



Community As Medicine Training Program Syllabus

National Board for Health & Wellness Coaching (NBHWC)-Approved Training & Education Program



Program Description

Open Source Wellness' 20-week Community As Medicine Training Program prepares students to help improve health and wellbeing for individuals, groups and organizations by utilizing evidence-based relational/behavior change skills and approaches in a variety of settings.

Our certificate program combines a live online curriculum with a three-session mentored coaching practicum. Experienced instructors with significant health and wellness coaching backgrounds will provide thorough, development-focused evaluations and individual feedback.

Emphasis is placed on the foundational knowledge and practical skills of the coaching process standards and competencies of the National Board of Health and Wellness Coaches (NBHWC), as well as uplifting the values of cultural humility, trauma awareness and "Community As Medicine" that are core to Open Source Wellness' work.

Our curriculum includes theory and practice in behavior change and coaching psychology, client-centered communication skills that facilitate self-directed change, group coaching training, evidence-informed process and structure, the ethics of coaching, and understanding health and lifestyle conditions such as diabetes, cardiovascular disease, exercise, nutrition, work-life balance and more.

Certificate Requirements

To successfully complete the certificate program, please review the following requirements.

1. Participants must attend 100% of all class sessions. Students who are unable to attend a scheduled class session should contact the Program Coordinator, Alli Jorgensen, at Allison@OpenSourceWellness.org in advance.

2. Participants must complete three (3) graded practical skills assessments with a passing grade. These sessions may be completed live with an instructor or asynchronously via recording.
3. Participants must complete any *required* homework, discussion board posts and assignments assigned during the course.

Students can expect to spend 2-3 hours each week on coursework including:

- 2 hours in live online classes
- 15-30 minutes of written discussion board reflections

Additional requirements:

- One Saturday per month students will be required to attend six hours of class (see program schedule at bottom of syllabus for dates and times).
- Students will be responsible for scheduling their three graded practical skills assessments on their own time.

Program Goals

After this course, students will be able to:

- Design and practice coaching relationships and structure to support clear, productive roles and responsibilities for the coach and client, in both individual and group settings.
- Outline and facilitate coaching processes and evidence-based techniques to support client-centered discovery, self-efficacy, autonomy and setting and meeting goals.
- Practice coaching skills one-on-one demonstrating mindful and client-centered listening, open inquiry, effective variations of reflections, action planning and goal setting.
- Practice group coaching skills, expanding upon the one-on-one coaching process to include facilitation of group engagement, positive accountability and social support
- Describe and utilize communication techniques that support enhanced client motivation and facilitate the client's desired and lasting behavior change.
- Identify and discuss the fundamentals of positive psychology which commonly impact client motivation and goal attainment.
- Identify and practice assessing the stages of change and the common effective coaching techniques for various stages.
- Apply mindfulness practices to their own coaching presence, and model or coach them with clients when appropriate.

- Recognize the common signs, symptoms, evidence-based management and the impact of holistic care in chronic diseases including cardiovascular diseases, diabetes, obesity, arthritis, hypertension, and lipid abnormalities.
- Describe the guidelines for evidence-based complementary care and lifestyle behaviors that impact human health and wellness including exercise, nutrition, tobacco use, substance abuse, stress management, sleep and social connections.
- Describe settings where health coaches work and illustrate a clear understanding of the field and scope of practice.
- Recognize and effectively make appropriate referrals for client needs and services outside their own scope of practice.
- Demonstrate thorough knowledge of, and accountability to, the standards of professional conduct and code of ethics.
- Summarize the components and importance of legal factors in coaching to include confidentiality, record keeping, HIPAA considerations, licensure and familiarity with differing local regulations.

Required Textbook

There is no required textbook for this course.

