

# NWI Wellness in Clinical Practice Certificate Course

## Course Content



### COURSE DESCRIPTION

The National Wellness Institute Wellness in Clinical Practice (WCP) Professional Certificate Program provides the tools for participants to integrate the principles of evidence-based health behavior, wellness, coaching, health promotion, and disease prevention into their clinical practice.

Eligible for seven (7) continuing education credits, the course consists of six self-paced online training modules. Individuals who successfully complete the training within the 6-week training period receive a Wellness in Clinical Practice Professional Certificate.

The National Wellness Institute thanks the following individuals for their contributions to the development of this course: Marion Willard Evans, Jr., DC, PhD, MCHES<sup>®</sup>, CWP; Cheryl Hawk, DC, PhD, CHES<sup>®</sup>; Michael Perko, PhD, MCHES<sup>®</sup>, FAAHE; Betsy Barrett, PhD

### CERTIFICATE COURSE OBJECTIVES

Following the course, participants will be able to:

- Apply theory-based wellness techniques in a clinical setting using culturally appropriate concepts.
- Identify those interdisciplinary partners best suited for collaboration in a wellness practice.
- Describe the National Wellness Institute's Six Dimensions of Wellness model and its application to clinical practice.

### CERTIFICATE COURSE REQUIREMENTS

The 7-credit course includes the following required elements. Participants must complete the full lesson and pass the associated quiz for each module before receiving access to the next module. All six modules, as well as the 50-question final exam and course evaluation, must be completed before the end of the 6-week course. Approximate runtime for the modules lesson is included in parentheses. Completing at least one module per week is suggested.

#### **Module 1: Introduction to Wellness in Clinical Practice (60 minutes)**

Upon completion of this module, participants will be able to:

- Define the principles, definitions, terms, and concepts common to health promotion and the field of clinical wellness.
- Identify the levels of prevention and how they apply to clinical practice.
- Recognize the actual causes of premature death in the United States.
- Describe the Ecological Framework of Health Promotion.
- List the National Wellness Institute's Six Dimensions of Wellness.
- Understand the principles and benefits of interprofessional collaboration in wellness practices.
- Understand the role of cultural competency in wellness promotion.

#### **Module 2: Health Behavior Theories and Models in Clinical Practice (50 minutes)**

Upon completion of this module, participants will be able to:

- List the most common theories that can be applied in clinical settings.
- Identify the basic constructs of behavioral theories discussed in the module.
- Apply basic constructs of various theories to a clinical situational encounter.
- Explain the role of victim blaming in a clinical environment and list actions that can be taken to counsel patients in an empathetic manner.
- List the ABCs of health promotion in clinical practice.

### **Module 3: Implementation and Practical Application of Health Behavior Theories in Clinical Practice (70 minutes)**

Upon completion of this module, participants will be able to:

- List the Surgeon Generals 5 A's.
- List Breslows's Healthy 7.
- Identify the basic tenets of Motivational Interviewing in a clinical setting.
- Apply basic constructs of various theories to a clinical situational encounter.
- Explain the role of OARS in Motivational Interviewing.
- Recognize signs of resistance to change in client/patient dialogue.
- Understand how to apply appropriate "stage-based messages" with clients/patients to cue them to take action.

### **Module 4: Principles and Application of Health Communication & Wellness Coaching**

(Part 1: 45 minutes, Part 2: 30 minutes)

Upon completion of this module, participants will be able to:

- Recognize the major concepts of health communication.
- Conduct interprofessional communications with clients' other health care providers.
- Understand how to communicate with clients/patients from diverse cultural backgrounds.
- Recognize clients'/patients' varied interpretation of communications due to differences in cultural background.
- Define basic coaching techniques, theories, and terminology.
- Assist clients in developing a wellness plan.

### **Module 5: The Wellness Assessment Process (Part 1: 30 minutes, Part 2: 45 minutes)**

Upon completion of this module, participants will be able to:

- Explain concepts and terms of epidemiology as related to risk factors and health.
- List major risk factors for chronic disease in the United States.
- Describe principles of holistic assessment of risk factors and positive well-being.
- Utilize appropriate patient-centered risk factor assessment instruments.
- Determine circumstances when clients/patients should be referred to or co-managed with other health professionals.
- Recognize differences in clients'/patients' interpretation and understanding of assessments due to varying cultural backgrounds.

### **Module 6: Community Health Advocacy (60 minutes)**

Upon completion of this module, participants will be able to:

- Recognize the "macro" and "micro" views of health and wellness.
- Discern upstream and downstream approaches to wellness.
- Recognize the starting point for all advocacy roles.
- List the basic steps of coalition building.
- Recognize the role Ecological Theory plays in community health and wellness.

## **QUESTIONS & TECHNICAL SUPPORT**

Technical issues or questions about the course should be submitted at [NationalWellness.org/LearningHelp](https://www.nationalwellness.org/LearningHelp) to ensure the quickest response.

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For more information about the program, including continuing education credit options, visit:

**[NationalWellness.org/WCP](https://www.nationalwellness.org/WCP)**