



# IHCPT Program Graduate Newsletter

## Letter from the Editor

Greetings Integrative Health Coaches,

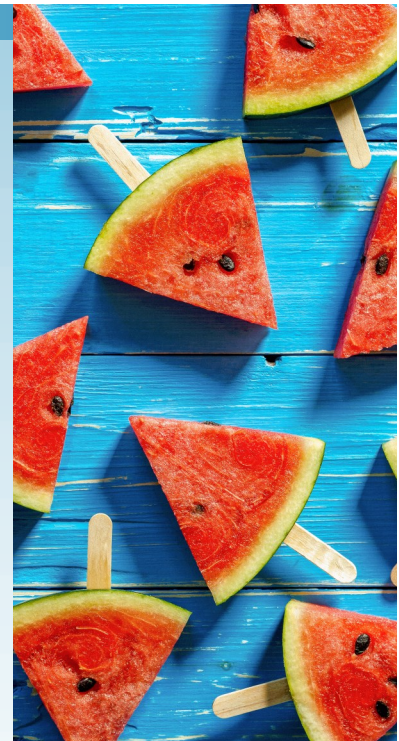
Welcome to the Summer 2017 IHCPT Program Newsletter! This issue of the newsletter includes three articles from your fellow graduates. Jess Ahlum writes about her perspective on growth, Deirdre Breen contributes her interview with Karen Goble about a recently published research article, and Janet Stolp shares a poem about the coaching journey. You will find an announcement from Cynthia Knapp Dlugosz about upcoming review sessions for the Health & Wellness Coach Certifying Examination. Also included are updates from your fellow IHCPT grads, as well as information about upcoming programs at Duke Integrative Medicine.

In case you missed it, the International Consortium for Health & Wellness Coaching (ICHWC) recently announced the 2018 dates for the Health & Wellness Coach Certifying Examination. The application window will be open from January 2 – March 15, 2018. Applicants may apply during this time to sit for the exam that is scheduled to be held at over 349 Prometric testing sites from June 15-30, 2018. More information is available on the [ICHWC website](#). For anyone who is already registered to take the exam in September 2017, additional resources are now available from ICHWC to assist you in your preparation: the [HWCCE Content Outline with Resources](#), the [ICHWC Code of Ethics](#), the [ICHWC Health & Wellness Coach Scope of Practice](#), and the [HWC Practice Exam](#).

Lastly, a new resource was published recently in the *American Journal of Lifestyle Medicine*. This publicly available "[Compendium of the Health and Wellness Coaching Literature](#)" includes a comprehensive compilation of the current health and wellness coaching literature. Downloadable appendices include spreadsheets containing details about the 219 articles. A link to this valuable resource has been added to your IHCPT Graduate Community Site's Resources page.

With best wishes for the summer,

Rachel Kuliani



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### Newsletter Committee

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- Maggie Cooper
- Rachel Kuliani
- Nancy Watson

### Issue Contributors

- Jess Ahlum
- Deirdre Breen
- Cynthia Knapp Dlugosz
- Rachel Kuliani
- Janet Stolp
- Duke IM Programs



## How are you choosing to grow?

By [Jess Ahlum](#)

Clients come in. They sit across from me and ask why things are not getting better. Why is their stress overwhelming? Why are they disengaged from achieving their goals? Why can't they think of anything to do that would make a difference?

Then I begin to share all of the tools I can to help them with their process of change. We talk about the ways that have become routine and what they are ready to shift. I turn the question around and ask them this: **How are you choosing to grow?**

*The responsibility is on all of us as individuals to make the choices to live healthy lives and grow in the direction of our dreams.*

How growth occurs is way beyond the nature versus nurture debate. We know that the expression of our DNA occurs based on experiences. We literally grow through the influences and exposures of our lives. (If you don't know this, check out [epigenetics](#)). There is very little of our health (mind and body) that is predestined. The more we do, think, and feel a thing, the more of that thing we become.

If we want to be really good at something, we can do it more and see ourselves growing in that direction.

If something isn't working for us, we can grow miserable, tired, depressed, hopeless, and ill. When we become aware that we are growing in a way not well suited to us, we can choose to grow in a different direction.

Novelty goes a long way. Making a change begins with the choice to try, to potentially fail, but to grow through the experience of something new. If we want to reinforce a change, we must repeat the experience, a lot, even when we can't see or feel a difference right away.

New, however, can be scary. Familiarity feels safe.

