

**Narrative Health Coaching
Program Guide
2016-2017**



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'Teleosis' from the Greek meaning *greater self-realization*

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The Narrative Health Coaching Way

Picture a health provider who engages a partner who listens deeply to your unique way of expressing yourself. He embraces your full story, including painful experiences as well as strengths of character. She can masterfully provide learning structures that transform suffering, seeing illness as an opportunity for growth and healing. He honors, then moves beyond the “aha” insight, fostering embodied, lasting change. She is a Narrative Health Coach, and she relies on four guiding principles:

- *Stories Matter:* It’s not just getting rid of your old behaviors and old patterns: it’s about understanding your unique story and learning to live into a new one – with increasing awareness and insight.
- *Learning Transforms:* Learning cycles: Set a goal – Seek what you need to attain it – Apply what you’ve learned – Assess your results, and – Reset your goals – offer a powerful prescription for growth. When you reframe challenges into bite-size pieces, clear goals foster effective skill development and transformative perspective shifts.
- *Growth Heals:* Broad-based learning across diverse domains provides opportunities for growth and mastery – strengthening your healing capacities.
- *Relationships Engage:* Providing a safe environment for deep listening and deep learning is essential for healing relationships. The Narrative Health Coach provides an openhearted container for lifelong learning, and invites a healing relationship that evolves.

Narrative Health Coaching offers a highly effective, accessible healing modality developed by the team at Teleosis Institute. Health professionals who learn, engage and embody Narrative Health Coaching strengthen the skills and presence that foster the relief of suffering.

What is Narrative Health Coaching?

Narrative health coaching is a comprehensive framework that provides coaches with the skills to identify areas that generate the fullest and most sustainable healing. Clearly understanding how these areas interweave makes possible a significant range of solutions for many health conditions. By embracing narrative healing, narrative health coaching goes beyond conventional medicine, offering an approach that works alongside contemporary biomedical and integrative approaches to healthcare.

Narrative health coaches are highly trained professionals devoted to fostering the conditions for transformational learning and successful healing. The narrative health coaching method is a developmental, balanced and inclusive approach for creating lasting, sustainable change. With a focus on addressing the factors that support the increase of our healing capacity, narrative health coaching stimulates healing well beyond just the removal of illness. As a uniquely integral approach, narrative health coaching recognizes the complexity of human wholeness by seeking and taking multiple perspectives. By working with an individual's feelings, beliefs, values, and behaviors as well as cultural and environmental factors, narrative health coaching offers a step-by-step, effective healing intervention.

Why Narrative Healing?

“Healing is a transformation of view rather than a cure. It involves recognizing your intrinsic wholeness and, simultaneously, your connectedness to everything else. Above all it involves coming to feel at peace within yourself.”

- Jon Kabat-Zinn

The story we tell about our situation and how we tell it – the heart of how we make meaning, significantly influences how we navigate our illness and health. Rather than the usual “illness narrative,” – the story we accept about our symptoms’ causes and triggers, narrative healing engages an inquiry into the opportunities and new meaning that healing potentially offers. Recognizing factors that support human health and wellbeing offers a profound opportunity for deep healing while also increasing resilience.

What is Health Coaching?

Health Coaching is an emerging field of allied health professionals serving as positive change agents in healthcare settings. Health coaches partner directly with clients, fostering the learning environment, facilitating healing, and promoting health. Working in hospitals and clinics, corporate health programs, or as independent private health coaches, health coaches serve as transformational catalysts for reaching client-identified health goals. Positive psychology, appreciative inquiry, motivational interviewing, mindfulness-based interventions, and goal setting form the core techniques for creating lasting change.

| <u>Coaching</u> | <u>Therapy</u> | <u>Medical Education</u> |
|---|---|---|
| <ul style="list-style-type: none"> • Coach is facilitator. • Coach asks questions. • Emphasizes insight and action. • Client seeking positive change. • Focus on motivation, healing and client's goals. | <ul style="list-style-type: none"> • Therapist is expert facilitator. • Therapist asks questions and informs. • Emphasizes deeper understanding. • Clients in distress. • Focus on pain, support, and healing. | <ul style="list-style-type: none"> • Teacher is expert. • Teacher informs. • Emphasizes learning. • Students in classes or programs. • Focus on behaviors that promote wellness. |

Becoming a Narrative Health Coach

Becoming a certified Narrative Health Coach is both demanding and rewarding. It involves effort, time, reflection, and practice. For health coaches, the standard of professional practice is set by the National Consortium for the Credentialing of Health and Wellness Coaching (NCCHWC). The NCCHWC provides the standard of knowledge and practice for health coaching in the United States. The International Coach Federation (ICF) is the world's largest professional body of coaches. The ICF

sets the standard for ethical practice, professional development, and training. Programs not associated with the NCCHWC and ICF often lack the accountability and oversight necessary for responsible professional discourse.

