



## Spring 2014 IHCPT Alumni Newsletter

### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Letter from the Editor - Spring 2014 Newsletter

Greetings Duke Integrative Health Coaches,

I hope that 2014 is opening new opportunities and growth of your integrative health coaching practices. We appreciate that you continue to participate in the Duke IHCPT Alumni community in ways that work for you: Alumni Committee participation, posting to the Alumni Forum, and developing topical or regional interest groups to share with others to name a few.

With the New Year, many of us make resolutions to improve ourselves. It is always good to remind ourselves and our clients that small changes make a BIG difference. We should become committed about everything we do, whether it is small or big. If we find something worth doing, then it cannot be worthwhile without commitment. Whether it is a daily routine like brushing teeth or walking, if we have to do it, it is better to do it with commitment. If we start doing small things without commitment it can become a habit and a feature of our personality. This can set us up to fail miserably. It is much easier to succeed when we set realistic goals and do it with commitment.

It has been exciting to kick off 2014 with such a great group of articles. Hearing what others are experiencing in their coaching practices is informative, impressive, and motivating. We have a skilled group of alumni contributors for this issue who are giving us a delicious variety of food for thought. The Committee greatly appreciates their contributions!

Cynthia Knapp Dlugosz has captured in a very comprehensive manner the alumni forum discussion on International Coach Federation (ICF) credentials for coaches and accreditation of Duke Integrative Medicine's Integrative Health Coach Professional Training Program. I'm certain you will find this interesting and educational. Betsy Newlon has captured a thoughtful interview of Lisa Gold and Bridgett Tulloh on the retreat they are planning on implementing in Mexico. Veena Singh and Katherine Mackintosh have beautifully shared their experience conducting an Every Day Matters workshop for individuals struggling with MS based on Shawn Achor's book, *The Happiness Advantage*. Maggie Cooper shares her creative use of the number scale in a "backward" way. Finally, Adrian Langford's article details steps toward cultivating equilibrium in your life and creating your own Zen Zone.

As in each issue, we have an update from Duke Integrative Medicine, the Professional Development Committee, and the Alumni Announcement section. Please continue to share your professional updates with all of our alumni through the Newsletter!

As the Newsletter Committee plans future issues for 2014, we want to continue including contributions from a few alumni in each issue. We are currently looking for contributors for the summer issue. If you would like the opportunity to write an article for an issue this year, please let me know your topic of interest and time of year you'd like to contribute (summer, fall or winter) at [sonali\\_birla@hotmail.com](mailto:sonali_birla@hotmail.com).

On behalf of the Committee, I greatly appreciate such a wonderful audience who take the time to read the IHCPT Alumni Newsletter. Please do not hesitate to share your feedback!

In good health,

Sonali Birla  
Chair, Newsletter Committee

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### Articles

Letter from the Editor - Spring 2014

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Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### **International Coach Federation Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program**

By: Cynthia Knapp Dlugosz, BSPharm, Certified Integrative Health Coach

The alumni forums have been abuzz lately with spirited discussion of International Coach Federation (ICF) credentials for coaches and accreditation of Duke Integrative Medicine's Integrative Health Coach Professional Training Program. This article attempts to illuminate some of the issues that have been raised.

ICF offers three levels of certification for individual coaches:

- Associate Certified Coach (ACC),
- Professional Certified Coach (PCC),
- Master Certified Coach (MCC).

These certifications differ primarily in requirements for number of coach-specific training hours and coaching experience. Candidates for the ACC credential must have completed at least 60 hours of coach-specific training and logged at least 100 hours of coaching (including at least 75 paid hours) with a minimum of eight clients. Candidates for the PCC credential must have completed at least 125 hours of coach-specific training and logged at least 750 hours of coaching with a minimum of 25 clients.

Coaches apply for the ACC or MCC credential via one of two paths:

- Portfolio path,
- ACTP path.

The ACTP path is available *only* to coaches who have completed an **entire** ICF Accredited Coach Training Program (ACTP). All other coaches apply via the portfolio path. Portfolio path applicants complete a longer application and pay a higher application fee. They also must provide a written transcript of a coaching session and proof that they have worked for at least 10 hours with a qualified Mentor Coach.

