

Articles

Letter from the Editor

The Convergence of
Personal Health
Technology and Integrative
Health Coaching

Group Coaching with Dr.
Shelley Wroth

The Seeds of Mindfulness:
An Interview with James R.
Dykes, MD

Professional Development
Committee Update

Alumni Announcements

Announcements and
Upcoming Events from
Duke Integrative Medicine

IHCPT Summer 2015 Newsletter

Greetings Duke Integrative Health Coaches,

What a wonderful time of year! A warm welcome into summer to all of you wonderful readers. We hope you enjoy the sunny warmth and coming festivities, and may each day *blossom* with prosperity of growth.

I'm excited for summer for so many reasons, but if I had to choose just one, it would be this: The "school's out" season is the closest many of us get to being a kid again, to experiencing that feeling that anything is possible and everything is within reach. Put it to good use. Better your health, extend your life - bloom!

The summer months bring a bounty of fresh fruits and vegetables that offer some of the best health benefits. In many areas, the summer time is the only time when these foods are available in their freshest state. Take advantage of the bounty of goodness offered by these foods.

As many areas of the country perspire their way through record-breaking summer heat, staying hydrated is of the essence, as is keeping your body nourished with life-giving, health-promoting superfoods. And since warm and hot foods are not always desirable during this time of year, here are a few "cool" superfood ideas to help you beat the heat and nurture your palate. Eat more cucumbers, melon, radishes, mint, strawberries and chia seeds this season.

We have several wonderful articles for the newsletter. Enjoy Jo Brewton's article on the PDC Coaching Mastery Call with Shelley Wroth. A very informative and interesting read!

David Hellman, our guest writer, shares his thoughts on a cutting edge topic that I think coaches will find very valuable: The Convergence of Personal Health Technology and Integrative Health Coaching. Nancy Watson has interviewed Jim Dykes and as always is sharing his wealth of knowledge and experience with us. The Committee greatly appreciates all the wonderful contributions and the effort Newsletter Committee members take to write, edit, and interview for the articles!

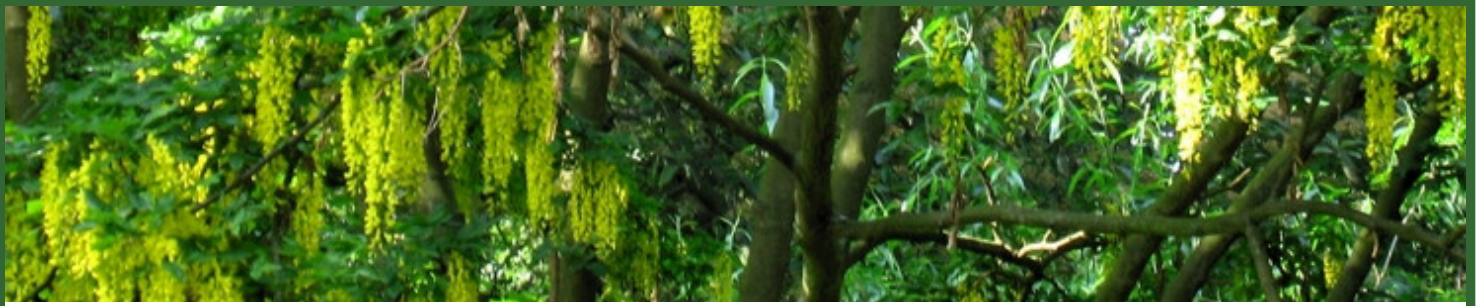
As in each issue, we have an update from Duke Integrative Medicine, the Professional Development Committee and Alumni Announcements. Please continue to share your

professional updates for future issues as well.

