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Health & Wellness Coaching Certificate Programs – A Practical Guide

Health and Wellness Coaching is an emerging field with a variety of training programs. This guide is intended to be a preliminary source for physicians and health care providers considering pursuing a coaching program. Part one, which includes coaching certificate programs is presented here, while master's degree programs will be presented in the next stage.

Methodology: During November - December 2013 we searched the web and asked for input from coaching leaders regarding programs providing training in wellness and health coaching. The data was summarized and sent to the providers of the coaching programs to best assure accuracy. Content that has been approved by the provider is marked with **. The final result is summarized in alphabetical order. We welcome updates, corrections, and references to any programs that we may have missed.

Note: To date none of the programs are approved for CME accreditation for physicians. Programs with hours credited for nurses to receive credit towards a "Certification in Nurse Coaching" approved by the American Holistic Nurses Association are marked with *. Please see the program websites for other available accreditation options.

Programs	Background requirements	Core curriculum	Program's content	Certification requirements		
ACE (American Counsel on	ACE (American Counsel on Exercise) - https://www.acefitness.org/fitness-certifications/health-coach-certification/default.aspx					
ACE Health Coach Certification ⁴ (\$499 - standard, \$599 - Premium)	Degree or certification in a related field	Behavior change and coaching psychology, weight management psychology, the physiology of obesity, techniques for lifestyle coaching, and how to apply the relationship among exercise, nutrition and weight control	Length ~ NA - Manual - Guided e-mails series - Resource Center - Presentation Lecture Series - Practice Tests	- Exam		

Bark Coaching Institute - <u>http://www.barkcoaching.com</u>				
Bark Holistic/Integral Coaching Program* (\$2,795)	No requirements	 Evidence informed coaching model including core competencies Holistic and integral approaches as a basis for life and health coaching 	Tele-class / on-site training (60 hours) 2 Individual Phone Sessions.	- Attendance at sessions
Catalyst Coaching Institute	- http://www.ca	atalystcoachinginstitute.com/		
CWC Certified Wellness Coach (\$1695)	No requirements	NA	Length ~ Up to 2 years Multiday onsite training (16 hours) - Telephonic Coaching Practicum + Educational Modules (18 hours) - Written Practicum	 passing score on posttest of each of the program's components
Duke Integrative Medicine	** - <u>http://www.</u>	dukeintegrativemedicine.org/prof	essional-training/integrative-health-coac	h-professional-training
Integrative Health Coach Professional Training (IHCPT) - Foundation Course [*] (\$5,595)	Minimum of a bachelor's degree; application required	 Integrative health coaching Integrative medicine & mindfulness Behavior change & personalized health planning Coaching practices Marketing & client base development 	Length ~ 3 months - Multiday onsite training (91 hours over 13 days) - Off-site triad phone calls (8 required 90-minute calls) - Off-site distance learning comprised of course manual readings and online presentations (10 hours)	- Full participation in all onsite training days and documented completion of all distance learning assignments
Integrative Health Coach Professional Training (IHCPT) - Certification Course [*] (\$4,025)	Foundation course completion	Deepen the learning and application of the core integrative health coaching competencies	Length ~ 6 months; completed via the internet and teleconferencing - Individual supervision (9 hours) - Small group learning and practice sessions training (25 hours) - Distance learning course readings (4 hours) - Documented coaching (100 hours)	 Complete small group learning sessions, individual supervision sessions, course readings, and documented 100 hours of coaching Successfully pass an oral exam Successfully pass a written exam

Institute for Integrative Nutrition - http://www.integrativenutrition.com				
Wellness coach ³ (price	No	Nutrition topics, business	Length ~ 1 year	- no details
not detailed)	requirements	training, coaching and personal	 weekly assignments and 	
		development	discussions calls	
			- A summary of learning objectives	
			for each weekly module	
			- Graded tests with study guides	
			- Weekly optional quizzes	
			- group coaching calls	
			Support:	
			Facebook groups, IIN's Education	
			Department, group coaching calls,	
			peer coaching program, IIN's Help	
			Center	
Intrinsic Coach ^{**} - http://isi	intl.com/certifica	ations/cvs-core-hw.shtml		
Coach training for health	Degree or	Awareness of, skills for, and	Length ~ 12 weeks	- completion of tele-classes
and wellness	certification	knowledge about intrinsic	- Tele-classes (24 hours)	
professionals (price not	in a related	valuation and the appraisal of		
detailed)	field	value, including in progress;		
		intrinsic, extrinsic, and systemic		
		valuing as they relate to		
		effective and productive		
		support strategies,		
		interventions, and change		
		processes;		
Coach training for health	Coach	Skills are expanded and refined	Length ~ 13 weeks	 completion of tele-classes
and wellness	training for	for a more confident and	- Tele-classes (26 hours)	
professionals	health and	professional utilization of		
certification (CIC) (no	wellness	intrinsic resources, with an		
details)	professionals	emphasis on developmentally		
		advanced skills and increased		
		capacity to apply the hierarchy		
		of value, intrinsic valuation >		
		extrinsic valuation > systemic		

