

**National Organization of Nurse Faculties (NONPF) Annual Conference 2013  
Armchair Discussion**

**West, R., Sparbel, K., Tadda, B. & Heinschel, J.**

**Advanced Practice Nurse (APN) as Health and Wellness Coach:  
Teaching APN students to transform health and healthcare**

**RESOURCES & SELECTED REFERENCES**

**Resources**

***NONPF***

2012 Nurse Practitioner Core Competencies

<http://www.nonpf.com/associations/10789/files/NPCoreCompetenciesFinal2012.pdf>

***Health and Wellness Coaching:*** Coaching is “the art of creating an environment, through conversation and a way of being, that facilitates the process by which a person can move toward desired goals in a fulfilling manner” (W. T. Gallwey, 2000, p. 177).

Coaching is not the “expert” approach of:

- Analyzing problems
- Giving advice
- Prescribing solutions
- Recommending goals
- Developing strategies
- Teaching new skills
- Providing education

In the coach approach, the client finds the answers; she/he is the expert, the decision-maker. The goal of coaching is to encourage personal responsibility, facilitate deep thinking, encourage self-discovery, and foster self-efficacy and perceived competence.

**Theory and Models**

- Self-determination theory - theory of human motivation  
<http://www.selfdeterminationtheory.org/>
- Social cognitive theory - self-efficacy  
<http://www.uky.edu/~eushe2/Bandura/Bandura1989ACD.pdf>

- Trans-theoretical model - stages of behavior change  
<http://www.ncbi.nlm.nih.gov/pubmed/10170434>
- Choice Theory - internal control cognitive theory  
<http://www.choicetheory.com/>
- Murray Bowen theory – family therapy  
<http://www.familysystemstraining.com/papers/going-home-again.html>
- Carlson, J., Watts, R. Maniacci, M. (2006). *Adlerian therapy: Theory and practice*. Washington, DC: American Psychological Association.

### **Strategies and Techniques**

- Solution-focused Therapy - strength based assessment vs. deficit/problem  
<http://www.solutionfocused.net/solutionfocusedtherapy.html>
- Appreciative Inquiry - 5-D cycle (define, discover, dream, design, destiny)  
<http://centerforappreciativeinquiry.net/>
- Non-violent communication - conflict resolution process, 3 aspects of communication:
  - Self-empathy, deep, compassionate awareness of one's own inner experience
  - Empathy, listening to another with deep compassion
  - Honest self-expression, expressing oneself authentically to inspire compassion in others<http://www.cnvc.org/>
- Motivational Interviewing - client-centered, directive method for enhancing intrinsic motivation to change by exploring and resolving ambivalence.  
<http://www.motivationalinterview.org/>
- BATHE Technique - The 15-Minute Hour: Incorporating Counseling and Psychotherapy Into the Everyday Management of Patients  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC181054/>

### **Miscellaneous**

- **International Coaching Federation Core Coaching Competencies**  
<http://www.coachfederation.org/icfcredentials/core-competencies/>
- **Institute of Coaching**  
<http://www.instituteofcoaching.org/>

- **National Consortium for Credentialing of Health and Wellness Coaches**  
<http://ncchwc.org/>
  - Update on Wellness Coaching Accreditation
  - [http://www.instituteofcoaching.org/images/ARticles/ProgressReport\\_NationalConsortium\\_Jul\\_2011.pdf](http://www.instituteofcoaching.org/images/ARticles/ProgressReport_NationalConsortium_Jul_2011.pdf)
  
- **Health and Wellness Training Programs**  
<http://www.instituteofcoaching.org/images/ARticles/Heath%20and%20Wellness%20CoachingTrainingPrograms-July-2011.pdf>

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