



SECTION THREE  
GRADUATE CERTIFICATE PROGRAMS  
*Wellness Coaching*

Nine-Month Program: April-December 2011

Every blade of grass  
has its Angel that  
bends over it  
and whispers,  
“Grow, grow.”

—The Talmud

# About the Program

## Overview

Tai Sophia Institute's Graduate Certificate in Wellness Coaching program is at the forefront of the growing field of wellness education, preparing students with the skills and expertise to empower people to take charge of their own health by adopting healthy life styles. This ground-breaking program, the only graduate certificate in wellness coaching in the country, is designed to prepare educators, life coaches, fitness instructors, employee assistance specialists, human resource specialists, and others with a strong interest in health and wellness to practice in a multitude of settings including health educational facilities, gyms, spas, corporations, and schools.

The curriculum focuses on three primary goals. The first goal is the development of a wider view of the field of wellness in contrast to our current disease-focused model. The second is to teach coaches to listen to the wisdom of their own bodies, to learn to reconnect with the cycles of nature, and 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 12-credit graduate certificate consists of four courses delivered over a nine-month period and is offered in a weekend format to accommodate working professionals.

## Program Goals

Those awarded the Tai Sophia graduate certificate in wellness 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.

# Admission Requirements

For consideration for the Graduate Certificate in Wellness 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.

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

# Academic Calendar

<b>Foundations of Health and Wellness</b>	April 8-10, 2011 April 15-17, 2011
<b>Becoming a Healing Presence</b>	May 14-15, 2011 June 4-5, 2011 July 9, 2011
<b>Fundamentals of Health and Wellness Coaching</b>	July 10, 2011 August 13-14, 2011 September 10-11, 2011
<b>Principles and Practices of Health &amp; Wellness Coaching</b>	October 1-2, 2011 November 5-6, 2011 December 3, 2011

# 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 612	Applied Wellness: Internship (Optional)*	3.0
<b>TOTAL REQUIRED CREDITS</b>		<b>12.0*</b>

\* Students taking the optional Internship will earn a total of 15 credits for the program.

# 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 612

### Applied Wellness: Internship (Optional)

#### 3 Semester Credits

In this class, students will work with a client or clients in a workplace setting. Student will receive mentoring, coaching, and feedback from the instructor as they develop the skills of mind and heart necessary to being effective wellness coaches.

# Core Faculty and Program Advisor

A complete list of faculty and detailed biographies are available online at [www.tai.edu](http://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.