

CLINICIANS CHEF COACHING



The Institute of Lifestyle Medicine (ILM) was founded in 2007 at Harvard Medical School to reduce lifestyle-related death and disease in society through clinician-directed interventions with patients. A non-profit professional education, research, and advocacy organization, the ILM is uniquely positioned to ignite clinician involvement in lifestyle medicine.

COURSE LEARNING OBJECTIVES

Participants will be able to:

- Discuss common barriers to home cooking, and explore alternative cooking skills to help address those barriers.
- Provide client-centered culinary knowledge and skills, and empower client to set culinary goals.
- Improve their own culinary confidence and skills, and time spent cooking, thus improving their personal health.
- Use remote culinary resources for the improvement of both their own and their clients' culinary behaviors.

SKILL DEVELOPMENT SESSIONS:

Sessions include:

- Introduction to Lifestyle Medicine & Culinary Medicine
- Why Doesn't my Patient Cook?
- The Nutritional Science of Home Cooking*
- Mitigating Cardio-Metabolic Risk Factors*
- Cooking with Little Time or Budget*
- Getting Patients (Even Reluctant or Unskilled Cooks) Into the Kitchen
- Mastering Home Cooking*
- In-Office Culinary Education Tools and Delivery Strategies
- Mastering Culinary Coaching*

* Culinary talks which also include recipes, introduction to new cooking techniques, and several tips to improve your home cooking!

SMALL GROUP PRACTICE: PUT EVERYTHING TOGETHER!



- Improve your own home cooking and your culinary coaching skills in small groups led by program faculty. Limited to 8 participants per small group
- Explore new culinary practices in your own kitchen.
- Practice culinary coaching strategies with your colleagues.
- Improve your competencies to prescribe nutrition through reflections with the program faculty. Delivered by video conference so you can attend from anywhere in the world!

The small group practice sessions provide participants with remote culinary training aimed at improving their culinary skills and kitchen workflow.



For more information  and registration

Please contact us: Phone: (617) 651-2433 or
Email: chefcoaching@instituteoflifestylemedicine.org





OUR 2019 PROGRAMS

- Training graduates will earn "Certificate of Completion in Culinary Coaching" from the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School.

OUR HYBRID PROGRAM

Our hybrid program combines the virtual classroom with an onsite learning experience. One day of the Harvard Lifestyle Medicine conference, on May 2, 2019 we will host a live full-day skill development training program, followed by small group practice sessions delivered remotely via videoconference (registration to the Harvard Lifestyle Medicine conference is required).

Skill development sessions:

Onsite: May 2nd, Boston (Lifestyle Medicine Tools for Promoting Healthy Change)

Small group practice sessions:

Five 75-minute weekly small group practice sessions on one of the following dates:

Monday evenings - 7:30-8:45 p ET - meet June 10, 17, 24, July 8, 15

Tuesday noon - 12:00 - 1:15 p ET – meet June 11, 18, 25, July 9, 16

Tuesday evenings - 8:30 - 9:45 p ET – meet June 11, 18, 25, July 9, 16

Wednesday evenings - 8:00 - 9:15 p ET - meet June 12, 19, 26, July 10, 17

Thursday evenings - 7:00 - 8:15 p ET – meet June 13, 20, 27, July 11, 18

Friday mornings - 10:00 - 11:15 a ET - meet June 14, 21, 28, July 12, 19

(Program changes / substitutions may be made without notice)

► **Our programs usually sell out well in advance of the course start date. To be assured a spot in the current program, early registration is strongly advised.**

Accreditation:

The hybrid's onsite component (CHEF Coaching the Basics) approved for 6.75 CME credits by Harvard Medical School; and as CME requirements for the American and International Boards of Lifestyle Medicine. Both programs approved for 14 CEU credits by the Academy of Nutrition and Dietetics; and 18 CE credits by Wellcoaches.

Two separate costs and registrations (both required for certificate of completion):

1) Onsite component: \$345.

