Our first full year in business has been rich with growth and learning for all of us, our students, our clients and the health coaching profession as a whole. Our work at Teleosis is still young. Our method of narrative health coaching is steeped in the value of story, growth, and community. In contrast to the medical perspective that seeks to understand the material aspects of disease and illness, the source of power in narrative healing comes from delving into our awareness of the stories that live alongside our health behaviors—both positive and negative. It’s fascinating to notice that our culture’s health-medical approaches are so focused on removing illness. Narrative health coaching works directly with the healing mindset to increase our ability to understand, learn and sustain healing skills. By partnering with clients to re-author negative self-identify, narrative health coaching redirects more energy and excitement for increased healing and a return to wholeness. As coaches, we see the fruits of the narrative healing approach in the gains made in diverse aspects of the lives of the clients we serve.

While we were designing our programs and our model of coaching, leaders in the field of health coaching were continuing to see the ripening of the fruits of their efforts to establish a certification for health and wellness coaches. By the time you read this, the International Consortium of Health and Wellness Coaching, ICHWC.org, will have begun accepting applications for the new certification NBC-HWC—National Board Certified Health & Wellness Coach. As our certificate program is a provisionally approved program, we will be encouraging our graduates to sit for certification. Of significance, the board of the ICHWC.org consists of three health coaches and three members of the National Board of Medical Examiners.

Meanwhile, we’ve been busy—creating classes, connecting to the greater community and serving as a catalyst for a healthier healing community. Come inside and check out our 2016 Annual Report. We hope you’ll appreciate the strengthening of our legs and the new muscles with which we’re working. Of course, we hope you jump into one of our classes or tune in to our free monthly program, The Future of Health Coaching Online.

________________________
Wishing you a healing 2017
Joel, Reggie, Lois and Tim
Program Updates

Programs in 2016 expanded considerably. Our Certificate Program in Narrative Health Coaching enrolled our first cohort with nine students. Educational backgrounds vary, including physician, homeopath, flower essence practitioner, psychotherapist and health educator to name several. Upon completion these students are eligible to sit for the certification exam offered by the International Consortium of Health and Wellness Coaches. Our continuing education classes, Foundations of Narrative Health Coaching and Narrative Healing, were offered three times and twice respectively. Our classes are approved for continuing education through the International Coaching Federation and more recently by the National Association of Nutrition Professionals.

This past June we proudly produced the Future of Health Coaching Summit. With over 2000 views of the material, we were pleased to offer over 26 different presentations. Our colleague, David Drake’s keynote presentation Listening for Transformation: How Stories Heal, was the most watched session with close to 300 views. Our monthly free conference call, Vital Conversations, became an ongoing monthly offering, The Future of Health Coaching Online. We completed 11 interviews with a diverse set of professionals discussing a range of health topics including addiction, nutrition, cancer and poetry as healing, just to name a few (see sidebar).

Both Reggie and Joel shared our poster Using Healing Narratives in Online Health Coaching Education: Teaching Core Competencies at several conferences including the International Congress of Integrative Health and Medicine and the National Wellness Institute.

Future of Health Coaching Online


- Poetry, Motion and the Art of Noticing with Janet E. Aalfs
- Functional Medicine and Health Coaching with Sandra Scheinbaum, PhD
- Heart Based Business Transformation with Leslie Nipps, MDiv
- Health Coaching and Nutrition Professionals, Partnering for a Better Future with Nicole Hodson, NANP
- PEACE WITHIN: Clear Your Mind, Open Your Heart, Embrace Your Soul and Heal Your Life with Dr. Michael Brant DeMaria, PhD
- Why Narrative Health Coaching? Why Now? The Power of Upgrading Your Story with Dr. Joel Kreisberg, DC, PCC
- The 7 Lessons Wisdom Path with Karen Wyatt, MD
- Narrative Healing & Poetry with Tom Janisse, MD
- Becoming a Certified Health Coach: The Journey Forward with Ruth Wolever, PhD
- The Transition from Cancer Patient to Cancer Survivor with Helayne Waldman, EdD
FEA T U R E D  C L A S S:
Journey of Inspiring Homeopathy