ICF recognizes coach training programs in three ways. Start-to-finish coach training programs that include mentor coaching, observed coaching sessions, and a comprehensive final exam are eligible for accreditation as an ACTP. (This is why the ACTP path is more streamlined: the coach training program takes care of most of the certification requirements.) Programs that offer at least 30 hours of coach training can have that training approved on an hour-by-hour basis as Approved Coach Specific Training Hours (ACSTH). Continuing Coach Education (CCE) programs include intermediate to advanced material intended as supplemental training for those wishing to acquire additional learning and/or renew their coaching credential.

Duke Integrative Medicine's complete Integrative Health Coach Professional Training Program (Foundation plus Certification) seemingly should qualify as an ACTP. But a quick search of the ICF website reveals that Duke Integrative Medicine is recognized as a CCE provider. Wait, what?

Duke's Linda Smith offered the following explanation:

The primary reason that we have not pursued ACTP status is that it would severely limit who we can use as our course instructors. Offering CCE credits instead allows us the flexibility to employ course instructors that we feel are ideally suited to this role and still provide CCE credits to those graduates who are interested in pursuing an ICF credential.

For a coach training program to qualify as an ACTP, *all* instructors must hold an ICF credential—and not all Duke instructors do. Keep in mind that the Duke program was started as (and remains) a health coaching program, not a general coaching program. Although many of the instructors qualify for advanced ICF credentials, they may not have pursued them for any number of reasons, including perceived lack of importance or value in their professional sphere.

It's also important to understand that just because a program is recognized as an ACTP doesn't mean that graduates automatically qualify for the ACTP path. I currently am enrolled in Coach U's Advanced Coaching Program. When I graduate from that program, I can apply for the ACC or PCC using the ACTP path, but not until I complete a number of additional requirements (including logging 500 coaching hours) to qualify as a "Coach U Certified Graduate." Otherwise, I use the portfolio path.

Bottom line? Graduates of Duke Integrative Medicine's Integrative Health Coach Professional Training Program are qualified to apply for the appropriate ICF credential via the portfolio path, especially after graduating from the Certification program. Requirements change slightly as of April 1, so be sure to visit the ICF website at [www.coachfederation.org](http://www.coachfederation.org) for the latest and most complete information.



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### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### **Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold**

By: Betsy Newlon, RN, Certified Integrative Health Coach

Bridgett and Lisa have separate private coaching practices and came together to develop a retreat that was scheduled to take place in Mexico in May. However, it needed to be postponed. Their goal in the retreat was to offer people the chance to “Hit the Pause Button.” This article highlights some of the things they learned in the process.

#### **What inspiration do you have to share?**

*Lisa:* Never let fear get in your way of trying something new. That’s what I love about the Duke program. They say it’s ok to take risks, successful or not, there’s learning in the attempt. If we can focus on that, nothing would get in our way. It does take courage, however, to step into the public domain. It means being vulnerable and requires self-compassion and kindness.

*Bridgett:* Choose your vision and hold to that vision. Exercise faith, patience and persistence. Don’t be afraid to set bold visions, but be prepared to experience a learning curve. Have patience with yourself and enjoy the process.

#### **What obstacles have you had to overcome?**

*Lisa:* Fear, time challenges, and a learning curve for using social media.

*Bridgett:* You might say that having to postpone this retreat is an obstacle. We exercised tremendous action and planning in this retreat, and it was disappointing to have to push it back. Giving up is not part of our mindset. I believe you have to adopt a success-based mentality, find opportunities in perceived failures, and get back in motion.

#### **How can others learn from you?**

*Lisa:* I think if I had to do things over, I would take it more slowly. Perhaps we were doing it backwards; maybe the best way is to find out what people want, and design a program to fit their needs. By far, the most powerful marketing is having a relationship with people who follow your writing or speaking engagements and trust you.

*Bridgett:* We did not start out knowing how to host a retreat. But, we knew how to do the small steps, or learn how. We chose our target audience early on. Through all of our advertising and marketing endeavors, we have learned the value of relationships. Building trust with a client base, even if they are not active clients, is crucial. Social media subscribers are important over time. We also developed a contract together that outlined contingency plans for our retreat and future business possibilities.

