Greetings Integrative Health Coaches,

Welcome to the Fall 2016 IHCPT Program Newsletter! This issue of the newsletter includes articles and announcements from several of our wonderful IHCPT graduate writers. Deirdre Breen interviewed Nicholas Dionne-Odom about his recent NIH grant award that will fund the development of a palliative care integrative health coaching program for caregivers. Maggie Cooper shared what she learned during an interview with Nicole Rankin about her recent publications on the value of health coaches. Cynthia Knapp Dlugosz contributed an announcement about the next Duke IHC Virtual Book Club meeting which will occur in October. Also included are lots of announcements from your fellow IHCPT grads as well as information about upcoming programs at Duke Integrative Medicine.

Many of you have been eagerly watching the developments with the National Consortium for Credentialing Health & Wellness Coaches (NCCHWC). In May 2016, NCCHWC signed an agreement with the National Board of Medical Examiners (NBME) for the launch of individual health and wellness coach certification in the United States. Since then, NCCHWC has revised the timeline for the first national certification examination. It is currently projected that the application phase for this exam will open in early 2017, with the exam projected for the Fall of 2017. If you plan to sit for this exam, you may want to begin reviewing the Healthy Lifestyle Basics information that is available on the NCCHWC website. Updates are posted periodically, so the best way to stay up to date on these exciting developments is to keep an eye on the NCCHWC website: [http://www.ncchwc.org/](http://www.ncchwc.org/). For example, in August 2016 the NCCHWC created and published their Code of Ethics to serve as reference for health & wellness coaches and faculty.

With best wishes,
Rachel Kuliani
Duke Graduate, J. Nicholas Dionne-Odom, PhD, RN, awarded NIH Grant for coaching study

By Deirdre Breen

As Duke Integrative Health Coach Professionals we have acquired skills and understand the process that makes passion actionable. Foundation Cohort 25 graduate, J. Nicholas ‘Nick’ Dionne-Odom, PhD, RN, is an extraordinary example of what can become possible. In our recent interview he shared his passionate vision and the role coaching has played in his success.

“As an ICU nurse for more than 10 years, I witnessed the very end of life for hundreds of individuals with cancer and other illnesses,” Nick said. “Family members of these patients often undergo unimaginable distress because they aren’t prepared for their loved one’s death and for the decisions they have to make.”

In our interview it was exquisitely clear that Nick’s passionate heart and sharp intellect was here to make a difference. With two masters degrees in philosophy and nursing, over 10 years of clinical ICU experience, and a solution-oriented mind-set, he pursued a PhD in nursing and then designed a research grant to develop a palliative care health coaching program for family caregivers of persons with advanced cancer. Currently a Postdoctoral Fellow in the School of Nursing at the University of Alabama at Birmingham, Nick was recently awarded a $935,000 Pathway to Independence Award from the National Institute of Nursing Research (NINR). He says, “The health coaching aspect of my research will focus on using a caregiver’s beliefs, values, and life story to motivate them to set and achieve goals for their own health and for the many tasks they’re faced with when caring for someone with serious illness.” For more details about his grant visit this webpage.

Ultimately, Nick hopes his experience will inspire Duke trained coaches to be creative in their vision and apply coaching to address the great societal need in serious illness. Encouragingly he says, “This idea is catching on fast and there are funding opportunities for coaching to make a difference.”

“What drives my passion is reducing the risk of family caregivers having undue distress over the course of their loved one’s advanced illness and avoiding traumatic experiences at the very end of life.”

Citing the value of being prepared, Nick’s work seeks to help families honor and prepare for the end of life, reduce trauma, increase acceptance, and promote peaceful transitions.

We wish Nick the very best in his meaningful work. Congratulations!

He can be reached through email at dionneod@uab.edu.
The Message of Coaching

By Maggie Cooper

As graduates of the Duke Integrative Health Coach Training, we all leave with a fire and a passion to share this new knowledge with the world. The experience of learning, growing, and watching others as they change and grow throughout the training is so inspiring and proves the efficacy of the training first hand.

We are released into the world, go back to our lives and back to our professions, and we ask ourselves, “What do I do with the knowledge I have gained?” Some dive into a coaching practice, some utilize the skills in their current work, and others may use the knowledge in other ways.

I am always impressed with the physicians who take the time to take the health coach training in order to learn about other modalities to help their patients. I recently spoke with Nicole Calloway Rankins, MD, MPH, and a fellow Duke IHCPT graduate, about what she has done with the information she obtained at Duke.

As a physician she became frustrated with having 15-20 minutes with a patient only to learn of their complicated, chronic needs. The tools available were references and resources that she could recommend, but she often found that she could not help her patients in a way that worked for both her and them. Through these frustrations in caring for her patients, she was led to coaching.

Nicole has published articles on the benefits of coaching on MedPageToday's Kevin MD.com which is social media's leading physician voice. She explained why physicians need to recommend health coaches and how health coaches benefit both patient and provider. This has resulted in lots of positive feedback from physicians and has helped put coaching on their radar. Nicole has also been published on Huffington Post, speaking to the public about the benefits of working with a health coach.

