headspace care

Behavioral Health Coach Training Program

Headspace Care

Training Institute

Training coaches and clinicians
dedicated to the future of mental health

NBHWC | APPROVED TRAINING PROGRAM

Certificate in Behavioral Health Coaching

The Headspace-Behavioral Health Coaching Program provides a comprehensive curriculum with immersive training activities designed to prepare students to earn a Certificate in Behavioral Health Coaching (CBHC). This course will provide learning and application of evidence-based best practices in health and wellness coaching and in the field of behavioral health coaching.

Our program is rooted in the Headspace values of Diversity, Equity, Inclusion, and Belonging which is threaded throughout as students learn about the vast social inequities of health, Social Determinants of Health, cultural humility, and how to provide culturally responsive and identity-affirming care.

The Headspace-Behavioral Health Coach Training Program is an Approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC). Learn more about the NBHWC and becoming a NBC-HWC **here**.

Our program is based on 3 modalities of learning:

1. **Instruction:** Engaging, leading-edge, research-based curriculum delivered live, virtually, and via webinars.
2. **Action:** Learning by doing, through discussion, and then practice coaching in regular, weekly Live Education and Training Sessions (LETS Connect). Student cohorts are facilitated by a course instructor in a safe, supportive environment.
3. **Reflection**: Ample time and opportunities for written, monthly self-reflection as part of in-group learning, peer-to-peer practice coaching sessions, and module content.

How the program is structured

Live Education and Training Sessions with Peer and Faculty Connection (LETS Connect)

Students will participate in 36 required, weekly live sessions via Zoom, held in cohorts of 15 students in a safe and supportive environment. Each session is 3.25 hours.

Sessions will take place over ten (10) months and are led by experienced NBC-HWC faculty course instructors. They consist of lesson presentations, large and small group discussions, and weekly application of the current module content in practice coaching sessions.

Weekly Practice Coaching

During the second half of each LETS Connect, students will participate in trios to each conduct a 20-minute practice coaching session utilizing skills learned in that week's LETS Connect session. Students will receive 10 minutes of peer feedback and participate in a group debrief. Each student will also serve in the role of client and observer for another student during each session.

Peer Coaching Sessions with Faculty Feedback - Practical Skills Development (PSD)

Students will participate in three, peer-coaching sessions with another student and an NBC-HWC faculty course instructor during the live training sessions. These sessions provide valuable coach practice, as well as the experience of being a client, along with both peer and faculty feedback. Students will receive 30 minutes of detailed faculty feedback following each session, and will submit a self-evaluation during the following week.

Further Learning and Discussion

Module Reflection

Students will reflect on the topics and skills learned in each module and write a reflection about one key learning and how they will use it in the coming month. Course instructors will review module reflections and provide students with written feedback.

Other Modalities of Learning

Students will watch recorded webinars, engage in required and recommended reading, written assignments, quizzes, journaling exercises, and will watch both live and recorded coaching sessions.

How the program is structured cont.

Further Learning and Discussion cont.

Module Reflection
Students will reflect on the topics and skills learned in each module and write a reflection about one key learning and how they will use it in the coming month. Course instructors will review module reflections and provide students with written feedback.

Other Modalities of Learning
Students will watch recorded webinars, engage in required and recommended reading, written assignments, quizzes, journaling exercises, and will watch both live and recorded coaching sessions.

Weekly Faculty Office Hours
Students can attend weekly office hours with faculty members to discuss curriculum or any aspect of the program, get support for staying on track, or to discuss career goals.

Extracurricular Practice Coaching Sessions
Students are encouraged to conduct regular practice coaching sessions with their peers outside of LETS Connect practice coaching sessions. Students who are interested in coaching students from another cohort than their own may sign up to participate.

Private Course Discussion Group
Students will participate in a private, faculty-moderated all-class discussion group where they can connect with other students for updates, resources, and discussion of curriculum content.