#### **How did you choose each other as partners?**

*Lisa:* Bridgett is good at using social media and internet marketing which were weak areas for me. She has authored a book, another aspiration of mine. In fact, she inspired me to start my blog. I think we have been able to listen and support one another through this process of launching a project together.

*Bridgett:* We made sure that our goals, values, and philosophies were aligned, and it felt like a natural fit.

To learn more about these inspiring women, go to their social media sites listed below.

Bridgett: [www.RadiantLivingandWellness.com](http://www.RadiantLivingandWellness.com)  
<https://www.facebook.com/RadiantLivingandWellness>

Lisa: [www.eciwellness.com](http://www.eciwellness.com)  
<https://www.facebook.com/syncthestress>

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### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### **Zen Zone: From Panic to Bliss**

By: Adrian Langford, Food & Health Coach

When we are overwhelmed by stressful events, our immune system becomes flooded with too much, too little, or the wrong kind of messenger molecules. When our minds cannot defend us from stressful situations, our immune systems become weakened, opening the door to microbial invaders and all types of imbalances.

People react differently to stress for many reasons: past history, their present condition, mood, and an imbalance of biochemicals. A person who seems on edge a lot of the time, ready to fight or argue, has adrenaline already flowing in their body from 'fight or flight' events they have experienced. This person becomes enraged more easily than someone who may meditate often, for instance, as their blood contains lower adrenaline levels.

To be more 'zen' when dealing with stress, think about ways to unplug your reactions (see list below). It can be challenging to change, but as you begin your journey of finding ways to calm your mind and body, the time is well worth it. In short, find out what is working in your life and apply that to the areas where things need a nudge. Find a mentor or health coach to help you strategize and take steps toward cultivating equilibrium in your life and creating your own *Zone of Zen*.

### **De-Stress List**

1. **Breathe deeply to a slow count of 1-2-3-4-5 breaths in and repeat slowly for a breath out.**
2. **For muscle relaxation, tighten your shoulders, bring them up by your ears, hold for several seconds and release. Repeat as often as needed.**
3. **Use relaxing aromatherapy oil with a drop of chamomile (calming oil) on your wrist or a tissue that you can inhale when feeling tense.**
4. **Try meditation or guided imagery through sampling relaxing CDs online.**
5. **Seek a health practitioner if moods are becoming out of control (depression, anxiety, anger) or chronic conditions (low appetite, insomnia, stomach distress, headaches, tension) interfere with daily activities.**
6. **Eat healthy, unprocessed foods and get daily exercise. Drink plenty of purified water.**



## Spring 2014 IHCPT Alumni Newsletter

### Articles

Letter from the Editor - Spring 2014

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Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Coaching and Positive Psychology

By: Kathy Mackintosh and Veena Singh

In less than a decade, “positive psychology” has caught the attention of the academic community and general public alike. As Duke trained Integrative Health Coaches, we were privileged to facilitate a five-week program for multiple sclerosis (MS) patients, centered on positive psychology. This program was called, “Every day matters—living your best life with MS” and it was through the Greater Carolinas Chapter of the National Multiple Sclerosis Society that we were entrusted with the responsibility of making a *worthwhile* difference in the MS patients’ lives. Based on Shawn Achor’s book [The Happiness Advantage](#), the curriculum endeavored to increase participant knowledge about foundational positive psychology, and provide practical uses of those tenets to address the everyday challenges faced when living with multiple sclerosis.

Coaching techniques were very applicable in this self-improvement workshop. From our experience as coaches, we were able to extend the principles of coaching to a community of people with specific, common goals, such as stress reduction. We took this opportunity to convey to the MS participants the importance and value of meditation. Veena provided the participants with some simple ways to incorporate meditation into their daily lives. She also started and ended each of the sessions with mindfulness.

Another way in which we incorporated our coaching experience was by assisting the participants in developing SMART goals, centered on a specific aspect of life with MS that they wanted to improve. Kathy expanded the discussion on this topic by making certain that the goals were actually meeting the SMART parameters and functioning well within action plans. The curriculum also helped the participants to uncover signature strengths; through this process, they were able to understand the importance of *identifying* those strengths to achieve goals.

By connecting health coaching and positive psychology principles, we were able to provide the multiple sclerosis participants with practical tools to achieve their goals. We focused on happiness as a *choice* that can be developed as a habit, re-training one’s thinking, removing barriers, and building a community through social investment.

