

Certified Personal Medicine Coach Manual

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Hi friends,



My name is Pat Deegan. I am a person who has the lived experience of recovery after being diagnosed with schizophrenia as a teenager. I believe recovery and healing from mental health challenges are not the privilege of a few exceptional people. Recovery is a possibility for everyone.

As a Certified Personal Medicine Coach, you will be an expert in supporting people as they discover and use their unique Personal Medicine.

This Manual is a guide to support you as you incorporate the practice of Personal Medicine into your day-to-day work.

Personal Medicine is powerful medicine. Thanks for all you do.



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Introduction

This manual is a supplemental text to be used as you progress through Pat Deegan's Certified Personal Medicine Coach training. It contains additional information about each week's topic, exercises to deepen your understanding, and space for you to personalize your learning with notes and reflections. When working through the course, and even during the live coaching calls, we encourage you to have your manual ready to use. You can take notes, respond to reflection questions, and think about how you will use what you are learning in your personal and professional life.

This manual belongs to you. You do not have to submit it to the instructors. Your manual is designed to support you along the way. It will be a way to reflect on your learning experience beyond this 11-week Certification process.

Welcome & Orientation

What is a Certified Personal Medicine Coach?

A Certified Personal Medicine Coach (CPMC) is an expert in supporting people as they discover and use Personal Medicine in their recovery. CPMCs are dedicated to making sure people discover their own power to get well and stay well. CPMCs help spread the message far and wide that recovery is real and there are things we can do to help ourselves. CPMCs help to activate people in their own self-care, and this leads to better health outcomes.

Key takeaways

- ➔ Personal Medicine is an emerging evidence-based practice. It meets SAMHSA's five core competencies for peer workers: recovery-oriented, person-centered, voluntary, relationship-focused and trauma-informed.
- ➔ Our practice of Personal Medicine helps to disrupt and transform business as usual.
- ➔ CPMCs are leaders. We have a vision, not of what-is, but of what-is-possible. We can see a gap between what-is "business as usual" in the mental health system and what-should-be. We dedicate ourselves to closing that gap.
    - In systems where maintenance and stabilization are the norm, we see the possibility of recovery.
    - In systems where the emphasis is on take-your-meds, we help people find the right balance between what we do (Personal Medicine) and the medication we take.

- In programs that focus on what's the matter **with** you, our practice of Personal Medicine emphasizes what matters **to** you.

➔ Our practice of Personal Medicine disrupts the message of chronicity and infuses our work with hope. Everyone has Personal Medicine, no matter how small it may be to start with.

➔ Over time, Personal Medicine can be cultivated, like a garden, to yield more and more strategies for getting well and staying well.

Tips for Success in this Course

➔ Review the course syllabus from your Dashboard

➔ Set reminders on your phone for due dates

➔ Mark important dates (due dates and Live Coaching Calls) on your calendar

➔ Many of the practice exercises require you to practice your skills with other people. If you aren't providing direct service, think about folks you may want to practice with and let them know ahead of time (this can be co-workers, family members, or friends)

➔ Begin the e-learning Courses at the start of each week to help you stay up to date with assignments

Certification and Attendance Expectations

To be eligible for Certification, you must meet the following requirements:

➔ Attend and participate in all live Coaching Calls.

- We understand things come up. If you need to miss a call, contact your trainers ahead of time. A 1:1 Coaching Call may be scheduled to support you in making up the missed call.
- If you miss more than one Coaching Call, we will not be able to certify you as a CPMC.

➔ Complete all e-learning Lessons

➔ Submit all assignments

➔ Pass all quizzes at 80% or above

➔ Pass the Final Exam at 80% or above
- Pre-submission → tips & guidance from trainers → & formal submission
- 1:1 support is provided if needed
- Accommodations can be provided

➔ Under certain circumstances, even if all of the above requirements are met, a Certified Personal Medicine Coach Trainer (CPMC-T) may use their discretion to grant a Provisional Certification or deny Certification. For example, CPMC-Ts may feel a candidate needs some more real-world practice and grant a Provisional Certification with additional practice requirements. Or a candidate may demonstrate practices or values antithetical to the core concepts of Personal Medicine, and therefore not be eligible for Certification.

➔ Any candidate who engages in intolerance, harassment, bullying, discrimination, or hate speech will be immediately removed from the course and ineligible for Certification.

Course Materials

There are quite a few resources to support you in your journey of becoming a Certified Personal Medicine Coach. Some of the resources are tools to use directly with individuals, and others are resources to support your learning. You will learn more about each of these as the course progresses.

Personal Medicine Guide

Each CPMC candidate will receive one FREE copy of a Personal Medicine Guide of their choosing. This will arrive a few weeks after the start of the course.

CPMC Materials

Additional digital materials are available to support your coursework and practice. These can be found in your course **CPMC Materials**.

Manual

This is the "textbook" for your course, and what you are currently reviewing! 😉

Worksheets

In this section, you will find all the Personal Medicine worksheets:

- The Personal Medicine Worksheet
- The Personal Medicine Tracking Calendar
- Personal Medicine for Staff Wellness

Cards

In this section, you have access to all of the Personal Medicine Cards:

- Anger
- Anxious Feelings
- Concentration
- Distressing Voices
- Effective Communication
- Feeling Depressed
- Food Cravings
- Grief
- Harm Reduction
- Negative Thinking

- Oppression
- Self-Harm
- Sleep
- Stress reduction
- Trauma
- Troublesome Beliefs
- Worry

Guides

In this section, you have access to previews of all of the Personal Medicine Guides for review:

- Anger
- Anxious Feelings
- Distressing Voices
- Feeling Depressed
- Food Cravings
- Grief
- Negative Thinking
- Self-Harm
- Sleep
- Troublesome Beliefs

Coaching Examples

These short video role-plays demonstrate some of the key CPMC coaching skills.

Recovery Videos

These are videos of real people sharing their experiences with Personal Medicine

Prework

Before you kick off your learning, there are a few details to tend to.

To-do's

- ☐ Review your CPMC manual
- ☐ Join our community chat room in Slack
- ☐ Order your Personal Medicine Guide
- ☐ Register for group coaching calls or add the calls to your calendar

Week #1: Discovering Personal Medicine

This week you will be getting oriented to our upcoming work, learning about the foundations of Personal Medicine, how to use the Personal Medicine Worksheet, and assessing Personal Medicine for Fidelity.

