



IHCPT Program Graduate Newsletter

Letter from the Editor

Greetings Integrative Health Coaches,

Welcome to the Fall 2017 IHCPT Program Newsletter! This issue of the newsletter includes two articles from your fellow graduates. Deirdre Breen writes about her interview with Melanie Kolkin and a recently published research article about a Duke coaching study. Kathy Whelan shares her article about the power of coaching in her life, both personally and professionally. You will also find announcements from your fellow IHCPT grads, as well as information about upcoming programs at Duke Integrative Medicine.

Many Duke IHCPT grads participated in the first Health & Wellness Coach Certifying Examination earlier this month. Thank you for continuing to be trailblazers in the field of health coaching! If you are considering sitting for the exam but missed the first opportunity, 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 and resources to help you prepare are available on the [ICHWC website](#). You can also visit the [IHCPT Graduate Community Website](#)'s Resources page for recordings from the July-August 2017 review webinars led by IHCPT Graduate Cynthia Knapp Dlugosz.

If you follow Duke IM on Facebook, be on the lookout for changes coming soon. As you may know, we post regularly throughout the week with health and coaching related articles, videos, and other links of interest. Beginning soon, we will be posting as Duke Integrative Medicine instead of as Duke IM Programs. Please like our [Duke Integrative Medicine Facebook page](#) now so you don't miss out on content as we make this transition!

In case you missed the announcement, we have a new online course that is now available for registration: [Social Media Presence and Marketing for Coaches](#). Many IHCPT grads are looking for more guidance on how to plan a successful social media strategy to engage potential clients and help to build their coaching business. This webinar series will help you better understand the changing social media landscape and create a plan for gaining more visibility for your coaching business.

Lastly, if you are interested in writing an article for a future issue of the IHCPT Graduate Newsletter we would love to hear from you! Please send us an email at rachel.kuliani@duke.edu with the topic and timeline for your article.

With best wishes for the Fall,
Rachel Kuliani



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Challenging the Perspective of Self-care as Selfish in U.S. Clergy

Duke Coach Participates in Spirited Life Clergy Study: Interview with Melanie Kolkin

By [Deirdre Breen](#)

What happens when you gather a population that holds a harmful belief and facilitate a long-term inquiry into the impact on health and behavior? This question was one of several explored as part of a robust study facilitated by the Duke Global Health Institute in cooperation with the Spirited Life Intervention, part of Duke's Clergy Health Initiative. Recently published in the *American Journal of Preventive Medicine*, this study was designed to target metabolic syndrome and stress simultaneously. This multi-component health intervention consisted of personal goal setting, the opportunity for monthly health coaching, an online weight loss intervention, a small mid-study grant, and three stress management workshops that included theological content to support healthy behaviors and included 1,100 United Methodist clergy.

Melanie Kolkin, a Duke trained coach and social work student who was involved in coordinating the data for the study, shared her experience in a recent interview. We discussed the important role of exploring perspectives in the coaching process and the powerful shifts in behavior that can result. One of the features of the clergy study explored the perspective of self-care as selfish. This perspective is common for clergy in general because taking care of oneself runs counter to spiritual and religious values. However, this perspective seriously jeopardizes the quality of clergy health and well-being. The prevalence of metabolic syndrome and other health conditions among the self-

selected clergy group exceeded 50% at the beginning of the study. Given the high-risk health conditions, participants of the study had the opportunity to deeply reflect on the long-term impact of 'caring for others before yourself' on

themselves and their community. Clergy were encouraged to work with coaches to explore the possibilities to improve their overall health and well-being. After two years, the sustained health improvements included an overall 12% reduction in the prevalence of metabolic syndrome. These findings are among many that support long-duration behavior change interventions and population-level interventions that incorporate the full range of the integrative health coaching process.

Melanie has graduated from social work school and is pursuing a clinical social work degree. She believes the skills she developed during the Duke IHCPT program are the core of her strength and presence with others. When asked what she would like to share with Duke IHCPT alumni she emphasized, "Know your biases so that when they show up you can work with them ... because they show up and reflect in our body language and that can shut a client down. We may be the only person who genuinely asks for a client's lived experience. When a client trusts me it truly lands in my soul." Melanie Kolkin is currently working with incarcerated women in Baltimore, Maryland, she can be reached by email at melanie.kolkin4@gmail.com.

For complete information on the study visit www.clergyhealthinitiative.org. An article about the study was published in the June issue of [Duke Today](#).

Study details: "A 2-Year Holistic Health and Stress Intervention: Results of an RCT in Clergy." Proeschold-Bell RJ, Turner EL, Bennett GG, et al. [American Journal of Preventive Medicine](#). Online June 19, 2017.