Some of the techniques discussed to increase overall happiness included meditation, journaling, practicing gratitude, finding something to look forward to, committing conscious acts of kindness, infusing positivity in one’s surroundings, exercising, and many more. The participants were asked to select one or two of these strategies to practice over the duration of the course.

A follow-up gathering was held seven months after the end of the program, and each participant was asked a simple question: *What’s better, since we last saw each other?* A host of positive, heartwarming answers was given, giving more impetus to our desire to expand this approach.

This five-week program was very enlightening for us as coaches; it demonstrated the efficacy of coaching and positive psychology in a unique setting of participants with *common* difficulties and goals. Most importantly, it allowed us to make a visible difference in their lives by providing them with the skills and tools to lead a happy and balanced life even with multiple sclerosis.





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### Articles

Letter from the Editor - Spring 2014

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Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Creativity and the Assessment Scale

By: Maggie Cooper, LMT, Certified Integrative Health Coach

We learn to use the 1-10 scale as a basic assessment tool in the Foundation course. With the goal of coaching always being the client's forward movement, we are taught to assist the client with moving those numbers higher. We coach, encourage, and guide - always hoping for the client to speak those higher numbers. When at last we hear the client say "It's an 8, or maybe even a 9 or 10," our hearts fill with excitement and hope that the client is reaching his or her goals. As coaches, we also feel fulfilled by effectively supporting their growth.

During certification, I worked with a client who was scheduled for knee surgery. Single without family nearby, he lacked a good support system for recovery. I visited the client in the rehab hospital to continue our coaching, and during one of these sessions I was taught a valuable coaching lesson. We were discussing his post-surgical needs, and he expressed a strong desire to go home. I sensed that the client wanted to go home sooner than perhaps was safe. I asked him which number on the scale represented how important it was for him to have help available at the push of a button. He replied, "Oh it's a 9! Definitely!" I never thought of using the assessment scale backwards, but with some quick, creative thinking, a new skill was born. I asked, "What number does it have to be to tell you it is safe to go home?" After a moment of careful thought, the reply was simply "a three." Without planning, I had used the scale backwards!

This experience taught me that sometimes progress may mean a lower number on the scale. I now think of the scale differently and find this assessment tool even more valuable. I also like to change the way I ask about the scale to keep my sessions with repeat clients from sounding stale. Once clients are comfortable with the scale, I may simply ask, "What's your number today?" Sometimes I ask, "If we get the scale out today, where would your number be?" I have found that being creative in the moment with clients helps to keep the session fresh and real, leaving a lasting impression for both the client and the coach. I hope I have inspired you to explore your creativity and see where the journey leads you and your clients!



## Spring 2014 IHCPT Alumni Newsletter

### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Professional Development Committee Update

Greetings Duke Integrative Health Coaches!

The Professional Development Committee (PDC) was pleased and excited to hold an inaugural Alumni Professional Development Community call on Thursday, January 23. We offer our sincere thanks to everyone who participated!

Based on the success of that format, the PDC is planning a series of monthly calls. The initial calls are planned for the third Monday of each month at 7:00 pm EDT. We hope you will join us for one or all of the following:

| DATE                            | TOPIC   |
|---------------------------------|---|
| Monday, March 17<br>7:00 pm EDT | <b>Theme call:</b><br><b>What's working/not working in my coaching practice</b><br>Come prepared to share successes and not-so-successes related to building a coaching practice - and pick up some tips for your own practice! |
| Monday, April 21<br>7:00 pm EDT | <b>Coaching Mastery call</b><br>Get expert feedback on your coaching dilemmas from one of the Duke IHCPT instructors. Alumni will be invited to submit questions in advance of the call.  |
| Monday, May 19<br>7:00 pm EDT   | <b>Community Building call</b><br>This will be a more free-form call that begins with mindfulness and facilitates connection among the evening's callers.   |
| Monday, June 16<br>7:00 pm EDT  | <b>Duke IHCPT Alumni Book Club</b><br>We'll be discussing <i>The Power of Habit</i> by Charles Duhigg. You are welcome to join the call even if you haven't read the book.  |

To participate in any of these calls, dial 559-546-1200 and enter meeting ID 560-122-332 followed by the # key. We look forward to hearing you!