Registration: <https://lifestylemedicine.hmscme.com/registration-information>

2) Small group practices: at rate of \$495.

Registration: <http://spauldingrehab.org/education-and-training/chefs-coaching>

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OUR REMOTE PROGRAM

18 hours of live tele-classes combined with remote small group practice sessions.

Skill development sessions:

Five 90-minute biweekly tele-classes on one of the following dates:

Mondays, 8.00-9.30p ET: meet biweekly from September 9th to November 4th

Tuesdays, 12-1.30p ET: meet biweekly from September 10th to November 5th

Small group practice sessions:

Five 75-minute biweekly small group practice sessions on one of the following dates: Group 1:

Monday evening, 8.00-9.15p ET: meet biweekly from September 16th to November 11th

Group 2: Tuesday noon, 12.00-1.15p ET: meet biweekly from September 17th to November 12th

Group 3: Tuesday evening, 8.00-9.15p ET: meet biweekly from September 17th to November 12th

Group 4: Thursday morning, 9.00-10.15a ET: meet biweekly from September 19th to November 14th

Group 5: Thursday evening, 7.30-8.45p ET: meet biweekly from September 19th to November 14th

Group 6: Friday morning, 8.30-9.45a ET: meet biweekly from September 20th to November 15th

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Cost: \$990

Early bird rate of \$840 is available until July 14th

Registration: <https://www.spauldingrehab.org/education-and-training/chefs-coaching>

(Program changes / substitutions may be made without notice)

OUR FACULTY

Dr. Rani Polak



is the founder and director of the Culinary Healthcare Education Fundamentals (CHEF) Coaching program at the Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School. His current work is concentrated on culinary coaching, an innovative remote approach which utilizes evidence-based medicine to help individuals

and professionals to efficiently and cost-effectively improve nutrition through home cooking. His work has been featured in many media outlets including Scientific American, Herald Tribune, Jerusalem Post, and USA Today.

Dr. Philips



is Assistant Professor of Physical Medicine and Rehabilitation at Harvard Medical School and Chief of Physical Medicine and Rehabilitation Services at the Boston VA Healthcare System. He founded and directs the Institute of Lifestyle Medicine (ILM) in the Department of Physical Medicine and Rehabilitation at Harvard Medical School. Dr. Phillips is the co-founder/co-director of

the Lifestyle Medicine Education Collaborative, which works to include Lifestyle Medicine in medical school curricula. He is an active clinician and researcher who speaks and consults nationally guiding a broad based effort to reduce lifestyle-related death, disease, and costs through clinician directed interventions with patients.

Shirley Garrett



is an A.C.E. certified Health Coach and a Medical Exercise Specialist since 2001 and has earned her Professional Culinary Arts diploma in 2015. She operates her business, Leaps & Bounds Personal Training & Clinical Exercise Inc. in Vancouver, BC. As a trained Chef, she provides Culinary Coaching to clients and is a member of the CHEF Coaching program faculty. She

develops and teaches hands-on Cooking Classes to encourage participants to cook at home with mostly plant based ingredients.

Jane Barg



Jane Barg is a National Board Certified Health and Wellness coach and a chef. She received her health coach training from Duke Integrative Medicine, Durham, NC, and is a member of the CHEF Coaching program faculty. In her private practice, located in Bucks County, PA, she offers individual and group health coaching as well as Culinary Coaching. She is the founder of the Artful Palate

catering company and has taught culinary classes in the Philadelphia region.

FURTHER QUESTIONS?

Join us for a live FREE introduction session:

Videoconference sessions:

- Thursday, February 14, 8:00p ET
- Tuesday March 26, 12:00 p ET
- Wednesday June 19, 12:00 pm ET
- Tuesday, August 6, 8:00 am ET

To register for one of the Q&A sessions, please visit:
<http://bit.ly/ChefCoachQA>

For more information, please contact:

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