

Integrative Health & Wellness Coaching Pilot for PhD Student Support

Overview

The Office of the Provost seeks proposals from Directors of Graduate Studies Assistants (DGSAs) who, with endorsement from their programs, wish to pursue professional development as trainees in the Duke Integrative Health and Wellness Coach Training Program. This opportunity is limited to no more than five (5) DGSA participants, and is contingent on separate admission by Duke Integrative Health. Applications will be accepted via Formstack

(https://dukeinterdisc.formstack.com/forms/dgsa_wellness_coach_application).

RFP released	12/02/2020
RFP deadline for submission	12/22/2020 at 5:00 p.m.
Anticipated Program participant notification	01/15/2021 by 5:00 p.m.

Rationale

In recent months there has been a consistent thread of conversation among school associate deans, faculty, and graduate/professional students about heightened mental health challenges among graduate students in general, and PhD students in particular. Under the leadership of School of Medicine (SoM) Associate Dean Beth Sullivan, the Office of Biomedical Graduate Education (OBGE) has been piloting a very promising avenue to promote wellness among its PhD students: the opportunity for students to meet 1:1 with a Health and Wellness Coach. This individual is an active Director of Graduate Studies Assistant (DGSA) who received certification through the Duke Integrative Medicine Health Coach Training Program (IHCTP, <https://dukeintegrativemedicine.org/integrative-health-coach-training/>). OBGE has been surveying PhD students before and after they take advantage of coaching sessions, and those surveys suggest that students perceive significant benefits from this new resource.

The goal of this pilot is to widen the opportunity to promote wellness among PhD students by extending the SoM model, creating a cohort of coaches among DGSAs across campus who would receive certification through Duke Integrative Medicine. We believe that this opportunity for DGSAs to pursue sustained professional development will lead to better support for PhD students, improve the climate within schools and programs, and facilitate resilience. Supported activity includes:

- 1) funding for participation in the Integrative Health Coach Training Program;
- 2) participation in a peer mentoring program with Integrative Health and Wellness Coaches at Duke's Counseling and Psychological Services (CAPS); and
- 3) a further professional development opportunity to sit for national board certification exams.

We seek proposals from DGSA's, with endorsement from their programs, who wish to pursue this opportunity for professional development. Applicants will need to demonstrate how the activities associated with the proposed health coaching aligns with current departmental responsibilities, priorities, and support.

An information session will be held virtually on December 11, 2020 at 3:30pm EST. Register in advance for this meeting:

<https://duke.zoom.us/meeting/register/tJ0rduyspjstE9xgRLUjoZvFn3MMPcStZzy0>. After registering, you will receive a confirmation email containing information about joining the info session.

Restrictions and Parameters

- Recommendation for admission and funding will only be provided for up to five (5) DGSA participants.
- All selected participants must be admitted through the IHCTP's admissions process.
- Proposed participant must be a current DGSA in a department, school, or program that offers the PhD degree.
- Upon successful completion of the training program, DGSA's accepted to the pilot are expected to devote 5 – 10 hours/week to wellness coaching for students in their PhD program. (If the leadership of the department/school comes to agreement with other PhD programs, the DGSA may also be available to PhD students in those programs as well.)
- Participating departments/programs and schools will need to explain how they will align job responsibilities to accommodate time dedicated to the initial training/certification and subsequent wellness coaching of students.
- Participating departments/programs and schools are expected to facilitate data gathering to assess the impact of the pilot, in coordination with The Graduate School (TGS), Student Affairs, and OBGE to assure consistency in approach.

Eligibility

- All current Duke DGSA's who help to administer a PhD program are eligible for the program.
- Applicants need to hold a bachelor's degree in any field of study or possess equivalent relevant experience (an IHCTP requirement).

Selection Criteria and Review Process

Proposals should specify the DGSA's interest in adding this competency to her/his/their skill-set. The letter of interest from the DGSA should discuss any relevant background that the DGSA may have. The letter of endorsement from the department/program should demonstrate support for the application

from the relevant faculty chair and/or dean. Successful applications will make a compelling case for how the proposed experience would amplify the department/program's support of doctoral students.

The selection process will be overseen by the Vice Provost for Interdisciplinary Studies, TGS's Senior Associate Dean for Graduate Programs, and a representative from Duke's Counseling and Psychological Services.

Scope and Duration

The proposed training program runs from February 15, 2021 through November 12, 2021 and includes two courses – the Foundation Course and the Certification Course, which must be completed sequentially over a 10-month (38 weeks) period. Participants will be expected to attend 16 synchronous webinars (3 hours/week), followed by self-directed, asynchronous learning. Asynchronous components include training modules, videos, and quizzes. Participants can anticipate spending 2 hours/week on additional assignments completed outside the synchronous sessions. The Certification Course will include individualized mentoring sessions and a practice skills assessment.

Foundation Course Schedule

Online orientation begins February 15, 2021

Weekly webinar section (participant chooses section):

- February 23 – June 8, 2021 held on Tuesdays 9:30am – 12:30pm Eastern Time
- February 24 – June 9, 2021 held on Wednesdays 6:30 – 9:30pm Eastern Time

Online examination and course completion June 10 – 18, 2021

Certification Course Schedule

Online orientation begins June 21, 2021

Online course components and written exam June 28 – November 12, 2021

Oral examination begins two (2) weeks after individual course completion

Proposal Requirements

To apply, visit https://dukeinterdisc.formstack.com/forms/dgsa_wellness_coach_application. You will be asked to provide the following information:

- An updated DGSA **resume (maximum two pages)**;
- A brief **personal statement (maximum three pages)** that articulates the DGSA's interest, how this competency and experience will contribute to amplifying current responsibilities, and any relevant experience; and
- A **letter from the prospective department/program chair or school dean** that offers details about how the anticipated professional development fits with overall plans of the department/program/school to support doctoral students. This letter should be sent separately to Amy Feistel (amy.feistel@duke.edu) by the application deadline.



Resources

The following links provide additional resources for those interested in this opportunity:

- Duke Integrative Health Coach Training Program
<https://dukeintegrativemedicine.org/integrative-health-coach-training/>
- Duke University Medical Center Library Resource Guide for Integrative Health Coaching
<https://guides.mclibrary.duke.edu/integrativecoachingpatients>

Contact

For any questions related to the online application and/or other logistical questions, please contact Amy Feistel, amy.feistel@duke.edu. For questions about whether to pursue an application, or to talk through specific ideas for a proposal, the following individuals can provide guidance:

- Beth Sullivan, Associate Dean for Research Training, Office of Biomedical Graduate Education, School of Medicine, beth.sullivan@duke.edu
- Jacqueline Looney, Senior Associate Dean for Graduate Programs, jlooney@duke.edu
- Jeff Kulley, Associate Director, Counseling and Psychological Services, jeff.kulley@duke.edu
- Anita-Yvonne (AY) Bryant, Associate Director, Counseling and Psychological Services, aybryant@duke.edu
- Mazella Fuller, Staff Social Worker, Counseling and Psychological Services, mazella.fuller@duke.edu