To-do's

- ☐ Attend Coaching Call #1
- ☐ Complete all e-learning modules *(refer to this CPMC manual for additional learning)*
- ☐ Complete the "Discovering Personal Medicine" practice
- ☐ Share your practice experience in the community forum
- ☐ Complete the "Personal Medicine" quiz *(80% passing. Retakes are allowed)*

What is Personal Medicine?

As CPMCs, it is important to have a strong understanding of the foundational principles of Personal Medicine.

Key takeaways

- ➔ For many people with lived experience, the pathway into recovery and the life we want for ourselves means finding the right balance between the pills we may take, and the **things we do** that help us get well and stay well.
- ➔ Personal Medicine can be the big things in life we do that put a smile on our face and bring us joy and meaning. Personal Medicine is also the smaller things we do to manage our distress and feel better.
- ➔ Research on Personal Medicine shows people who use it over time are more activated in their self-care, which leads to better health outcomes. Over time

folks add to their Personal Medicine, increasing their skills in managing distress and challenges.

➔ Everyone has Personal Medicine. No one is "too sick" to have Personal Medicine.

Where did Personal Medicine Come From?

During research interviews, people talked with Pat about pill medicine, but they also spent a lot of time describing other things they did to support their recovery. This is where Personal Medicine was born.

Key takeaways

➔ The things that give our lives meaning and purpose can change our biochemistry.

➔ Many people are not given the message that there are things they can do to change the way the feel.

➔ Many people stumble upon their Personal Medicine on their own.

Is Personal Medicine Actually Medicine?

Some people say that Personal Medicine is just a metaphor. As CPMCs, it's important to understand and share that medicine can also be what we DO, not just what we take.

Key takeaways

- ➔ Medicine is not just a pill. Medicine can also be what we DO.
- ➔ Personal Medicine is something we do that improves our mood, our outlook, our cognition, and our lives.
- ➔ Personal Medicine is medicine. It's not prescribed by a doctor or nurse. It comes from within. It is part of our human resilience and inner wisdom.
- ➔ Personal Medicine reclaims the word medicine and connects us to a more ancient meaning of the word.
- ➔ Every single person has Personal Medicine within themselves. We all have an inner healer and resilience.
- ➔ Resilience does not end at a diagnosis.
- ➔ Finding the right balance between the pharmaceuticals we may use and our Personal Medicine is the pathway into recovery and the life that we want.

Does Personal Medicine = Coping Skills?

Sometimes people think that Personal Medicine and coping strategies are the same thing. CPMCs help people go deeper and discover their own unique Personal Medicine.

Key takeaways

- ➔ Coping strategies are generic. Personal Medicine is individualized, personalized, and specific to each person
- ➔ Coping skills are prescribed. Personal Medicine cannot be prescribed. Personal Medicine is deeply personal, and it comes from within us.

➔ Often our connection with this inner wisdom is damaged after a diagnosis of mental illness. CPMCs help people reconnect with their inner wisdom by discovering their unique, individual Personal Medicine.

Disrupting Business as Usual

Personal Medicine is a powerful and transformative practice. It not only disrupts how people see themselves in their recovery process, but it can also disrupt and transform business as usual for staff and agencies. As a CPMC you will help people connect with their resilient selves.

Key takeaways

➔ Personal Medicine disrupts the idea that medicine is a "pill" or something we take. Personal Medicine recognizes that medicine can be what we DO, not just what we take.

➔ Personal Medicine disrupts the message that people coming for services are in some fashion broken or in need of repair or fixing. Personal Medicine disrupts and then transforms that idea by positing that within each of us there is an inner wisdom.

➔ Personal Medicine assumes that human resilience does not stop at diagnosis. All of us, even the person who appears to us to be the most profoundly unwell, all of us have a natural resilience and a healer within.

➔ Personal Medicine coaching involves connecting with people as our recovery partners.

- ➔ CBT, nutritional approaches or psychiatric rehabilitation, psychiatric medication and many other treatment approaches can be very helpful.
- ➔ The practice of Personal Medicine and Personal Medicine Coaching balances us in our work and reminds us that we work with people, not illnesses.

The Personal Medicine Worksheet

As CPMCs, it's important to have a strong understanding of Personal Medicine including how to discover and use our own Personal Medicine. To be effective CPMCs, the very first step is to use the Personal Medicine Worksheet for ourselves.

Key takeaways

- ➔ The Personal Medicine Worksheet is the foundational tool to discover Personal Medicine.
- ➔ It's ok if we can't fill out the entire worksheet. There is time to continue to reflect and revisit any of the prompts we might be stuck on.
- ➔ Making a plan to use our Personal Medicine is important. We can cut out the Cards, carry them with us, post them on our mirrors, etc. as powerful reminders.
- ➔ The Worksheet can help us make that deep connection between the things we are already doing, and how they help.

Week 2: Coaching & the Personal Medicine Worksheet

This week you will be learning all about coaching with the Personal Medicine Worksheet.

To-do's

- ☐ Attend Coaching Call #2
- ☐ Continue reviewing your CPMC manual
- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Coaching with the Personal Medicine Worksheet" practice
- ☐ Share your practice experience in the community forum
- ☐ Complete the "Coaching & Personal Medicine" quiz *(80% passing. Retakes are allowed)*

Coaching in Personal Medicine

Coaching occurs when a person with experience – called a coach, supports another person in achieving a personal goal. In terms of Certified Personal Medicine Coaching, this means CPMCs coach and support people in discovering their own unique Personal Medicine. CPMCs coach people in connecting with their inner wisdom, their resilience, and their power.

Key takeaways

➔ There are 5 main CPMC coaching skills:

1. CPMCs are **non-judgmental**. It's not our position as a CPMC to judge the person we are working with. We all have internal biases and judgments because that's how human being's work. That's our brains work. But being aware of these biases and these judgments, leaving these judgments at the door is vital to that coaching relationship.

2. CPMCs **walk side-by-side** with people as they discover their own healer within. We meet people exactly where they are. This means that we respect and honor where people are in their lives and meet them there – not where we want them to be or think they should be. Walking side-by-side means:
    - We don't hold expectations for Personal Medicines' usefulness, discovery, timeframe, etc.
- We don't prescribe Personal Medicine
    - We don't tell people what they should try or do.
    - We don't try to "fix" people
    - We set our agenda aside and truly follow where the coachee leads us
3. CPMCs draw upon **careful or active listening**. Coaching in Personal Medicine means actively listening to the people we are supporting. When we listen closely, we convey I care about you and I see you.
4. As CPMCs, we use our curiosity to go deeper. We ask questions, we invite people to reflect a bit more deeply around what they do and how it helps. We say, "Tell me more about that", "How does that help?", "When do you do that?", "How did you discover that?". Going deeper helps people make that powerful connection with their inner wisdom.
5. We also **share our lived experience** of discovering and using Personal Medicine. We know that everyone has and uses Personal Medicine, and when we share a bit of ourselves, we are meeting that person on the common ground of our shared humanity.