High quality coaching programs share common approaches to teaching basic coaching skills. Core competencies such as asking powerful questions designed to promote new insights, and active listening to support the client feeling heard, are the focus. Coaching programs create opportunities for learners to practice, to observe others coaching, and to receive both oral and written feedback on their performance. Narrative health coaching asks coaches to develop and work with more broadly defined skills. Using an integral approach, narrative health coaching skills rely on practices from developmental psychology, narrative medicine and meditation, to name a few.

As with basic coaching instruction, high quality programs minimize reliance on lectures in favor of practical applications of core concepts, creating opportunities for students to provide and receive feedback providing cycles for development among an engaged community of learners.

How Narrative Health Coaching Works

Narrative health coaching is coaching informed by narrative healing, integral theory and integrative health coaching. On the surface narrative health coaching may look a lot like a other forms of coaching – establishing trust, setting the agenda, listening, powerful questioning, feedback and intention setting for ongoing practice between sessions. What distinguishes narrative health coaching is the developmental approach, assessing strengths and weakness across diverse capacities – reflective, physical, relational and situational. Our Healing Resource Assessment provides the template for designing a client-specific coaching plan that provides a healing topic and learning objectives designed specifically for each client. This plan is the basis for developing growth practices that frame the cycles of learning.

Cycles of learning provide the structure for ongoing growth. With properly scaled growth practices, the client engages ongoing learning exercises that are completed within the flow of daily life circumstances. Growth practices require clients to take the coaching work home for practice and ongoing assessment, allowing clients to practice and embody insights gained in the sessions. With this learning, the client and coach reset goals continuing to promote positive lasting change.

Our Approach to Learning

Our approach to learning involves the use of learning cycles. Setting clear goals, seeking ways of developing ‘muscles’ for growth, applying these new skills in real-time settings and assessing the lessons learned offers adults a powerful and meaningful setting for learning. Our commitment is to actively engage learnings in developing and mastering skills.

Our use of online technology fosters interdependence for a healthy community of learners. Live sessions balance content, one-on-one processing and group discussion. Ongoing learning is fostered by active participation in weekly online forum discussions that foster exploration and integration. Written feedback provides needed formative assessment. Our course material is designed to be challenging without being overwhelming for busy adult lives.

Why Certification?

Certification is proof of both a solid knowledge base and skill competency. It is a sign to employers, colleagues and clients that you have invested effort, that you have connected with peers in the field, and that you have a background in ethical practice. Of equal importance, a certificate helps to distinguish you from other coaches who may have attended less rigorous training programs. Certification reflects successful assessment and competence. Teleosis Institute provides assessment in a variety of ways including feedback in live coaching interactions, individual one-on-one sessions directly with faculty, and ongoing exchanges in weekly forums with faculty and peers. Our assessment rubrics are introduced early to help establish necessary self-assessment skills.

Certification at a Glance

The Certificate Program in Narrative Health Coaching (CPNHC) is designed to prepare coaches for successful certification by two different coaching associations—the International Coaching Federation (ICF) and the National Consortium for the Credentialing of Health and Wellness Coaches (NCCHWC). Currently, the program has been approved by the National Consortium for the Credentialing of Health and Wellness Coaches (NCCHWC). The Certificate Program in Narrative Health Coaching is in process of applying for approval by the ICF at the ACSTH level.

