral Change, Health Coaching and Chiropractic Care: Sustaining Long Term Results,” was well attended by young and old, with a keen eye on how to increase connections with our clients.

In the meantime, we graduated three more Narrative Health Coaches from our Certificate Program. We hired new faculty and we’re beginning to have both graduates and faculty passing the National Board Certification in Health and Wellness Coaching through the National Board for Health and Wellness Coaching. I’m pleased to be able to share our accomplishments in this Annual Report for 2018. I’m proud to showcase the many faces that make up our community. Just look inside.

Blessings for another year of healing,
Dr. Joel Kreisberg, DC, PCC, CCH
Executive Director
New Class, New Faculty:
LIFESTYLE MEDICINE FOR HEALTH COACHES

This past year, we put the finishing touches on our Lifestyle Medicine curriculum. Integrative physician Ruth Marlin, having completed our Certificate Program, joined Dr. Kreisberg and several others to design and complete our 15-hour online course. The class, “Lifestyle Medicine for Health Coaches,” is a comprehensive review of the curriculum outlined by the National Board for Health & Wellness Coaching. Since Lifestyle Medicine is essentially about health creation, topics include nutrition, physical activity, stress reduction, proper sleep hygiene, elimination of substance abuse, and meditation. The literature of the effectiveness of Lifestyle Medicine interventions is well documented. We just needed to capture this dynamic content in a compelling class.

Dr. Marlin has been a leader in this field for many years with her teaching experience in several hospital and research programs. Most notable was Dean Ornish's Preventative Medicine Research Institute, where she served as Director of Medical Education and Lifestyle Retreat Physician. We asked Dr. Marlin to share her thoughts about becoming a health coach, how this weaves together with her Lifestyle Medicine training, and her commitment to bringing Lifestyle Medicine training forward to another audience.

“I became aware of coaching as a new niche that dovetailed with the work I was doing. I think I had been coaching all along, but there were things I felt I needed to learn. After taking the Certificate Program in Narrative Health Coaching, I better see the developmental side of the process. I knew there were powerful tools to help people change. Now I better understand how much mindfulness and reflection help. I can help people gain awareness while learning new skills. This often brings amazing ‘aha’ moments. Change is more lasting when you do your own discovery and learning.

“By learning coaching, I rounded out my ability to work with people. I help clients see that healing is really their work. I always gave patients information assuming that would help with the change. That is the basic medical model. Now I’ve become aware of different barriers that we’re not conscious of. By bringing these to light, we can better support new ways of learning.

“In creating the Lifestyle Medicine for Coaches class, I got to think about the broad topic of Lifestyle Medicine anew, with this new developmental perspective. I got to do it all again, this time focusing on how to help health professionals. Plus, I also learned about the new online platform and how to deliver classes online.

“I think it’s very important for Health Coaches to have this Lifestyle Medicine background. They can better serve their clients. Certain areas are crucial, like basic health behaviors. The research is so clear and well-articulated. Essentially these are non-medical interventions that are highly effective. Also, these classes help Health Coaches to know their own limits with regard to medically related issues.

“In conventional medicine, most people get steadily worse. Basically, chronic illness worsens over time. With Lifestyle Medicine and health coaching, patients can get better. With health coaching, folks become engaged, which helps them stick with it. Now that we’ve completed the class, I’m ready to do more coaching. And I see opportunities for using these skills in group settings and for other teaching venues.”
Accomplishments

We graduated our third cohort in 2018. One of our graduates, Tanya Renner was our first student to become a National Board Certified Health and Wellness Coach. Both Joel and Dina also went on to pass the test and get certified. We offered ten sessions of the Foundations of Narrative Health Coaching, for a total of over 150 students!

Other accomplishments of note are the development of a coaching program for Southern California University of Health Sciences entitled “Health Coaching for Health Professionals.” This program is approved for continuing education for Chiropractors, Acupuncturists, and Naturopaths, the first of its kind for this audience of integrative practitioners.

New Book of Poetry by Reggie Marra

*Killing America: Our United States of Ignorance, Fear, Bigotry, Violence and Greed*

On September 4, 2018, with the help of donations from people in 15 states, Canada and Ireland, a copy of my *Killing America: Our United States of Ignorance, Fear, Bigotry, Violence and Greed* was mailed to each member of Congress, the Supreme Court, the President and the Vice President — 542 copies. As of your reading this newsletter, three officials responded to receipt of the book, and of those only one, Rosa DeLauro from CT’s 3rd Congressional District actually referred to the book’s content and Congress’s role in perpetuating gun violence.

What began as a series of poems addressing gun violence in the United States, evolved to explore the ignorance, fear, bigotry, violence and greed that feed each other and the status quo of some 90 gunshot deaths per day domestically and decades of ongoing war in the Middle East and beyond, internationally. Decades after Dr. King’s *Riverside Church speech*, “… the greatest purveyor of violence in the world today — my own government,” what has changed is the violence having significantly expanded beyond Vietnam and “the ghetto.”

On January 21, 2019 I sent a letter, including a postcard of the book’s cover to each of the 111 new members of Congress, noting the September 4 mailing and offering suggestions for what they might try in response to the mass shootings that occur during their respective tenures.

Among various reasons, my attention to this issue emerged through having lost a student-athlete to gun violence in New York in 1983 and another student, class of 1982, having lost his son in the Sandy Hook shooting in 2012.
My journey from client to teacher began with this statement, nearly 3 years ago. At the time, suffering from chronic eczema on both my hands, arms and shins, I was desperate and in need of healing. The conventional methods of healthcare weren’t helping, and I was discouraged and questioning if I would ever get better. Fatefully, I was attending a flower essence class that Joel was teaching, when he “demonstrated” a coaching session. I volunteered as the client, and right away, the difference of putting the healing power into the client’s hands, rather than the expert trying to diagnose and cure, was exciting and fascinating. I wanted to know more about how to connect with my untapped resources for healing.

