



## Community As Medicine

### Health Coach Training Program Syllabus

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



#### Program Description

Our National Board of Health and Wellness Coaching-approved training program spans 5 months and is conducted live online. This comprehensive certificate program seamlessly blends live, interactive sessions with a robust curriculum, offering three mentored coaching sessions supplemented by developmental evaluations and constructive feedback. Our team of experienced instructors, each with diverse backgrounds in health and wellness coaching, provide unwavering support to our students as they delve into our extensive curriculum and engage in hands-on learning experiences.

Our curriculum is meticulously crafted to offer evidence-based materials and lessons essential for cultivating a strong foundation as a Health and Wellness Coach. Encompassing areas such as positive psychology, behavior change, coaching psychology, and client-centered communication skills, our program ensures a comprehensive understanding of key concepts. Furthermore, we prioritize instilling the values of cultural humility, trauma awareness, and the transformative potential of "Community As Medicine," which are central to the ethos of Open Source Wellness.

**Cultural Humility:** We center the importance of providing coaching that respects and celebrates individuals' diverse identities, including race and ethnicity, gender, sexual orientation, socioeconomic status, education, social needs, and beyond. Students will learn effective strategies for acknowledging and valuing these identities within the coaching relationship, fostering an inclusive and empowering environment for clients.

**Trauma-Informed:** Students will gain an understanding of the profound impact of both individual and collective trauma on clients' experiences and challenges, and they will be empowered to offer support and guidance focused on resilience and action-oriented solutions.

**Community As Medicine & Group Coaching:** In addition to individual coaching, students will learn group coaching dynamics and strategies. Group coaching not only fosters a wider network of support and accountability but also facilitates more accessible and far-reaching impact. Students will be introduced to our Community As Medicine model, which emphasizes the holistic elements of "Engage, Move, Be, Spark, Connect, and Celebrate," integrating these principles into both individual and group coaching sessions.

**Spanish Language Coaching Support:** While our program is delivered fully in English, we offer opportunities for support for any of our students who plan to coach within Spanish-speaking communities. Those interested, have the opportunity to complete up to two mentored coaching sessions in Spanish and receive development-focused feedback.

### Certificate Requirements

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

1. Students must attend 100% of all class sessions. Students who are unable to attend a live class session should contact the Program Coordinator at [CAMtP@OpenSourceWellness.org](mailto:CAMtP@OpenSourceWellness.org) in advance. There is a makeup process to complete the missed classwork for excused absences. We're aware that some of our classes coincide with religious or culturally significant days and are committed to accommodating students' needs around this. We will work with students regarding the hours they need to make up.

If more than 20 hours of live class sessions are missed, students will not be able to graduate the course. In case of emergency or extenuating circumstances, please communicate as soon as possible with the Program Coordinator at [CAMtP@OpenSourceWellness.org](mailto:CAMtP@OpenSourceWellness.org).

2. Students 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. This is in addition to scheduled class time.
3. Students must complete any *required* assignments.

Students can expect to spend an average of 3-4 hours each week on coursework including:

- 2 hours in live online classes
- Additional time outside of class may include:
  - Live peer practice sessions
  - Preparing for class
  - Writing reflections
  - Readings

Additional requirements:

- There are five weekend class intensives; see program schedule below for dates and times.
- Students will be responsible for completing their three graded practical skills assessments outside of class time.

### Program Competencies

**Our program and curriculum include:**

**Practical Experience:** Practice coaching skills both one-on-one and in groups – demonstrating client-centered listening, motivational interviewing, open inquiry, and goal setting.

**Coaching Theory:** Understand and utilize theoretical frameworks and evidence-based research that underlie the field of health & wellness coaching. These include stages of change, positive psychology, evidence-based techniques to support client-centered discovery, self-efficacy, autonomy and setting and meeting goals. These support enhanced client motivation and facilitate the client's desired and lasting behavior change.