Pause, breathe, and be well,

Sonali Birla

Newsletter Committee Chair



Articles

Letter from the Editor

The Convergence of Personal Health Technology and Integrative Health Coaching

Group Coaching with Dr. Shelley Wroth

The Seeds of Mindfulness: An Interview with James R. Dykes, MD

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

The Convergence of Personal Health Technology and Integrative Health Coaching

By Dave Hellman

If you are reading this newsletter you are already well versed in the churn taking place in the field of health and wellness. The emergence of integrative health coaching is just one example of a positive disruptive force. Another example is the explosive potential of personal health technology (PHT) such as:

- Wearable Fitness Technology - wristbands, watches, pendants, eyeglasses, and clothing that sense steps taken, quality of sleep, and heart rate;
- Smartphone Apps - tools that allow point-of-need tracking of exercise, food/nutrients consumed, and blood sugar levels;
- Online Diagnostics - services formerly only available to professionals such as genome testing, complete lab panels, and microbiome testing;
- Internet of Things - infrastructure that allows these technologies to talk with one another. Step on your scale, and it updates the food diary on your Smartphone tracker app with your weight.

The good news with PHT is that it reinforces the notion of client (user) autonomy, a notion that we as health coaches already honor, respect and encourage. However, PHT introduces a number of challenges to our clients. Since it is reasonable to expect that clients may want to incorporate these devices into our relationship with them, we should consider the value and limitations PHT brings to the table.

First, it is important to recognize that PHT is successful at providing independence and immediate feedback. Every day new features become available and while clients shouldn't expect coaches to be experts in every nuance, they will expect us to be open-minded when it comes to integrating PHT in the relevant steps of the coaching process.

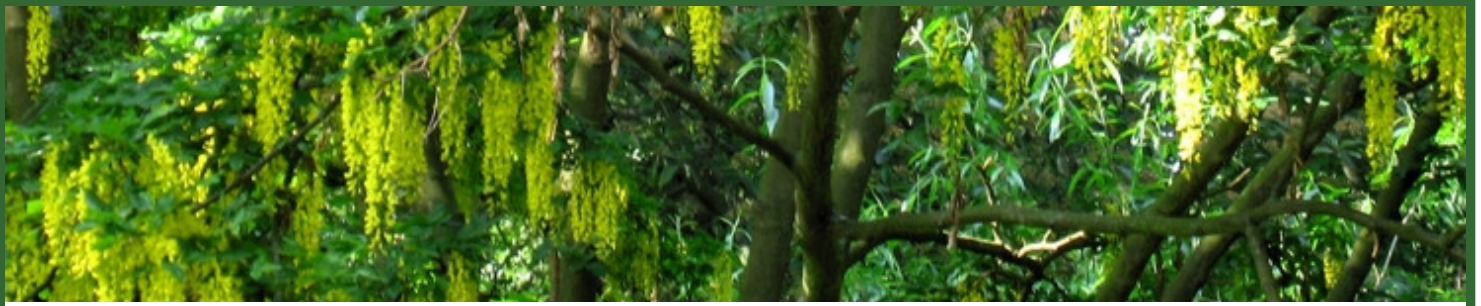
Including PHT in our process requires awareness of its shortcomings. For example, a recent (unscientific) [study](#), asserts that about 1/3 of the users of PHT devices toss them aside after six months. It is safe to assume that at least some of the good habits and motivation these systems attempt to evoke are also tossed aside. This is where we come in. When the ability for technology to collect data in a transparent way is combined with the skills and knowledge of a professionally trained health coach, some change starts to happen. Unlike software and a few integrated circuits, we know our clients as people and can be helpful in their search for vision, values, space, and discipline. We excel at helping people explore why they are stuck or why they sometimes regress. Health coaches

understand that often wellness goals change as clients change. And health coaches know how to link goals for good health to vision and values. PHT simply cannot do those things.

It is difficult to predict how PHT will impact our field in the coming years, but we should be prepared for it to have a role. We owe it to our clients to understand how to maximize PHT potential as it relates to their future health.



Dave Hellman has 30 years' experience in the high-tech products sector. He is co-inventor of the two patents that served as the springboard for his machine learning and medical informatics startup. That company was recently acquired, and he is managing the transition of the products and team to the new owners. In addition, Dave is a certified Exercise Nutritionist and was part of Duke IHCPT Foundation Course cohort 23. He operates his Executive and Health Coaching practice as part of LiveLongLeadLong.com and is the author of *The Karma Sense Eating Plan*.



