

Building & Measuring Proficiency in MI Health Coaching

Motivational Interviewing (MI) Health Coaching Intensive



“An innovative new program designed by distance learning experts and facilitated by MI health care specialists for building a skill-set—linked in clinical trials at HealthSciences and hundreds of peer reviewed studies—with breakthrough patient engagement, self-care and lifestyle management outcomes.”



The MI Health Coaching Intensive prepares health care team members in a highly effective skill-set for engaging patients and facilitating health behavior change in brief encounters. It's perfect for clinical and nonclinical health coaches or care managers serving in population health, health plan, medical home, accountable care, employer, military, health system and hospital settings. Since it's self-paced, it can be started anytime. It's ideal for small teams, home-based workers and new hires. As an "asynchronous" learning program, i.e, each student completes the program at their own pace within the six-week period. However, all lessons must be completed within 12 weeks. It also meets the MI workshop requirement for Registered Health Coach (RHC) and Health Coach Registry listing. Visit www.HealthSciences.org or www.HealthCoachRegistry.org to learn more. You are welcome to register any time.

Expert Faculty, Evidence-Based Approach & Proven Methods for Proficiency Development

The course is facilitated by MINT (Motivational Interviewing Network of Trainers) and RHC-III (Registered Health Coach-Expert Level) faculty with years of experience training diverse care teams, including nurses, physicians, dietitians, pharmacists and mental health professionals. In contrast to training by lay people or nonspecialists, HealthSciences relies on best practice, competency-based learning and workforce development approaches proven in independent evaluations to deliver better outcomes for leading health care organizations. Features include:

- The six-week format allows time for practicing and applying new skills during training.
- Readings and online MI skill-building activities from the Chronic Care Professional (CCP) Health Coach Program are included for a common foundation and seamless transition.
- Self-directed activities for learner engagement, interaction and skill-building.
- Individual coaching for building patient engagement, self-care and lifestyle management support skills using the validated Health Coaching Performance Assessment (HCPA).
- Training and practice using the four-step MI health coaching framework—with attention to common health coaching challenges and the needs of special populations.
- Final HCPA RHC-I proficiency determination (included in the tuition fee).

“Premera’s disease management and case management staff are CCP-certified but we also wanted our wellness team certified as Registered Health Coaches. HealthSciences assisted us by implementing a targeted workforce development plan to help our staff build proficiency in MI health coaching and quickly reach RHC-I. We’ve been very pleased with the results, and confident that our investment will translate to better outcomes for members and customers.”

**Bob Knowles, MA
Manager, Disease Management
Premera Blue Cross**

The Pathway to Proficiency in MI

Participants completing all program requirements within 12 weeks receive a 30-hour certificate of completion (pre-approved for CCP recertification). RHC-I is awarded upon demonstration of RHC-I level proficiency on the HCPA and completion of all additional RHC-I training requirements. One four-week course extension is provided if requested within 12 weeks of registration (a \$100 administrative fee is due).

MI Health Coaching Intensive Registration

Registration fee\$1,595
CCP 5.0 Manual (if needed)\$150*

*The CCP 5.0 manual is required for this program. If purchasing, registrants can save \$100 off the \$250 price by entering the code: CCPC during checkout.

Registered Health Coach (RHC-I) Registration

Save over \$700 now by registering for the complete RHC-I Program\$2,495*

*The complete RHC-I program includes CCP, the MI Intensive (including final proficiency determination) and MI Webinar Series.

Register and begin anytime.

Learn more, register or purchase the CCP 5.0 manual at www.HealthSciences.org or contact support@HealthSciences.org

Program Highlights

- Individuals and teams can register and start the program anytime.
- An affordable, self-directed, self-paced alternative to traditional MI workshops delivered by mental health professionals.
- Ideal for all clinical & nonclinical members of the care team who serve across the care continuum & care settings.
- Includes readings, webinars, skill-building activities, and giving and receiving feedback on coaching skills using the HCPA.
- Builds proficiency in brief, highly effective engagement, self-care, decision-making, and lifestyle management skills.
- Fulfills the two-day MI workshop requirement for RHC I, II or III.
- Includes the final Health Coaching Performance Assessment (HCPA) proficiency test & individual coaching.
- Certificate awarded upon course completion; RHC-I awarded upon demonstrating RHC-I proficiency & completing other RHC-I training requirements (CCP and MI Webinar Series).