**Health Risk Factors:** Understand common risk factors, symptoms, treatment and the role of a health coach in chronic diseases including cardiovascular disease, diabetes, obesity, hypertension, and more.

**Complementary care and lifestyle behaviors:** Understand the guidelines for evidence-based complementary care and lifestyle behaviors that impact human health and wellness including exercise, nutrition, tobacco use, substance use, stress management, sleep and social connections.

**Mindfulness in Coaching:** Incorporate mindfulness practices in your coaching presence, and use them with clients when appropriate.

**Ethical Considerations:** Thorough understanding of the standards of professional conduct and code of ethics in health coaching.

**Legal Concerns:** Thorough understanding of the components and importance of legal factors in coaching, including confidentiality, HIPAA considerations, scope of practice, and licensure.

### Optional Additional Reading

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](mailto:Rachel@OpenSourceWellness.org)

Program Coordinator: Cryscilla Herbkersman, [CAMtP@OpenSourceWellness.org](mailto:CAMtP@OpenSourceWellness.org)

### Learning Management System - CAM Hub (on Mighty Networks)

This course will utilize CAM Hub. 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 CAM Hub for your convenience. Students will have access to the course in CAM Hub for 12 months after their graduation.

### Class Times

**All Classes are online, over Zoom, and all times listed are in Pacific Time (Pacific Daylight Time PDT / Pacific Standard Time PST)**

Class meets **Wednesdays 4pm-6pm PT (Pacific Time) and Weekend Classes** as detailed below

### Attendance & Absences

- Students are accepted into one Section and are expected to regularly attend only that Section.

- As detailed above - Students must attend 100% of all class sessions. Students who are unable to attend a live class session should contact the Program Coordinator at [CAMtP@OpenSourceWellness.org](mailto:CAMtP@OpenSourceWellness.org) in advance.
  - There is a makeup process to complete the missed classwork for excused absences.
  - We're aware that some of our classes coincide with religious or culturally significant days and are committed to accommodating students' needs around this. We will work with students regarding the hours they need to make up.
- If more than 20 hrs of live class sessions are missed, students will not be able to graduate the course. In case of emergency or extenuating circumstances, please communicate as soon as possible with the Program Coordinator at [CAMtP@OpenSourceWellness.org](mailto:CAMtP@OpenSourceWellness.org).

### **Grading Policies**

- **Graded Practical Skills Assessments:** There are a total of three (3) graded practical skills assessments throughout the program. Each assessment will be evaluated (either live or asynchronously) by a credentialed instructor.
  - Grading for the first PSA will be pass/no pass
  - The second PSA requires a passing score of at least 60%
  - The third PSA requires a passing score of at least 80%
  - PSAs can be re-done as needed on a case by case basis
  - Up to 2 of the 3 PSAs can be completed in Spanish