➔ Personal Medicine coaching is not "one-size-fits-all".

➔ Personal Medicine coaching is **driven by the needs of the person** we support. We aren't teaching people Personal Medicine. We are coaching them in discovering their resilience and their healer within.

Coaching with the Personal Medicine Worksheet

As a CPMC, it is important to have a strong understanding of Personal Medicine, how to introduce it to people, make adjustments based on their circumstances, and assist them in updating their Personal Medicine over time.

Each time we work with a person to discover Personal Medicine, it's an opportunity to celebrate the wisdom and resilience within each of us. The Personal Medicine Worksheet is a tool we can use to support people in discovering their Personal Medicine.

Key takeaways

➔ The worksheet can be used in **intentional, structured ways** *(e.g. your organization is spreading the practice of Personal Medicine and supports each person in discovering theirs).*

➔ The worksheet can be used in **casual or "in the moment" situations** *(e.g. a person is talking with you about their frustration that "nothing seems to work" and you bring out the worksheet to support them.)*

➔ **It's not about the worksheet.** The real richness of using the Personal Medicine Worksheet is not just what people discover about themselves, it's also the conversations you will have with them while working together.

- ➔ We never want to just "do a worksheet" with someone. The worksheet is **simply a tool** to guide us in the process of supporting others in tapping into their inner wisdom and discovering their own powerful Personal Medicine.
- ➔ Supporting someone in **accessing their inner wisdom** is a vital step in the Coaching process. CPMCs never prescribe or tell a person what their Personal Medicine is. Sure, we can share examples and offer new ideas – but we wouldn't say, *"I know walking will help your mood so use this Personal Medicine 3 times a week."*.
- ➔ **It's okay** if Personal Medicine doesn't meet full fidelity right away. Remember: this is a process that develops and grows over time.
- ➔ CPMCs **don't teach** someone Personal Medicine. Instead, CPMCs coach and invite them to discover their own inner wisdom.
- ➔ CPMCs should always be mindful of their Personal Medicine Coaching skills. CPMCs are **non-judgmental**, we **walk side-by-side**, we **listen closely**, we ask questions and **go deeper**, and we **share our lived experience** of discovering and using Personal Medicine."
- ➔ A person's Personal Medicine is always **owned by the person** – it is theirs and theirs alone. We don't withhold Personal Medicine or use it as a bargaining chip to get them to do something we want them to do.

Coaching tips

When introducing the concept of Personal Medicine to others, it can help to share an example of your own Personal Medicine. For example, you might start the conversation about Personal Medicine by saying:

"Did you know there are things other than pills that can be medicine? I have trouble falling asleep at night. But when I read before bed, it helps my mind settle down so I can relax and get to sleep. Reading before bed to settle my mind is medicine. It's what we call Personal Medicine. I'd love to help you discover yours."

It can also be helpful to offer an example of how you were able to use the Worksheet to discover your own Personal Medicine. For example:

"When I was learning about Personal Medicine, I used this worksheet for myself too. I found that something I do every day – walking in the park – was actually medicine. Walking in the park helps me de-stress and get ready for my day. Now, when I take my walk each morning, I remind myself how it helps. This was a really powerful connection for me. Let's give this a try and see if you discover anything about yourself too."

If the person you are supporting is having trouble answering one of the leading questions, it's okay to skip that question and come back to it at another time. Just make sure to revisit the question with the person as they start to gain a better understanding of Personal Medicine. We can say:

"Well let's talk a little bit about your day. Is there something you do each day, like take a shower? Or spend time watching your favorite show? How does that help?"

"Do you have any hobbies? What do you like to do?"

When possible, CPMCs **share their own lived experiences** of the power of Personal Medicine. For example:

"When I was first starting my journey to recovery, all I kept hearing was how important it was to take my pills. And sure, the medicine was helping – but it didn't seem to be enough. Have you heard that same message? Or something similar?"

"I've seen so many commercials on TV for pill medicine, but we don't really hear about the other things that are medicine. Have you heard of Personal Medicine? As a therapist and CPMC, I think it's so important to talk about all the stuff we do which can be medicine too."

CPMCs **listen carefully** for key moments or opportunities to talk with people about Personal Medicine. For example:

"I hear you've been really struggling with Negative Thinking. Me too. Has anything ever helped before?"

Coaching Toward Fidelity

As a CPMC, it is important to have a thorough understanding of the fidelity standards for Personal Medicine and how to use our coaching skills to support people in discovering powerful Personal Medicine.

Key takeaways

➔ In order for Personal Medicine to be most effective, it must meet 4 fidelity standards:

1. Is it a specific activity, not a feeling or state-of-being?
2. Is it something I do NOW, not a future goal?

3. Is it something I do, not something I take?

4. Does it say how it helps me?

➔ Personal Medicine Fidelity ensures that Personal Medicine is truly powerful.

➔ It may take several meetings with someone before their Personal Medicine meets fidelity.

➔ We meet people where they are at. For many people, the idea of having inner wisdom is a new concept.

➔ Helping people make the connection between what activities they do and how those activities help and support their recovery is powerful. It can help people get activated in their recovery.

➔ Helping people make a plan for using their Personal Medicine is equally as important as supporting them in discovering their Personal Medicine.

➔ Continue to revisit Personal Medicine with folks to help them make it even stronger and more effective.

Coaching tips

It can help to talk about ensuring a person's Personal Medicine is **"as powerful as possible"** when framing a discussion around "fidelity". For example, if someone has identified Personal Medicine that isn't meeting fidelity, we could say:

> *"This is such a great start. Let's see how we can tweak this a bit to make it as powerful as possible." We can then ask questions related to the fidelity standard to help the person identify Personal Medicine that meets fidelity.*

If Personal Medicine does not meet one or more of the standards, spend some time talking about that. It's not about being "right" or "wrong". It's about supporting folks in finding their healer within. As CPMCs, we go deeper. We can support them by asking questions and helping them to go deeper. Over time, the relationships we build with folks and the conversations we foster can open the door to deeper conversations about Personal Medicine that meets fidelity.