The reference materials for this course are:

- ❖ *Wellcoaches Coaching Psychology Manual, 2nd edition* by Margaret Moore
- ❖ *Gender, Race, Class and Health: Intersectional Approaches, 1st Edition* by Amy J. Schulz and Leith Mullings
- ❖ *The Health Gap: The Challenge of an Unequal World* by Michael Marmot

Course Contacts

Program Director: Rachel Barach, Rachel@OpenSourceWellness.org

Program Coordinator: Alli Jorgensen, Allison@OpenSourceWellness.org

Learning Management System - Kajabi

This course will utilize Kajabi LMS. You will receive an email invitation to join the site. Please follow the instructions to create an account.

Course Format

This certificate program is being offered fully online. Much of the work in this course will be stored in Kajabi for your convenience.

The typical structure will consist of the sample schedule at the end of this document. **Please carefully read this schedule so that you are aware of class times and due dates for assignments.**

Sample Schedule (what to expect) each week of the program:

- 2-hour live online class with instructor
- Mentored coaching session (students responsible for scheduling; occurs on three of the weeks throughout the program) depending on the week
- Optional readings and discussion posts/reflections will be given out throughout the course for further learning and development

Grading Policies:

- **Graded Practical Skills Assessments:** There are a total of three graded practical skills assessments throughout the program. Each assessment will be evaluated (either live or asynchronously) by a credentialed instructor.

Grading will be pass/fail (passing requires an average score of 2 of 4 on 80% or more of the key skills). Students will be given two opportunities to pass the first two assessments, and one opportunity to pass the final assessment.

Community As Medicine Training Program Schedule

Day/Date	Time	Class	Topics Covered	Assessments Assigned
Sat, July 9	9am-5pm	Introduction to Coaching	<ul style="list-style-type: none"> - Setting Up for Success - Community Is Medicine Model Intro - Positive Coaching Models - Appreciative Inquiry (AI) Coaching - Preparing to Coach 	
Sun, July 10	9am-5pm	The Big Picture & 1st Session	<ul style="list-style-type: none"> - The 1st Session - AI - Constructionist - Coaching Structure: The Big Picture - Integration: Assessment & Wellness Vision - Essentials of a Successful Coaching Relationship - Community Is Medicine Model #1 = You! 	
Mon, July 11	9am-5pm	Centering	<ul style="list-style-type: none"> - Client centered relationships - Whole person coaching - AI - The Positive Principle - Integration - Active Listening - Community Is Medicine Model* #2 	
Mon, July 18	4pm-6pm	Reflections	<ul style="list-style-type: none"> - Reflections - When & How 	
Mon, July 25	4pm-6pm	“Spark” Discussions	<ul style="list-style-type: none"> - Spark Leading - Prep & Delivery - Spark Writing - Content timing & practice 	
Mon, Aug 1	4pm-6pm	Introduction to Theory	<ul style="list-style-type: none"> - Appreciating your resourceful client - TTM Transtheoretical Model of Change (SOC) - AI: The Simultaneity Principle - Break out: Practice time - Meditation: opening and group reflection on the benefits 	
Mon, Aug 8	4pm-6pm	Skillful Conversations	<ul style="list-style-type: none"> - 6 skills to expand a conversation - 5 skills to focus a conversation - Time management - Break outs 	1st Practical Skills Assessment Assigned

