



Winter 2015 IHCPT Alumni Newsletter

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Letter from the Editor - Winter 2015 Newsletter

Greetings for the holidays Duke Integrative Health Coaches,

As integrative health coaches we know one of the tenets of change is transition. This issue of the newsletter represents just that, a transition. After two years, I have decided to hand the reins of the Newsletter Committee to a new chair who has the background plus brings the skills and tools to build on the foundation. I am pleased to share with you that Rachel Kuliani will serve as Chair of the Newsletter Committee following publication of this issue. All of you know and have worked with Rachel, and it is a delight to hand the leadership over to her.

It has been an honor and privilege serving as chair of the IHCPT Newsletter Committee and working with its dedicated members. These individuals volunteer their time and energy to each issue, and without their commitment there would be no newsletter. I would like to thank them for their commitment, skill, and support over the past two years. I know with Rachel at the helm, they will continue to evolve the newsletter for the IHCPT alumni.

This newsletter has some wonderful articles that I know will be a pleasure to read. Maggie Cooper has kindly interviewed Marilee Johnson and Janice Horner. Marilee and Janice set the example for all of us to follow in a shift away from the old paradigm that we have known as healthcare to assisting providers in redefining the future. Jo Brewton has beautifully captured the details of the Professional Development Committee (PDC) call with Dr. John Evans who is a writing clinician and integrative health coach, and teaches [Transform Your Health: Write to Heal at Duke Integrative Medicine](#). Enjoy reading the Duke IM Update and Alumni Announcements that help us stay up-to-date with the latest news from our “mother ship” and fellow colleagues.

As this year draws to a close, it is a time to reflect on what we have done well and what needs to be improved in all aspects of our lives. May 2016 open new opportunities for growth of your integrative health coaching practice. We appreciate that you continue to participate in the Duke IHCPT Alumni Community in ways that work for you: alumni committees, posts to the Alumni Forum, and development of topical or regional interest groups to share with others to name a few.

On behalf of the Newsletter Committee, we wish you a restful and relaxing holiday season. Thank you once again for all your support.

With gratitude,

Sonali Birla
Newsletter Committee Chair
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Let's Take a Moment to Write About That: Writing for Health with Dr. John Evans

By Jo Brewton

On Wednesday, November 18, 2015, the Professional Development Committee hosted a call with Dr. John Evans, writing clinician and integrative health coach, who teaches [Transform Your Health: Write to Heal at Duke Integrative Medicine](#). Evans opens the conversation stating, "I love to talk about writing for health!" Over his years of teaching and working with Dr. James Pennebaker (*The Pennebaker Paradigm for Writing to Heal*, University of Texas, Austin, TX), he says that he has developed 16 reasons to include writing in health coaching (see list below). A few of those reasons are creating vision and setting intentions; clarifying values; and assessing status of the work. He points out that Duke integrative health coaches already have clients do quite a lot of writing with the health survey, so it's a natural transition to exploring writing with the client. He feels that "writing stimulates thinking and increases perception while deepening understanding of the story." He is a proponent of writing in the third person, or from the point of view of someone else, to gain powerful perspective.

Evans feels strongly that writing helps to facilitate the practice of mindfulness, moving from awareness to acceptance to appreciation to affection and affirmation. He encourages his clients and students "to write what they're aware of at this moment." He discussed the difference between the writing space and the talking space explaining, "Writing opens the mind to increased awareness. Moving the pen across the page is a whole-brain activity, and stimulates memory and creativity." He often suggests, "Let's take a moment to write about that."

When teaching a class or working with a client Dr. Evans suggests asking, "What does it mean for you to be here today?" Then he will give a client between thirty seconds and two minutes to write a brief response. He also affirms, "Writing between sessions can be wonderful. And it can be beneficial without being long. I don't want clients to be stressed about length." He goes on to explain that helping clients tap into their own language can be more helpful than using a 1-10 scale to determine readiness or importance. He encourages, "Let the client put their language to use. As coaches, we can learn a lot from their language."