If even after we go deeper, a person's Personal Medicine still doesn't meet full fidelity, that's ok. We always meet people where they are at.

Personal Medicine Fidelity Rating Guide

As you've learned, in order for Personal Medicine to be most effective, it must meet 4 fidelity standards. Below find a list of the standards, with examples. Be sure to have this Rating Guide in front of you as you check Personal Medicine for fidelity.

#1: Is it a specific activity, not a feeling or state-of-being?	
These examples are Personal Medicine. They are specific activities, not feelings, or a states-of-being.	*These examples are not Personal Medicine. They are states-of-being ("Being a mom" & "My sobriety") and feelings ("Chilling out").*
✓ Taking care of my children gives me a reason to get up in the morning ✓ Going to 12-step meetings helps me stay sober ✓ Listening to my playlist helps me chill out	🚫 Being a mom gives me a reason to get up in the morning 🚫 My sobriety 🚫 Chilling out
#2: Is it something I do NOW, not a future goal?	
These are Personal Medicine. They are something we do now, not a future goal.	*These examples are not Personal Medicine. They are all future goals.*
✓ Walking in the courtyard while I'm here at the hospital helps distract me from the voices	🚫 I will start swimming when I get out of the hospital 🚫 I want to find a job

✓ Working at the shop helps me feel accomplished ✓ Packing one box a day helps me make sure I don't feel overwhelmed with moving	🚫 I'm going to find an apartment and move out of my group home

#3: Is it something I do, not something I take?

These are Personal Medicine. They are something we do, not what we take.	*These examples are not Personal Medicine. They are things we take (Smoking = nicotine, Lavender oil = inhale, Eating = taking in food).*
✓ Stepping outside the building helps me de-stress ✓ Putting lavender oil on my pillow helps me prepare for sleep ✓ Preparing fresh vegan meals relaxes me and gives me confidence that I am healthy	🚫 Smoking calms me down 🚫 Using lavender oil helps me sleep 🚫 Eating vegan helps my mental health

#4: Does it say how it helps me?

These are Personal Medicine. They say how the activities help.	*These examples are not Personal Medicine. They don't include how the activity helps.*
✓ Walking in my neighborhood helps me stay connected with my neighbors and feel safe ✓ Meditating helps me feel grounded and keeps me out of flashbacks	🚫 Walking 🚫 Meditating

Important note: There are certain activities that do not support wellness. Anything that harms ourselves or others is not Personal Medicine. And any activities – when done in excess – which steer our lives away from recovery and wellness are not Personal Medicine.

🚫 Self-harm is not Personal Medicine even though, for some, self-harm brings temporary relief

🚫 Over-exercise

🚫 Compulsive shopping leading to debt

🚫 Unprotected sex with random partners

Why Certain Activities Aren't Personal Medicine

There are activities that may meet the 4 fidelity standards but are not considered Personal Medicine.

Key takeaways

- ➔ If an activity **meets** the 4 fidelity standards but harms us or someone else, it is not Personal Medicine.
- ➔ CPMCs will encounter situations where Personal Medicine may meet the 4 standards but are activities that are not considered Personal Medicine.

Coaching tips

When supporting someone who identifies an activity that is harming themselves or others, it's important to not judge the activity or tell people why we think it's not helping them. Remember, many people find real relief from activities that may be harmful. It's not our place to deny that or to condemn these practices. Often, it's helpful to go deeper and ask important follow-up questions. For example:

> *"I hear how cutting relieves your stress - it's amazing you've found something that gives you some relief. Tell me more about that. What other things have you found within you that also relieve stress? Has anything else helped?"*

We don't scold, shame, or advise people to change their behavior. Instead, we explore other self-care strategies that the individual might have, that truly meet fidelity for Personal Medicine.

Week 3: Personal Medicine Cards

This week focuses on how to use the different Personal Medicine Cards.

To-do's

- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Personal Medicine Cards" practice
- ☐ Share your practice experience in the community forum
- ☐ Take the "Personal Medicine Cards" quiz *(80% passing. Retakes are allowed)*

Personal Medicine Cards

We have created a collection of Personal Medicine Cards to help individuals expand their unique Personal Medicine and to learn new strategies for managing many challenges that emerge during the journey of recovery.

Key takeaways

- ➔ Personal Medicine Cards come from the wisdom of the lived experience.
- ➔ The strategies on the Cards are not interventions. They are jumping off points and conversation starters.
- ➔ The Cards are a great way to explore new strategies for managing life's challenges.
- ➔ Each category of Cards contains 10-20 Cards to explore
- ➔ All of the Personal Medicine Cards are structured in the same way:
    - On the front, or left side of the Card, is a generic strategy for managing a specific kind of challenge.

- On the back or right side of the Card, there is a description of the strategy along with a place to personalize it.

➔ Choose 1-2 Cards to try out at a time. This gives us the chance to truly test whether something works for us or not.

➔ Each category also contains a Blank Card. Blank Cards can be fully customized.

➔ Personal Medicine Cards always belong to the individual using them. We, as the owners of the Cards, can do whatever we want with them, including modifying any of the text on the pre-developed Cards.

➔ Changing ANY of the verbiage of the Cards (including crossing out and changing the words "Personal Medicine") is part of the personalization process.

➔ The Cards themselves are not Personal Medicine. It isn't Personal Medicine until we personalize it, try it out, and discover how or if it helps.

Custom Card

Key takeaways

➔ Personal Medicine can be used for any challenge we experience - mental health, physical health, spiritual health, social health, financial health, etc. If there is a challenge out there, Personal Medicine can help.

➔ The more types of Personal Medicine we have, the better. Having lots of different kinds of Personal Medicine is important but it helps us draw upon different things as we need them. If one Personal Medicine isn't working at the moment, we can shift and try another.

➔ Custom Personal Medicine Cards are flexible:

- They can be used by anyone at any point in life.
- They can move beyond any pre-developed category.
- They are perfect for creating brand new Cards.

➔ Custom Cards are fully customizable. Some people add poetry, music lyrics and even sketches to the Cards.

Week 4: Coaching with the Personal Medicine Cards

This week you will be learning all about coaching with the Personal Medicine Cards.

To-do's

- ☐ Attend Coaching Call #3
- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Coaching with Personal Medicine Cards" practice
- ☐ Share your practice experience in the community forum
- ☐ Take the "Coaching with Personal Medicine Cards" quiz *(80% passing. Retakes are allowed)*

Coaching with Personal Medicine Cards

Personal Medicine Cards are another tool CPMCs can use to support people in discovering and using their Personal Medicine. The Cards help people cultivate and grow Personal Medicine that meets all the variety of challenges they can face in their recovery journey.