Articles

Letter from the Editor

The Convergence of
Personal Health
Technology and Integrative
Health Coaching

Group Coaching with Dr.
Shelley Wroth

The Seeds of Mindfulness:
An Interview with James R.
Dykes, MD

Professional Development
Committee Update

Alumni Announcements

Announcements and
Upcoming Events from
Duke Integrative Medicine

Group Coaching with Dr. Shelley Wroth

By Jo Brewton

On April 23, 2015, the Professional Development Committee hosted a Coaching Mastery Call with Dr. Shelley Wroth on “the whats and hows” of group coaching. The call was a rich, informative, and insight-filled 90 minutes about everything from the differences between group and individual coaching, the details of structuring group coaching, managing group dynamics, and determining what participants need as well as discovering a sustainable, professional offering for the coach.

Wroth included in her coaching call a helpful [PDF on Selected Group Coaching Skills](#), emphasizing providing clear instructions for group function; encouraging participation and managing dominators; supporting inclusion and differing views; balancing the holding of the group with individual’s agenda; and supporting different learning styles.

Wroth’s PDF also includes Group Coaching Series Design Considerations such as timing; group size; deciding on fees; open or closed membership groups; inclusion or exclusion criteria for groups; telephonic, webinar, or in-person sessions; leading a group as a single coach or with a co-lead; choosing to incorporate an educational component with guest speakers on health content areas; single or mixed focus groups; and providing group feedback.

Dr. Wroth was asked how to do sessions that are part educational and part coaching. She responded, “You have to understand the context for the education. What is the scope of practice wherein you are competent to offer education yourself? Where do you need an expert, and do you want that? This may depend on cost and availability of experts.” She also stressed the need to be aware of the hats one is wearing: when we’re advising and when we’re coaching. If a coach has done a lot of career advising and educating, one must think carefully about how to step into the coaching role. She also emphasized that the coach-leader must plan three to four times the amount of time for processing than for education; processing takes much longer. She referenced a Duke study that used health coaching to help reduce cardiovascular risk. This coaching group was exposed to various experts in cardiovascular medicine discussing pertinent health information on reducing cardiac risk. Coaching then followed these education sessions. The same model has been seen in the Diabetes Prevention Program, a national longitudinal study of the impact of

behavior modification versus medication in preventing onset of type 2 diabetes. Behavior modification was more successful than medication by more than a two to one margin. Education came first, and as the study progressed, coaching was added with great success.

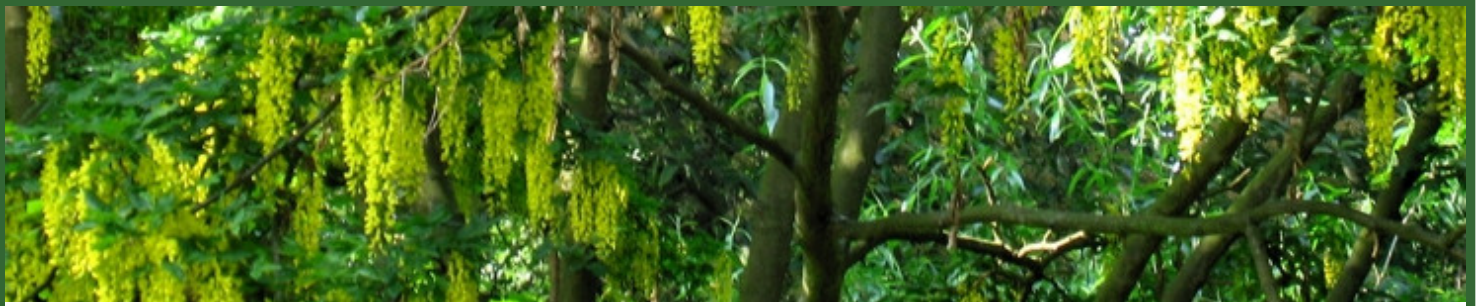
Dr. Shelley Wroth's knowledge, experience, and articulation of the group coaching process are well worth listening to whether you are a group coaching novice or a seasoned coach-leader. From basic group protocol to insightful facilitation skills for helping group members to get the most out of the experience, Shelley can put the coach at ease and help create the vision for a successful group coaching experience for all.