National Consortium for the Credentialing of Health and Wellness Coaches (NCCHWC)

The NCCHWC certification includes the following criteria:

- Associate's degree or higher
- Completion of a 30-hour program certified by the NCCHWC
- Completion of 50 coaching sessions
- Passage of the Certification Exam

We recommend visiting their site for the latest information:

<http://www.ncchwc.org/credentials/>

The International Coach Federation (ICF) Certification

| ICF ACC Certification ACSTH Path | Teleosis Institute Certificate Program in Narrative Health Coaching | Teleosis Institute Continuing Education |
|---|---|--|
| 60 hours of course work | 78 hours of coursework | 28 hours available in the following classes <ul style="list-style-type: none"> • <i>Foundations of Narrative Health Coaching (12)</i> • <i>Narrative Healing (8)</i> • <i>Living Poems, Writing Lives (12)</i> |
| Receive 10 hours of coaching with a coaching mentor | 13 hours of coaching with a mentor coach <ul style="list-style-type: none"> • 10 hours in group • 3 hours of one-on one | |
| 100 hours of coaching experience | 16 hours of coaching experience minimum required coaching Preparation for the knowledge assessment | |
| Coach Knowledge Assessment | Preparation for the knowledge assessment | |

Program Specifics

The Certificate Program in Narrative Health Coaching

While no coaching experience is necessary, our certificate program is designed for health professionals. Many students have degrees in healing modalities, including medicine, psychotherapy, homeopathy, health coaching and more. The program is generally completed in 8 months including coursework, coaching observation and mentorship – working directly with clients with a mentor. This includes ongoing reflection and assessment as one develops the skills of coaching and healing. This course confers the training credits that the ICF requires for their ACC credential: “Associate Certified Coach” is the ICF’s basic level of certification.

The recommended course order is the following (with session schedule):

Course 1: Foundations of Narrative Health Coaching (Four Saturday sessions: 11 am-2 pm ET)

Course 2: Designing a Client-Specific Coaching Plan (Eight Tuesday Sessions Noon-2 pm ET)

Course 3: Narrative Healing (Four sessions, either Tuesdays or Fridays: Noon-2 pm ET)

Course 4: Befriending Resistance, Inspiring Motivation (Four Tuesdays Noon-2 pm ET)

Course 5: Online Coaching Clinic: (Seven Thursdays: 7 pm- 9 pm ET, *every other week*)

Course 6: Mentorship (schedule in mentor groups)

- Five two-hour sessions to be scheduled in mentor groups
- Three Individual tutorials with faculty mentor
- Final live coaching exam

Total Credit Hours: **78**

Total Price: **\$3,500**

Continuing Education

Several classes offered at Teleosis have been approved for Continuing Coach Education Units (CCEU's) by the International Coach Federation. Hours noted here are for core competencies.

- Foundations of Narrative Health Coaching (12 hours)
- Narrative Healing (8 hours)
- Living Poems, Writing Lives (12 hours)

Individual Class Fees:

- Foundations of Narrative Health Coaching \$295
- Narrative Healing \$395
- Living Poems, Writing Lives, \$395

Payment options

Upon registration on our website www.teleosis.org you can choose three payments plans:

- *Payment in full*
- **Seven monthly payments:** *Payments will be monthly from the date of your first payment. Payment is split into seven equal payments.*
- **Custom payment plans are available:** *Please contact Teleosis Institute directly at admin@teleosis.org*

Financial Assistance

We believe that narrative health coaching must reach into communities that do not necessarily have the resources to pay for prevention and wellness care. Our commitment to diversity includes financial support for students who will likely offer our coaching method to individuals with limited access to care. As a 501(c)3 not-for-profit corporation, Teleosis is grateful for support from generous donors.

A limited number of financial assistance packages is available. Please inquire directly to admin@teleosis.org

Course Descriptions

Foundations of Narrative Health Coaching

Incorporating awareness of “story,” [Narrative Health Coaching](#) engages the whole person – body, mind, heart, soul and spirit – by increasing awareness, motivating change and encouraging healing. Introducing the skills and mindset necessary for engaging both the coach’s and the client’s full potential for growth and healing, this 12-hour class embraces the key principles of Narrative Health Coaching: Stories Matter, Relationships Engage, Learning Transforms and Growth Heals.

Foundations in Narrative Health Coaching initiates these ongoing processes:

- Enhancing your healing presence through self-awareness
- Establishing and nurturing trust and intimacy through presence and active listening
- Developing and carrying out a coaching plan that identifies a healing topic tailored for the client
- Sitting more comfortably with your client’s healing narrative by engaging your own
- Recognizing and working the challenges and impact of resistance

All sessions are 3 hours. Class meets for four consecutive sessions, once a week.