While not fundamentally a coaching class, Journey of Inspiring Homeopathy grew out of Joel’s work as a homeopath. In many ways, this class is the summation of a lifetime of practice and teaching homeopathy. The program, which features co-teacher Tim Owens, Joel’s former teaching partner at the Teleosis Institute of Homeopathy, shifts the learning from a didactic teacher-centered class to one in which students participate in ongoing inquiry into the nature of substance and healing. With Joel’s continued work as a coach and a narrative healer, participants engage in articulating their experience of universal homeopathic remedies through guided journey, dreams, dialectical inquiry and reflective journaling.

"It's truly, Inspiring Homeopathy being led to understand Tinus Smits’ system of remedies and how they work in sequence as well as individually,” writes Patti Ford, a local homeopath in California. “It is brought home more surely—a richer experience—by being introduced experientially, both as an individual taking the remedies and as a group sharing the compounding/growing experience of the remedies in sequence."

The Journey of Inspiring Homeopathy asked a lot from the participants. Tim and Joel felt that there was much more that could be done. The program was revised from an 8-consecutive-week class to an 18-week, 2-hour per session biweekly class with online asynchronous lectures and forums during the off weeks. The new class is underway with a dozen students. Plans are to develop continuing education mini-classes annually, offering the full journey twice each year.

Ruth Marlin, MD
STUDENT, CERTIFICATION CLASS OF 2017

A doctor since age 25, Ruth feels she didn’t understand healing until her late 30s when “Chronic Fatigue Syndrome taught me what healing really looked and felt like in mind, body and spirit.” This experience still informs her intention to both "help people through easing pain and distress – not so much removing, but helping them move through it,” and also “to rise every morning with a sense of adventure – learning and seeing something new, exploring both inner and outer worlds.” Ruth was attracted to our Certificate Program when she knew she “was ready to stop practicing medicine and wanted to continue working with others in a healing way.... As I began to understand and experience the methodology and practice of narrative healing for my clients and myself, I realized that it offered me support to work in a unique healing way, focusing on clients’ stories and supporting their growth. It also encourages and supports my own health and growth at a deep level, something that I had rarely experienced in a medical context. This allows me to reconnect more deeply.”
Media Highlights

In 2016, our plan was to introduce narrative health coaching and narrative healing to a broad audience. Our outputs have been considerable. We published two blogs each month for the entire year. Our most successful blogs were *Coaching and Narrative Healing* by Joel and *Healing Our Collective Stories: An American Health Crisis* by Reggie. We were pleased to share our work with the International Coach Federation, which published two of our blogs – *Narrative Healing, Salutogenesis and the Wellness Paradigm* and *Health Coaching Research Highlights* from the 2016 International Congress of Integrative Health and Medicine, both by Joel.

Our YouTube Channel has grown extensively with over 3000 views. Our most successful video by far is *The Principles of Narrative Health Coaching*. We also produced our first marketing video, *Coaching and Narrative Healing*, a 2-minute introduction to our work which greets visitors on our YouTube page. After 18 months of The Future of Health Coaching Online monthly conference calls, we released all the material as a podcast on the platform Podbean. With 23 episodes we have 885 downloads. Our most recent conversation with Shelly Jackson, ACC entitled *Coaching Chronic Pain* had 51 downloads in the first month of 2017. Teleosis.org received 13,227 visits from over 5,000 new visitors. And yes, we’ve been adding to Twitter with 222 tweets in our first year. We have 124 followers.