Cynthia Knapp Dlugosz, BSPHarm  
Certified Integrative Health Coach  
Professional Development Committee Chairperson



## Spring 2014 IHCPT Alumni Newsletter

### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Alumni Announcements

Do you have an announcement such as a publication, presentation, or other professional accomplishment that you would like to share with your fellow alumni? If so, [click here](#) to complete the online form with your information. Announcements will be included in the next issue of the Alumni Newsletter in June 2014.

**Julie Culligan** (Foundation cohort 8, residing in Kingsport, TN) wrote and co-presented an educational video titled "MOTIVATIONAL INTERVIEWING WITH RURAL VETERANS: Using Storytelling to Partner with Your Patients" in September 2013 in partnership with the Rural Health Professions Institute. This video was produced for the Employee Education Service of the Veteran's Health Administration (VHA). The hour long video presents original ethnographic research on the impact of rural values and storytelling culture on provider partnering strategies and Motivational Interviewing. The video is being disseminated to clinical staff throughout the VHA.

**Sunil Daniel** (Foundation cohort 18, residing in Birmingham, AL) recently obtained certification as a Diplomate by the American Board of Obesity Medicine.

**Charman Driver** (Foundation cohort 5 and Certification cohort 2, residing in Raleigh, NC) has launched a new business called Discover A Day Away: Seasonal Day Retreats for Women. [Click here](#) for more information.

**Jason Dudley** (Foundation cohort 2 and Certification cohort 1, residing in Durham, NC) is currently serving as an instructor and mentor for the Whole Health Coaching Program of the Pacific Institute for Research and Evaluation, under contract with the Veterans Health Administration Office of Patient Centered Care and Cultural Transformation. He is also offering behavioral health and stress consults for executives and other professionals cared for by Duke Executive Health. His independent health coaching practice continues to unfold locally and afar at an enjoyable organic pace. Jason expressed gratitude to the leadership and staff of the IHCPT, MBSR, MTFP, mentors, colleagues and friends from Cohort 2 and cohorts following. He stated that everyone's encouragement has been so important for him along his health coaching journey!

**James R. Dykes, MD** (Foundation cohort 4 and Certification cohort 1, residing in Durham, NC) served as a panelist for "Staying Positive and Healthy" with Michelle Bailey, MD on January 28, 2014 for the Second Year Class of the Duke University School of Medicine. This lecture aimed to raise awareness about physician burnout and provide information about resources to minimize risk throughout the medical career. Jim also co-facilitated the January 23, 2014 Duke IHCPT Professional Development Committee (PDC) teleconference call for Duke IHCPT Alumni offering support and building community.

**Leila Finn** (Foundation cohort 4 and Certification cohort 1, residing in Atlanta, GA) published "Movement is NEAT" in the January/February 2014 issue of *Diabetes Self-Management* magazine. She is also lead instructor for Emory University's new Health Coach Certificate Program. She is also happy to be teaching the business component of the health coach program at Georgetown University where there is a strong Duke presence.

**Robert Gardner** (Foundation cohort 8, residing in Mandeville, LA) recently expanded his business to Covington, LA and is located within The Wellness Studio. This enables the Center for Mindful Health, which was founded in 2011 to serve cancer patients and survivors in the New Orleans area, to provide integrative health coaching to individuals, physician practices, healthcare providers, and other businesses throughout the New Orleans metropolitan area. Center for Mindful Health recently partnered with a local health club to promote integrative health coaching services to its 5,000+ members.

**Stephanie Gove** (Foundation cohort 11, residing in Warwick, RI) has brought MBSR to Warwick, RI. Integrative Health Services (IHS), a holistic stress management practice founded by Stephanie, is now centrally located at 2893 Post Road, Warwick, RI and is a proud part of a community of mental health and behavioral practitioners. Along with integrative health coaching, IHS offers Mindfulness-Based Stress Reduction (MBSR) programs modeled on the Center for Mindfulness (CFM) at the University of Massachusetts Medical School. Stephanie participated in CFM's professional training program under the direction of Dr. Jon Kabat-Zinn and Dr. Saki Santorelli. Admission to this training program was limited to those with extensive professional experience, with a solid meditation practice. The stress reduction program is an eight-week course designed to teach individuals with a wide range of conditions how to take better care of themselves and participate fully in improving their health and quality of life. [Click here](#) for more information.