Resources: The PDC Coaching Mastery Call can be accessed by [clicking here](#). Dr. Wroth recommends *Group Coaching: A Comprehensive Blue Print* by Ginger Cockerham and *Effective Group Coaching* by Jennifer Britton.



Dr. Wroth practices at Duke Integrative Medicine as an integrative women's physician and an instructor in the Integrative Health Coach Professional Training Program. As a clinician consulting on integrative approaches to women's health, she works with patients to find out what is their greatest goal or concern, such as using integrative approaches to enhance fertility, manage menopause, heavy, painful periods, or menstrual migraines. Next, Dr. Wroth and her patients gather any needed data and develop an agreed on plan based on the best conventional and complementary evidence available, as well as the patients' personal health values. Once they have a plan, they follow results to adjust and improve any interventions so optimal outcomes are obtained.

Shelley also enjoys working as an instructor in the Foundation and Certification Courses of the Duke Integrative Health Coach Training Program. In addition, Dr. Wroth designs and teaches program designer integrative medicine trainings for health professionals, customized integrative health programs for executives, and brief effective interventions for health behavior change and preventive care reimbursement for primary care providers.



Articles

Letter from the Editor

The Convergence of
Personal Health
Technology and Integrative
Health Coaching

Group Coaching with Dr.
Shelley Wroth

The Seeds of Mindfulness:
An Interview with James R.
Dykes, MD

Professional Development
Committee Update

Alumni Announcements

Announcements and
Upcoming Events from
Duke Integrative Medicine

The Seeds of Mindfulness: An Interview with James R. Dykes, MD

By Nancy Watson

As a physician Jim spent over 20 years in a solo practice, and his conversations with patients were very similar to interactions integrative health coaches might have with clients. He spent time deeply and authentically listening to patients. He emphasized that next steps reside in the patients' hearts and minds. Jim, a member of the fourth IHCPT cohort, learned about the training program about a year after he left his medical practice to focus on farming. Jim sees health coaching as a vital, missing link in health care. He was drawn to coaching because it offered a way to work with people in a healthy way without the need to diagnose or prescribe. He especially loved the practice of mindfulness and found it to be "both powerful and humble work."

Jim was energized by the training and embarked on the path to certification. He tapped into his existing network of former patients who missed having him as a health care provider to complete his coaching hours for certification. He enjoyed reconnecting with his clients and working with the Duke IHCPT faculty coaches, who he described as "some of the most talented beings."

Jim is now a certified coach and also maintains ties to the medical community, offering professional development and support for health care providers, mostly nursing students, who wish to incorporate mindfulness into their work. The group meets to meditate and talk about how mindfulness helps them as health care workers. But Jim names farming as his true love. Just as he made morning and afternoon rounds as a health care provider, he makes morning and afternoon rounds on the farm - now tending to approximately sixty animals from ducklings to a bull. He appreciates the flexibility of his coaching work and takes advantage of restful times between rounds on the farm to connect with clients near and far. He even sees some clients in person at the farm. "The farm is a rich bank of images for clients' work," Jim notes.

Jim loves to show people the farm and even offers visitors tours on his solar-powered, fossil fuel-free golf cart. The farm, which he calls the Hundred Acre Wood Farm & Sanctuary, is meant to be just that - a sanctuary. Looking forward, he's committed to honoring the part of him that wants to remain at this sanctuary. He is interested in

exploring the possibilities of having classes and gatherings at the farm, perhaps even hosting the Duke IHCPT alumni for a retreat. He has found a peaceful, inspiring home here and would love to share that sanctuary with others.