**Please carefully read this schedule so that you are aware of class times and due dates for assignments.**

## FALL 2025

### Community As Medicine Health Coach Training Program Schedule

Day/Date/ Time  (All times are in Pacific Time= PDT/PST)	Class	Topics Covered	Practical Skills Assessment Assigned
<b>Saturday, Aug 16</b> 9am-5pm PDT	<b>Introduction to Open Source Wellness and Coaching</b>	<ul style="list-style-type: none"> <li>- OSW Experience</li> <li>- Community Is Medicine Model Intro</li> <li>- Coaching Root Disciplines</li> <li>- What does it mean to be an NBHWC?</li> <li>- Social Determinants of Health</li> <li>- Coaching in the Healthcare System</li> </ul>	
<b>Sunday, Aug 17</b> 9am-5pm PDT	<b>The Big Picture &amp; 1st Coaching Session</b>	<ul style="list-style-type: none"> <li>- Preparing to Coach</li> <li>- Coaching Container</li> <li>- Essentials of a Successful Coaching Relationship</li> <li>- Non-Violent Communication</li> <li>- Transtheoretical Model of Change (TTM) &amp; Stages of Change (SOC)</li> <li>- Coaching Structure: The Big Picture</li> <li>- What's covered in the first session?</li> </ul>	
Wednesday Section: <b>Wednesday, Aug 20</b> 4pm-6pm PDT	<b>Reflections</b>	<ul style="list-style-type: none"> <li>- What, When &amp; How</li> </ul>	
Wednesday Section: <b>Wednesday, Aug 27</b> 4pm-6pm PDT	<b>Motivational Interviewing (MI)</b>	<ul style="list-style-type: none"> <li>- Engaging</li> <li>- Focus</li> <li>- Evoking</li> <li>- Planning</li> </ul>	
Wednesday Section: <b>Wednesday, Sept 3</b> 4pm-6pm PDT	<b>Positive Coaching Models</b>	<ul style="list-style-type: none"> <li>- Navigating Emotions</li> <li>- Appreciative Inquiry (AI)</li> <li>- Acceptance &amp; Commitment Theory</li> <li>- Social Cognitive Theory</li> </ul>	

Wednesday Section: <b>Wednesday Sept 10</b> 4pm-6pm PDT	<b>Skillful Conversations</b>	<ul style="list-style-type: none"> <li>- Skills to expand a conversation</li> <li>- Skills to focus a conversation</li> <li>- Time management</li> </ul>	
<b>Saturday, Sept 13</b> 9am-5pm PDT	<b>Wellness Vision, Rapport, and Trauma-Informed Coaching</b>	<ul style="list-style-type: none"> <li>- Rapport</li> <li>- Values, Vision &amp; Virtues</li> <li>- Integration: Assessment &amp; Wellness Vision</li> <li>- MI: Demo &amp; Practice</li> <li>- Trauma Informed Coaching</li> </ul>	<b>1st Practical Skills Assessment Assigned</b>
<b>Sunday, Sept 14</b> 9am-5 pm PDT	<b>HIPAA, Community Is Medicine, and D&amp;I in Coaching</b>	<ul style="list-style-type: none"> <li>- HIPAA</li> <li>- Community Is Medicine Model</li> <li>- Diversity &amp; Inclusion in Coaching</li> <li>- Unconscious bias</li> <li>- Context of Weight &amp; BMI</li> <li>- Equity Enhancing Tips</li> </ul>	
Wednesday Section: <b>Wednesday Sept 17</b> 4pm-6pm PDT	<b>Goal Setting</b>	<ul style="list-style-type: none"> <li>- Behavioral goals vs Outcome goals</li> <li>- SMART Goals &amp; Action Plans</li> <li>- Personal Boundaries, Stressors &amp; Resilience</li> <li>- Asking permission &amp; Integration</li> </ul>	
Wednesday Section: <b>Wednesday Sept 24</b> 4pm-6pm PDT	<b>Implementing Goals</b>	<ul style="list-style-type: none"> <li>- Decisional Balance &amp; accountability</li> <li>- Deshaming failure</li> </ul>	
Wednesday Section: <b>Wednesday Oct 8</b> 4pm-6pm PDT	<b>Follow-up Sessions &amp; Accountability</b>	<ul style="list-style-type: none"> <li>- Transtheoretical Model of Change (TTM)</li> <li>- How to coach between Stages of Change (SOC)</li> <li>- Tracking progress</li> </ul>	
<b>Saturday, Oct 11</b> 9am-5pm PDT	<b>Presence in Action and Group Coaching</b>	<ul style="list-style-type: none"> <li>- Imposter Syndrome</li> <li>- Emotional wellness</li> <li>- Centering - What, When &amp; Why</li> <li>- The Righting Reflex</li> <li>- Best practices about advice</li> <li>- Group coaching - theory and practice</li> </ul>	<b>2nd Practical Skills Assessment Assigned</b>
Wednesday Section: <b>Wednesday, Oct 15</b> 4pm-6pm PDT	<b>Legal &amp; Ethics</b>	<ul style="list-style-type: none"> <li>- Professional Conduct</li> <li>- NBHWC Code of Ethics</li> <li>- Ethics in review</li> <li>- Legal requirements</li> </ul>	

