

The Center's Integrative Health & Wellbeing Coaching program curriculum builds upon our existing strengths in integrative healing, group coaching, and personal transformation.



## Health Coaching Program

*In the Nation*

Find the program that fits and apply today.

### Masters of Arts in Integrative Health & Wellbeing Coaching

For those seeking to become leaders in the health coaching discipline, the M.A. program is a perfect fit. Students can expect to gain important skills in diversity, equity, inclusion, trauma-informed mental health, and leadership development. All courses are offered in a blended format, a combination of online and in-person intensives, and students can complete the program in 2 years. We also have options for those who are already NBC-HWC or ICF certified and are seeking to advance their skills and careers.



30 Credits



Two year program



Hybrid format

### Health Coaching Certificate program

Our Certificate program is a perfect option for those with a health background seeking to add integrative health coaching competencies and a diversity, equity, and inclusion lens to their current profession. All courses are offered in a hybrid format, a combination of online learning and in-person intensives; students can complete the program in 2 semesters.



14 Credits



One year program



Hybrid format

### Got Questions?

Contact Christina at [csh-academics@umn.edu](mailto:csh-academics@umn.edu).

Register for an upcoming information session: [z.umn.edu/HC-Info](http://z.umn.edu/HC-Info)



APPROVED TRAINING PROGRAM

### ALUMNI FEATURE



**Cynthia Kim-Eumie Shockley**  
*BS-Psychology, 2016*

MA-Integrative Health & Wellbeing Coach, 2020

Owner and Founder, Mighty Mama Wellness



**Jamie Hazelton**  
*BA-Psychology, 2015*

MA-Integrative Health & Wellbeing Coach, 2020

Owner, Whole You Health



**Ryan Grist**  
*BS-Community & Environmental Sociology, 2015*

MA-Integrative Health & Wellbeing Coaching, 2021

Owner, Ryan Grist Health Coaching, Health Coach at Golden Mend Wellness & Counseling, and Mind Coach at Life Time

Established in 1995, the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing enriches health and wellbeing by providing exemplary education, conducting rigorous research, advancing integrative models of care, and delivering innovative solutions to organizations and communities. It is our vision to advance the health and wellbeing of individuals, organizations, and communities through integrative health and healing.



Earl E. Bakken Center for SPIRITUALITY & HEALING  
UNIVERSITY OF MINNESOTA

## Track your progress - where are you at in applying?

*Download and check the boxes below.*

- Program & Term Selection
- Biographical & Personal Information
- Academic History & Employment
- Personal Statement (Two-three pages double spaced)
  - Indicate any prerequisite coursework in progress
- Diversity Statement
- Resume
- Scholarship Needs
- Three letters of recommendation
- Review & Submit Payment (\$75 domestic/\$95 international)

*Final deadline: April 15*

## Innovation and leadership

Our masters degree program is the only one in the nation that focuses on leadership and management competencies as part of health coaching education.

Our graduates accumulate more than 100 hours of coaching experience through a diversity, equity, and inclusion lens, and are prepared to coach not only one-on-one but within groups.

Additionally, our integrative and whole-person approach to coaching - along with training in trauma-informed care - makes our program stand above the rest.



## Why Now?

In 2023, the NBHWC and Veterans Administration applied for CPT I codes for health coaching to be reimbursed by insurance companies. If approved by the American Medical Association, it is expected that reimbursement will be available for one-to-one and group coaching. We expect this will increase job opportunities for health coaches in healthcare and are preparing our students to work in these interdisciplinary healthcare teams.



## On-site requirement

Students are required to participate in person on campus once a semester (fall and spring) during the first year only.



## Internship and group coaching sites

The Minnesota based internships are Telehealth/Zoom so that the students can live anywhere.

One on one internship and group coaching sites include:

- TRIA
- Hennepin County
- VA Medical Center
- Virgin Pulse
- Fairview Health Services
- Pathways
- American Academy of Neurology