

## INTEGRATIVE HEALTH AND WELLNESS COACHING

<https://www.uvm.edu/cnhs/rms>

### OVERVIEW

An interprofessional, 9-credit micro-Certificate in Graduate Studies to prepare students with the skills needed to practice Integrative Health & Wellness Coaching with or without integration into another professional skillset. Students will learn how to work with individuals and groups to achieve self-determined goals related to health and wellness. Students will complete coursework necessary for National Board of Health and Wellness Coaches (NBHWC) Certification Exam eligibility.

**This program will begin accepting applications for the 2026-27 academic year in September of 2025.**

### DEGREES

Integrative Health and Wellness Coaching mCGS

### FACULTY

**Sibold, Jeremy S.;** Associate Professor, Department of Rehabilitation and Movement Science; EDD, West Virginia University

**Westervelt, Karen C.;** Clinical Associate Professor, Department of Rehabilitation and Movement Science; PHD, Bond University-Robina, Queensland, Australia

### Courses

#### **HLTH 5850. Gr Health&Wellness Coaching. 4 Credits.**

Covers theoretical framework, strategies and techniques of motivational interviewing, clinical application of behavioral change theory, and the structure of Health & Wellness Coaching. Experience integrative therapies and explore tenets of health and wellness. Required for NBHWC National Certification. Prerequisite: Integrative Health & Wellness Coaching mCGS Graduate student or Instructor permission.

#### **HLTH 5860. Health & Well Coaching Advance. 4 Credits.**

Covers the theoretical framework, strategies and techniques of effective communication, advanced motivational interviewing, positive psychology and behavioral change and the application of these to the practice of Integrative Health & Wellness Coaching. Advanced coaching skills/structure with complex patients/situations will be covered. Integration of skill set into different professions will be explored. Required for NBHWC Exam. Prerequisites: HLTH 3840, HLTH 3850 or equivalent; Graduate student; Instructor permission.

#### **HLTH 5870. Health & Well Coach Practicum. 3 Credits.**

The integration of relevant knowledge from academic Integrative Health and Wellness Coaching studies through a practical learning opportunity. Builds mentoring and leadership skills through work alongside academic and clinical health coaches while gaining practice hours necessary for the NBHWC exam. Prerequisite: HLTH 5860.

#### **HLTH 5880. Gr Professional Prep HWC. 1 Credit.**

Advanced course for Integrative Health & Wellness Coaching students interested in taking the NBHWC exam and preparing for a career as a Health & Wellness Coach. Students will: prepare for the national exam, understand professional continuing education and entry into the workforce expectations, as well as learn from health coaches and other professionals on all facets of health coaching. Prerequisite: HLTH 5860.