

Requirements

| | | |
|--|---|-----------------|
| HLTH 187 | Integrative Health & Wellness Coaching Immersion Introduction | 1 |
| HLTH 188 * | Motivational Interviewing Introduction & Lab | 1 |
| HLTH 189 * | Integrative Health & Wellness Coaching Skills Introduction & Lab | 2 |
| HLTH 288 * | Motivational Interviewing Advanced & Lab | 1 |
| HLTH 289 * | Integrative Health and Wellness Coaching Skills Advanced & Lab | 2 |
| HLTH 287 | Integrative Health & Wellness Coaching Immersion Advanced | 1 |
| HLTH 299 | Integrative Health & Wellness Coaching: Building your Coaching Career | 2 |
| 2+ credits from the following: | | |
| CSD 299 | Autism Spectrum Disorders: Issues in Assessment and Intervention | 3 |
| COMU 122 | Family Wellness Coaching | 3 |
| HLTH 101 | Integrative Health Care | 3 |
| HSCI ? | Working in Employee Wellness (in development) | 3 |
| HLTH 295 | Coaching the Coach: Advanced Mentorship Skills | variable |
| HLTH 295 | Critical Neuroscience: The Mind Body Connection | 3 |
| HLTH 297 | Integrative Health Independent Study | Variable credit |
| HLTH 298 | Integrative Health Research Assistantship | Variable credit |
| Other elective courses are actively being developed at this time | Please check with Karen Westervelt for updates when you are ready to pick your special practice area. | |

* HLTH 188, 189, 288, 289 have synchronous lab components to the class on Zoom.

View the UVM Course Directory for descriptions and availability. This certificate is available to students in all majors.

We are offering a fall and spring start cohort:

This is a cohort based curriculum. Students are expected to stay with their cohort for the first year unless extenuating circumstances arise. Sophomore standing or higher required.

Recommended schedule for required courses that need to be taken in sequence:

First Semester: HLTH 187, HLTH 188 and HLTH 189

Second Semester: HLTH 287, HTLH 288 and HLTH 289

Students can now begin coaching community members

Students have completed required coursework to sit the NBHWC Exam.

Second Year First Semester: HLTH 299 and elective. Register for national exam if desired.

Second Year Second Semester: Elective if not yet completed. Sit the national exam at testing centers located across the US.

Special note for advisors:

12 credits are required for completion of the UVM UG Certificate. Only 8 credits are required for eligibility for the NBHWC National Certification exam. The student must take and pass HLTH 187, HLTH 188, HLTH 189, HLTH 287, HLTH 288, HLTH 289. These classes MUST be taken in sequential order. HLTH 299 is highly recommended for students considering taking the national exam. Advisors are welcome to direct students whose schedule does not allow for the recommended schedule above to the Integrative Health Program Director, karen.westervelt@med.uvm.edu for help with course planning. The earlier this planning meeting starts the better.

National Certification:

Please note that UVM is a NBHWC Approved Education Provider. Every student who completes the UVM Certificate or meets the minimal eligibility requirements listed above will be eligible to sit the NBHWC National Certification Exam upon completion of 50 practice session (on your own). The NBHWC requires students have an bachelor's degree or have completed at least 60 academic credits when applying for the exam. Please see <https://nbhwc.org/> for details about applying for the exam. The NBHWC Exam is offered twice a year at testing centers across the US.

As an approved educational provider, upon completion of the above listed coursework and passing of the National Certification Exam, an individual can use the following credentials: Jane Smith, NBC-HWC. (**N**ational **B**oard **C**ertified – **H**ealth and **W**ellness **C**oach)

Questions?

Please direct questions to Integrative Health Program Director, Karen Westervelt, Karen.westervelt@med.uvm.edu, Rowell 310 H.