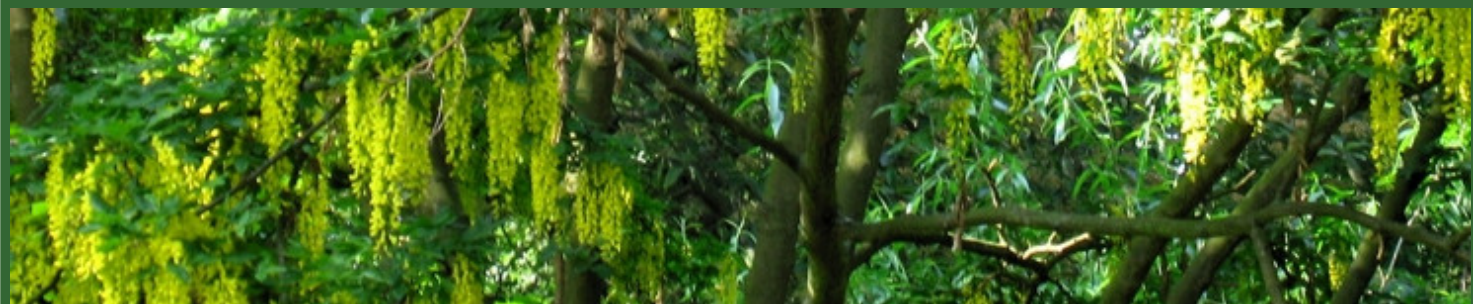
James R. Dykes, MD, is a farmer and retired family physician. His solo medical practice, Integrative Health Care, PLLC, started in 1987, was the first integrative medicine practice in Durham, and like integrative health coaching, [emphasized the importance of listening well](#). He is a graduate of the IHCPT Foundation Course cohort 4, and the first Certification Course cohort. He now serves on the Duke Integrative Medicine IHCPT Professional Development Committee.

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Email: jdykesmd@gmail.com

Blog: <http://jimdykesmd.blogspot.com>

Facebook: Jim Dykes, Hundred Acre Wood Farm & Sanctuary, and James R. Dykes, MD, Integrative Health Coaching, LLC.



Articles

Letter from the Editor

The Convergence of Personal Health Technology and Integrative Health Coaching

Group Coaching with Dr. Shelley Wroth

The Seeds of Mindfulness: An Interview with James R. Dykes, MD

Professional Development Committee Update

Alumni Announcements

Announcements and Upcoming Events from Duke Integrative Medicine

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Hello fellow Duke-trained Integrative Health Coaches!

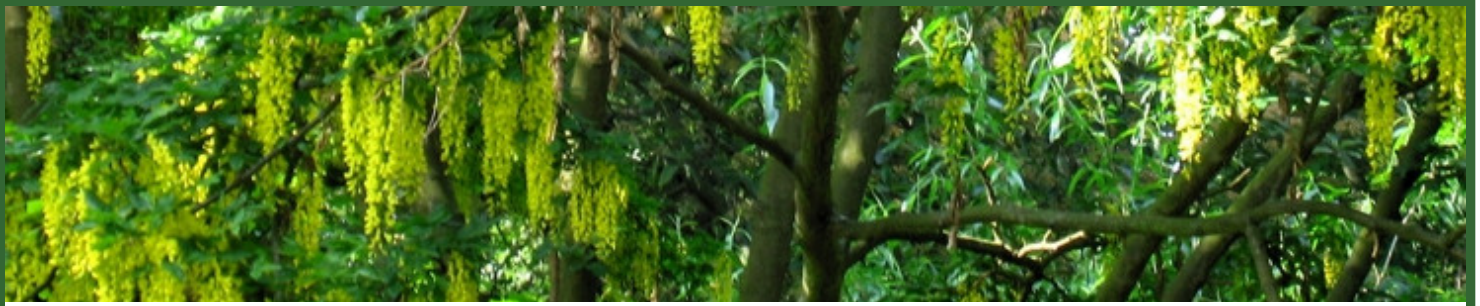
Do you have information or expertise that might be of interest to other alumni? Would you be willing to share that information in a webinar or teleseminar? If so, the Professional Development Committee (PDC) wants to hear from you! Please send a brief (no more than 1 page) description of the content to ckdlugosz@comcast.net; be sure to indicate when (month, day of week, time) you'd like to present. We will review your proposal at the next committee meeting.