She encourages all of us to keep spreading the word, never give up promoting the benefits of health coaching and always be an ambassador for the profession. Her advice about being published is simple yet profound: write about what you care about and write in your own voice.

Nicole is a busy OB/GYN hospitalist, so she doesn't have the opportunity to bond with patients in a long term doctor/patient relationship as in an outpatient office medicine setting. However, she does find ways in her interactions with women, even in the short term labor setting, to utilize her coaching skills for their benefit. Separate from her work as a physician, she also maintains a growing integrative health coaching practice part-time (www.ncrcoaching.com).

Our world is a better place because of physicians like Nicole Rankins who take the time to learn, care, and open their minds and hearts to new modalities in their patients' best interest.
Duke IHC Virtual Book Club

By Cynthia Knapp Dlugosz

Calling all Duke-trained coaches! Please join us for these upcoming quarterly meetings of the Duke IHC Virtual Book Club:

<table>
<thead>
<tr>
<th>DATE</th>
<th>WHAT WE’RE READING</th>
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<tbody>
<tr>
<td>Monday, October 10, 2016</td>
<td><em>The Coaching Habit: Say Less, Ask More &amp; Change the Way You Lead Forever</em></td>
</tr>
<tr>
<td>7:00 pm EDT</td>
<td>by Michael Bungay Stanier</td>
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<tr>
<td>Monday, January 16, 2017</td>
<td><em>This Year I Will...: How to Finally Change a Habit, Keep a Resolution, or Make</em></td>
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<tr>
<td>7:00 pm EST</td>
<td>a Dream Come True</td>
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<td>by M. J. Ryan</td>
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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
Duke IHC Virtual Book Club Leader
cynthia@beinginbalancecoaching.com
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.

Jane Barg (Foundation cohort 21 and Certification cohort 10, residing in Philadelphia, PA) is honored to have been chosen to be the teaching assistant for the Certificate of Completion in Culinary Coaching program offered through the Institute of Lifestyle Medicine, which is affiliated with Harvard Medical School. This program trains health coaches, doctors and health professionals to help clients/patients identify barriers to healthy home cooking and explore how to overcome them. For more information on the program: http://www.instituteoflifestylemedicine.org/services/culin.

Eileen Berger (Foundation cohort 12 and Certification cohort 5, residing in McAllen, TX) was a speaker at the 2016 St. Petersburg StoryFest with a story on the power of vision boards, community support, and friends in creating the transition to an optimal future. Currently her focus is on developing a creativity activity program for lifestyle changes towards optimal health. Towards that end she has earned her "Toastmasters Competent Communicator."

Anita Bhat (Foundation cohort 11, residing in Augusta, GA) announces that her proposal, “The Art of Meditation,” was accepted and she was the lead instructor for two one-hour sessions on two consecutive days at the 26th Annual Art & Science of Health Promotion Conference. The program took place on April 27-28, 2016 6:30 AM - 7:30 AM at the Hilton Orlando Lake Buena Vista in Orlando, Florida. The participants said this was their best session attended, and enjoyed the experience a lot.

Lihong Chen (Foundation cohort 28, residing in Durham, NC) published a study about the link between the GI tract and metabolism. Although from animal studies, the current data further confirmed the importance of our GI tract in regulating metabolism. The biggest finding is the involvement of the stomach, an organ that is usually ignored in obesity studies. (Article citation: J. Chen, L. Chen, P. Sanseau, JM. Freudenberg, DK. Rajpal. Significant obesity-associated gene expression changes occur in the stomach but not intestines in obese mice. Physiol Rep. 2016 May;4(10). pii: e12793. doi: 10.14814/phy2.12793.) Lihong also recently started a new position as the Director of Clinical Evidence Development at Genova Diagnostics (www.gdx.net). The Genova Diagnostics team looks at the body at a holistic level and provides comprehensive and innovative clinical laboratory services for the prevention, diagnosis, and treatment of complex chronic disease. Most tests in Genova are provided in panels for system-based evaluation.

J. Nicholas Dionne-Odom (Foundation cohort 25, residing in Birmingham, AL) was recently awarded a 5-year $935,000 grant from the National Institutes of Health/National Institute of Nursing Research to develop a palliative care integrative health coaching program for family caregivers of individuals with advanced cancer. He will first interview lay healthcare navigators, individuals with advanced cancer, and their family caregivers to seek their input about what the coaching program should look like. In years 3-5, he will conduct a small randomized trial.

Mark Dreusicke (Foundation cohort 21, residing in Durham, NC) announces that a clinical trial on type 2 diabetes patients conducted at Duke Integrative Medicine was published in BMJ Open Diabetes Research & Care: "Integrative health coaching: a behavior skills approach that improves HbA1c and pharmacy claims-derived medication adherence" 2016 May 9;4(1). Authors Ruth Wolever and Mark Dreusicke found that medication adherence improved after patients worked with a coach and set their own agendas, and importantly, adherence persisted 6 months post-intervention.

