

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
4+ credits from the following:		
CSD 299	Autism Spectrum Disorders: Issues in Assessment and Intervention	3
HLTH 299	Integrative Health & Wellness Coaching: Building your Coaching Career	2
COMU 122	Family Wellness Coaching	3
CESS 295/ HLTH 295	Working with People with Intellectual and Developmental Disabilities *tentative Spring 2021	3
HLTH 297	Integrative Health Independent Study	Variable credit
HLTH 291	Integrative Health Teaching 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. Students can choose the location of this lab. Options include UVM or Zoom classroom.

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

We are offering a fall 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 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

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

Second Year Second Semester: Elective if not yet completed. Sit the national exam in February 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. If a student will not have 4 credits for a certificate for 2 consecutive semesters then HLTH 188 and 288 can be taken the year before starting the rest of the coaching classes. In some circumstances HLTH 098 can be substituted for HLTH 187. 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 has a NBHWC Education Provider – “Pending Approval” status. Our status switches from pending to “full approval” once our first cohort has completed the program. Every student who completes the UVM Post Bac Certificate or meets the minimal eligibility requirements listed above will be eligible to sit the NBHWC National Certification Exam beginning immediately.

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.