



IHCPT Program Alumni Newsletter

Letter from the Editor

Greetings Integrative Health Coaches,

Welcome to the Spring 2016 issue of the IHCPT Alumni Newsletter! I am honored to be taking over for Sonali Birla and helping lead the wonderful work of the Newsletter Committee. These dedicated alums have put together a fantastic group of articles, yet again. This issue of the newsletter includes articles from Deirdre Breen and Maggie Cooper, who connected with two of our alumni to learn about their recent accomplishments. Deirdre interviewed Lisa Gold to learn about the expansion of her coaching practice into an integrative family wellness practice. Maggie shared updates from Dr. Sunil Daniel, who was recently appointed to a leadership role with the American Board of Obesity Medicine. We hope you will also enjoy reading the Duke IM Update for upcoming programs, the Professional Development Committee Update for information about the monthly teleconferences, and the updates from your fellow alumni in the Alumni Announcements section.

As we shift into a warmer time of year and move to thinking about renewal, growth, and where to focus our energies, I would like to share a poem that was recently shared with me. I hope this will resonate with many of you who jump into the work of coaching with passion.

With best wishes,
Rachel Kuliani

To be of use

By Marge Piercy

The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

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- Maggie Cooper
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Issue Contributors

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- Maggie Cooper
- Cynthia Knapp Dlugosz
- Rachel Kuliani
- Duke Integrative Medicine

I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put out.
The work of the world is common as mud.

Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

Source:

<http://www.poetryfoundation.org/poem/249346>



Integrative Health Coaching: On the Cutting Edge of the Medical Frontier — An Interview with Dr. Sunil Daniel, MD, FTOS

By Maggie Cooper

It was my privilege to visit with Dr. Sunil Daniel, Diplomate of the American Boards of Internal Medicine and Obesity Medicine. Dr. Daniel is also a graduate of Duke's Integrative Health Coach Training, January 2014. We discussed the growing possibilities of integrative health coaching:

M. Cooper: As a physician, what appealed to you about the Duke IHCPT program?

Dr. Daniel: I have been practicing obesity medicine for six years and have seen the field grow to become its own specialty. Lifestyle modification is the foundation of obesity management. It is resource and time-intensive, and is challenging to incorporate in clinic flow. Furthermore, a huge gap exists between what is available as comprehensive lifestyle modification intervention and what is needed. Duke's IHCPT training helps narrow this gap. I was searching for a health coach training program that is evidence-based, person-centric as opposed to disease-centric, protocol-driven, and easy to incorporate in clinic flow. Duke IHCPT provided all of the above and much more.

M. Cooper: How do you incorporate IHC principles into your medical practice?

Dr. Daniel: For me, provider-patient relationship begins the moment a patient walks into the door of my clinic. Like any relationship it requires trust, ease of being, openness, and partnership. During my initial patient intake, besides taking a medical, family, lifestyle, and disease specific history, I incorporate Duke's IHC process flow and protocols to help establish the patient's optimal health vision and values. It is an upfront time investment but pays huge dividends in the long run. It is the North Star in the dark desert night sky that is always available to navigate one to the right destination in time of crisis.

M. Cooper: What are the benefits of IHC to the patient with obesity?

Dr. Daniel: Common causes are much more than eating a lot and exercising little. They include biology, genetics, environment, and behavior. Life stressors, responsibilities, and busy lives further

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compound the problem. Patients often feel overwhelmed when trying to incorporate long-lasting lifestyle change. Studies show that up to 80 percent of individuals who try to lose weight gain it back within 6-12 months. There are complex biological forces at play that enable this. IHC provides a solid foundation and tested principles on which to rely during these trying times to help one stay focused on what is important. Patients find this relationship and non-judgmental accountability priceless.

M. Cooper: What advice can you give to IHC coaches in building relationships with physicians who may not be familiar with the coaching process?