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Graduate Announcements (continued from previous page)

Kimberly Goodson (Foundation cohort 24, residing in Durham, NC) recently presented to the Triangle Adult Type 1 Diabetes MeetUp group on a canoe trip down the Haw River. She used the opportunity to introduce the concept of group coaching, and discussed challenges and triumphs of how Type 1 Diabetes impacts relationships with significant others and families. They determined that you have to learn to be adaptable in life just as you have to adapt to the changing currents of the river. It was an all-around success!

Leesa Klepper (Foundation cohort 24 and Certification cohort 11, residing in Bethesda, MD) and Jennifer Wood (Foundation cohort 24 and Certification cohort 11, residing in Manassas, VA) announce that on July 6, 2016, they led a sold-out workshop at the DC Jewish Community Center in Washington, DC on “Reducing Parenting Stress: How to Stay Calm, Cool, and Connected to Your Kids.” The interactive workshop helped participants reflect on their sources of parenting stress and stress triggers, and identify and practice tools for keeping the stress in check. In March, 2016 Leesa and Jennifer led a similar workshop at the Grace Episcopal Church in Manassas, VA.

Aili Kuutan (Foundation cohort 10 and Certification cohort 5, residing in Toronto, ON) is excited to announce that her first online course is now live! Experience the Magic of Meditation (http://ExperienceTheMagicOfMeditation.com) is designed to help people with busy minds get into the habit of meditation so they can become more focused, resilient and present in everyday life.

Cynthia Moore (Foundation cohort 4 and Certification cohort 2, residing in Palmyra, VA) is an invited speaker at the AADE-American Association of Diabetes Educator annual meeting on August 15, 2016 in San Diego, "Beyond Diabetes Self-Management: Mind-Body Skills Training in a Group Health Coach Setting." This presentation is based on a 7-week Toward Wellness group coaching format another health coach and Cynthia are currently offering at the University of Virginia, as well as their past research at the University of Maryland Joslin Diabetes Center affiliate.

Beth Reeves (Foundation cohort 28, residing in Durham, NC) will be teaching a course in the Duke OLLI center for the Fall 2016. The course is “The 8 Keys to Thriving As You Age” and will explore 8 topics: Money (freedom and safety), Simplicity (managing change), Health (wellness), Legacy (reflection), Happiness (joy and growth), Support (social network), Purpose (giving back), and Preparation (documents and final wishes). The course will be offered at Bishop House on Fridays from 11:00 AM—12:30 PM for 10 weeks. Visit Duke Continuing Studies website to learn more.

Anna Rusinowski (Foundation cohort 24, residing in Union City, MI) announces that she has stepped into a role as the Wellness Director at Creative Health Institute (CHI) in Union City, MI. CHI has a 30-year legacy as a wellness detox and education institute, and offers 7, 14, or 21-day detox programs that rejuvenate the body and mind. The program consists of an organic raw food gourmet diet, daily fresh made green juices, fresh wheatgrass, wellness classes, various treatments such as massage, colonics, bio-mat, group health coaching, and daily exercise classes (yoga and rebounding). She is using her coaching skills by offering group coaching and a specific wellness class called “Barriers and Blocks" were she will explore with guests what is getting in the way of them making healthy choices. She has been health coaching individuals through a cancer diagnosis for the last 6 months. She is also healing from cancer, and says that her own experience helps her coach. Anna invites everyone to check out CHI's website: www.creativehealthinstitute.com and like Creative Health Institute on Facebook.

Lou Winterling (Foundation cohort 14 and Certification cohort 6, residing in Richmond, VA) accepted a full time coaching position as an Onsite Wellness Coach for Aetna/Active Health Management coaching the Commonwealth of Virginia state employees at a medical wellness clinic with the potential to serve 11,000 local Richmond state employees. The position allows her to utilize her Duke IHCPT knowledge and skills. Her business is still in existence and supports an active Twitter and Facebook page.
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](#).**

**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 October 2016 Foundation Course. Foundation Course information is available on our [website](#).

**MBSR Distance Learning**
January 2017 (Registration Opens in October)
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](#).

**Mindfulness Training for Professionals**
October 4-7, 2016 (Now Registering – Last Day to Register is September 28)
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](#).

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

60-Second Stress Relief
October 8, 2016 (Now Registering – Early Registration Deadline is September 21)
All it takes is 60 seconds — or even less — to begin reaping the lasting benefits of yoga. By integrating quick, simple practices into your day, you can create transformative moments of relaxation and rejuvenation. These easy “sparks” of yoga are widely accessible, regardless of age or fitness level, and no previous yoga experience is required. Join experienced instructor Carol Krucoff to learn “Yoga Sparks,” a series of micropractices designed to help you find comfort, peace, and joy in your body, mind, and spirit. More information is available on the program website.

Integrative Yoga for Seniors Professional Training
November 2-9, 2016 (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.

Transform Your Health: Write to Heal
November 9 – December 14, 2016, Wednesdays 6-8 pm
(Now Registering – Early Registration Deadline is October 23)
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. Transform Your Health: Write to Heal is a transformative six-week workshop that helps you access your inner healing voice. You do not need to have writing experience or aspirations in order to participate. The instructor will lead you through a progression of restorative writing exercises. More information is available on the program 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.