		valuation.		
Certified valuations	CIC	The Thinking Behind Choices	- 50 hours interactive webinar with	- completion of tele-classes
Specialist		Series. Using measurements	multiple options for participation,	
		describing your own intrinsic,	including video, day long sessions,	
		extrinsic, and systemic valuing.	and weekly sessions	
		Working with people making		
		choices.		
National Institute of Whol	e Health - http://	www.wholehealtheducation.com	whole-health-programs/	
Whole Health Educator	Degree or	- Integrative medicine &	Length ~ 12-18 months ¹ .	- Final project
program with wellness	certification	holistic concepts of healing	- Theory hands out (192 hours).	
coaching competencies [*]	in a related	- Principals of Coaching	- Case study hands out (192 hours)	
(\$3,695)	field	- Nutrition & Physical activity	5% of graduate - MDs	
		- Stress and related diseases		
Mass School of Profession	al Psychology - h	 ttp://psych.mspp.edu/programs?u	 itm_source=google&utm_medium;	=&lead_distro=&clickid=
Certificate in Health	Degree or	- No details	- No details	- No details
Coaching	certification			
Ū	in a related			
	field			
Mentor coach - http://me	ntorcoach.com			
Wellness coaching	Certified	- Basic skills in Communication	Live webinars (56 hours)	- Final exam
certification (\$2,380)	Coach ³	- Wellness assessments		- 40 hours of coaching
		- Nutrition, exercise, stress		
		management, sleeping		
		behavior, Mindfulness,		
		smoking cassation		

Real Balance Global Wellne	ess Services - htt	p://realbalance.com/		
Wellness & Health Coach	Degree or	- Evidenced based behavioral	- Live webinar / on-site training (32	- No details
Certification	certification	change psychology	hours).	
(\$1,190 webinar, \$1,295	in a related	- Human motivation & cultural		
on site) [*]	field ²	support		
		- Professional coaching		
		competencies		
Professional Wellness &	Wellness &	Deepen the learning and	- Basic Live webinar / onsite training	- No details
Health Coach	Health Coach	application of the core	(32 hours).	
Certification [*] (\$3,000)	Certification ²	Curriculum	- Coaching sessions with feedback	
			- Mentor coaching (10 hours)	
			- Advanced Live webinar / onsite	
			training (20 hours).	
			- Elective class work (to achieve the	
			75 hour requirement)	
Wellcoaches Corporation -	http://www.we	llcoachesschool.com/index.cfm?pa	age=coachTraining	
Core Health Coach &	Degree or	- Defining the Role of the	Length ~ 18 weeks ¹	- written and oral exam
Wellness Coach Training ⁴	certification	Coaching	Tele-classes (27 hours)	
(\$1,245) [*]	in a related	- Self-Efficacy & Readiness for a		
	field	change		
		- Measuring Results: The		
		Coaching Partnership		
		- The on-going Coaching		
		Relationship		
Professional Health	Core Health	Deepen the learning and	Length ~ 10 months	- No details
Coach & Wellness Coach	Coach &	application of the core	- Onsite training (5 days)	
Training ² (\$3,300)	Wellness	Curriculum	- Tele-classes (36 hours)	
	Coach		- Reading list (15 books)	
	Training		- Group sessions (12 hours)	
			- Private mentoring (4 hours)	

Wellness Inventory **- http://www.wellpeople.com/WP/Wellness_Certification_Training.aspx					
Level 1 – Wellness	No	Personal development,	Length ~ 14 weeks	- Participation in tele-classes	
Inventory Certification	requirements	Dynamic whole person	- Tele-classes (28 hours)	- Completion of buddy coaching	
Training		wellness model - 12 dimensions	 Buddy coaching sessions (13 	sessions	
(Certified Wellness		of wellness.	sessions)	- Entries for each buddy session in	
Inventory Facilitator)		Learn whole person wellness	 Use of Wellness Inventory program 	online	
(\$1,395)		coaching model, Wellness	throughout training.	participation report	
		Inventory program,	 Weekly awareness exercises from 	- Completion of 4 written portfolio	
		Holographic Growth Process,	12 wellness dimensions	projects.	
		Innovative approach to	 Live, in-class practicums 		
		behavior change and	 All support material, articles, PPTs, 		
		deepening wellbeing. Based on	and audios, provided in online		
		work of wellness pioneer John	training center.		
		W. Travis, MD, MPH			
Level 2 - Holographic	Level 1 -	Enhancing coaching core	Length ~ 7 weeks	- Participation in tele-classes	
Coaching Practicum	Graduate	competencies. Deeping skills in	- Tele-classes (14 hours)	- Live coaching session witnessed by	
(Certified Wellness		coaching using holographic	 Buddy coaching sessions (7 	instructor	
Inventory Coach) (\$695) ³		growth process and 12	sessions)	- Assessment of core competencies	
		dimensions of wellness.	- Textbook		

1. There are papers evaluating the program contents. Please see details on the program website

- 2. Offers continuing education courses for certified health coaches
- 3. Can be completed onsite
- 4. Offer educational resources for purchase on the website

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