Dr. Daniel: There is a large body of scientific evidence that supports integration of lifestyle modification in long-term management of chronic diseases such as diabetes, heart disease, obesity, and cancer. Almost all major medical, governmental, and public health organizations support this. However, there are barriers such as lack of standardized algorithms and difficulty receiving reimbursement for services such as coaching. Both providers and patients are sensitive to out of pocket cost. Being mindful of this will help guide conversations and build relationships with providers and patients alike. I am optimistic that the Affordable Care Act will help clarify the reimbursement part. Interest in the therapeutic use of mindfulness in medicine has increased over the last two decades. Centers for Medicare & Medicaid Services (CMS) has published guidelines for reimbursement for Intense Behavioral Therapy (IBT). The delivery of this service by a PCP who is trained in IHC needs to be explored. (<https://www.cms.gov/Outreach-and-Education/Medicare-Learning-Network-MLN/MLNMattersArticles/downloads/MM7641.pdf>)

M. Cooper: What is your message to other physicians about IHC?

Dr. Daniel: Efficacious and cost-effective strategies to enable long-term lifestyle modification are critical to the health of our nation. By incorporating models such as IHC into routine delivery of healthcare and engaging patients in self-care, we can partner with health coaching patients to not only reduce morbidity and mortality but also make us a happy and healthy nation.



Alumni Interview with Lisa G. Gold, Family Health Nurse Practitioner, PLLC

By Deirdre Breen

The Duke Integrative Health Coach Professional Training Program introduced the concepts and practices of non-judgmental presence and deep listening, and its alumni honed inquiry skills and learned the trans-theoretical model of behavior change. I was honored and moved to experience the outcome of that expert training in a dynamic interview with Lisa Gold, a nurse practitioner from Carmel, New York. Lisa exudes the wisdom captured in the pages of the Duke IHCPT manual, and I am delighted to share highlights of our interview.

Before enrolling in Foundation Cohort 15 and completing Certification Cohort 7, Lisa worked in a large medical system for 20 years. In the face of its systemic pressures and expectations to

produce unrealistic patient outcomes, Lisa sought another pathway through Duke's program. The result is a transformation of her own health and well being, and in the lives of her patients. Currently she has a private integrative family practice in which she incorporates coaching skills and provides weekly healing groups.

"The Duke training gave me skills and confidence. I experience more meaning and humanity in all my relationships. My patients are fragile, especially the ones that have to make big changes. Talking less and listening more empowers them and helps me to better understand how their health challenges affect them. They are actually the experts in their lives."

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Since her Duke training, she has noticed a distinction between having knowledge yet not knowing what is best for another human being. In an awakening compassionate, curious presence she creates “a cozy atmosphere in which I show up for my patients; they get to be who they are, and they get support to help them get to where they want to go. It’s a more curative process.”

Lisa has noticed a huge impact on her patients’ ability to follow through. She believes this is a result of having more time with them. “They are actually doing what they said they would do most of the time, and when they haven’t, we’ve cultivated trust and they can explore, be honest, and be asked, ‘So what’s going on with you?’”

Over all, Lisa expressed relief at being out of the “medical machine” she worked in for 20 years. She hopes that although patients still have serious issues, she has a new approach to helping them find answers, take responsibility, and accept limitations as needed. “How do you describe your role now?” I asked. “I am a catalyst,” she said.

Lisa Gold has a family integrative practice and invites alumni to visit her website: www.gentleintegrativecare.com



Professional Development Committee Update

The Professional Development Committee 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
Wednesday, March 23 7:00 pm EDT	Confronting the elephant in the room – is it possible to make a living as a health coach?
April	<i>Date and topic to be announced – watch your email and the alumni discussion forum for details!</i>
Monday, May 16 7:00 pm EDT	Duke IHC Virtual Book Club <i>One Small Step Can Change Your Life: The Kaizen Way</i> by Robert Maurer, PhD

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, ACC
Certified Integrative Health Coach
Professional Development Committee Chairperson

On behalf of the Duke IHC Professional Development Committee Members

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



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.

Jennifer Aerts (Foundation cohort 20, residing in De Pere, WI) was selected by The International Nurses Association through her profile on LinkedIn as a Top Integrative Nurse Coach in Wisconsin. She has been a member of this organization for the past year. The INA highlights and profiles nurses every year that demonstrate success and leadership. She was interviewed on her work and training to become a nurse, nurse coach, and integrative health coach. Her bio will be included in the 2016 Worldwide Leaders in Healthcare publication.

Christel Autuori (Foundation cohort 14 and Certification cohort 6, residing in Ridgefield, CT) authored the chapter, "Nurturing Wellness From Within: Creating Positive Health Styles through Integrative Health Coaching" in the recently published book, *Coaching for Powerful Change: The Keys to Unlocking Personal and Professional Transformation* compiled by Kelley Biskupiak and Deb Elbaum (published 2015 by Natural Nutmeg Press, Avon CT). Contact Christel at christel312@gmail.com for information on where to purchase a copy of this book.