Evans often invites a client to make a note along with him "to remember something about the session." Writing can also set an intention for the lapse between sessions and help to assess status of the work. He went on to say, "The more familiar we are with the principles of writing to heal, the easier it is to create opportunities for it with clients." He feels strongly that coaches must remember that this type of writing is not about grammatical correctness. Additionally, he suggests that coaches might time a client for thirty seconds while they write, so that they have a sense of how long this is. "It's not long," he says, "but it demonstrates that in thirty seconds you can write something meaningful and useful." He pointed to the research indicating that even brief writing for health demonstrates reduction in stress and lower blood pressure. In closing, Dr. Evans says that as coaches integrate writing into working with clients, it builds confidence for both client and coach in the clarity of thinking that writing brings. "It helps clients to stay on track," he feels, "making something concrete that can be pretty ephemeral." Finally, he shares that he begins his sessions with a small mindfulness exercise because "it's all about the awareness."

John F. Evans, MAT, MA, Ed.D is a writing clinician and integrative health coach who works with groups, individuals, and health care professionals, including physicians, nurses, therapists, counselors, psychologists, social workers, educators, personal coaches, and alternative health care practitioners, teaching them how to use writing for better physical, emotional, and spiritual health. Evans is founder and executive director of Wellness

& Writing Connections, LLC and provides individual, group, and institutional life course guidance programs. Recently, (2014) Evans co-authored *Expressive Writing: Words that Heal* with James Pennebaker. His book (2010), *Wellness & Writing Connections: Writing for Better Physical, Mental, and Spiritual Health*, is a collection of essays from the Wellness & Writing Connections Conference Series. You can reach Dr. Evans at info@wellnessandwritingconnections.com.

Sixteen Reasons to Include Writing in Your IHC Toolbox (Evans and Jooste)

1. Creates vision and sets intentions
2. Clarifies values
3. Assesses status
4. Stimulates thinking that leads to insights and understanding
5. Changes perspective and perception
6. Facilitates mindfulness practice
7. Expresses and defines readiness to change
8. Clarifies importance and builds confidence
9. Removes obstacles to build confidence and resilience
10. Measures progress
11. Encourages one to stay on track (stickiness)
12. Builds resilience (maintenance)
13. Affirms strengths
14. Communicates gratitude, empathy or compassion
15. Creates, develops and supports exuberance
16. Produces opportunities for one to flourish



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By Maggie Cooper

The phenomenal practice of Integrative Health Coaching, although growing, is still one of the best kept secrets within the healthcare system. Health care providers are struggling with the changes from the Affordable Care Act, yet many continue to practice either without change or only minimal change as a direct response to regulation. Many are left scratching their heads and asking, “How can I make my practice about the patient again?”

Recently two of our Duke IHCPT graduates were invited to speak to a group of pharmacists who were interested in the practice of coaching and how it could weave into the ACA regulations. Marilee Johnson and Janice Horner, armed with over 30 years of health care experience, their Duke training and a passion for helping others achieve wellness, eagerly accepted the invitation.

Marilee Johnson, MBA is a graduate of UNC Chapel Hill and Meredith College. She currently is Manager of Education and Networking at Southern Atlantic Healthcare Alliance in Cary, NC and has her own private coaching practice.

Janice Horner is owner of Ever Better Integrative Health Coaching, LLC and works part time as a practice manager for a health care provider. She has held various roles in health care education, quality improvement, patient safety, and employee wellness.

Together they gave an in-depth report of how health coaching impacts treatment adherence, increases outcomes, and meets a desperate need in healthcare. They opened the presentation by highlighting the difference between coaching and Integrative Health Coaching. Following that, they explained the coaching process and behavior change model. They later shared statistics, best practices, and case studies that built a strong case for Integrative Health Coaching. These examples all emphasized the proven results of Integrative Health Coaching.

Both Janice and Marilee did an outstanding job digging into the Affordable Care Act and bringing attention to Medicare reimbursement for monthly follow up with patients. Because most physicians do not currently have time for this regular follow up there is opportunity for coaches to “mine for coaching gold” and partner with physicians to meet this need.

