

Cancer Coaching Certificate – Live Program Outline

Program Objectives:

By the end of the course, you will be able to

- Support self-management in care and in health behaviours
- Apply motivational interviewing, decision-balance, 5A counseling processes, and assessment skills
- Complete comprehensive whole person assessments
- Collaborate effectively with inter-professional health teams
- Employ self-management coaching support for acute treatment and for longer term survivorship.
- Prepare collaborative care, health recovery plans based on client assessments

Course Page: <https://hlln.info.yorku.ca/cancer-coach-certificate-program-page/>

Delivery Method:

- ONLINE INSTRUCTOR-LED CLASSROOM SESSIONS on ZOOM: **August 4 – August 7 and August 10 - 13 from 2 PM – 5 PM Eastern Time.**
- CAPSTONE EVALUATION: **August 14 - Individual hour sessions (to be booked at start of program)**
- NOTE: You must review the student conduct policy, technology requirements before the start of the course

Course Schedule

DATE/INSTRUCTOR	TOPIC
August 4 – Doris Howell	Health History and Holistic Cancer Coaching Assessment and Case Conceptualization-Part A
August 5 – Doris Howell	Health History and Holistic Cancer Coaching Assessment and Case Conceptualization-Part B
August 6 – Doris Howell	5As and Brief Motivational Interviewing for Facilitating Behaviour Change Across the Cancer Continuum-Acute Cancer Phase
August 7 – Doris Howell	Advanced Motivational Interviewing for Facilitating Behaviour Change Across the Cancer Continuum-Chronic Pain and Fatigue
August 8-9	WEEKEND BREAK
August 10	Behaviour Change and Working at the Interplay of Stress, Psychosocial Distress & Health in Cancer
August 11 – Maya Obadia	Application of Motivational Interviewing for Coaching Survivors in Healthy Lifestyle Change
August 12 – Maya Obadia	Application of Motivational Interviewing for Coaching Survivors in Healthy Lifestyle Change
August 13 - Leigh Caplan	Putting it all Together - Simulated Practice of MI
August 14 – Doris Howell & Leigh Caplan	Capstone Evaluation through Live Simulation with Actors