Estimated Time Commitment
Students can expect to spend a minimum of 6-8 hours each week on coursework including:

- A weekly 3.25-hour live, virtual training and education session, which includes practice coaching sessions.
- Asynchronous coursework followed by short quizzes
- Self-paced weekly reading assignments with written reflections

Learning Objectives

By the end of this program you will be able to:

- Demonstrate understanding and application of coaching tools and skills which demonstrate dignity, respect, cultural humility, appreciation of each individual's diverse and intersecting identities and social determinants of health to provide culturally responsive and competent care.
- Build and maintain rapport with clients in a client-centered relationship rooted in unconditional positive regard that guides the client to their own self-discovery and solutions. The coach sets the expectation of themself as not an expert who diagnoses or advises, but as a facilitative partner who supports the client in setting relevant, realistic goals.
- Understand and communicate your scope of practice as a health coach, distinguishing between your role and related professions with appropriate referrals; determine if a client is appropriate for coaching.
- Demonstrate NBC-HWC core coaching competencies in practice coaching sessions with peers and receive feedback from both peers and faculty.
- Explain the coaching process to a client, including the specific stages, exploration of values, vision, purpose and priorities, ongoing follow-up sessions, maintenance, and termination.
- Establish a coaching agreement with a client that sets clear expectations, confidentiality, and accountability measurements.
- Demonstrate the ability to establish and maintain a positive and psychologically safe environment through rapport building, active listening and presence, that facilitates client self-expression, discovery, and intrinsic motivation for behavior change.
- Demonstrate the ability to expand a client's perspective and discourse for deeper self-reflection by utilizing the tools of Motivational Interviewing and values, vision, and strengths-based exploration.
- Assist the client in choosing realistic and self-determined goals that focus on the process of sustainable behavior change achieved through small steps and growth from setbacks and small wins.

Learning Objectives cont.

- Demonstrate the ability to elicit the client's intrinsic motivation for change and develop self-efficacy based on their individual values, preferences, strengths, and optimal state of health and well-being, not external factors.
- Understand and apply principles of Positive Psychology that prioritize positive emotions, strengths, efforts, optimism, open-mindedness, and a growth mindset for the client.
- Help clients develop a rich support system, both personally and in their communities, to enable their ongoing success both during and after the coaching relationship.
- Understand the need for a whole-person perspective that recognizes multiple aspects of one's health, including the impact, risk factors, and measurement standards of various chronic disease states such as hypertension, diabetes, obesity, cardiovascular disease, high cholesterol, metabolic syndrome and the role of inflammation in disease.
- Understand the health behaviors, social and behavioral risk factors and social determinants of health for common topics of lifestyle medicine including healthy weight, nutrition and hydration, physical activity, sedentary lifestyle, sleep, stress, and emotional wellness, avoiding tobacco and substance use/abuse, positive mental health, self-awareness of thoughts, feelings, and behaviors whether positive or negative.
- Help clients explore and discover a sense of meaning or purpose and how it is linked to positive health outcomes and achievement of sustainable behavior change.
- Understand and adhere to the NBHWC Code of Ethics, legal standards, and high level of professional conduct required of healthcare providers, while maintaining ethical and professional treatment of each client; coach self-awareness around emotional regulation, lifestyle behaviors, and self-care.

Learning Objectives cont.

- Professional conduct and legal competencies to include: confidentiality, conflicts of interest, HIPAA, demonstrating unconditional positive regard, dignity and respect for all people, honoring diversity and cultural sensitivity, true representation of your training, experience credentials, maintaining scope of practice and referring to other professionals as appropriate, maintaining professional boundaries, informed consent, relevant federal and state regulations that affect health coaching, and seeking supervision and consultation as needed.
- Helping clients to develop skills for managing stress, low-moderate anxiety and depression, grief and loss, adjusting to and managing change, mindfulness techniques including the power of meditation in coaching, DBT, CBT, and ACT interventions in coaching; utilizing principles of positive psychology and strengths-based approaches in coaching.
- Prioritize and practice personalized coach self-care through various tools, techniques and practices to support emotional well-being, physical, and mental health.