The subtleties of change can allude our awareness. Making a choice to grow into more of who we want to be, who we really are at our core, requires trust. If we don't take the time to stop and think about where we have been, how we are doing, and where we want to go, we will grow without direction. This could be a wonderful journey, or we could live to regret opportunities not taken.

My choice is to grow in the direction of greater ease. I'm tired of trying so hard. One of my action steps to support this intention is to devote more time to meditation. For me this is the art of being easy on myself, letting go of expectations, practicing self-love. Going intentionally for ease is a foreign place for me having tried so hard for so many years. Do it right Jess. Get more skills Jess. Be the best you can be Jess.

The novelty of the experience is a bit scary. How will this play out? Can I find more of myself by taking the pressure off? I am dedicated, despite not knowing the outcome. I am practicing trust.

So, how are you choosing to grow?





## A Curious Coach Publishes Qualitative Study of IHC Clients' Lived Experience: An interview with Karen L. Goble

By [Deirdre Breen](#)

During her Certification Course in 2009, Karen Goble was curious about the coaching client's direct experience of Integrative Health Coaching (IHC), especially clients with chronic health conditions. Eight years later, her study, "Transformative change to 'a new me': a qualitative study of clients' lived experience with integrative health coaching," is complete and was published in January's *Coaching: An International Journal of Theory, Research and Practice*. In a recent interview, she generously shared her experience and bottom lined take-aways for Duke IHCPT Graduates. This article cannot begin to encapsulate the profundity of the research or study's impact. [Here is a link to the article in its entirety.](#)

DB: In your study, you identify two methodologies of research: Moustakas' descriptive phenomenological approach, and photo-elicitation approach. What is it about these scientific approaches that appealed to you for this study?

*KG: Moustakas' descriptive phenomenological is a qualitative research method whose central premise is that of not-knowing. It is a systematic methodology of putting aside as much as possible, which parallels Buddhist beginner's mind. Photo elicitation is a research method that uses imagery to support clients in accessing non-verbal descriptions of experience when words are not enough. Images help clients get out of the mind and into the emotional and physical sensations which provides shifts in consciousness and new perspectives.*

DB: What key take-aways would you like to share with Duke IHCPT graduates?

*KG: I want to emphasize that coaches honor the clients' wisdom and innate potential to discover*

*themselves anew. Coaches need to remember to stay out of the way of the process and support the client with IHC skills and the quality of their presence - it is crucial.*

DB: How did you learn to do this yourself?

*KG: Through a dedicated mindfulness practice that has evolved to a compassion practice and being mindful of my own self-care. I really pay attention to how I come into a session. My north star of coaching is very clear: to support others on their journey. This, at its essence, is compassion.*

DB: How could coaches introduce photo elicitation with their clients?

*KG: Photo elicitation brings in more emotional and physical sensations that shift consciousness. It is helpful when clients are struggling in their head and heart space. Coaches can offer an invitation to find an image that gets to the core of what they are working with. I was amazed at how meaningful this was to clients and how it moved them forward in their process.*

DB: Along with encouraging graduates to read this important research, is there anything else you would like to convey?

*KG: Yes, thank you. I want to affirm the IHC process, it's what's doing the work; to acknowledge the remarkable contribution of the participants of the study, and to thank Dr. Ruth Wolever, she made*  
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*it possible for this study to happen, and acknowledge the other contributors, Sharon Knight, Sloane Burke and Dr. Lena Williams Carawan.*

Clients' comments about their experience with IHC:

'What she [IHC coach] did was open my heart and mind to be able to figure out what I wanted to do.' (Grace)

'Mindfulness is the dirt, the soil that the garden grows in.' (Ericka)

'The [coach's] acceptance ... reminds me of my loving kind nature which is just the opposite of the black and blue habit of mind and spirit that I held onto for a long time.' (Claudette)

Transformative change to 'A New Me' characterized by health and well-being, 'I guess the new me ... it's a whole new way of awareness ... a whole new way of living my life.' (Ana)

'My coach was a support system to help me be mindful.' (Kate)

'I was the player. I was the one that had to produce the results ... The bulk of it was on my back.' (Bill)

Karen L. Goble, MA, is a health educator and integrative health coach certified through Duke Integrative Medicine. She earned her Masters of Arts in Health Education and Promotion from East Carolina University in 2012 and currently serves as an Assistant Director of Continuing Medical, Pharmacy, and Dental Education at the Brody School of Medicine and Eastern AHEC. Karen partners with organizations to develop and deliver continuing education that explores wellness and mindfulness. Karen is a certified teacher of Cognitively Based Compassion Training through the Emory-Tibet Partnership, and a chaplaincy student at Upaya



## Review Sessions for Health & Wellness Coach Certifying Examination

In lieu of a summer Virtual Book Club, we will be holding a series of four review sessions in advance of the Health & Wellness Coach Certifying Examination (HWCCE) in September. The sessions will focus specifically on the "Health & Wellness" content described in section 3 of the HWCCE 2017 Content Outline with Resources document: risk factors for chronic disease, commonly used biometric measures,

and current lifestyle recommendations for optimizing health. Stay tuned for announcements of dates and times!