**Angela Lamberson** (Foundation cohort 8 and Certification cohort 4, residing in Elizabeth City, NC) is proud to announce the recent launch of her company's new [website](#) on February 21, 2014! She and her husband, John, are co-owners of Nutrition Pair, LLC. John is currently enrolled in Cohort 19 of the IHCPT Foundation Course at Duke. They are both Registered Dietitians and Certified Diabetes Educators. Their practice specializes in diabetes prevention/diabetes management. Angie is also an instructor for the Health Coaching Skills portion of Georgetown University's Health Coaching program.

**Judy Liu, MPH** (Foundation cohort 15 and Certification cohort 7, residing in Cary, NC) has partnered with the Town of Cary to offer group health coaching sessions and yoga lessons starting in January 2014. Judy has also launched an independent consulting business, [Strenua, LLC](#), where she offers professional coaching and marketing services to clients. Currently, her clients include Duke University personnel, Town of Cary, Florida Institute of Technology, and Columbia University. She is also listed as a Professional Coach with the Columbia University Alumni Association where she received her undergraduate degrees in Biology and Economics as well as her Masters in Public Health, Healthcare Policy and Management graduate degree.

**Betsy Newlon** (Foundation cohort 12 and Certification cohort 5, residing in Chapel Hill, NC) is pleased to announce that she recently became a certified integrative health coach through Duke's IHCPT Program!

**Annette Olsen** (Foundation cohort 3, residing in Durham, NC), having learned the value of evidence-based research projects while participating in the Duke IHCPT Foundation Course, particularly in regard to the ongoing development of a field or discipline, is happy to share that she recently had an opportunity to engage in a particular research endeavor as Co-Investigator, Interventionist, and Project Chaplain for her primary field of clinical chaplaincy/healthcare chaplaincy. Two years ago, she applied with a Duke colleague for and was awarded one of six national research grants in palliative care chaplaincy aimed at further developing the research base of healthcare chaplaincy by pairing professional board certified chaplains with professional researchers. She is happy to report that, as of December 31, 2013, their multidisciplinary research team completed the study entitled: "CAREGIVER OUTLOOK: An Evidence-based Intervention for the Chaplain's Toolkit" (an intervention-study focusing on family caregivers of those living with advanced illness). This spring, they will present their study in a public forum at the Academy of Medicine in NYC, March 31-April 3, 2014. [Click here](#) to view the program brochure for "Caring for the Human Spirit: Driving the Research Agenda for Spiritual Care in Healthcare," a conference which includes renowned palliative care physicians as well as the six national research projects funded by the Templeton Foundation and Healthcare Chaplaincy, Inc. Feel free to share this conference-brochure with interested parties in palliative care, healthcare chaplaincy, health coaching, medical social work, pastoral psychotherapy, health psychology, integrative medicine, research, and the wider community-based pastoral care/spiritual care community.

**Jeanie Redick** (Foundation cohort 6 and Certification cohort 3, residing in Roanoke, VA), **Kim Moseley** (Foundation cohort 6 and Certification cohort 3, residing in Charlotte, NC), and **Edie Oakely** (Foundation cohort 2 and Certification cohort 1, residing in Durham, NC) met each other at Duke IM during the IHCPT Program. There was an instant bond and connection to each other through their shared faith and they decided to stay connected after their training through collaboration. They spent close to a year with bi-monthly telephone conferencing to develop their Whole Hearted Living Retreat model. They launched their beta project in summer 2013 at a church in Roanoke, VA. They then expanded the curriculum to a weekend retreat model and launched their first retreat in November 2013 at a private lake house in NC with an enrollment goal of 8-12 people. They used the Wheel of Health as the model for balanced living focusing on the mind, body and spirit. A second retreat was offered in January 2014 at another private home on another lake in NC. They continue to

develop the curriculum, adding new ideas and omitting and tweaking previous ones. Each group of women is unique and they feel privileged to be part of the process of their journey of transformation in body, mind and spirit. They are in the planning stages for a third retreat in September 2014 and are looking to a larger venue – the ocean – and are excited to see where their vision for Whole Hearted Living from a faith perspective takes them and the women God brings into their path.

