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

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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

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

• Choice Theory - internal control cognitive theory
  http://www.choicetheory.com/

• Murray Bowen theory – family therapy
  http://www.familysystemstraining.com/papers/going-home-again.html


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:
  o Self-empathy, deep, compassionate awareness of one's own inner experience
  o Empathy, listening to another with deep compassion
  o 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/
  o Update on Wellness Coaching Accreditation
  o http://www.instituteofcoaching.org/images/ARticles/ProgressReport_Nationa
  lConsortium_Jul_2011.pdf

• Health and Wellness Training Programs
  http://www.instituteofcoaching.org/images/ARticles/Health%20and%20Wellness%20C
  oachTrainingPrograms-July-2011.pdf

Selected References

behavior (vol. 4). (pp. 71-81). New York: Academic Press


  http://www.nursingsociety.org/Education/ProfessionalDevelopment/Documents/Coach
ing and Mentoring Workbook_STTI.pdf


  New York: Guilford Press.