In 2017, our plan is to spend a bit less time with online marketing, and more time teaching, shaking hands and meeting people. We’ve already committed to the NANNP Annual Conference entitled *Blazing Trails in Holistic Nutrition* in Portland, OR in May and the National Wellness Conference 2017, *Cultivating Cultures That Flourish* in Minneapolis, MN in June. Joel and Reggie are teaching respectively at these conferences.

Njoroge Tho-Biaz

**SCHOLARSHIP RECIPIENT**

Prior to two major health challenges in the last 20 years, Njoroge (pronounced ‘ja-row-gay’) felt “totally dependent on my western allopathic doctors and not in control of my healing process.” He now feels more in control due to his ministerial training, personal spiritual practice and holistic health education in homeopathy. He is committed to inspiring others, and for the past 32 years has produced “Today’s Encouraging Word,” which began as his outgoing phone message while he struggled through his divorce, and continues today on Facebook, seven days a week. Njoroge was drawn to Teleosis’s approach to Narrative Healing because he loves hearing other people’s stories. “Having the professional opportunity to assist others in telling a more positive, healing, and transformative story supports the philosophy of my now over 30-year social ministry that began as senior minister in a pulpit, and continues on social media, in classrooms, nursing homes, and entertainment venues. He was named a “Santa Fe Living Treasure” in October 2014.
Coaching and Healing

2016 also brought the publication by Integral Publishers of Coaching and Healing: Transcending the Illness Narrative. Co-authored by Joel, Reggie, Lois and seven of our Integral Coaching® colleagues, the book’s seeds were planted in April 2012 when we began meeting monthly online to explore the terrain of coaching in a healing context. Over these four years we explored our healing through poems, shared our own healing narratives and produced a white paper that gradually evolved into the book. While the book emerged separately from our program development at Teleosis, it serves as a valuable complement to our Certificate Program in Narrative Health Coaching.

http://coachingandhealingbook.com

“This coaching model evokes a patient’s intrinsic wisdom through participation in narrative and self-exploration.”

Larry Dossey, MD, Author
Reinventing Medicine

Gary Huffaker, MD
BOARD MEMBER

Gary embraces healing as “the movement toward wholeness,” and acknowledges that it has played a significant role in his life both physically and psychologically: “After a mitral valve replacement in 2007, the gradual bodily healing I experienced seemed almost miraculous. The restoration of stamina and strength that occurred, with a considerable amount of work, is something I still cherish daily.” He engages his benediction, borrowed from Integral Life Practice, at the end of his workout routine as a reminder of how he holds his larger purpose: “May my thoughts and my intentions be of service to all beings – liberating them into the suchness of this and every moment.” This benediction informs Gary’s attraction to the Teleosis mission as well. “As a physician, I realize that while every coach is not a medical caregiver, every such caregiver is, of necessity, a coach. The integral and empathetic manner used by Teleosis to train health coaches is a highly effective way to promote health, healing, and wholeness. I see myself as an entry point for physicians to access this wisdom.”
Donors

*We are grateful for the financial support our donors provided this past year.*

**2016 CONTRIBUTORS**

- Steve Benson
- Randall Berlin
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- Helayne Waldman
- Stephan Wiedner
- Ruth Wolever
- Karen Wyatt
- Miriam Zacharias

**Financials**

**2016 Revenue**

- $229,229

  - Program $36,661 (16%)
  - Contributions $184,077 (83%)
  - Books $1,479 (1%)

**2016 Expenses**

- $235,773

  - Administration 23%
  - Program 68%
  - Fundraising 9%
Join Us

Our next cohort of the Certificate Program in Narrative Health Coaching begins June 3, 2017

Find Out More

http://www.teleosis.org/certificate-program-in-narrative-health-coaching/

About Teleosis

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

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Staff
Joel Kreisberg
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David Leskin

Board of Directors
Steve Benson
Nina Frye
Gary Huffaker
Lee Klinger
David Zeitler

Contact Information
2246 B 6th Street
Berkeley, CA 94710
510-558-7285
www.teleosis.org