Key takeaways

➔ As always, it's important to draw upon your Personal Medicine coaching skills. CPMCs are **non-judgmental**, we **walk side-by-side**, we **listen closely**, we ask questions and **go deeper**, and we **share our lived experience** of discovering and using Personal Medicine.

➔ As CPMCs, we never want to just hand a Card to someone. Each time we support someone in choosing and personalizing a Card, it's a "teachable moment" or a moment to celebrate the inner wisdom and resilience of the individual.

- ➔ Encourage the person to select 1–2 Cards to start
- ➔ Go deeper and support the person in making a plan for using their Card:
    - How will they remember to use the Card?
    - When will they use it?
    - Where will they keep their Card?
    - Who will they share it with?
- ➔ It's important to always follow up with people to see if their Card was helpful and support them in continuing to use it or find other Cards that might help.
    - Is the Card helping?
    - Does the Card need to be modified for maximum effectiveness?
    - Would a second Card help?

Coaching tips

Aspects of Coaching with the Cards are similar to the Worksheet. Just like with the Worksheet, sharing the definition of Personal Medicine, sharing your own Personal Medicine, and sharing how the Cards helped you is a great way to begin conversations.

Be on the lookout for opportunities to share the Cards. When we listen carefully, we notice opportunities to share the Cards. For example, if someone shares they've had a rough year and that their anxiety has been getting worse, we can say:

> *"This year has been really tough, hasn't it? I've been struggling with my anxiety too. I've learned about these really cool things called Personal Medicine Cards*

and they have a whole bunch for anxiety. Let's look at them together and see if you can find something to try out."

As CPMCs, we don't tell people which Card to use, but we can direct their attention to Cards which might be helpful. For example,

"When you said you feel really disconnected when depressed, it reminded me of a Personal Medicine Card I saw. Personal Medicine is what we do to get well and stay well and it's all about drawing upon our inner wisdom. The Cards have really helpful strategies we could try out to see if they work as Personal Medicine. There is a whole category on depression. Here. Check this one out (I will reconnect) – what do you think? Do you want to give this Card a try?"

When reviewing the Cards with people, it's best to take their lead and ask how they would like to review the Cards. For example, we might say:

"Ok – here are those Cards on Troublesome Beliefs I was talking about. Do you want to read each one together, or would you prefer to skim until you find one that speaks to you?"

Week 5: Personal Medicine Guides

This week is focused on how to use the Personal Medicine Guides.

To-do's

- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Personal Medicine Guides" practice
- ☐ Share your practice experience in the community forum
- ☐ Take the "Personal Medicine Guides" quiz *(80% passing. Retakes are allowed)*

What are Personal Medicine Guides?

Personal Medicine Guides are self-paced workbooks that help people harness the power of Personal Medicine for specific challenges. Many of us experience one or more of these challenges in our lives. Currently, there are ten Guides for ten specific challenges:

- Anger
- Anxious Feelings
- Distressing Voices
- Feeling Depressed
- Food Cravings
- Grief
- Negative Thinking
- Self-Harm
- Sleep
- Troublesome Beliefs

Key takeaways

➔ Guides are not symptom-based. The Guides approach challenges from a person-centered approach vs. the medical model approach.

➔ We've purposely developed the Guides to address challenges that many of us experience on our journey of recovery. If a particular Guide appeals to a

person or group, go with it. Even folks without mental health diagnoses benefit from these Guides.

➔ The Personal Medicine Guides are not meant to be solutions for specific symptoms of mental illness.

- You do not need to have a diagnosis of "Major Depressive Disorder" to benefit from the Personal Medicine for Feeling Depressed Guide. Most of us, in our journey of recovery, will encounter depression of some sort.

- You do not have to have a clinical diagnosis of "Persistent Complex Bereavement Disorder" in order to benefit from the Personal Medicine for Grief Guide. Most of us will experience loss and grief during our journey of recovery. Maybe we will be grieving for losses of species and ecosystems due to climate change. Maybe we will lose a loved one. Maybe our recovery has opened new doors and possibilities, but it can still be sad to leave old dreams behind.

- You do not have to be diagnosed with "Schizophrenia" to benefit from the Personal Medicine Guide for Troublesome Beliefs. During the journey of recovery, many of us uncover the ways we have internalized and "owned" negative, destructive messages from the past. We believe these old, untrue messages such as "You are no good". Old messages like these are troublesome beliefs that many of us choose to reject during our recovery journey.

➔ Guides provide a step-by-step approach to moving through challenges.

➔ Guides are structured around a three-part method: Learn, Act, and Improve.

- The **Learn** section provides basic information about the challenge. It includes prompts for people to reflect and write about their lived experience of the challenge.
- The **Act** section provides people with an opportunity to review all the related Personal Medicine Cards.
- The **Improve** section focuses on tracking the effectiveness of the Cards.

➔ Each Personal Medicine Guide is structured in the same way. However, there are some variations depending on the Guide's topic. For instance, the Tracking Calendar for Self-Harm is different from the Tracking Calendar for Sleep.

➔ Additional Personal Medicine Cards and Tracking Calendars are included in the Appendices. These are included because an individual's Personal Medicine can be revised and improved over time. As Coaches, it's important to support people in revisiting, revising, and evaluating their Personal Medicine over time.

➔ Work through your own Guide before working with others on theirs. This can help you gain a better understanding of the experience.

➔ Guides can be used individually with a person or in a group setting.

Week 6: Coaching with the Personal Medicine Guides

This week you will be learning all about coaching with the Personal Medicine Guides.

To-do's

- ☐ Attend Coaching Call #4
- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Coaching with Personal Medicine Guides" practice
- ☐ Share your practice experience in the community forum
- ☐ Take the "Coaching with Personal Medicine Guides" quiz *(80% passing. Retakes are allowed)*
- ☐ Schedule a 1:1 call with your trainers

Coaching with Personal Medicine Guides

The Personal Medicine Guides are another tool Certified Personal Medicine Coaches can use to support people in discovering and using their Personal Medicine. The Guides help people dive deeper into a specific challenge they might be facing.

Key takeaways

- ➔ Guides are designed for individual use and are owned by the individual. There is something powerful about having your own Guide that you can pick up, work on, and reflect on when needed.
- ➔ The Guides are designed to be more self-paced than the Cards or the worksheet.