**Paula Ruffin**, PhD, RN (Foundation cohort 16, residing in Vienna, VA) announces that Georgetown University School of Continuing Studies has recently launched a new Certificate in Health Coaching program. Several faculty members are Duke IHCPT alumnae: Paula Ruffin (Foundation cohort 16), Cynthia Moore (Certification 2012), Angela Lamberson (Certification 2012), and Leila Finn (Certification 2011). Paula Ruffin is a Co-Director. Cynthia Moore is teaching Health Coaching Fundamentals and the Health Coaching Module II: Diet, Nutrition and Weight Management. Angie Lamberson is co-teaching Health Coaching Skills and Leila Finn is teaching The Business of Health Coaching. The unique feature of this exciting new program is the 40-hour supervised practicum which includes participation in community meetings and group coaching sessions.

**Michael Sanders** (Foundation cohort 17 and Certification cohort 8, residing in Indianapolis, IN) presented “Making Lasting Lifestyle Change” on January 27, 2014 for Center for Sight. The presentation was provided for their employees.

**Angela Savitri** (Foundation cohort 6 and Certification cohort 5, residing in Winston-Salem, NC) published “Why Saying I Should Sabotages Your Success” in the January 2014 issue of Forsyth Woman. [Click here](#) to view the issue online. Angela also presented “Freedom from Burnout + Chronic Stress for the High-Achieving Professional Woman” on January 27, 2014 at the Healthcare Businesswomen's Association Luncheon in Chapel Hill, NC. This group is comprised of women in pharma, biotech, clinical research, and healthcare.

**Carol Shear** (Foundation cohort 7, residing in Trumbull, CT) is currently serving as President of the ICF Connecticut Chapter (2013-2014).





## Spring 2014 IHCPT Alumni Newsletter

### Articles

Letter from the Editor - Spring 2014

ICF Credentials, Coach Training Program Accreditation, and the Duke Health Coaching Program

Hitting the Pause Button: An Interview with Bridgett Tulloh and Lisa Gold

Zen Zone: From Panic to Bliss

Coaching and Positive Psychology

Creativity and the Assessment Scale

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

### Announcements and Upcoming Events from Duke Integrative Medicine

#### Alumni Announcements

[Click here](#) to view updates from your fellow alumni including recent publications, presentations, and other professional accomplishments. If you have an announcement that you would like included in the next issue of the newsletter, please [click here](#) to complete the online form.

#### Upcoming IHCPT Certification Courses

Registration is now open for the July-December 2014 and January-June 2015 Certification Courses! As you know, the Certification Course is open to all Foundation graduates. It is designed to deepen your understanding and application of the core skills and offers an excellent forum to achieve an expanded professional level of competence in the field. This distance learning course is delivered via web and teleconferencing. Those who complete all requirements for the Certification Course are certified as integrative health coaches by Duke IM. Program information is available on our [website](#).

#### Thank you for Referring Others to IHCPT!

Many of the people who take the IHCPT Foundation Course first hear about our program from our IHCPT Alumni. Thank you for continuing to spread the word about integrative health coaching and the IHCPT Program! If you are considering referring others to the IHCPT Foundation Course, please direct them to our website where they can learn more information, register for a free informational teleconference, and complete the online application form. We are currently accepting applications for the April 2014 Foundation Course. Foundation Course information is available on our [website](#).

#### Looking for IHCPT Mentors for Spring 2014!

Duke is seeking Alumni Mentor Assistants for upcoming IHCPT Foundation Course modules. Mentoring is an opportunity to experience a module of the Foundation Course as well as to share your passion for coaching with current students. [Click here](#) to learn more about the role of the mentor. Mentors must be present for the entire module. The module dates of our upcoming course are: April 1-5, 2014 (Tuesday–Saturday), May 7-10, 2014 (Wednesday–Saturday), and June 11-14, 2014 (Wednesday–Saturday). If you are interested in serving as a mentor during one of these modules please send an email to [meg.vanstaveren@duke.edu](mailto:meg.vanstaveren@duke.edu).