Program Modules

Module 1

Orientation and Foundations

- Foundations of Health Coaching/Scope of Practice
- Foundations of Positive Psychology
- Foundations of Strengths-Based Coaching
- Creating a Client-Centered Relationship
- Building Trust & Rapport

Module 2

Foundations of Coaching Structure

- Health and Wellness: A Whole Person Perspective
- Preparation, First and Early Coaching Sessions
- Routine, Ongoing Coaching Sessions Through Termination
- Active Listening, Presence, and Sharing Information Appropriately
- Foundations of Motivational Interviewing

Module 3

Orientation and Foundations

- Foundations of Motivational Interviewing
- Exploring Values, Purpose, Meaning, and Intrinsic Motivation
- Applying the Transtheoretical Model of Change – Stages of Change
- Goals and Goal Setting Strategies
- Professional Conduct, Code of Ethics and Legal Compliance in Coaching

Module 4

Effective Communication Tools in Coaching

- Positive Psychological Resources to Support Behavior Change
- Reflective Listening to facilitate client self-discovery
- SMART and SMARTER Goals
- Working through Ambivalence, Resistance and Obstacles to Change

Program Modules cont.

Module 5

Expanding Perspective: Culturally Responsive and Identity Affirming Care

- Building a Foundation of Cultural Competency in the Coaching Relationship
- LGBTQ+ affirmative coaching and Intersecting Identities
- Enhancing Client Awareness and Broadening Perspectives
- Expanding and Focusing the Conversation - Evoking Change Talk

Module 6

Health & Wellness Promotion, Disease Prevention Part 1

- Pre-diabetes, Diabetes, and Metabolic Syndrome
- Obesity and Physical/Sedentary Lifestyle
- Healthy Weight and Optimal Nutrition
- Sleep and Sleep Hygiene
- Environmental and Structural Support Systems and Social Determinants of Health

Module 7

Health & Wellness Promotion, Disease Prevention Part 2

- Hypertension, Lipids and Cardiovascular Disease
- Arthritis and inflammation
- Substance Use, Harm/Use Reduction
- Client Emotions and Energy

Module 8

Supporting Mental Health, Fostering Mindfulness and Mindset

- Prioritizing Mental Health through Behavior Change
- Mindfulness, Meditation, Gratitude, and other Relaxation Techniques to Support Stress Management and Emotional Well-Being
- Coaching Clients with Mild Anxiety and Mood Disorders, Making Referrals
- Integrating spirituality into coaching

Module 9

Coaching Competently and Confidently in the 21st Century

- Coaching Best Practices
- Cultivating Self-Efficacy and Self-Compassion
- Coach Self-Care Strategies and Tools

Graduation Requirements

In order to successfully complete Headspace Care's Behavioral Health Coaching Program and receive a certificate of completion students are required to:

1. Read and sign the Enrollment Agreement.
2. Attend and actively participate in 33 out of 36 Live Education and Training Sessions (LETS Connect). Each session is 3 hours, 15 minutes in duration.
3. Watch/listen to all recorded webinars and coaching demo videos.
4. Complete required reading assignments.
5. Participate in discussions/instructor-led questions on private discussion boards.
6. Complete all required quizzes.
7. Participate as a coach in two Practical Skills Development (PSD) coaching sessions of 20 minutes in length, which are observed by an NBC-HWC faculty member.a. Students must submit a short self-reflection on their PSD coaching session.b. Students must participate in a 90-minute feedback session with an NBC-HWC faculty member.
8. Participate as a client in two (2) Practical Skills Development (PSD) coaching sessions of 20 minutes in length which are observed by an NBC-HWC faculty member.
9. Participate as a coach in one (1) Practical Skills Assessment (PSA) coaching sessions of 20 minutes in length which is observed by an NBC-HWC faculty member.
    a. Submit a short self-reflection on the PSD coaching session that they were a coach.
    b. Participate in a 30 minute feedback session with an NBC-HWC faculty member.
    c. Receive a Passing Grade on their PSA.
10. Participate as a client in one (1) Practical Skills Assessment (PSA) coaching sessions of 30 minutes in length which is observed by an NBC-HWC faculty member.

Accomodations

Headspace complies with the requirements and spirit of Section 504 of the Rehabilitation Act and the Americans with Disabilities Act Amendments of 2008. Students may self-identify and seek adjustments by notifying the Program Director. Headspace seeks to reasonably accommodate students with disabilities on an individual basis if supported by specific information and assessment data documented by appropriate licensed professionals.

Admissions

Who may apply

1. Current full-time Headspace Health employees with a minimum of six months employment with the company.
2. Individuals that are not employees of Headspace Health.
3. Have an associate's degree or higher or 4,000 hours work experience in any field (if you plan to sit for the NBHWC national board exam).We encourage all who are interested to express their goals, experience, and education in their application.