Coaching tips

As always, it's important to draw upon your Personal Medicine coaching skills. CPMCs are **non-judgmental**, we **walk side-by-side**, we **listen closely**, we ask questions and **go deeper**, and we **share our lived experience** of discovering and using Personal Medicine.

When supporting people in using the Guide, follow their lead. Some people may need to take frequent breaks to explore and reflect, while others might move through the Guide more quickly.

Importantly, CPMCs are not the "holders of the knowledge". Coaches help people connect with their own inner wisdom. They are the experts in their Personal Medicine. If we take ownership of the Guides, it can negate this very important fact.

Week 7: Going Deeper with Personal Medicine

On the surface, Personal Medicine can seem simple. It is what we do, and how it helps. But as a CPMC, you know that Personal Medicine is much deeper than that. This week, you will be diving deeper into Personal Medicine.

To-do's

- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Going Deeper with Personal Medicine" practice
- ☐ Share your practice experience in the community forum
- ☐ Take the "Going Deeper with Personal Medicine" quiz *(80% passing. Retakes are allowed)*
- ☐ If you haven't done so already, schedule a 1:1 call with your trainers

Is Personal Medicine "Anti-Psychiatry?"

Anti-psychiatry is a movement based on the view that psychiatric treatment is more often damaging than helpful[1]. As a CPMC, you may hear questions like "Is Personal Medicine anti-psychiatry? Is Personal Medicine anti-medication? Does Personal Medicine imply that people should go off their pill medicine and just use their Personal Medicine? The answer to these questions is NO.

Key Takeaways

- ➔ Personal Medicine is not anti-psychiatry or anti-medication.
- ➔ Personal Medicine does not imply that anyone should go off their pill medicine. Personal Medicine does not compete with, replace or encourage discontinuation of psychiatric medicine.

[1] To learn more <https://en.wikipedia.org/wiki/Anti-psychiatry>

➔ Finding the right balance between our pill medicine and Personal Medicine is the pathway into recovery for many of us.

Coaching tips

➔ A CPMC never suggests anyone use Personal Medicine instead of psychiatric medication. Instead, CPMCs talk with folks about finding the right balance of Personal Medicine and pill medicine to support their recovery.

➔ When talking with people you support about how they are using their pill medicine, also ask about how they are using their Personal Medicine. This helps reinforce the importance of balancing pill medicine and Personal Medicine.

Personal Medicine during Medication Reductions

As a CPMC, you can support people as they are working with their psychiatric care provider in reducing their use of psychiatric medications. It is important to understand how you can support them in increasing their Personal Medicine throughout the process of medication reduction.

Key Takeaways

➔ Personal Medicine can be helpful during medication reductions.

➔ When working with a psychiatric care provider on reducing medications, increasing Personal Medicine can help people manage symptoms that may return during the reduction. For instance, Pat found that when reducing an antipsychotic medication her voices became more difficult to handle. Her Personal Medicine of listening to music through headphones, helped her manage distressing voices and continue forward with her medication reduction.

Coaching tips

- ➔ Encourage folks to share their Personal Medicine with prescribers before medication reductions/discontinuation begins.
- ➔ Encourage people to increase their Personal Medicine during medication reductions. Personal Medicine Cards can be particularly helpful for this purpose.

Finding the Balance between Personal Medicine and Pill Medicine

CPMCs understand the importance of finding the right balance between Personal Medicine and pill medicine.

Key Takeaways

- ➔ Sometimes, pill medicine can interfere with a person's ability to use their Personal Medicine. This happens when medication side effects make it difficult or impossible to use Personal Medicine.
- ➔ When psychiatric medications and Personal Medicine are in balance, a kind of synergy is created. We make strides forward in our recovery.
- ➔ When psychiatric medicine and Personal Medicine are balanced, we are better able to do what matters to us in our life.

Coaching tips

- ➔ If a person you are supporting is experiencing an imbalance between their pill medicine and Personal Medicine, support them in advocating with their prescriber. It can be helpful to rehearse what the person will say to their prescriber. If acceptable to the person, CPMCs can attend the appointment for support.

➔ If a CPMC notices a person is having side effects that interfere with using Personal Medicine, it's fine to mention that and offer support.

Personal Medicine is Dynamic

A key role of a CPMC is not just helping people discover their Personal Medicine, but also helping folks cultivate new Personal Medicine over time. Life and life situations are always changing. That is why Personal Medicine must be dynamic, growing, and changing as we grow and change.

Key Takeaways

➔ CPMCs support people in updating their Personal Medicine at least every six months.

➔ As a person's life circumstances change, they may need to update their Personal Medicine. For instance, if a person is hospitalized, they may not be able to use swimming as their Personal Medicine because there is no pool at the inpatient unit. In such a situation, the CPMC should help the person update their Personal Medicine to something that will be helpful during the hospitalization.

➔ Personal Medicine can change with the seasons. For example, Personal Medicine used in the summer may not be feasible during the winter months. Finding Personal Medicine that works in various seasons is important.

Coaching tips

➔ Work with people to update their Personal Medicine at least every six months. This can be formal, or informal. If you are working at a service provider, you can "schedule" a Personal Medicine check-in every 6 months. Or, this can be part of the conversation. For example:

"Hey – it's been a while since you discovered your Personal Medicine. Let's take another look at the worksheet to see if anything has changed, and to make sure your Personal Medicine is still working for you."

- ➔ Using the Personal Medicine Cards can help people find new strategies to try when experiencing new challenges in their lives.
- ➔ If a person you are working with experiences a big life change, it can be helpful to sit down with them and identify new Personal Medicine that may help them through that change.

Personal Medicine and Physical Health

Personal Medicine often works for both mental health and physical health challenges. That's important because, in many countries around the world, people diagnosed with mental health conditions are dying decades younger than other people in the general population. Because of this, there is an increasing emphasis on integrated mental health and physical healthcare services. Personal Medicine can really help us care for the whole person.

Key takeaways

- ➔ Personal Medicine can work for both mental health challenges as well as physical health challenges.
- ➔ The body and the mind are one. Our mental health affects our body and our bodily states affect our mental health.
- ➔ Sometimes Personal Medicine that helps with a mental health challenge, can also help with a physical health challenge. For example, deep breathing can help to reduce anxiety. Deep breathing also relaxes bodily stress, which lowers blood sugar in people with type 2 diabetes.