The PDC also invites all alumni to participate in our monthly teleseminars. We hope you will join us for one or more of these upcoming calls:

DATE	TOPIC
Tuesday, June 23 7:00 pm EDT	New Coaches Discussion Forum Especially for recent Foundation and Certification graduates - bring your most pressing questions and get feedback/advice/coaching from more experienced alumni
Wednesday, July 22 7:00 pm EDT	Coaches How-To Building your coaching resumé
Thursday, August 20 12:00 pm EDT (noon)	Duke IHC Virtual Book Club <i>No Sweat: How the Simple Science of Motivation Can Bring You a Lifetime of Fitness</i> by Michelle Segar <i>**Special treat: the author will join us for this discussion!**</i>
September	Coaches How-To Expanding your coaching practice with evidence-based health programs <i>Watch your email and the alumni discussion forum for details!</i>

To participate in any of these calls, dial (712) 775-7085 and enter participant access code 160756 followed by the # key. We look forward to "hearing" you!

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



Articles

Letter from the Editor

The Convergence of
Personal Health
Technology and Integrative
Health Coaching

Group Coaching with Dr.
Shelley Wroth

The Seeds of Mindfulness:
An Interview with James R.
Dykes, MD

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.

Ryanna Battiste (Foundation cohort 20 and Certification cohort 9, residing in Wilmington, NC) announces that her coaching business, This is Grub, which is largely focused on nourishment as a gateway to whole health and deep healing, launched a national 6-week online course called "Real Food for Real Life" on June 1. The virtual workshop focuses on two key tenants: Choose Real Food, and Listen to Your Body. The highly inspirational content will reach a broad national audience and the coaching principles and skills she has learned in IHCPT were instrumental in developing many facets of the course.

Jaqui Duvall (Foundation cohort 16 and Certification cohort 7, residing in San Jose, CA) has been writing a monthly newsletter on personal growth related topics for several years. In the last two years since she has been doing "health" coaching for the VA, she has written a couple of articles that relate to her experiences coaching veterans that may be relevant for other coaches. Most recently, she has been writing a series of articles on stress management and stress reduction techniques. The last six months of articles can be accessed on her [website](#).

Michael Imani (Foundation cohort 18, residing in Atlanta, GA) announces that his company Impedio Health has been awarded pending recognition from the CDC's Diabetes Prevention Program (DPP). The DPP program aims to assist in the prevention and/or management of chronic diseases including type 2 diabetes, obesity, heart disease, and other lifestyle related diseases. Impedio Health is one out of four companies to deliver the program across a digital platform, and the first to use an SMS-based model.

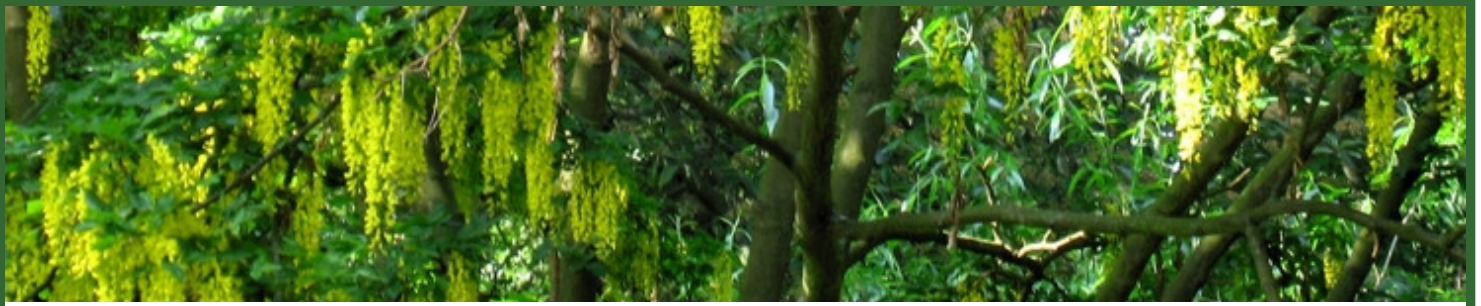
Cynthia Knapp Dlugosz (Foundation cohort 6 and Certification cohort 5, residing in Ann Arbor, MI) has *finally* launched her blog, [Time*Weight*Money*Stuff](#), devoted to evidence-based information and helpful resources for time management, weight management, money management, and "stuff" management (with a good dose of mindfulness sprinkled in). She also stepped in for an ailing speaker at the recent American Pharmacists Association Annual Meeting, presenting on "Approaches to Management and Prevention of Obesity" on March 28, 2015.