Sat, Aug 13	9am-4pm	Resourceful and Resilient Clients	<ul style="list-style-type: none"> - Appreciating Your Resourceful & Resilience - Humor, rapport & curiosity - Community Is Medicine Model* #6 - Be - Values, Vision & Virtues - Acceptance & Commitment Theory - ID key signs of mental wellness - How to handle sustain Talk - How to handle discord - Legal Considerations / Referrals 	
Mon, Aug 15	4pm-6pm	Motivational Interviewing	<ul style="list-style-type: none"> - Engaging - Focus - Evoking - Planning - Break Outs 	
Mon, Aug 22	4pm-6pm	Successful goal setting	<ul style="list-style-type: none"> - SMART Goals & Action Plans - Personal Boundaries, Stressors & Resilience - Asking permission & Integration 	
Mon, Aug 29	4pm-6pm	Implementing Goals	<ul style="list-style-type: none"> - Behavioral goals vs Outcome goals - Community Is Medicine Model #7 - Decisional Balance & accountability 	
Sat, Sept 10	9am-4pm	Goal Setting, Emotional Wellness & Wellness Vision	<ul style="list-style-type: none"> - Goal Setting - Centering - Define emotional wellness - Demo: humor, curiosity & goal setting - The Righting Reflex - Advice - Best Practices - Self disclosure - Community Is Medicine Model #5 - Connect - Break Outs - Creating a Wellness Vision - Embrace this process with a client - Competencies - Getting familiar with the Rubric 	
Mon, Sept 12	4pm-6pm	Health and Wellness Foundation	<ul style="list-style-type: none"> - Stress management - Creating an Anti-inflammatory lifestyle: Inflammation, chronic diseases, metabolic syndrome 	2nd Practical Skills Assessment Assigned
Mon, Sept 19	4pm-6pm	Enhancing Health & Wellness	<ul style="list-style-type: none"> - Blood Pressure / Hypertension - Heart & Cardiovascular Health 	

		Competency	<ul style="list-style-type: none"> - Healthy Plates - Meal Plans - Biometrics 	
Mon, Sept 26	4pm-6pm	Compassion & Social Wellness	<ul style="list-style-type: none"> - Compassion & Self Compassion - Community Is Medicine Model #5: Move - Social wellness 	
Mon, Oct 3	4pm-6pm	Introduction to Mindfulness	<ul style="list-style-type: none"> - Mindfulness & Self Efficacy - Self awareness & power of the present moment - Moving through the 5 D Cycle - Break Outs 	
Sat, Oct 8	9am-4pm	Center Practices & Deepening Coaching Skills	<p>Centering Practices:</p> <ul style="list-style-type: none"> - Centering - Environmental Wellness - DEMO: Discovering new possibilities <p>Deepening Coaching skills:</p> <ul style="list-style-type: none"> - Increase awareness - Weight Management - How to use advanced coaching skills - Social Cognitive Theory <p>Break outs</p>	
Mon, Oct 10	4pm-6pm	Health and Wellness (cont.) & Preventative Health	<ul style="list-style-type: none"> - Health promotion - Disease prevention - Health related quality of life (Physical, Psychological, Spiritual, Social) - Spiritual wellness & preventative care strategies 	Final Practical Skills Assessment Assigned
Mon, Oct 17	4pm-6pm	PsychoSocial Wellbeing	<ul style="list-style-type: none"> - Social Wellbeing - Non Violent Communication - Financial Wellness 	
Mon, Oct 24	4pm-6pm	Nutrition & Cultural Humility	<ul style="list-style-type: none"> - Nutrition in review - Community Is Medicine Model* #4: Nourish - Diversity & Cultural Humility - Break Outs 	
Sat, Nov 5	9am-5pm	Health and Wellness (cont.) & Integration Into Coaching	<ul style="list-style-type: none"> - Mindfulness: What it is & putting it in action - Chronic, past and future focus - DEMO: Open Ended Questions & Reflections in action 	

			<ul style="list-style-type: none"> - Chronic disease: Metabolic Syndrome, High Blood Pressure, High Blood Sugar, Diabetes, Dizziness - Heart Disease, High Density Lipids, Stroke, Arthritis - Coaching Diabetes 	
Sun, Nov 6	9:30am-2 pm	QPR & Suicidality	<ul style="list-style-type: none"> - QPR & Suicidality - Demo: assessments, permission, metaphor, intuition - Break outs 	
Mon, Nov 14	4pm-6pm	Legal & Ethics	<ul style="list-style-type: none"> - Professional Conduct - Ethics in review - Legal requirements 	
Mon, Nov 21	4pm-6pm	New Beginnings	<ul style="list-style-type: none"> - Personal Reflections as a coach - Future Self Mental Rehearsal - Ending a coaching relationship - Vocational wellness - Celebrations 	