➔ Sometimes Personal Medicine helps **ONLY** for physical health concerns. For example: Working out at the gym helps me regain strength in my shoulder.

Coaching tips

➔ When introducing Personal Medicine, let people know that Personal Medicine can help with both mental health challenges and physical health challenges. For example, you can say:

> *"Personal Medicine works for mental health but can also work in all areas of our life. We are connected – mind and body, right? So Personal Medicine works for physical health and even with relationships, financial health, spiritual health, etc."*

➔ After someone has discovered their Personal Medicine, Coaches can support folks in going even deeper and exploring how their Personal Medicine might support their physical health as well. For example, you might say:

> *"Some of my Personal Medicine helps with my physical health as well as my mental health. Does this Personal Medicine you've discovered also help with a physical concern you may have?"*

Personal Medicine for Oppression: Widening the Lens

As Martin Luther King Jr. taught us, CPMCs refuse to get adjusted to racism, homophobia, poverty, misogyny, and other forms of oppression that may affect us and our loved ones. The Personal Medicine Cards for Oppression help us remember this, and to support others in their refusal to become adjusted to injustice and oppression.

Key Takeaways

- ➔ Stress, anxiety, fear, anger, hypervigilance, scanning all the time, always scanning for trouble, avoiding certain situations, being suspicious, etc. can all be effects of Oppression and are not always a result of a mental health challenge.
- ➔ Unfortunately, all too often, mental health professionals don't pull the lens back, and instead, see these experiences as symptoms of a mental illness.
- ➔ The Oppression Personal Medicine Cards help us widen the lens and see the person that we're coaching in the context of their lives.
- ➔ Within each set of cards, you'll notice there's a specialized oppression card. There's also an entire deck of Personal Medicine Cards for Oppression.

Coaching tips

- ➔ Draw upon those CPMC coaching skills. Listen carefully and validate their experience, even if you don't have personal experience with the oppression. For example:

  > *"Oh – I'm so sorry that happened to you. That is not fair, and it's not ok. Feeling anxious and upset sounds like a normal response to racism to me!"*

- ➔ Using the Personal Medicine Cards for Oppression can help people find new strategies to try when experiencing oppression in their lives.
- ➔ As CPMCs, we make a commitment to refuse to become adjusted to injustice. It's important to self-reflect, investigate and work on areas we might hold implicit bias in (e.g. racisim, homophobia, misogyny etc.).

Week 8: Pulling it All Together

The focus this week is on putting all of the different things you've been learning into practice.

To-do's

- ☐ Attend Coaching Call #5
- ☐ View all e-learning modules *(refer to this CPMC manual for additional learning/take notes)*
- ☐ Complete the "Pulling it All Together" practice
- ☐ Share your practice experience in the community forum
- ☐ Submit your CPMC Profile Details

Pulling it All Together

Being an expert in the Personal Medicine tools and concepts is one part of being a CPMC. Pulling all the tools and concepts together with your coaching skills is the final piece of becoming an effective CPMC.

Key takeaways

- ➔ Coaching in Personal Medicine is not linear. It's not like you always start with the Personal Medicine Worksheet. Instead, we begin with building our relationships with people and really listening to how they see their challenges. From there, we can use our expertise to support people in discovering their Personal Medicine using whichever tool that suits them best.
- ➔ We listen, we walk side by side, we share our own lived experience of using Personal Medicine, we follow up, we remind people to track what's helping, we cheer them on, celebrate success, and always coach them in discovering new Personal Medicine along the way.

➔ The beauty of Personal Medicine Coaching is that the person is always in the driver's seat. We are simply their guide as they unlock their inner wisdom and connect with their healer within.

Bonus: Using Personal Medicine in Groups

Personal Medicine can be powerful additions to any group. For example, bringing the Anger Cards into your Anger Management group can help facilitate discussion, spark new ideas and provide action steps for people to work on between groups.

You can also run a group entirely on Personal Medicine Cards or using the Personal Medicine Worksheet.

Group ideas

➔ Introduce a group to the idea of Personal Medicine, show a video or two from your CPMC Materials, and support the group in completing the Personal Medicine Worksheet. Then, invite people to share with one another the things they have discovered about themselves.

➔ Ask each participant to share one of the Cards from a particular category with the group, and then discuss if the Personal Medicine would be helpful or not.

➔ Each person can use a Guide of their choosing. Since each Guide follows the same format, one peer could choose to use the Depression Guide, while another could choose to use the Distressing Voices Guide. Facilitation of the group would be the same, regardless of the challenge each participant is exploring.

➔ Show a Recovery video from your CPMC Materials during the group and then discuss

➔ Screen share the Personal Medicine Worksheet and complete it for yourself. This models the power of Personal Medicine and can support others in engaging/discovering their own

➔ Host a "share your Personal Medicine" group where participants demonstrate their PM (e.g. play the guitar for the group; show others how to crochet)

➔ Get creative with ice breakers/conversation starters and then tie this into Personal Medicine. Ask questions like, "what's one thing you did that helped today?"; "What's one way you've been strong today?"; "what is new and good in your life?"

➔ Ask, "when you hear the term 'Personal Medicine', what does that bring to mind?" Then, engage in discussion around the reclamation of the word "medicine" and talk about the healer within.

➔ Focus on sharing challenges and which Personal Medicine Card category we use to address our challenges.

Sample Group Outline

1. Personal Medicine Cards

- Hand out one Card to each participant (either from one challenge area, or from any challenge area)
- Individuals then present their Card to the group and discuss if they would find the Card helpful (or not)
- After everyone has had a turn presenting a Card, individuals pick 1-2 cards they will try out between now and the next group

- Individuals return to next group to report if their Personal Medicine Card worked for them

2. **Putting the "Personal" into Personal Medicine Cards**
   - Individuals choose 2 Personal Medicine Cards they want to try.
   - Individuals personalize the cards (on the back).
   - Individuals then share this personalization with the group for feedback and discussion.
3. **Creating Our Own Personal Medicine Cards**
   - Individuals create new Personal Medicine Cards using the blank cards.
   - Make these cards available to other members.
   - Individuals return to the next group to share if their Personal Medicine Card worked for them.

Weeks 9 & 10: Approaching the Finish Line

You have been doing a lot of hard work. The finish line is in sight. Use these next two weeks to catch up on any outstanding work, meet individually with your trainers, prepare for and complete your Final Exam.