Melanie Kolkin



Deirdre Breen



The Power of Coaching — I Too Need a Coach or Two

By [Kathy Whelan](#)

When I first became interested in health coaching, I figured I was in a good position to help others. I exercised, ate well, and kept up with my medical appointments. Things were looking pretty good for me in my mid-sixties: I didn't take any prescription meds and no joints needed replacing. Other people's health worried me more than my own. The plan as I saw it: I would be the coach and others would be my clients.

A few surprises came my way the first day of my training at Duke Integrative Medicine. I realized I would not only coach but also *be* coached. And not on a fictional scenario but on an authentic health issue of my own. It did make sense to work on a real health problem, but what would that be? What needed fixing?

Soon I learned I was defining my "health" far too narrowly. Integrative medicine takes a very broad view of health and well-being. Rest, mindfulness, spirituality, personal and professional development, relationships and communication - these were areas to which I'd paid little attention. But they all affect our health in a very real way. I had to admit I had plenty of health issues to tackle.

I coached and was coached. Through the open-ended questions of my classmate-coaches, I developed a vision of my future health and explored the personal values connected with it. I began making discoveries I might never have made on my own: better sleep could benefit multiple areas of my health, relaxation and mindfulness techniques would serve me well, my work was not as fulfilling as I wanted it to be. I was struck by the value of small, personal, experimental steps and the ways of taking something positive from failure as well as from success. The integrative health coaching process, I learned, is suitable for just about anyone. It inspired me even more to start my own business helping people with all kinds of health problems.

But how to begin, I wondered. A friend who founded a very successful leadership coaching business had a lot of good ideas. She suggested coaching and referred me to someone I have been with ever since, Doe Kittay of Leap Coaching Group.

In our coaching relationship, Doe asks me the same kind of open-ended questions I encountered during my Duke program, and once again I am experiencing the power of working with a coach. The loneliness of beginning a business without a business partner, the discomfort of selling myself in a new way, my tendency to overlook my personal strengths, and my need to quiet the negative voices in my head – with her help, I have dealt with these issues and more. Knowing that professional development is a dimension of my health and well-being, I need to be sure my business is enhancing my health rather than stealing it from me. The challenges that seemed like steep mountains now seem, thanks to my coach, like rolling hills. And now, most days at least, I enjoy the climb.

I have several other coaches in my life as well. My fellow health coaches and I work together on our own issues as we practice our coaching. With these like-minded, like-hearted people, I've not only honed my coaching skills but also continued to improve my health.

As I think of my ideal health these days - not in the narrow sense in which I used to think of it, but in a fuller and more personally meaningful way - I now see it as a work in progress, which I expect it will always be. But I know I'm closer to ideal health now than ever before thanks to the power of coaching.





Graduate Announcements

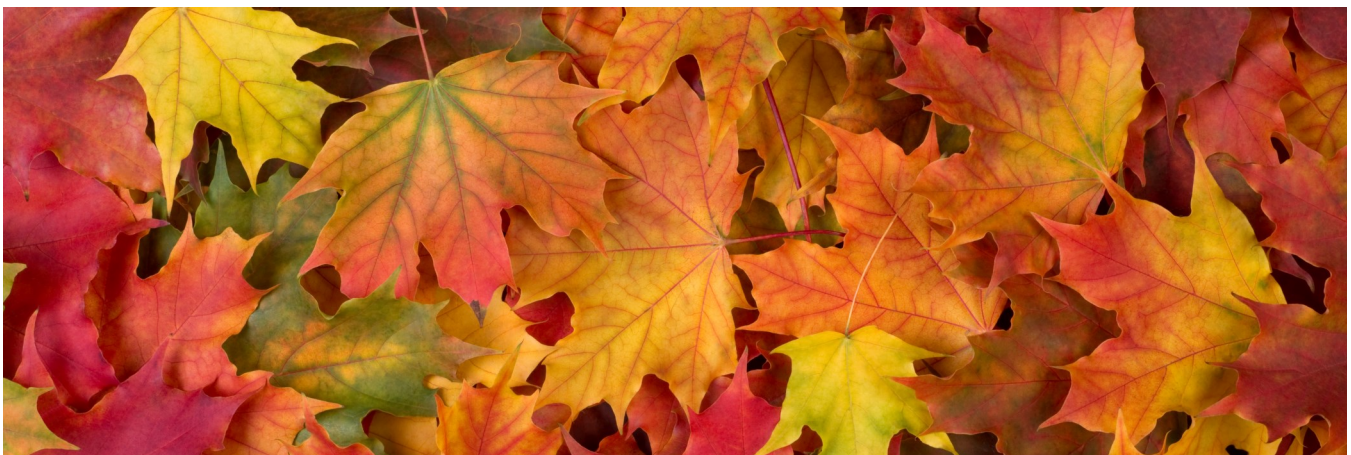
Do you have an announcement such as a publication, presentation, or other professional accomplishment that you would like to share with your fellow grads? If so, [click here](#) to complete the online form with your information. Announcements will be included in the next issue of the Newsletter.