Session Overview:

Session One: Overview and introduction to Narrative Health Coaching and Narrative Healing

Session Two: Developing a healing topic and a client-specific coaching plan

Session Three: Coaching beyond the conversation: creating growth practices

Session Four: Working with resistance – the healing relationship

Faculty: Joel Kreisberg, DC, ACC, & Reggie Marra MA, ACC

Designing a Client-specific Coaching Plan

This class takes a detailed look at how to develop a coaching plan, an essential tool of narrative health coaching. The focus is on seeing the full arc of the coaching program and identifying the key elements. With a coaching plan, the client knows exactly what he or she is trying to accomplish. Developing a healing topic, learning objectives, and growth practices helps the client develop self-discipline and holds him or her accountable for intended results. Growth practices invite the client to seek and apply new skills during the period between coaching sessions. Reflecting upon the process allows for learning, growth and assessment in order to reset goals and begin the cycle of seeking and applying again. As skills are mastered and program goals are met, completion of the coaching releases the client back into "everyday life," better equipped to meet new challenges.

All sessions are 2 hours. Class meets for eight consecutive sessions, once a week.

Class Outline:

- Session One: Creating a Focused Healing Topic
- Session Two: The Importance of Learning Objectives
- Session Three: Creating Awareness and Growth Practices
- Session Four: Setting a Strong Foundation.
- Session Five: Practice Design: Focus on reflection
- Session Six: Practice Design: Focus on action
- Session Seven: Practice Integration: Orientation and Setting
- Session Eight: Ongoing Assessment and Completion

Faculty; Joel Kreisberg, DC, ACC

Narrative Healing

This class explores our understanding of how we heal through story. We discover how our stories influence our healing through writing and sharing our narratives. We explore the healing impact that compassionate responses provide. We examine how our healing narrative increases resilience, allowing us to bounce forward rather than back. Finally, we provide guidance into using narrative healing skillfully in your coaching practice.

All sessions are 2 hours. Class meets four consecutive sessions, once a week.

Class Outline:

- Session One: Narrative Healing
- Session Two: Relationships, Reflection, Revision
- Session Three: Deepening Relationship Through Reflective Response
- Session Four: Resilience: Recognizing My Own Capacity to Heal

Faculty: Reggie Marra MA, ACC

Befriending Resistance, Inspiring Motivation

Motivation is a key element for coaches to understand, assess and utilize for effective coaching. Resistance, on the other hand, is the tug of conscious and unconscious habits that pull clients and coaches to maintain the status quo. This class takes a deep dive into learning to work skilfully with both motivation and resistance within the narrative health coaching approach. Students learn to recognize the dual nature of motivation and the common sources of both client and coach resistance, and work with them in live sessions.

Four 2-hour live sessions for four consecutive weeks.

Class Outline:

- Session One: Motivation: Inside and Out
- Session Two: What (and Why) Am I *Really* Resisting?
- Session Three: Dancing With Motivation and Resistance – Part 1
- Session Four: Dancing With Motivation and Resistance – Part 2

Faculty: Reggie Marra MA, ACC

Online Coaching Clinic

Observing a master coach skilfully unpacking the coaching process in detail will help you learn how to connect better with your client. You'll get a firsthand learning experience watching Dr. Joel Kreisberg, Certified Integral Master Coach™ coaching a client, followed by analysis, discussion of the lessons learned and an extended question and answer period. Increase your ability to ask powerful questions by deepening your understanding of client perspectives, better helping clients gain their

own awareness. Be part of a community of practitioners committed to supporting each other. Gain skills at creating practice designs that challenge clients to make lasting change.

All sessions are 2 hours. Class meets for seven sessions every other week.

Faculty: Joel Kreisberg, DC, ACC

Mentorship

The mentorship program begins with participation in the Online Coaching Clinic. As students complete their coursework, the mentorship is designed for direct supervision of casework by certified mentors. The basic structure of the mentorship includes small group mentor sessions. These sessions coincide with students working two volunteer clients. Through peer coaching and supervision, students work through learning cycles to refine skill development and gain mastery of coaching core competencies.