#### Leadership Program in Integrative Healthcare at Duke University to begin accepting applications in April 2014

Duke Integrative Medicine is pleased to announce an exciting new program designed for professionals who have already demonstrated leadership — both clinical experts in integrative healthcare and senior administrators. The application for January 2015 enrollment will open in April 2014. The course will include instruction in areas such as leadership and strategy, integrative healthcare and the healthcare environment, communication and business operations, and health and wellbeing. Program graduates will receive personalized counsel to create a detailed, tailored business plan to help them implement integrative strategies within their own organizations. More information is available on the program [website](#).

#### Mindfulness Training for Professionals early registration date approaching

May 14-17, 2014

The deadline to register and receive a discounted early registration rate is coming up on April 11! Mindfulness is becoming increasingly recognized as an important, positive factor in the healing and helping relationship between professionals and their clients. This training offers professionals of any background skills and experience to bring mindfulness forward in their professional lives and work. Many are familiar with personal

applications of mindfulness through Mindfulness Based Stress Reduction (MBSR) and its focus on stress reduction and improved health, mindfulness-based therapeutic interventions, or the increasingly abundant array of retreat style learning opportunities for personal development. But mindfulness doesn't have to "stay at home." Bring mindfulness to work with you! Consider what it might mean to be a mindful professional. Are you interested in becoming more engaged, aware, and present in your day to day professional life? More information is available on the program [website](#).

### **Leading Patients in Writing for Health: 3-day Training for Healthcare Professionals**

May 30-June 1, 2014

Leading Patients in Writing for Health is a comprehensive, experiential training that will help you understand how the cathartic processing of stress through the written word can free the body and mind to engage patients' innate immunological healing potential. The curriculum will provide easily adaptable lessons, activities, and guideposts so that anyone working in the healthcare field—physicians, nurses, mental health professionals, hospice workers, health coaches, and others—can use them with their patients. Please note: you do **not** need to have attended *Writing as an Integrative Health Coach Tool* in order to register for this program. More information is available on the program [website](#).

### **Yoga of Awareness for Cancer Professional Training**

June 23-29-2014

This seven-day professional training is offered to registered yoga instructors. Incorporating a blend of instruction, practice, and discussion, it introduces the Yoga of Awareness program that was developed at Duke University Medical Center (DUMC), in addition to skills and knowledge needed to teach yoga to those healing from cancer. Offering a certificate of completion, this program is held at the state-of-the-art Duke Integrative Medicine facility in Durham, North Carolina. Jim and Kimberly Carson, founders of the Yoga of Awareness for Cancer program, direct the training and partner with Duke medical experts in oncology and health psychology to present relevant information for teaching yoga to cancer patients and survivors. More information is available on the program [website](#).

### **Therapeutic Yoga for Seniors (TYFS) Yoga Professional Conference**

September 18-21, 2014

Re-engage with the Yoga for Seniors teaching community to deepen your knowledge base, broaden your professional network, and expand on the skills learned in the Therapeutic Yoga for Seniors teacher training. This annual alumni event is a chance to connect with others on the same path--registered yoga teachers working with older adults; the fastest-growing segment of our population. Serving this uniquely vulnerable group requires on-going learning, technique refinement, and collaborative synthesis of ideas among colleagues. This conference will feature presentations from Duke medical faculty, plus advanced training in skills designed to create a welcoming and safe environment for older adults. Explore how to enhance your teaching skills and how to weave the experience of the transformative power of yoga directly into your instruction. Please note: All graduates of the Yoga for Seniors programs presented either at Duke Integrative Medicine or the Kripalu Center for Yoga and Health are invited to this four-day professional conference, held at Duke Integrative Medicine. More information is available on the program [website](#).

### **MBSR Distance Learning**

Previously only available in an on-site class environment in the Raleigh-Durham area of North Carolina, Duke Integrative Medicine's MBSR program now offers distance-learning opportunities:

- Foundation - *The Mindful Way to Reduce Stress: A Distance Learning Program*, where participants meet with their instructor and class once a week via telephone conference from wherever they may be. These offerings are designed to deliver the same teachings and opportunities as the on-site programs for those who are unable to visit our facility due to scheduling difficulties, distance, or physical limitations.

More information is available on the program [website](#).