To-do's

- ☐ Attend an individualized call with your trainers
- ☐ Review this manual and e-learning modules to prepare for your Final Exam
- ☐ Complete any outstanding work
- ☐ Complete your CPMC Final Exam

Final Exam tips

Take a deep breath. You've got this.

This Final Exam is open book. Draw upon this manual and lessons for support.

The Exam contains **10 short answer questions** around concepts and coaching *(30 points)* and 5 short answer questions around fidelity *(10 points)*.

There is no minimum or maximum lengths to answers. Be sure to go deep and draw upon your own experiences as well as the content you've learned about.

Submitting your Final

- The questions are available for download. Be sure to review and prepare your answers ahead of time.
    - Focus on the "**Key Takeaways**" and "**Coaching Tips**" in your CPMC Manual
    - Be sure to incorporate those Coaching Skills in each answer

- You can submit your responses in the "Final Exam" lesson by either uploading your pre-prepared document or manually typing/pasting your answers
- **Pre-submission:** When submitted, your trainers will reach out with **feedback and tips to strengthen your answers** and ensure you are getting those key concepts and CPMC coaching skills
- **Formal Submission:** You will then have the opportunity to **expand upon and submit** your answers via email with your trainers

Grading

- The exam is scored via a **blind co-grading process** utilizing a grading rubric
- In order to pass the Final Exam, you will need to earn **32/40 points**

Feel free to reach out with any questions, and good luck!

Week 11: Certification Celebration

You made it. Congrats! The final steps for this week are to attend the Certification Celebration Coaching Call and complete the Course Feedback.

To-do's

- ☐ Attend the final Coaching Call
- ☐ Complete any outstanding work
- ☐ Complete the course feedback
- ☐ Celebrate your hard work ☺
- ☐ Explore your new CPMC Materials

Moving Forward

As you move forward, be sure to reflect back on this manual. It can be easy to get stuck in a rut and just go through the motions when helping people with Personal Medicine. Reflecting on your experience and your notes throughout the Certification can help.

As a Certified Personal Medicine Coach, you are certified to use Personal Medicine in your life and work. As long as your Certification is current, you have continued access to your CPMC Materials including:

Personal Medicine Tools

- This CPMC Manual
- Personal Medicine Worksheet, Calendar and Staff Wellness Worksheet
- All Personal Medicine Cards
- Personal Medicine Guide Flipbooks
- Recovery videos about Personal Medicine
- Access to discounted Personal Medicine Guides (25% off)

CPMC Community

We love our global community. In this section of your CPMC Materials, you can access the registration link and recent recordings for our **Quarterly Community Calls**. These calls help strengthen and deepen our CPMC skills. You can find and other information in the CPMC Materials. We also invite you to join our Community **Slack** room and **CPMC Link Facebook** group. Finally, PDA is always happy to meet with you to provide individualized support. Use the form in this section to request to **1:1 Coaching** with PDA as needed.

Profiles

Each CPMC has the opportunity to be featured on our website. There are links to **request a profile page** and keep your CPMC profile **up to date** in your CPMC Materials.

Research

This collection includes a video on the **evidence-base** behind Personal Medicine, as well as articles and essays you can use to talk about the research and outcomes supporting Personal Medicine.

Workshop Toolkit

This toolkit includes all of the materials you'll need to **run a workshop** on Personal Medicine. Use it to present on Personal Medicine at conferences, to your programs, or offer it to the community as a way to coach people in discovering their Personal Medicine.

Pat Deegan's Academy + Library

Academy + Library contains additional courses on Pat's Recovery Approach as well as hundreds of recovery-oriented videos, worksheets, and resources to support your work.

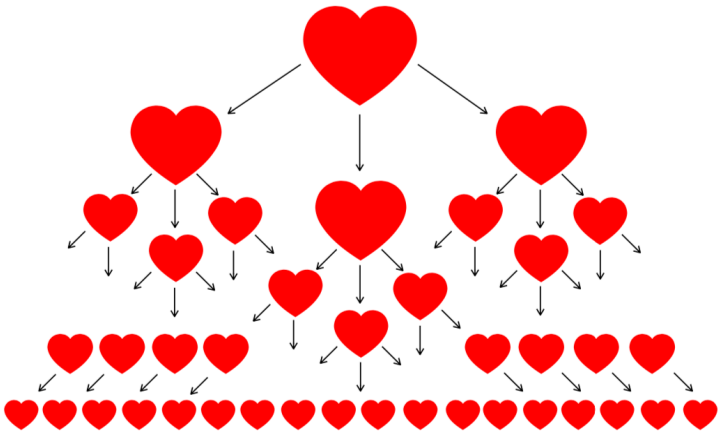
Maintaining Certification

About 1 month prior to your Certification date, you will receive an email with instructions on how to complete your recertification request. This will include:

1. A review of any updates to the course since you've been certified
2. Reminders to stay connected with our CPMC community
3. Submission of a short answer reflection on your work as a CPMC over the past year. This helps us ensure the integrity of certification is carried forward.
4. Annual recertification fee ($60)

Paying it Forward

"Paying it forward" is an expression. It means if someone has shared a bit of wisdom with you, then you can show your gratitude by sharing it with one or two other people. Then, if those people pass on the wisdom to one or two more people, it begins to grow and grow. If you are a visual thinker, paying it forward looks like this:



Paying it forward can also include conducting workshops to teach others about the power of Personal Medicine, coaching your colleagues in discovering their own Personal Medicine, and offering Personal Medicine coaching to program participants your non-CPMC colleagues are working with.

Paying it forward also means sharing stories so others can hear the good news about Personal Medicine. If you'd like to share a story with us about the work you are doing, please email us at coaching@patdeegan.com On social media, share your story with **#personalmedicine**

License to Use Personal Medicine

As a CPMC, you are licensed to use Personal Medicine in your work.

- ➔ This is a limited license and does not give you permission to copy and/or distribute any materials other than to the individuals you are personally supporting.
- ➔ You may not share Personal Medicine materials with other colleagues, but they are welcome to become Personal Medicine Coaches to earn access to the Cards.
- ➔ If applicable, you can offer to Coach individuals who are receiving services from non-CPMC colleagues.
- ➔ You may not distribute, replicate or post to social media/internet/website any worksheets, Guides, Personal Medicine Cards or videos.

*If you or your organization has an additional license to use Personal Medicine *(e.g. accessing Personal Medicine through Academy + Library, or CommonGround Software)* then an adjusted license to use Personal Medicine is covered under these additional terms of use.

Pat Deegan's

Certified Personal Medicine Coach Manual – V12

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