Cynthia Moore (Foundation cohort 4 and Certification cohort 2, residing in Palmyra, VA) is

one of the organizers/sponsors for the Moving Beyond Ordinary Wellness conference on June 26-27, 2015 in Charlottesville Virginia. Key presenters will include Jim Dykes, MD and John W. Travis, MD, Susanna Williams, PhD and Rev. Patricia Lanksy. Themes include the healing power of connection and birth to death wellbeing. Registration for the event is \$60. Open to Duke IHC alumni, lay public and those in the helping professions. More information is available [online](#).

Suzanne Nixon (Foundation cohort 3, residing in Leesburg, VA) was contracted by the exclusive resort Salamander's in Middleburg, VA to launch their wellness programs. In April she led the first in a series of wellness retreats titled Be Well Live Well: A Women's Wellness Retreat. Participants "lived wellness" for 3 days. Daily, we meditate, take extended nature walks, receive "tapas style" educational lectures on wellness, engage in discussion, share meals and of course have time for spa. It was a huge success! She will be back in fall for a men/women's retreat.

Ken Zeno (Foundation cohort 4 and Certification cohort 1, residing in Churchville, PA) has recently completed certification as a HeartMath© Coach. [HeartMath©](#) is an evidence-based, scientifically validated method of coaching/mentoring for stress management and resiliency. Its focus is on aligning the Heart-Mind and drawing on the Intuitive aspect of your heart. This program demonstrates how you can respond differently to stress and teaches you how to manage your emotions and engender resiliency through HeartMath© techniques.



Articles

Letter from the Editor

The Convergence of
Personal Health
Technology and Integrative
Health Coaching

Group Coaching with Dr.
Shelley Wroth

The Seeds of Mindfulness:
An Interview with James R.
Dykes, MD

Professional Development
Committee Update

Alumni Announcements

Announcements and
Upcoming Events from
Duke Integrative Medicine

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[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 to be included in the next issue of the newsletter, please [click here](#) to complete the online form.

Update on National Credentialing

As many of you know, Duke IM has been engaged in a collaborative effort toward the creation of national standards for health and wellness coaching. Over the past 5 years much work has been done in that regard by The National Consortium for Credentialing Health and Wellness Coaches, of which we are a part. A summary of the steps that the Consortium has taken and the recommended standards devised has been published in Global Advances in Health and Medicine. Details about the progress that the consortium has made and a link to the Global Advances article as well as a timeline and next steps is available online at: www.ncchwc.org. We encourage everyone to become familiar with this website and invite you to submit your comments and feedback to the Consortium in the links provided there. We all look forward to the next exciting phase of this process together. Thank you to everyone for your partnership in this dynamic field of work!

Job Opening at Duke Integrative Medicine

Duke Integrative Medicine is currently hiring. If you are interested in learning more about this job opening, please refer to the information below for more details including how to apply.

Education/Training Coordinator:

The education/training coordinator will be a core instructor for the Integrative Health Coach Professional Training program at Duke Integrative Medicine in Durham, NC. Trainings will be delivered both in-person and distance. The education/training coordinator will be responsible additionally for the development and delivery of customized programs as well as outreach to corporate clients. They will be responsible for both grant and proposal writing and preparation to support the implementation of health behavior change programs. They will provide administrative direction to their assigned programs to include managing and coordinating financial development and administration as well as program design and delivery to ensure fulfillment of the program objectives.

Preferred candidates will have:

- Minimum of a Master's Degree in a health related field
- Professional coaching experience of at least 3-5 years
- Training/instructional experience of at least 3-5 years
- Grant and proposal writing experience of at least 3-5 years

To view the complete job description and apply please

visit <https://www.hr.duke.edu/jobs/apply/index.php> and reference requisition number 400950812. Please also contact Natasha Dobbins at 919-684-9812 or natasha.dobbins@dm.duke.edu to let us know that you have applied for the position.