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Duke IHC Virtual Book Club Leader  
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# What if we go together?

By Janet Stolp

It is dark. cold.

Through sobs and tears you tell me there is no... way... out.

I cannot see your face, but your desperation washes over me: slowing my own breath.

May I sit beside you?

What is this dank place that echoes hollow,... and moist?

How long... have you been here... alone,... in the dark?

May I hold your hand?

Just our breath.... in....out...

Drips from the ceiling.

What are you thinking? Feeling?

Where is it you want to go?

What does it look like? Feel like?

I hear you speak... of bright sunlight,

warm breezes,

and rest.

Your voice has changed... clarity,... calm.

I see your legs uncross.

How would it feel if we walked together?

How should we begin?

Would it help to wrap arms... and rise.....catch our breath....

take a step...

take our time?

Is that a breeze? Do you notice it too?

Ahhhh ...a very small light.

Our feet in rhythm....steady,...together.

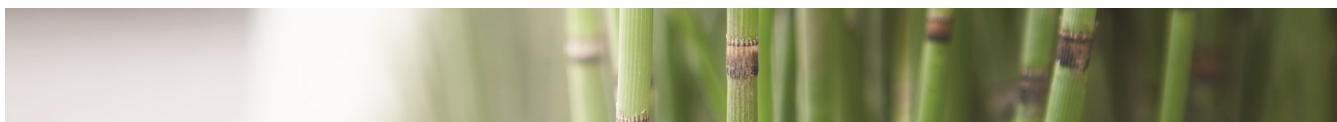
A new smell... a new sent.

Smiling... laughter,...

What are you noticing?

Hope.





## Graduate Announcements

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

Christel Autuori (Foundation cohort 14 and Certification cohort 6, residing in Ridgefield, CT) presented the workshop "Teaching Faculty and Students to Rebalance, Reset, Respond" on May 31, 2017 at the 7th annual Clinical Educators Workshop held at the Fones School of Dental Hygiene, University of Bridgeport in Bridgeport, CT. On May 16 2017, she presented the workshop "Finding Serenity in the Storm" at Western Connecticut State University in Danbury, CT.

Karen Bush (Foundation cohort 27, residing in Cleveland, OH) is pleased to announce that she will have a new position as a Health Coach at the Center for Functional Medicine at the Cleveland Clinic, headed up by Medical Director Dr. Mark Hyman. She is looking forward to being part of such an innovative, dynamic, and ever growing Functional Medicine Department. If you are interested in finding out more about functional medicine, she invites you to check out this [website](#).

Belynda Chambers (Foundation cohort 26 and Certification cohort 12, residing in Raleigh, NC) shares that she is inspired by all of the amazing health professionals she met at the Duke Integrative Medicine Health Coach training and has continued her studies in yoga and Ayurveda. She is now a Chopra Center/Yoga Alliance certified yoga instructor. She is exploring the idea of a "Health Truck" and taking the food truck class at Wake Tech. Loving life!

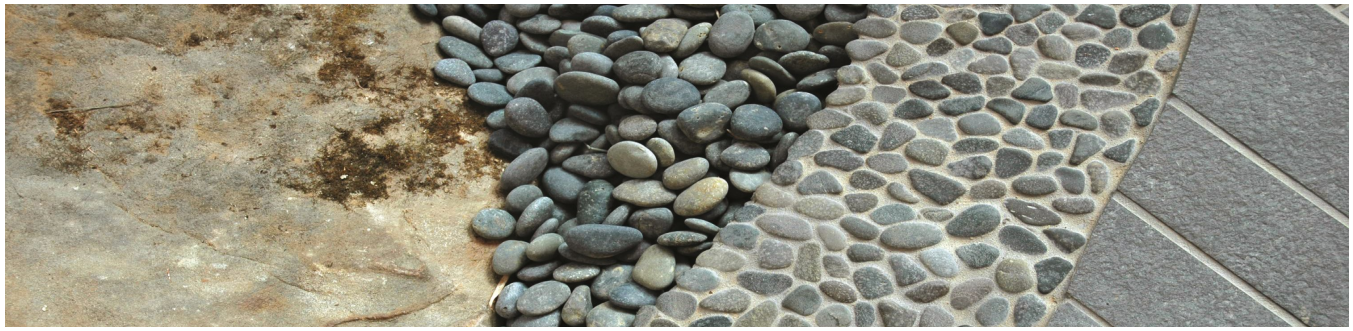
Kara Dowdall (Foundation cohort 32, residing in Seattle, WA) launched her website and her coaching business at [Life Hub Center](#) shortly after finishing the Foundation Course. She is hoping to specialize with two of her favorite topics - clients in career transitions and those with autoimmune disease - and is open for whatever happens on this amazing journey!