<p>Wednesday Section:  <b>Wednesday, Oct 22</b>  4pm-6pm PDT</p>	<p><b>Recognizing Chronic Conditions</b></p>	<ul style="list-style-type: none"> <li>- Chronic diseases:</li> <li>- Inflammation</li> <li>- Cardiovascular disease: high blood pressure, high cholesterol, stroke, heart attack</li> <li>- Metabolic Syndrome</li> <li>- Diabetes</li> <li>- Chronic Pain</li> </ul>	
<p>Wednesday Section:  <b>Wednesday, Oct 29</b>  4pm-6pm PDT</p>	<p><b>Mental Health in Health &amp; Wellness</b></p>	<ul style="list-style-type: none"> <li>- Wellbeing concepts &amp; emotional Wellness</li> <li>- Coping with Stress</li> <li>- Mental health terminology</li> <li>- ID key signs of mental wellness</li> <li>- Legal Considerations/Referrals</li> </ul>	
<p>Wednesday Section:  <b>Wednesday Nov 5</b>  4pm-6pm PDT  Please note:  <u><a href="#">PST time change</a></u></p>	<p><b>Nourish: Nutrition &amp; Cultural Humility</b></p>	<ul style="list-style-type: none"> <li>- Nutrition in review</li> <li>- Diversity &amp; Cultural Humility with Food</li> </ul>	
<p>Wednesday Section:  <b>Wednesday, Nov 12</b>  4pm-6pm PDT</p>	<p><b>Connect: Social Connection and Limiting Beliefs</b></p>	<ul style="list-style-type: none"> <li>- Physical Health</li> <li>- Tobacco, Alcohol &amp; Drugs</li> <li>- Social Wellbeing</li> <li>- Isolations vs. Loneliness</li> <li>- Social &amp; Environment Support</li> </ul>	
<p><b>Saturday, Nov 15</b>  9am-5pm PST</p>	<p><b>Be: Sleep and Mindfulness &amp; Exploring Health Conditions</b></p>	<ul style="list-style-type: none"> <li>- Mindfulness: What it is &amp; putting it in action</li> <li>- Mindfulness &amp; Self Efficacy</li> <li>- Environmental Wellness</li> <li>- Coaching different health conditions</li> </ul>	<p><b>Final Practical Skills Assessment Assigned</b></p>
<p>Wednesday Section:  <b>Wednesday, Nov 19</b>  4pm-6pm PDT</p>	<p><b>Move: Physical Wellbeing</b></p>	<ul style="list-style-type: none"> <li>- Chronic diseases:</li> <li>- Inflammation</li> <li>- Cardiovascular disease: high blood pressure, high cholesterol, stroke, heart attack</li> <li>- Metabolic Syndrome</li> <li>- Diabetes</li> <li>- Chronic Pain</li> </ul>	
<p>Wednesday Section:  <b>Wednesday, Dec 3</b>  4pm-6pm PDT</p>	<p><b>Working with Resistance</b></p>	<ul style="list-style-type: none"> <li>- Advanced Strategies and Approaches</li> <li>- Boundaries vs Sustain Talk &amp; Discord</li> </ul>	



Wednesday Section: <b>Wednesday, Dec 10</b> 4pm-6pm PDT	<b>Engaging Health Education Strategies</b>	- Facilitation Strategies - Prep & Delivery - Content Writing & creation	
<b>Saturday, Dec 13</b> 9am-5pm PST	<b>Qpr Wrapping up Health and Wellness</b>	-QPR Method & Suicidality - Option to be certified as a QPR Gatekeeper - Health & Wellness Final Review	
<b>Sunday, Dec 14</b> 9am-2pm PST	<b>Ending a Coaching Relationship</b>	-Coach Support for Medical Diagnosis - Ending a coaching relationship	
<b>Wednesday, Dec 17</b> 4pm-6pm PST	<b>The Business of Coaching</b>	*Optional* panel and discussion on building a coaching business and pathways to employment	
<b>Wednesday, Jan 7</b> <b>3pm</b> -6pm PST	<b>Graduation &amp; New Beginnings</b>	- Personal & Group Reflections - Celebrations!!!	