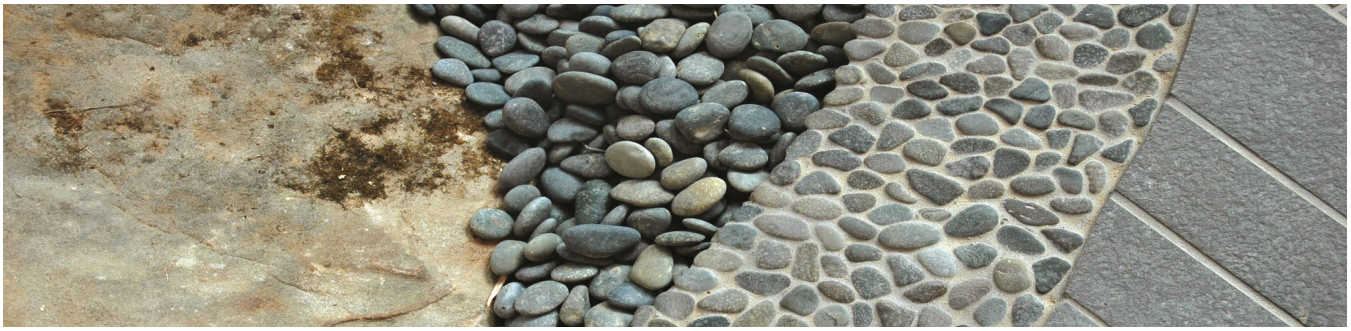
Greta Jarvis (Foundation cohort 30 and Certification cohort 14, residing in Portland, OR) recently launched her new business: Nutrition for Good! Her foundational beliefs are that food should be cherished, not feared, and that all bodies should be honored, not shamed. Nutrition for Good means nutrition for empowered, confident, and unrestricted living. Nutrition for Good means nutrition for sustainable and authentic health, once and for all. Learn more at www.nutritionforgood.net, www.facebook.com/discovernutritionforgood, or www.instagram.com/nutritionforgood.

Melanie Kolkin (Foundation cohort 19, residing in Baltimore, MD) is co-author on a recently published study out of Duke. The article reports on effects of a unique intervention designed to improve the health of NC United Methodist clergy, who have a higher rate of metabolic syndrome – a cluster of cardiovascular risk factors – than the general population. The article was published in the [American Journal of Preventative Medicine](#), “A 2-Year Holistic Health and Stress Intervention: Results of an RCT in Clergy.”

Cynthia Moore (Foundation cohort 4 and Certification cohort 2, residing in Palmyra/Charlottesville, VA) recently completed a presentation for the Maryland Academy of Nutrition & Dietetics on May 12, 2017 in Linthicum, MD titled "Incorporating Mind-Body Skills into Nutrition and Diabetes Care Settings." This presentation included experience in the "8-Weeks Towards Wellness" program. She also started a new 8-week program for people with diabetes or pre-diabetes that includes health coaching, practicing mind body skills, and diabetes prevention information. She also delivered a workshop at Yogaville on September 15-17, 2017.

Janet Stolp (Foundation cohort 11 and Certification cohort 6, residing in Durham, NC) served as a Seminar Workshop Instructor on “Health Behavior Change Skills” for the Duke-Johnson & Johnson Nurse Leadership Program. This workshop addressed the benefits of motivational interviewing as well as the possibilities that lie ahead as medical centers incorporate behavior change modalities into the clinical setting.





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

October 2017-February 2018 (Now Registering – *Registration Deadline is October 6*)

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 an instructor to receive personalized feedback on audio recordings of your 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



Mindfulness Training for Professionals

October 3-6, 2017 (Now Registering – Registration Deadline is September 27)

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 (Now Registering – Early Registration Deadline is October 16)

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](#).

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

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](#).

MBSR Distance Learning

January 2018 (Registration opens by October 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](#).

Social Media Presence and Marketing for Coaches — *New Course Now Available!*

February-March 2018 (Now Registering – Early Registration Deadline is February 2, 2018)

Do you want to learn how to establish an engaging social media presence for your coaching business? Join us for this 6 session webinar series where you will learn about tactics and strategies for managing a social media presence. Through examples and best practices, you will learn about strategies for managing a social media presence including selecting channels, voice/tone, and approach as part of an integrated marketing plan for your health coaching services. During the course, you will develop an individualized social media strategy and gain an improved understanding of the available tools and online applications. More information is available on the program [website](#).

Thank you for Referring Others to IHCPT!

Many of the people who take the IHCPT Foundation Course first hear about our program from our IHCPT 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 October 2017 Foundation Course. Foundation Course information is available on our [website](#).

