



# HEALTH COACHING PROFESSIONAL

## CSPH 5705

2 Credits | Spring

For in person  
dates, visit  
[onestop.umn.edu](https://onestop.umn.edu)

Instructor:  
**Deb Olson**  
**Theresa Nutt**

This course will be for those students actively enrolled in the Health Coaching Track of the post-baccalaureate Certificate in Integrative Therapies and Healing Practices or in the MA program in Integrative Health Coaching through the Center for Spirituality and Healing. This practicum will be 108 hours of health coaching practice in the field, with adequate supervision and oversight. The practicum experience offers students the creative opportunity to apply and integrate skills and knowledge gained in the preceding 3 semesters of the program. All experiences will require students to use previous experience and knowledge to recruit, schedule, coach and educate individual clients in both acute and longitudinal encounters and in group education sessions. This course will also require students to design a career plan, which integrates this program content with prior education and work experience. There will be a \$300 student fee for this course. Meets primarily online with 4 in person meetings.



Earl E. Bakken Center for  
**SPIRITUALITY & HEALING**

UNIVERSITY OF MINNESOTA