For More Information Please complete the following Interest Form

How to apply:

Interested candidates can complete the following Application

Tuition: $6,995

Enroll here

Meet our coaching faculty

Students have the opportunity to learn from a multidisciplinary team of experienced coaches, therapists, psychologists, social workers, and psychiatrists committed to providing high-quality training and mentorship to the next generation of mental health professionals. Behavioral health coaching program faculty create a safe, engaging, and transformational environment in which students learn, connect, develop, and thrive.

Katie Bauer, MA, CNE, CH, CFC she/her/hers
Coach Manager

Education/Training:

- MA, Communication – California State University, Long Beach
- BS, Political Science Major and Women's Studies Minor – University of Oregon
- Certified Nutrition Educator – Bauman College

Alicia Booker, MA, CPEC she/her/hers
Manager, Coach Training

Education/Training:

- MA, Counseling – Montclair State University
- BA, English – Rutgers University
- Certified Personal and Executive Coach – The CaPP Institute

Noel Chan, PhD, NBC-HWC she/her/hers
Course Instructor, Headspace Care Training Institute

Education/Training:

- Postdoctoral Fellowship, Integrative Medicine – Harvard Medical School
- PhD, Pharmacology – Weill Cornell Graduate School of Medical Sciences
- BS, Biological Sciences – Cornell University
- Certified Positive Psychology-focused Health & Wellness Coach – College of Executive
- Coaching

Meet our coaching faculty cont.

Sarah Daniels, MS, MA, NBC-HWC she/her/hers
Coach Manager

Education/Training:

- MA, Marriage and Family Therapy and Graduate Certificate in Systemic Multicultural Counseling - Appalachian State University
- MS, Animal Behavior - University of Wyoming
- BS, Psychology - Davidson College
- Certified Mindful Health & Wellness Coach Candidate, March 2022 - Guiding Mindful Change Coaching Program

Shelby Garay, NBC-HWC, FMCHC she/her/hers
Sr. Manager, Coaching, Headspace Care Training Institute

Education/Training:

- M.Ed, Higher Education and Social Justice Education Certificate, University of Massachusetts, Amherst, December 2023
- BBA, Management, University of Massachusetts, Amherst
- Functional Medicine Certified Health Coach - Functional Medicine Coaching Academy

Mary Alice Keator, MSC., NBC-HWC she/her/hers
Course Instructor, Headspace Care Training Institute

Education/Training:

- DAc. Acupuncture, Integrative Healthcare - Massachusetts College of Pharmacy and Health Sciences (May 2023)
- MSc. Traditional East Asian Medicine - North East College of Health Sciences
- BS, Neurological Psychology, Art Therapy - State University of NY
- Certified WellCoach - WellCoaches School of Coaching
- Certified Lifestyle Medicine Coach - American College of Lifestyle Medicine

Meet our coaching faculty cont.

Jonathan Kole, MD, MA he/him/his
Sr. Director of Psychiatry

Education/Training:

- MD, Psychiatry – University of Pennsylvania
- MA, Bioethics – University of Pennsylvania
- BA, Double major Biology and Psychology – University of Pennsylvania
- Board Certified: Pediatric Medicine, Adult Psychiatry, Child Psychiatry

Meghan Mitchell, MDiv/MM, NBC-HWC, CHHC, LMT she/her/hers
Coach Manager

Education/Training:

- MDiv/MM, Divinity and Metaphysics – Esoteric Theological Interfaith Seminary
- BS, Counseling and Public Health – Charter Oak State College
- Certified Holistic Health Coach – Institute for Integrative Nutrition
- Licensed Massage Therapist, State of Connecticut #4558

Rhonda Peterson, MA, NBC-HWC she/her/hers
Coach Manager

Education/Training:

- MA, Professional Counseling – Liberty University
- MA, Human Services, Marriage & Family – Liberty University
- BS, Psychology; Minor, Sociology – Troy University

Meet our coaching faculty cont.

Chrystal Ramos, MS she/her/hers
Coach Manager

Education/Training:

- MS, Clinical Counseling - Grand Canyon University
- BS, Psychology - University of Arkansas, Pine Bluff

Ceria Tarver, MS, NBC-HWC
Coaching Operations Associate

Education/Training:

- MS, Professional Counseling-Grand Canyon University
- BS, Psychology-University of Phoenix