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University of Arizona’s Integrative Health Coaching Among Nation’s Elite

National accreditation has been granted to only a dozen health coaching programs, to include the new Arizona Center for Integrative Medicine coaching program

Tucson, Ariz., Nov. 2 – Integrative Health Coaching at the University of Arizona Center for Integrative Medicine (AzCIM) was recently accredited by the National Consortium for Credentialing Health & Wellness Coaches (NCCHWC) joining the ranks of only 11 other health coaching programs in the United States to have achieved this recognition.

According to the NCCHWC, there has been an “explosion” of health and wellness coaching programs and it can be difficult to determine the expertise and quality of programs and those practicing as coaches. The NCCHWC has therefore established benchmarking criteria for the training and practice of health and wellness coaches.

“AzCIM boasts a strong foundation of faculty leaders and a long legacy of successfully training health professionals in practicing the absolute best patient care,” said Robert Crocker, MD, AzCIM director of strategic clinical planning and implementation and assistant professor of medicine at the University of Arizona College of Medicine – Tucson. “As proud as we are of what we’ve built, this recognition underscores and validates the strength of our Integrative Health Coaching program by an unbiased national authority in the field.”

The AzCIM Integrative Health Coaching program, established just last year through the University of Arizona College of Medicine - Tucson, is an interprofessional six-month distance-learning program that trains licensed, registered integrative health professionals to empower patients in making transformational lifestyle and behavioral changes for sustainable wellbeing.

“It’s great that the AzCIM Integrative Health Coaching program is being recognized as part of building a new industry standard,” said Andrew Weil, MD, a pioneer of integrative medicine and founder and director of AzCIM. “Integrative Health Coaching encourages practitioners to develop skills that will help them empower their patients or clients to make meaningful, sustainable changes in their way of living.”

The NCCHWC issued a statement saying, “The National Consortium for Credentialing Health & Wellness Coaches is delighted to announce that the Arizona Center for Integrative Medicine has qualified to become an Approved Transition Program per the NCCHWC’s standards. As a result,

health and wellness coaches who have met NCCHWC's requirements and completed the Integrative Health Coaching Program will qualify to sit for the national exam to be launched in 2016. We are in a time of deep collaboration with health and wellness coach training programs that are working diligently towards creating a national standard which will help further professionalize and advance the field of health and wellness coaching."

"Our program is unique in that it combines the convenience and flexibility of an online training program, but our students also get to practice in small groups in real time from all over the country via Google Hangout, getting instant feedback from peers and mentor-supervisors," said Molly K. Burke, MFA, AzCIM director of online education. "We also have very rigorous assessments in place to ensure our students graduate with the skills necessary to be powerful health coaches."

For more information about the AzCIM Integrative Health Coaching program, visit www.azcim.org/coaching.

About the University of Arizona Center for Integrative Medicine

The University of Arizona Center for Integrative Medicine (AzCIM) is internationally recognized for its innovative educational programs, clinical practice, research, and impact on public policy that informs and shapes the field of integrative medicine. We are leading the transformation of health care by actively supporting a vibrant learning community that embodies the philosophy and practice of evidence-based, healing-oriented medicine. Since its creation in 1994, the Center's vision of making integrative care available to all is being realized worldwide with AzCIM graduates guiding more than four million patients to take a greater role in their health and healing. To learn more about AzCIM, please visit www.azcim.org.

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