



SECTION THREE
GRADUATE CERTIFICATE PROGRAMS

Health Coaching

Ten-Month Program: April 2011-January 2012

What lies behind us
and what lies before
us are tiny matters,
compared to what
lies within us.

—Ralph Waldo
Emerson

About the Program

Overview

Tai Sophia Institute's Graduate Certificate in Health Coaching program is at the forefront of a growing field in the health care industry. This groundbreaking program is designed for already established health care professionals to prepare them to work as coaches in a multitude of practice settings including hospitals, clinics, health educational facilities, private practice, corporations, and schools. The curriculum focuses on three primary goals. The first goal is the development of a wider view of the field of health and wellness in contrast to our current disease focused model. The second is to teach coaches to listen to the wisdom of their own bodies and learn to reconnect with the cycles of nature and be able to teach clients to do the same. The third is to develop both proficiency and excellence in the skills necessary to help clients adopt attitudes and lifestyle changes most conducive to optimal health and other issues that affect health.

This 15-credit graduate certificate program consists of five courses delivered over a ten-month period and is offered in an executive, weekend and evening format to accommodate working health care professionals. Professional disciplines appropriate for the graduate certificate in health coaching include nursing, acupuncture, naturopathy, chiropractic, allopathic medicine, mental health, physical therapy, herbal medicine, and other allied health fields.

Program Goals

Those awarded the Tai Sophia graduate certificate in health coaching will be able to:

- Use language, listening, and composure as a means to inspire and motivate clients to make health generating changes.
- Demonstrate proficiency in designing and implementing personalized health and wellness plans with clients.
- Demonstrate the skills necessary to inspire accountability in their clients to adhere to goals.
- Demonstrate proficiency in the art of evocative and powerful questioning as a means to develop client self-awareness and effective action.
- Demonstrate proficiency in active, reflective and empathetic listening skills.
- Demonstrate the ability to develop a comprehensive set of health generating practices based on the rhythms of nature, life skills, and language.
- Use the science of behavior change to demonstrate application to motivating others toward health generating behaviors.
- Demonstrate a commitment to carrying out professional responsibilities and an adherence to ethical principles of the profession.
- Demonstrate the ability to apply health coaching skills in a workplace setting.

Admission Requirements

For consideration for the Graduate Certificate in Health Coaching, applicants must submit:

- Official transcript to verify completion of a baccalaureate (bachelor's) degree from an accredited educational institution.
- Official transcript of highest degree earned beyond a baccalaureate.
- Professional licensure in an allied health field.

Internationally educated students please refer to the additional instructions outlined under the heading International Students in the Admissions section of this catalog.

Academic Calendar

Foundations of Health and Wellness	April 8-10, 2011 April 15-17, 2011
Becoming a Healing Presence	May 14-15, 2011 June 4-5, 2011 July 9, 2011
Fundamentals of Health and Wellness Coaching	July 10, 2011 August 13-14, 2011 September 10-11, 2011
Principles and Practices of Health & Wellness Coaching	October 1-2, 2011 November 5-6, 2011 December 3, 2011
Applied Healing Strategies	December 4, 2011 January 7-8, 2012

Course of Study

Number	Course Name	Semester Credits
APP 632	Foundations of Health and Wellness	3.0
COA 601	Becoming a Healing Presence	3.0
COA 610	Fundamentals of Health and Wellness Coaching	3.0
COA 611	Principles and Practices of Health and Wellness Coaching	3.0
COA 620	Applied Healing Strategies	3.0
TOTAL REQUIRED CREDITS		15.0

Curriculum

APP 632

Foundations of Health and Wellness

3 Semester Credits

This course provides a context for a wide variety of studies relating to perspectives on health and wellness by introducing basic health philosophies, history of the current health-care system, proposed health-care reform legislation, balance/imbalance in health, and the investigation of how these issues apply to an informed perspective on our current health-care system. Concepts of wellness and sickness are discussed, including the role that language plays in supporting health and wellness. The foundations of health and wellness are further examined focusing on the current knowledge of the physiologic basis for wellness practices.

COA 601

Becoming a Healing Presence

3 Semester Credits

This course focuses on exploring the implications that the rhythms of nature, life skills and language have on health and wellness. By observing their own ways of being, doing and speaking, students begin to embody the practices that guide them in becoming a powerful healing presence and a catalyst for change in others.

COA 610

Fundamentals of Health and Wellness Coaching

3 Semester Credits

Students are introduced to theories and trends in health coaching. Contemporary coaching models are introduced and students begin to build a repertoire of coaching skills. This experiential course develops observation skills, active listening, the art of evocative questioning, and the ability to motivate change.

COA 611

Principles and Practices of Health and Wellness Coaching

3 Semester Credits

This class delves deeper into the spirit and practice of health and wellness coaching using the theory and skills of Motivational Interviewing, a widely recognized, evidence-based approach to behavioral change. Students receive practical skills for structuring a coaching session, planning, goal-setting with clients, and insuring client accountability.

COA 620

Applied Healing Strategies

3 Semester Credits

This class introduces students to integrative modalities such as acupuncture, herbal medicine, chiropractic, homeopathy, and energy medicine. Students will design a practicum to apply coaching principles and skills to their own specific field of practice. Students will receive mentoring, coaching, and feedback from instructor and peers as they develop the skills of mind and heart necessary to being effective health coaches.

Core Faculty and Program Advisor

A complete list of faculty and detailed biographies are available online at www.tai.edu.

Stephen T. Wegener, Ph.D., ABPP (Program Advisor)

Stephen Wegener is an Associate Professor and Director of Rehabilitation Psychology at The Johns Hopkins University School of Medicine. He also holds an appointment as Associate Professor of Health Policy and Management at the Johns Hopkins University Bloomberg School of Public Health. Dr. Wegener received his doctorate from St. Louis University and completed his residency in clinical psychology at the University of Virginia, where he also served on the faculty.

Tom Balles, M.Ac., L.Ac.(UK), Dipl.Ac.(NCCAOM)

A practicing acupuncturist since 1985, Tom Balles teaches in all three of Tai Sophia Institute's master's degree programs. He also facilitates one-on-one and group business workshops in team building, communication skills, improving work habits, conflict resolution, and leadership development. Mr. Balles is the author of *Dancing with the Ten Thousand Things: Ways to Become a Healing Presence* and "Cultivating a Healing Presence," a guide.

Robert M. Duggan, M.A., M.Ac.(UK), Dipl.Ac.(NCCAOM)

Robert Duggan is president and co-founder of Tai Sophia Institute and a leading international voice on wellness and integrative medicine. A practicing acupuncturist since 1973, Mr. Duggan has served as a White House advisor and is the author of *Common Sense for the Healing Arts*. He holds a master's degree in Human Relations and Community Studies from New York University and a master's degree in Moral Theology from St. Joseph's Seminary.

Katherine E. Johnson, Ed.D., PCC

Katherine Johnson is a life coach, a teacher-facilitator, and a consultant. She holds a doctorate in Professional and Organization Development in Education from the University of Maryland and a Professional Certified Coach (PCC) certificate from the International Coach Federation. Dr. Johnson has had a 25-year career in the field of professional development and university teaching.

Cheryl Walker M.L., MCC

Cheryl Walker is Interim Director of Tai Sophia Institute's Transformative Leadership and Social Change Program and Program Manager of the Institute's Health and Wellness Coaching graduate certificate programs. Ms. Walker also is an independent leadership development consultant and holds a Master of Leadership from Georgetown University's McDonough School of Business and a Master Certified Coach (MCC) certification from the International Coach Federation.