CSPH 5701 (4 Credits)

FUNDAMENTALS OF HEALTH COACHING

Blended | Instructors: Karen Lawson and Theresa Nutt

Prerequisite: Must be a graduate student admitted to the Integrative Health and Wellbeing Coaching or Certificate - Health Coaching Track Programs or instructor consent.

COURSE DESCRIPTION

This course provides a foundation of Health Coaching theory and practice. We will explore basic tenets of the health coaching model (a 4-pillared construct), including deep listening, effective and empathic communication, and tools for self-development. We examine the core building blocks for optimal health from a holistic perspective. In Health Coaching, each person is recognized as an intrinsically healthy, whole, and wise being, who is the ultimate expert in his or her healing journey. As a student and coach in training, your own self-development becomes an organic part of your professional evolution, and you will receive support in this. It is the role of the Health Coach to provide a safe environment and professional expertise to support this journey. In this course you will learn how to facilitate the client’s process by identifying and benchmarking stages and patterns of change, effectively interfacing with a wide range of interdisciplinary health care providers, and educating clients on a variety of self-care practices.

COURSE OBJECTIVES

By the end of the course, students will:

• Describe and apply the theory and practice of Health Coaching, including the Four Pillars of Health Coaching™, Motivational Interviewing (MI), Emotional Intelligence, Nonviolent Communication (NVC), Appreciative Inquiry (AI) and Transtheoretical Model (TTM) in peer activities
• Identify and apply the basic elements of an effective coach/client interchange in peer activities
• Describe the impact of holistic health and healing frameworks, including a core understanding of the physiology of mind/body interactions, on the practice of health coaching
• Integrate learning from ongoing personal development to inform effective application of the Four Pillars of Health Coaching
• Demonstrate the ability to locate, critically evaluate, and apply information from peer-reviewed literature, as well as from consumer-oriented sources, to inform coaching scenarios

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