### Student Testimonials

“ I choose CAMtP because it's rooted in the community where I'm from, and the OSW model is one I wholeheartedly believe in and have supported for many years. The experience was more than what I could have imagined. Every class was eye opening and impactful. I left each class/coaching practice session with increased excitement about health and wellness coaching. I am more eager than ever to pay forward what I've learned and experienced in the program.”

*-Theresa Hayes, 2024 Graduate*

“ I felt like I was a good coach when I started, now I feel like a great coach. I feel empowered and prepared to handle even difficult situations. This program has helped me become the coach I am. It has also empowered me overall in my communication and relational skills. 10/10.”

*-2023 Graduate*

“ It was much more than acquiring new knowledge and skills (health coaching competency) because it was a container for personal transformation and awareness while witnessing and sharing the whole growth process within the community. Deep and sensitive topics were addressed and talked about with honesty and respect. It was a very diverse community which enriched the overall process of learning and developing together. The acquisition of health coaching skills was detailed, accurate and challenging sometimes, but at the end, we all learned well, with solid philosophical and technical bases.”

**-Marianne Leyton, 2023 Graduate**

“ I chose CAMtP because it felt like what they described from the course content aligned more with my own values. Safe to say it did not disappoint! I loved how grounded and socially aware the instructors were, and how the entire course covered everything from grief, diversity, equity, inclusion, and so many other real life challenges that are rarely addressed within the health care system. Definitely a very innovative and true-to-work health coaching program.”

**-Gaby Galindo, 2022 Graduate**

“ The highlight of the program was having a diverse cohort that is committed and dedicated to health and wellness. The instructors always made sure to make space for students to share their perspective. The CAMtP sessions were engaging and there was always an opportunity to practice with fellow our students. Overall it was a great opportunity to learn concepts of health coaching and how to incorporate them with our prospective clients. The program has helped me gain more confidence with my skill plus has placed a great importance on self care while I am on this journey of health coaching.”

**-Rohita Bhatia, 2022 Graduate**

“ I chose CAMtP because it was the only health coaching training program I could find that intentionally incorporated trauma-informed practices and culturally-competent elements into the curriculum and overall coaching approach. I quickly saw and felt that this wasn't just DEI lip service, but was actually a core value of OSW's philosophy in group coaching and in training coaches. The program was excellent and I learned so much. I learned alongside a wonderfully diverse and insightful group of students, and the entire experience felt engaging, meaningful, and a net positive for my own well-being. I feel really grateful to have gone through this training program with such a lovely community of classmates and the amazing teaching staff. 10/10 would recommend this program to anyone considering! I am walking away a better listener, a more curious and engaging person, and I am more committed to and inspired by my own wellness vision.

**-M.B., 2024 Graduate**

“ I love how complete this training program is. While it does focus on health coaching, we also [learned about] so many other issues that play a part in a person's wellbeing, from culture, beliefs, mental health, food accessibility and so much more.”

**-2022 Graduate**

“ The CAMtP program was created by experts actually doing group and individual coaching with underserved populations, so the amount of genuine experience that the team brings to the program creates a very inspiring and relevant experience. The dedication and commitment of the team is felt at every moment of the program, in addition they are very realistic and flexible about student's needs and make accommodations when necessary. Sessions are fun, interactive and experiential - so there is a chance to assimilate the material with all adult learning principles taken into consideration.”

**-2022 Graduate**