All Integrative Health Coaches have a responsibility to help the health care community learn and understand that Integrative Health Coaching is the next great healthcare innovation and part of the solution to their regulation woes. Coaches and health care providers can become great partners and refocus health care on the patient to improve outcomes for both patients and practitioners.

Marilee and Janice set the example for all of us to follow in challenging the old health care paradigm and assisting providers in redefining the future – a future that includes Integrative Health Coaching as an integral part of patient care.



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Professional Development Committee Update

Hello fellow Duke-trained Integrative Health Coaches!

The Professional Development Committee is so appreciative of the enthusiastic response to, and participation in, the monthly teleseminars that we refer to as the Professional Development Community Calls. Information about accessing the recording of each call is included in an email message sent to all alumni approximately 1 week after the call.

Occasionally, coaches ask how they can access recordings for older calls. The following list provides that information for calls that occurred to date in 2015.

Thanks again for your interest – we look forward to "hearing" you on a call in 2016!

Cynthia Knapp Dlugosz, BSP Pharm
 Certified Integrative Health Coach
 Professional Development Committee Chairperson
ckdlugosz@comcast.net

On behalf of the Duke IHC Professional Development Committee Members:

- Laura Beck
- Jim Dykes
- John Evans
- Leila Finn
- Eimer Kernan
- Cynthia Moore

2015 PDC Calls	Topic and How to Access Recording
January 2015	Coaches Creating Connection Finding your word for 2015 + Mastermind groups for Duke-trained coaches? <ul style="list-style-type: none"> • Dial 559-546-1299 • When prompted, enter access code 560-122-332 followed by the # key • When prompted, enter reference number 15 (for part 1) or 16 (for part 2) followed by the # key
February 2015	Duke IHC Virtual Book Club <i>Scarcity: The New Science of Having Less and How It Defines Our Lives</i> by Sendhil Mullainathan and Eldar Shafir <ul style="list-style-type: none"> • Dial 559-546-1299 • When prompted, enter access code 560-122-332 followed by the # key • When prompted, enter reference number 17 followed by the # key

March 2015	Coaches How-To Preparing for the ICF Associate Certified Coach (ACC) credential <ul style="list-style-type: none"> • Dial 559-546-1299 • When prompted, enter access code 560-122-332 followed by the # key • When prompted, enter reference number 18 followed by the # key
April 2015	“Coaching Mastery” call Focus on group coaching skills with Shelley Wroth https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jOG4h
May 2015	Update on national health coach credentialing with Ruth Wolever http://www.screencast.com/t/KN3Plu0W646
June 2015	New Coaches Discussion Forum https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jOA1h
July 2015	Building your coaching resume; programs to help expand your practice and network https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jOKIu
August 2015	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 https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jOmDk
September 2015	Coaching best practices: coach self-care, client care, continuing education https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jzcdL
October 2015	“Coaching Mastery” call What if you only have 5 minutes? Strategies for laser coaching with Shelley Wroth https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jzjwJ
November 2015	Writing for Health with John Evans https://www.freeconferencing.com/playback_br.html?n=/storage/sgetFC/Hudjz/jz3vR

Thursday
December 17, 2015
7:00 pm EST

New Coaches Discussion Forum

The link for the recording will be emailed to alumni approximately 1 week after the call.



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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.

Christel Autuori (Foundation cohort 14 and Certification cohort 6, residing in Ridgefield, CT) became the director of the Institute for Holistic Health Studies at [Western Connecticut State University](#) in Danbury, CT in September 2015. Christel is an adjunct faculty member at WCSU and teaches Principles of Holistic and Integrative Health. On November 21, 2015, Christel presented the stress management workshop, “You Keep Rolling When Life Starts Rocking” at the annual meeting of the [Connecticut State Dental Hygienist Association](#).

Melissa Colombo (Foundation cohort 21 and Certification cohort 10, residing in Chicago, IL) is thrilled to have accepted a Clinical Team Manager position with Iora/Harken Health in Chicago. Harken is an innovative clinic offering not only PCP visits, but health coaching, behavioral therapists, yoga classes, acupuncture and nutrition counseling.