Sunil Daniel (Foundation cohort 18, residing in Birmingham, AL) was appointed as a director to the [Board of Directors of the American Board of Obesity Medicine \(ABOM\)](#). Dr. Daniel also recently co-authored a publication titled "Weight maintenance: challenges, tools and strategies for primary care physicians" in [Obesity Reviews](#).

Lisa Gold (Foundation cohort 15 and Certification cohort 7, residing in Carmel, NY) has expanded her coaching practice to include an integrative family wellness practice. Lisa G. Gold, Family Health NP, PLLC is located in Poughkeepsie, NY and the new website is www.gentleintegrativecare.com.

Janice Horner (Foundation cohort 20 and Certification cohort 9, residing in Raleigh, NC) was interviewed for an article about health coaching in the [January 2016 issue of Carolina Parent magazine](#). Another writer saw that piece and interviewed her for an article about the importance of outdoor play for kids that will be published in the April issue of *Walmart World*, a magazine for Walmart employees. Janice is excited to help promote health coaching to the community!

Linda Kane (Foundation cohort 19, residing in Lititz, PA) announces that while launching an e-commerce store for handcrafted products to support whole-person wellness, she also offers freelancing services to wellness and creative entrepreneurs looking to grow their business or manage time and resources more efficiently. Linda has 17 years of corporate experience, including executive leadership roles. She graduated from Duke University (B.A. Math), is a Certified Personal Trainer, and completed Foundation Cohort 19. Contact Linda at kanelindam@gmail.com for your business needs.

Christine Kraft (Foundation cohort 23, residing in Washington, DC) became the Chief Care Officer at Voxiva in September. Voxiva is a digital therapeutics company serving Medicaid audiences. Her role is equal parts organizational change agent and storyteller to the marketplace. Lots to do and plenty of coaching practice for her; it's a wonderful opportunity to integrate her 15+ years of HIT product development with coaching skills. Her second highlight: The organization she works with (the DC Volunteer Lawyers Project) will be hosting First Lady Michelle Obama at their annual Voices Against Violence gala in April. They consider themselves fortunate to have her spotlight this important issue on behalf of families and children.

Laura McAughan (Foundation cohort 16 and Certification cohort 8, residing in Houston, TX) just received two federal trademarks for the logo of her coaching business, On Integrative Health Coaching Services.



Announcements and Upcoming Events from Duke Integrative Medicine

Alumni Announcements

Check out the previous page 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.

July-November 2016 Certification Course Available for Registration

The July 2016 IHCPT Certification Course is [open for registration!](#) Register by June 13 to receive a discount of over \$400. The final day to register is June 27, so don't wait!

Take your coaching to the next level by continuing your training with one of the nation's finest health care institutions and a world-wide leader in integrative medicine. 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 fellow participants
- 3 Mentor Sessions: Individual sessions for personalized feedback on audio recordings of your 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 May 2016 and July 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

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](#). Looking for next dates? Join a mailing list to receive notification when this course opens for registration [here](#).

Therapeutic Yoga For Seniors Professional Training

November 2-9, 2016 (Now Accepting Applications)

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 (Now Registering)

This workshop 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](#).

Introduction to Motivational Interviewing

June 10-11, 2016 (Now Registering)

Motivational Interviewing was developed with the understanding that the helping professional's style of engagement is largely responsible for eliciting either positive or negative client outcomes. MI incorporates techniques and strategies that increase the probability of positive change. It is a directive, client-centered approach designed to elicit and sustain healthy behavioral change by assisting individuals in exploring and resolving ambivalence. More information is available on the program [website](#).

Mindful Yoga for Cancer

June 20-26, 2016 (Now Registering)

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](#).

Mindfulness Training for Professionals

October 4-7, 2016 (Save the Date!)

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. Now bring mindfulness to your work life to reduce errors and empathy fatigue, and increase emotional resilience and job satisfaction. In four days, you will learn about the science supporting mindfulness and its benefits, the core techniques, and how to introduce these skills to others through direct practice experience. More information is available on the program [website](#). Join a mailing list to receive notification when this course opens for registration [here](#).