Launching New Design for Certification Course

As you know, Duke IM has been continuously evolving the IHCPT program in response to valued feedback from our graduates and the changing field of health coaching. We are excited to share with you the newly revised Certification Course.

Beginning in August 2015, the Certification Course will utilize a new online learning management system for increased functionality and ease of use. The course structure has also been optimized to provide extensive opportunities for coaching practice, and is summarized in the bullets below.

Certification Course Components as of August 2015:

- Web Based Trainings (WBTs): Online, self-paced modules that present the content of the course
- Demonstration Videos: Coaching demonstrations that illustrate the use of integrative health coaching skills, process, and partnership
- Group Sessions:
 - 8 small group sessions using WebEx online meeting center to connect instructors and a small group of students
 - During these sessions students will have the opportunity to ask questions about the WBTs and demonstration videos
 - Students will take turns practicing coaching one of the instructors and receiving feedback from the group
- Mentor Sessions:
 - 3 individual sessions pairing each student with an instructor
 - Students will bring audio recordings of their coaching and receive individualized feedback from the instructor
- 50 Professional Coaching Sessions:
 - 50 documented coaching sessions
 - Each session must be at least 20 minutes in duration
 - Sessions may be a combination of paid, pro bono, or bartered sessions (with no more than 12 pro bono or bartered sessions)
- Written Exam: Designed to assess your understanding of the core material taught in the course
- Oral Exam: Designed to assess your application of integrative health coaching core skills, process, and partnership

We hope that you will join us for the next [Certification Course beginning in August 2015!](#)

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 August 2015 Foundation Course. Foundation Course information is available on our [website](#).

Interpersonal Mindfulness

July 9 - September 3, 2015

Our lives are webs of social relationships and communication. In all relationships we find both joy and tension, the wish that things be different and appreciation for what we have. But often we can function in our relational lives as if we are asleep; being pulled by likes and dislikes, assumptions and judgments. Developing the practice of interpersonal mindfulness allows us to be more engaged and caring, with others and with yourself. This class is based upon the practice of Insight Dialogue, tailored for those who have completed an MBSR course. More information is available on the program [website](#).

MBSR Distance Learning

July 14 - September 1, 2015

Mindfulness-Based Stress Reduction (MBSR) is a method of using meditation and yoga to cultivate awareness and reduce stress. It is based on the ancient practice of mindfulness, which is about waking up, being fully alive, and being present for the richness of each moment of our lives. Within this awakening, we gain access to our deepest inner resources for living, healing, and coping with stress. This offering is designed to deliver the same teachings and opportunities as the on-site program 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](#).

Cultivating Mindfulness in Relationships

July 17-18, 2015

In this mindfulness retreat we will learn mindfulness practices to do individually in silence, and mindful speaking and listening practices with each other. Meditation instructions will support your investigation into repetitive habits and will help you to examine your relational life with creativity, wisdom and compassion. More information is available on the program [website](#).

The Not So Big Life

August 20-22, 2015

In this workshop, you'll discover how to inhabit your life completely by listening to what your heart already knows. The end result is greater meaning, vitality, and a sense of being at home in your life, focused not on what you do, but instead on how you are in everything you do. Explore techniques for remodeling your life, transforming it into something you love, without having to change your outer circumstances at all. More information is available on the program [website](#).

Therapeutic Yoga For Seniors Professional Training

November 13-20, 2015

Duke Integrative Medicine is offering a unique opportunity for yoga teachers to earn a certificate of completion in Therapeutic Yoga for Seniors. This pioneering eight-day program designed for registered yoga teachers combines the best of modern, evidenced based medicine with the ancient wisdom, experience and tradition of Yogic teachings.

Duke medical experts- physicians, exercise physiologists, physical therapists and health psychologists- will cover health conditions common to seniors, such as heart disease, arthritis and osteoporosis. Experienced yoga therapists will provide hands-on training in appropriately modifying postures for safe and effective work with older adults, with emphasis on those new to yoga. Special issues in teaching elderly students will be addressed, including pain management, fall prevention, spirituality, and aging. More information is available on the program [website](#).