Lila Cruikshank (Foundation cohort 10 and Certification cohort 4, residing in Winston Salem, NC) was the mindfulness instructor on a NIH study at Wake Forest Medical School lead by Dr. Fadel Zeidan in the neurobiology department. The study was conducted in spring 2015. [Click here](#) for a link to an article about the study.

Kathy Honeyman (Foundation cohort 19 and Certification cohort 9, residing in Raleigh, NC) is in the middle of facilitating a group for adults with developmental disabilities called "Healthy Lifestyles." It is a 12-week course, one hour each week, with 8 participants. The Healthy Lifestyles health coaching course was originally developed by the Oregon Department of Developmental Disabilities and is similar to the Duke Integrative Health Coach Training Program in that it shares the components of the Wheel of Health but has been adapted to work with this population. Great group!

Jim Kirkham (Foundation cohort 23, residing in Bloomington, IN) is working full time as a Health Coach for American Health Network. His current client is a manufacturing company in Indiana.

Suzanne Nixon (Foundation cohort 3, residing in Leesburg, VA) presented at the annual Virginia Women's Business Conference in Leesburg, VA on November 20th. Her seminar "Seeking a Zen State of Mind in a Fast Paced Hectic World: Mindbody Skills for Reducing Stress and Creating Calm" was on the Wellness Track and attended by 60 participants.

Ken Zeno (Foundation cohort 4 and Certification cohort 1, residing in Churchville, PA) was recently appointed as an adjunct faculty member in the Masters of Arts in Health and Wellness at Maryland University of Integrative Health ([MUIH](#)) in Laurel, MD. He will be teaching an on-site course entitled, “Theories and Principles of Behavior Change.” Maryland University of Integrative Health is one the leading academic institutions for integrative health in the nation.



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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.

2016 Certification Course Available for Registration

The February 2016 IHCPT Certification Course is open for registration! Register by January 4, 2016 to receive a discount of over \$400. The final day to register is January 15, so don't wait!

This course provides the opportunity for coaches to enhance their proficiency through skills practice, mentored feedback, online learning modules, and video demonstrations. Course completion includes a written and oral examination to demonstrate mastery of Integrative Health Coaching skills, process, and partnership. Required course components include:

- 8 Group Sessions: Small group instructor-led distance-learning sessions with coaching practice and feedback from instructors and the fellow participants
- 3 Mentor Sessions: Individual sessions for personalized feedback on audio recordings of professional coaching
- 5 Web Based Trainings (WBTs): Online, self-paced modules which guide learners through the course content
- 8 Demonstration Videos: Illustrations of the use of Integrative Health Coaching skills, process, and partnership
- Documentation of 50 professional coaching sessions (each session must be at least 20 minutes in duration)
- Successful completion of both an oral and a written examination

Visit our [website](#) to learn more about this course!

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 January 2016 and February 2016 Foundation Courses. Foundation Course information is available on our [website](#).

Value-Based Care

The U.S. healthcare system is in a state of transition. The fee-for-service model of reimbursement is rapidly going away. Duke Integrative Medicine's Value-Based Care course is designed to help providers navigate this change from a system focused on pathology to one focused on wellness. Value-Based Care at Duke Integrative Medicine offers providers the skills necessary for effective patient engagement during preventive health visits. Patients are more committed to lifestyle changes and adhere to treatment plans when providers actively create personalized, agreed-on health goals with them. The course also clarifies reimbursement procedures, and teaches how to easily code and document visits. This course is open for enrollment by individuals or organizations, and the entire program can be completed online in just a few hours. This course qualifies for continuing education credits for both physicians and nurses. More information is available on the program

[website](#).

MBSR Distance Learning

January 2016

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](#).

Therapeutic Yoga For Seniors Professional Training

April 4-11, 2016

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](#).

Leading Patients in Writing for Health

May 5-7, 2016

This workshop, led by instructors John Evans and Karen Jooste, 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. Now, healthcare providers can learn how to apply his theories to benefit their patients in a three-day training at Duke Integrative Medicine. More information is available on the program [website](#).

Mindful Yoga for Cancer

June 20-26, 2016

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](#).