Leena Gupta (Foundation cohort 23, residing in San Diego, CA) presented "Practitioner as Coach," an online CEU course for healthcare practitioners about the history and application of health coaching in integrative healthcare.

Dave Hellman (Foundation cohort 23 and Certification cohort 13, residing in Alexandria, VA) launched The Karma Sense Foodcast, a magazine format podcast focused on food and its impact on culture, history, science, ethics, policy, and of course, health. It explores these topics in detail and with a touch of humor. The Foodcast is available through [iTunes](#). Dave would love to have Duke coaches who have food "stories" as guests and can be reached at [daveyh@daveyhealth.com](mailto:daveyh@daveyhealth.com).

Janice Horner (Foundation cohort 20 and Certification cohort 9, residing in Raleigh, NC) and Art Waber (Foundation cohort 3 and Certification cohort 1, residing in Cary, NC) co-facilitated a program called "Mindful Eating: Understanding Your Relationship with Food" at seven of the Wake County (NC) libraries in March. They had wonderful discussion with the participants and plan to take this program to other local venues this year. They also want to give credit to Marilee Johnson (Foundation cohort 4 and Certification cohort 1, residing in Raleigh, NC) for helping create the program although she was unable to help co-present in March.

Laurel Walther (Foundation cohort 28 and Certification cohort 13, residing in Cary, NC) recently published a children's book that highlights the importance of sleep and rest called *The Bats Don't Have a Bedtime!* It is available on [Amazon](#).



## Announcements and Upcoming Events from Duke Integrative Medicine

### Graduate Announcements

Check out the previous page to view updates from your fellow IHCPT grads 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.

**Several of Duke IM's upcoming programs are highlighted below. To view all of our public and professional programs, please visit the [Duke IM Programs & Training webpage](#).**

### IHCPT Certification Course

July-November 2017 (Now Registering – Early Registration Deadline is June 30)

Visit our [website](#) to learn more and register for this course!

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 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:

- 3 Mentor Sessions: Individual sessions with 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
- Healthy Living Curriculum: Designed to provide coaches with a well-rounded review of healthy living to enhance their knowledge base for coaching
- Successful completion of both an oral and a written examination

### 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 Graduates. 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 July 2017 and October 2017 Foundation Courses. Foundation Course information is available on our [website](#).



### MBSR Distance Learning

July 2017 (Now Registering – Early Registration Deadline is June 23)

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](#).

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## Announcements and Upcoming Events from Duke IM (continued from previous page)

### **The Not So Big Life**

August 31 – September 2, 2017 (Now Registering – Early Registration Deadline is August 14)

Have you ever wondered if there's more to life than meets the eye, or suspected that you're missing a big part of it? Ever felt like a human "doing" rather than a human "being?" Sarah Susanka, best-selling author of *The Not So Big Life*, offers guidance in this weekend workshop to help you identify what's in the way of living your full potential – right here, right now. 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](#).

### **Mindfulness Training for Professionals**

October 3-6, 2017 (Now Registering – Early Registration Deadline is September 13)

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. When finished, you will receive a certificate of completion and join a network of professionals who are using mindfulness in their work. More information is available on the program [website](#).

### **Transform Your Health: Write to Heal**

November 2017 (Registration opens by August 1)

This workshop is designed to help you discover ways to manage stressful events and upheavals in your life through writing. The act of writing engages internal healing resources that affect mental and physical health. Expressive writing has the power to help you reduce heart rate and blood pressure, minimize stress, strengthen the immune system, and improve your self-esteem. More information is available on the program [website](#).

### **Integrative Yoga for Seniors Professional Training**

November 2-9, 2017 (Now Registering – Early Registration Deadline is October 13)

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](#).