Soon after, I became the client in the Integrative Health Coaching Clinic, experiencing this powerful methodology from the inside. By the end of the coaching program, I had no doubt of my desire to practice Narrative Health Coaching, alongside Flower Essence Therapy. Honoring my professional growth indeed! From this place of empowerment, my parenting skills deepened, as my needs and desires to guide others were being realized. This continues to be an integral part of my personal growth and healing. I’ve always loved language and the transformative effect words have — to enlighten, to nourish, to heal. As I got deeper into the wisdom of Narrative Health Coaching, I wanted to share this with others. With the support and guidance of Joel, Reggie and Lois, I developed my capacity to lead others in this awareness. I sat in on the Foundations class a dozen or so times to observe and gain confidence in my ability to convey this information with skill and grace. Beyond this, I was able to lend insights that were helpful in redesigning the class and now I proudly take my place within this healing community of teachers.

Now on our second iteration of the Bauman College Foundations class, I’m finding the student/teacher relationships greatly rewarding. In teaching coaches how to coach, the seeds of narrative healing spread and blossom into new growth that reaches far and wide, through authentic human connection. As I help students gain awareness and strengthen their skills of presence and communication, the wisdom ripples outward into the greater sea of humanity.

Gary Huffaker met Dr. Kreisberg as a graduate student in Integral Theory at John F. Kennedy University in Pleasant Hill, California. Dr. Huffaker practiced pediatric ophthalmology for twenty-seven years before retiring and launching into the study of Integral Theory. Since that time he and Dr. Kreisberg have worked on several projects around Integral Medicine. He has served as a board member at Teleosis Institute since 2015. He also serves as Board Chair for the Institute for Families, a non-profit in Los Angeles that provides family services for families that have children with life-threatening eye cancers. Dr. Huffaker is inspired by Don Quixote for his commitment to idealism no matter the cost! He is passionate about seeing the complexity of interacting systems and weighing them toward the evolutionary impulse of inclusivity. This means, for example, seeing the myriad forces at work to produce “health care” or “wellness” or “thriving.” He meditates daily “No matter how well my consciousness is maintained throughout, I still sense my peaceful interiority (and exteriority) most acutely upon completion of the practice.”
Integrative Health Coaching Clinic

The clinic offers a volunteer client 7 sessions of health coaching and integrative therapy for a period of 14 weeks. We offer three sessions annually. Since we love to share what students say, this past October, we offered follow-up sessions for all eight of our clients who have worked with us in this unique setting. The following is a reflective response from one of the clients in the clinic in 2018.

I was a client in Joel’s online program starting January 2018. I found the program uniquely facilitating for the way in which it created a container of support that allowed me to benefit from not only from Joel’s narrative coaching, but also from the shared wisdom of the participants and their silent healing presence. The group focus on my case and their profound support, rooting for my healing, were pivotal and offered an unexpected source of strength and confidence during a difficult time. One can feel isolated during mysterious, chronic, and/or acute illness. Group experiences had been painful in the past and early nurture had been lacking. Their presence was like a 'team of angels' rooting for me, and that in itself was transformative. The coaching element that Joel created was also uniquely facilitating. While my doctors and other practitioners have tended to focus in each session on what is present in my body in that moment, Joel has created with his coaching a space of structure that ensures continuity of care over time and toward specific healing goals, which are crafted in dialogue with the client. This structure allowed me to keep a longer view while addressing immediate concerns or sudden acute experiences during the process. I found the experience both flexible and stable. I felt met where I was, validated in what I was experiencing, and given tools, practices, and remedies that moved me toward my healing goal. The combination of coaching, community, and remedies offered support, confidence, and hope; helped me gain stability; and was for me a uniquely healing experience.

— Kristin L.

Conversations on Future of Health Coaching Online

- Meditation Technology and Integral Life Practice with John Dupuy
- Transformational Change Through a Multidimensional Approach with Linda Bark, PhD
- Using Body Language to Build Deeper Trust and Get More Clients with Dylan Newcomb
- Flower Energetics, Health Coaching and Working With Trauma, with Dina Saalisi
- Coaching the Inner Family with Margaret Moore, MBA and Reggie Marra, MA, PCC
- Advancing the Craft of Health and Wellness Coaching with Michael Arloski, PhD, PCC, CWP
- The Enneagram and Coaching with Keijo Halinen MSc, PCC, Integral Master Coach
- Make Peace with Marketing: with Miriam Zacharias
- Listening for Transformation: How Stories Heal with David Drake, PhD
- The Physician Development Coach: Coaching Physicians with Francine R. Gaillour, MD, MBA, FACP
- Medical Coaching: Changing the Way We Define Sickness, Healing, and Medicine with Shiri Ben-Arzi
Donors

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

**2018 CONTRIBUTORS**

- Houston Jewish Community Foundation
- The Jewish Community Foundation of the East Bay
- Luisa Kreisberg Family Foundation
- Sherwood Foundation
- Wendy Buffett

**IN KIND**

- Francine Gailour
- Keijo Halinen
- Dina Saalisi

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Financials

**2018 Revenue**

$132,638

- Contributions $100,245 (76%)
- Program $32,393 (24%)

**2018 Expenses**

$122,370

- Program 65%
- Administration 28%
- Fundraising 7%
Join Us

We are pleased to announce the Certification Program in Narrative Health Coaching will be offered by Bauman College. Our program will form the backbone of the new Nutritional Health Coach Program.

Our next cohort will begin October 1, 2019

Find Out More

https://teleosis.org/healthcoachprogram/

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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