Faculty

Susan Butterworth, PhD, MS, RHC-III
Associate Professor, School of Medicine, Oregon Health & Science
University; HealthSciences Institute; MINT Member



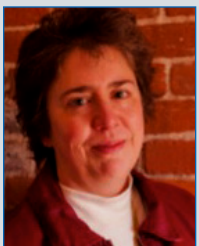
Dr. Butterworth has been in the health promotion field for over 20 years. She received her doctoral degree in adult education and training with a cognate in health promotion from Virginia Commonwealth University. Her special area of expertise and research is Motivational Interviewing-based health coaching. She is an associate professor with the School of Medicine at Oregon Health & Science University. She has been awarded two National Institutes of Health (NIH) grants to study the efficacy and impact of health management interventions, and has published multiple papers on the theory and outcomes of health coaching. Dr. Butterworth has led large MI workforce development training programs in a variety of health care and disease management settings. At HealthSciences Institute, she serves as head of research and development in evidence-based health coaching assessment, learning, and outcomes.

Judy Thomas, RN, CWOCN, RHC-III
HealthSciences Institute; MINT Member



Judy Thomas brings rich array of experience in the health care field across nursing practice disease management, training, and health coaching. She received her Bachelor of Science in Nursing from the Medical University of South Carolina and completed postgraduate studies in Wound Ostomy and Continence Nursing through Emory University in Atlanta, Georgia. Judy has worked in a variety of health care settings that include critical care and home health, pain management, and management of complex high-risk patients. She served as a clinical trainer for a national disease management organization, providing motivational interviewing training to nurses. Judy is a member of the Motivational Interviewing Network of Trainers (MINT), Health Coaching Performance Assessment (HCPA)-certified, and a Registered Health Coach III (Expert).

Kriss Haren, MS, RHC-III
Manager, SBIRT Training, Kettering Medical Center
HealthSciences Institute; MINT Member



Kriss is the Training Manager for the Screening, Brief Intervention & Referral to Treatment (SBIRT) Medical Residency Training Program at Kettering Medical Center. She is a Supervising Licensed Professional Clinical Counselor with over 25 years of experience in behavioral health. She has graduate degrees in public administration and mental health counseling, and worked extensively with trauma treatment and recovery before entering the field of medical education. Kriss is a member of the Motivational Interviewing Network of Trainers (MINT) and is a Registered Health Coach (RHC-III Expert), and holds certifications in smoking cessation and lifestyle & weight management. Kriss has taught MI in many venues to over 3,000 people, with a special focus on the use of MI in health care. Additionally, Kriss volunteers as a behavioral health specialist for the Dayton-based Disaster Medical Assistance Team.

Faculty

Carol DeFrancesco, MALS, RD
Senior Research Associate, Registered Dietician
Oregon Health & Science University
HealthSciences Institute; MINT Member



Carol DeFrancesco, MALS, RD is a Senior Research Associate and Registered Dietitian in the division of Health Promotion and Sports Medicine at Oregon Health & Science University (OHSU). She received her Bachelor of Science in nutrition from Oregon State University (OSU) and her Master of Arts in Liberal Studies from Reed College. Carol completed her dietetic internship at Brigham and Women's Hospital in Boston and joined OHSU in 1990 conducting omega-3 fatty acid research and counseling in the Lipid Disorders Clinic. She graduated with honors from both institutions. Carol conducts research investigating the underlying mechanisms of Motivational Interviewing. She teaches sports nutrition, yoga and Motivational Interviewing at Oregon Health & Science University.

Blake Andersen, PhD
President & CEO
HealthSciences Institute



Dr. Andersen received a PhD in psychology from the University of Missouri-Columbia and completed postdoctoral training in health psychology and behavioral medicine at the University of South Florida, where he served on the clinical faculty. He later was awarded the top certification in human resources (Senior Professional in Human Resources) from the Society of Human Resource Management, and was team leader for Arthur Andersen Business Consulting's Strategy, Organization and People division where he led organization change, competency development and transformation projects for multinational companies (receiving the Sequoia award in 2001). He designed and implemented regional chronic care redesign, performance improvement and workforce development programs in the states of Minnesota and Wisconsin—and the provinces of Alberta and Ontario—and one of the largest health care workforce development projects in Florida. He designed and delivered physician practice performance improvement training for ImproveHF, the largest outpatient heart failure performance improvement study to date in the United States.

Robert Luke, PhD
Assistant Vice President of Research and Innovation
George Brown College; HealthSciences Institute



Dr. Luke partners with industry to address development needs and productivity challenges. He is also responsible for institutional research and planning, focusing on overall educational quality measurement and improvement, and strategy implementation, as well as e-learning and innovation in teaching and learning. He has extensive experience in e-learning research, design and evaluation. He has previously served as Manager, Educational Informatics for Oncology Education at Princess Margaret Hospital and Assistant Professor at the University of Toronto Faculty of Medicine, and Adjunct Professor at the University of Toronto's Faculty of Information, where he taught Human Centered Design at the Knowledge Media Design Institute. His research has focused on design science and the development and application of innovative technologies in healthcare and education.