- Five 2-hour sessions
- Three 1- hour individual tutorials with faculty mentor
- Final live coaching exam

Faculty: Lois MacNaughton, BA, ACC

Faculty

Dr. Joel Kreisberg, DC, ACC: Executive Director

Dr. Kreisberg's commitment to transforming health begins with individuals and extends to organizations and society as a whole. Through his 28 years of experience as an integrative physician, he has learned to recognize the healing potential in everyday actions and exchanges. Using natural systems, focused awareness and fundamental life energy, he guides others to wholeness with greater resilience. By listening carefully to the body, to feelings, and to nature, greater joy, passion, and fulfillment are available for everyone. With 20 years of innovative program development in healthcare and several years as an Integral Master Coach™, he continues to positively impact the future. Learn more at: www.drkreisberg.com

Reggie Marra, MA, ACC: Creative Director

Reggie engages poetry writing, humor, Integral Coaching® and any means necessary to alleviate his own and others' unnecessary suffering. He serves on the visiting faculty at Maryland University of Integrative Health, Integral Coaching Canada and The Graduate Institute, and is the author of three books of nonfiction and two volumes of poetry. He has presented his work for the National Association for Poetry Therapy, Vistage USA, TEC Canada, the Spirituality Institute at Iona College and Connecticut's Office of the Arts, among others. Learn more at www.reggiemarra.com.

Lois MacNaughton, BA, ACC: Core Faculty

Lois is a life coach whose work combines Integral principles, Eastern philosophy and a deep desire to reduce suffering in the world. She does this by helping individuals strengthen their resilience to deal with the ups and downs of life; to move out of reacting to responding to what is. Lois is a certified in Deep Change's SQ21 and Integral Development's 360° LMP and includes Integral Life Practice in her work. As a Reiki Master, she also brings healing energy to her coaching practice.

Testimonials

What I find to be new and different about the way the coaching is going is that it's not solely co-active coaching, meaning it's not just a conglomeration of "what" and "how" questions; it's much broader and offers more of a dynamic session. I love designing a healing topic (the goal) along with program objectives and awareness/foundation practices. I've been fortunate enough to have learned those as a student with Dr. Kreisberg and it paved for structured coaching sessions, which was so different from the completely co-active style I had originally been introduced to. It increases the integrity of the coaching program, in my opinion, even though it's flexible, adjustable, and fluid.

- Debbie McGinley
- Health Coach, Graduate Maryland University of Integrative Health

This material is enlightening, thought provoking, and very useful for me personally and as a professional coach. There are elements here that I have not been introduced to before that put some pieces together for me. I am motivated to learn more and would definitely recommend this class to others.

- Rebecca Johns CPCC, CTPC

Dr. Joel's strengths lie in his passion for improvement. He ceaselessly seeks out ways to equip his students with vast amounts qualitative knowledge that is relatable, positively upbeat, and in good humor. Be sure to come to the classes with your curiosity and willingness to improve as a person and as a coach.

- Spencer Harber
- Health Coach, Graduate Maryland University of Integrative Health

The art of narrative writing is so reflective and full of learning. When writing you put yourself on the page, to be vulnerable for everyone to see but at the same time the class is there to support you and help you with your personal growth that only promotes your ability to become a better coach. This [Narrative Healing] class was very valuable to me and I would certainly recommend it to others.

~Tammy Dowling
Law of Attraction Coach, Energy Worker, Author

I found the Designing a Client Specific Coaching Plan class highly beneficial and would recommend it to anyone who mentors or coaches people on the creation of goals and how to achieve them. That concept of having a plan, of organizing that plan around a topic and a set of developmental goals, and creating practices and actions that directly impact the accomplishment of those goals is tremendously useful in any coaching setting.

- Jim MacNaughton

About Teleosis

Our Mission

Our mission is to develop coaches who work with life stories in a way that that leads to deepening relationship, transformational learning, and authentic healing.

Our Vision

Our vision is a community of health professionals who engage the skills of narrative healing, promoting deep lasting change in individuals, organizations, and the communities in which we serve.

Contact Information

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Or see us online at www.teleosis.org

Teleosis Institute is a 501 c (3) non-profit organization dedicated to deepening the expanding field of Integrative Health and Medicine.